



Elementary Boys/Girls Rules

Players: 8v8 total (restraining line at midfield incorporated)

- 7v7 field players (2 attack, 3 middies, 2 defenders) +1 goalie (8v8 total)

Goalie: It is mandatory each team has a goalie. If a team fails to dress a goalie, we will play the game but that team shall forfeit the win.

Playing Time: Two 22 minute running halves with a 3 min halftime. No time outs, no overtime on Saturday. Sunday OT will be a Braveheart 3v3

Equipment: **Girls:** Eyewear required • Mouthguard required • Modified pocket allowed (no more than half the ball can be seen below sidewall) **Boys:** Full equipment required for all players.

Coaches: No coaches on the field and ONLY 3 coaches allowed on the team sideline

Draws/Faceoffs: *Draw/Faceoff after every goal*

- Players hold for possession of the draw
- 3 players will be placed on the 8m/goal line offensive end and 3 players on the 8- meter/goal line defensive end
- The 7th field player will be at the center to take the draw
- Players must hold in the 8-meter/goal line until the official has signaled that possession has been attained

Double Mercy Rule: After a 5 goal deficit, the trailing team will start with the ball at midfield with no draw. – the team that is up by 5 or more goals must complete one pass before they are able to shoot and score.

Checks: No checking allowed.

Girls Shooting Space: Standard 3 seconds and shooting space applies.

Playing Rules:

- 1v1 contested ground balls not heavily enforced as long as play is safe
- 1v1 defense in midfield not heavily enforced as long as play is safe
- Kicking of ball is permitted
- Player with the ball may not hold the ball for more than 3 seconds when closely guarded
- the defense has both hands on their stick
- the defense is in a position to legally check if checking were allowed
- Self-start and free movement apply

Cards/Penalties: Card penalties/progressions will follow US Lacrosse Youth rules (i.e. players sit out but team does not play man-down) Boys penalties will be a fast break.

Off Sides: Two players required behind the midfield line at all times.

NOTE: These are modified US lacrosse rules. We will not have 1 v1 ground balls or 1v1 defense because it is too hard to enforce and we are simplifying the rules so we do not slow the game down. We ask all coaches to practice good sportsmanship and to encourage the girls/boys because we are trying to grow the game. Keep it fun!