



MAYLA Girls Rec. Rules

Spring 2011

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Commissioner: Pam McNabb

Girls Bantam Level Rules: (1st, 2nd and 3rd Grade)

- **Player Eligibility and Participation**
 - To be eligible for play, a player must be in 1st, 2nd or 3rd grade.
- **Field and Team Rules**
 - ***Field Size:*** Each team shall try its best to provide a Game Field with dimensions of 50 yards between goals, 10 yards behind each goal, and 25 yards wide (or as agreed upon by each coach by necessity or exception). No restraining line, no center circle.
 - ***Fielded Team Size:***
 - Seven field players, use of goal keeper is optional.
 - ***Game Time:*** Games will consist of two 20 minute running time halves. The clock will be stopped on every whistle (to stop play) in the last two minutes of each half (unless the coaches agree to let clock run in last 2 min.)
 - ***Time Outs:*** Each team receives two 2-minute time outs per game. Time outs can be called after a goal is scored or during any dead ball by the team with possession.
 - ***Half Time:*** Half-time is 5 minutes unless official deems otherwise.
 - ***Overtime:*** There is no overtime. Any game that has completed in a tie, will end in a tie.

Girls Bantam Level Rules Cont.

- **GAME PERSONNEL**
- **The Head Coach:** *(applies to all levels)*
 - Certification of Equipment
 - PCA Training Required
 - Sportsmanship - The head coach shall be in control of and be responsible for the actions of any and all persons officially connected with his or her MAYLA team.
 - Safety - Coaches shall assist in keeping the game under control.
 - Field Participation - One coach from each team will be allowed on the field during play, but may not interfere in game play. Coaches on the field will move / adjust as directed by the Official.
- **Side Line Manager:** *(applies to all levels)*
 - Each team (home and away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators and coaches not in conformity with the standards of proper conduct.
 1. If a team does not designate a Side Line Manager prior to a game, the official can ask the head coach to select one at that time.
 - If a Sideline Manager is still not named, the official has discretion to not play the game, and must report this to the MAYLA ADMIN Director.

Girls Bantam Level Rules Cont.

- **Two Pass Rule** (*applies to Bantam & Lightning only*)
 - Prior to attempting to score, the attacking team must attempt to complete two (2) passes, (not including the goalie's clear)
 - Passes made on the field can be dropped or not caught, and still be considered a "completed attempt."
 - Passes just need to be attempted and possession by the attempting team must be continuous. In the case of a ground ball, possession by the offense is assumed to be maintained until the defense positively establishes possession of the ball
 - Side Line Managers will count the passes out loud and tell the players when they have completed two passes.
 - Once a team has completed 2 passes, the count is "reset" only when the opposing team gains possession of the ball in their own attacking half of the field
 - Players should be a minimum of 6 feet apart;
 - Passes must have an airborne element to be considered
 - No rolling ball between players
 - **Shot Taken When Two Pass Rule Has Not Been Met:** If a shot is taken without the required pass attempts, regardless of whether the shot results in a goal, the official will call an "Illegal Shot" and the ball will be given to the closest defender 8 meters away from the goal circle.
 - If the shot results in a goal, the goal is disallowed

Girls Bantam Level Rules Cont.

- ***3 Second Rule for “Good Defense”:*** *(applies to all levels)* a player must not hold the ball for more than 3 seconds when closely guarded/marked (see definition Section) and the defense has both hands on her stick and is in position to legally check, were checking allowed. This is a minor foul and change of possession.
 - Coaches are not to count out the seconds (this is left to officials)
 - If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check out be made, or the stick is brought back to a checkable position, the count starts again.
 - If another teammate joins the defender and the 2nd defender is in good position to check, the count starts again.

Girls Bantam – Major Fouls *(applies to all levels)*

- ***No shooting on free positions** unless using a goalie or modified goal opening
- ***Holding**: hold an opponent's crosse when the opponent is in possession of the ball;
- ***Crosse in Sphere**: hold her crosse within the sphere around the face or throat of an opponent (sphere is 7 inches around head)
- ***Illegal Contact**: initiate crosse to body, or body to crosse contact;
- ***Illegal Use of the Crosse**: using the crosse in a dangerous and/or intimidating manner, for example:
 - directly poke or wave the crosse near an opponent's face,
 - make a sweeping check from behind that contacts the opponent's body,
 - lowering the head of the crosse below the shoulder and initiating crosse to body contact; or
 - any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play
- ***Hooking**: use the webbed area of her crosse to hook the bottom end of the opponent's crosse;
- ***Illegal Cradle**: hold, with or without cradling, the head of her crosse in front of her face, within the sphere or close to her body;
- ***Blocking**: block her opponent by moving into her path without giving her a chance to stop or change direction;

Girls Bantam – Major Fouls Cont.

- ***Charging**: charge, barge, shoulder, or back into an opponent;
NOTE: body to body contact may be called charging, blocking, or no call (incidental contact).
- ***Pushing**: push the opponent with the hand or body;
- ***Obstruction of Free Space to Goal (Shooting Space)**: with any part of her body guard the goal outside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player:
 - this positioning applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player;
 - this positioning applies to a defender not marking a player within a sticks length.
 - *NOTE: this call should be made only if the player with the ball is looking to shoot. If she is being double or triple teamed and she has no opportunity to shoot for goal, the call should not be made. Defense players who are double or multiple teaming a player without the ball and are within a sticks length are exempt from the obstruction of free space to goal. They must, however, continue to abide by the 3 second rule.*

Girls Bantam – Major Fouls Cont.

- ***Three Seconds**: while defending within the 8 meter arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick's length. The 3 second rule is in effect when the team in possession of the ball crosses the ball into their attacking end of the field. *NOTE: the defense is not exempt from the 3 second rule by virtue of double teaming/multiple teaming a non-ball attack player in the arc. A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle cannot be penalized for the 3 second rule when drawn into a double or multiple team by the attacking non-ball players.*
- ***Illegal Pick**: set a moving or stationary pick out of the visual field of an opposing player which does not allow enough time or space to stop or change directions and contact occurs.
- ***Tripping**: trip an opponent, deliberately or otherwise
- ***Detaining**: detain an opponent at any time by holding or pushing against her body, clothing, or crosse with an arm, leg, body or crosse. A player may not hold her crosse in such a manner as to restrain or hold back a player.

Girls Bantam – Major Fouls Cont.

- ***Forcing Through**: While in possession of the ball, try to force her crosse through an opposing crosse(s) in such a way as to cause her own crosse to contact her body.
- ***False Start**: move before the whistle to start play
- ***Playing the Ball off an Opponent**: push, flick, or bat the ball into an opponent's feet or body causing the ball to go out of bounds.
- ***Dangerous Propelling** (MANDATORY CARD): propel the ball with her crosse in a dangerous or uncontrolled manner at any time; NOTE: any shot directed at or taken without regard to the positioning of a field player is dangerous propelling.
- ***Dangerous Follow Through** (MANDATORY CARD): follow through with her crosse in a dangerous or uncontrolled manner at any time.
- ***Dangerous Shot**: shoot dangerously or without control:
 - a dangerous shot is judged on the basis of the combination of distance, force, and placement.
 - a shot should not be directed at the goalkeeper's body, especially her head or neck, this would not apply if she moves into the path of the ball.
 - a shot may be uncontrolled even if it misses the goal.
- ****No Checking**: if any player checks, it is a major foul. (*applies to all levels EXCEPT Senior Division*)

Girls Bantam – Minor Fouls *(applies to all levels)*

- ***Covering**: guard a ground ball with her foot or crosse
- ***Empty Stick Check**: check/tackle or hold an opponent's crosse when her crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball.
- ***Warding Off**: guard the crosse with an arm. If one hand is removed from the crosse, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the crosse.
- ***Hand ball**: touch the ball with her hand, except a goalkeeper or deputy within the goal circle.
- ***Squeeze the Head of the Crosse**: use her hand or body to keep the ball in the crosse.
- ***Body Ball**: allow any part of her body to deliberately impede, accelerate or change the direction of the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off her body outside the goal circle, it should be called a major foul.
- ***Throw her crosse in any circumstance.**
- ***Take part in the game if she is not holding her crosse.**

Girls Bantam – Minor Fouls Cont.

*Illegal Draw:

- either player draws too soon;
- no attempt to draw up and away;
- movement of the crosse is not up and away;
- player taking the draw moves after the official says “ready” and before the official’s whistle
- ball does not go higher than the heads of the players taking the draw

*Illegal Crosse: play with a crosse that does not meet specifications; *NOTE: adjust the strings of her crosse after an official inspection of her crosse has been requested during the game. The crosse must be removed.*

*Delay of game: Fail to be ready to start play after a 2 minute team time out or following half time.

*Jewelry: take part in the game if she is wearing jewelry.

*Illegal Uniform: take part in game if your uniform does not meet specifications.

*Illegal Substitution: (See Section V).

*Goal Circle Violation: a field player must not enter or have any part of her body or crosse on or in the goal circle at any time unless she is deputizing for the goalkeeper.

*3 Second Rule for Good Defense: (See Section J).

Misconduct Fouls *(applies to all levels)*

The penalty for misconduct shall be the same as for all major fouls. In addition to awarding a free position, the official will issue a yellow or red card. Time out must be called to administer warnings, suspensions, and ejections.

- **Excessively rough, dangerous, or unsportsmanlike play;**
- **Persistent or flagrant violation of the rules;**
- **Deliberately endangering the safety of an opposing player;**
- **Baiting or taunting which is intended or designed to embarrass, ridicule, or demean others;**
- **Excessive dissent or abusive language;**
- **Non-playing team member leaving their bench area during the game;**
- **Coach leaving their coaching area;**
- **Re-entering the game before yellow card or green/red card penalty time has elapsed;**
- **Any type of behavior within the official's opinion amounts to misconduct**

Issuance of Cards *(applies to all levels)*

- 1. Green Card - for delay of game; change of possession takes place for first delay of game, green card is issued to team captain.
- 2. First Yellow Card - For misconduct fouls, as well as major fouls which mandate a yellow card, the official calls time out and issues a yellow card to the offending player. The player receiving the yellow card must leave the field for 3 minutes of elapsed playing time and no substitute may take her place during the three minute period.
- 3. Second Yellow Card - A player who receives a second yellow card will be suspended from further participation in that game and no substitute may take her place for the three minutes of elapsed playing time. In addition, that player will be prohibited from participating in the team's next game.
- 4. Red Card - The official has the power to eject without any previous warning a player, coach, or team follower guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. Anyone receiving a red card will be suspended from further participation in that game and will be prohibited from participating in the team's next two games. ***NOTE: Any player or coach serving a next game suspension shall not be allowed in attendance at the site of the game, either on the field, in the team bench area, or the spectator area. Violation of this policy will result in the game being forfeited and a red card being issued to the player or coach.***

Issuance of Cards - cont.

- Should a team receive its third card of the game they will play short for the remainder of that game, including overtime, and an additional will be removed from the game for **each** subsequent card received. Any card given to a player or head coach will count toward their teams cumulative total. The carded player will serve the 3 minute penalty time and she may return to the game only if she has not been suspended (second yellow card) or ejected (red card) and only if another player leaves the field using normal substitution procedures.
- If the coach is carded, the coach must designate a player who will serve the designated penalty time, and this designated player may return to the game only if another player leaves the field using normal substitution procedures.
- If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team may substitute another goalkeeper, and the team's coach must designate another player who must leave the field for 3 minutes of elapsed playing time.
- If a team's season ends before any next game suspension has been served, the suspension will carry over to the team's next regular season game(s).

Ejections *(applies to all levels)*

In the event that a Player or Coach is ejected from a game, the following MUST transpire:

- **Coaches will leave the team sideline and cease any and all coaching activities**
- **Players will remove all equipment and sit on team bench / sideline**
- **Coaches and/or Players will sit out the remainder of the game in which the violation occurred and one additional (immediately following) game. In the event that this is the last game of the Season, the player will serve the suspension in the following Season.**
- **Any and all home field rules that require an ejected individual leave the premises immediately must also be obeyed by the ejected Player and/or Coach.**
- **In the event that the Player and/or Coach refuses to comply, the Officials may call immediate end to the game and field is to be cleared of play.**
- **Any ejections must be documented and communicated by the Head Coach of the Team levied the ejection to the Metro Atlanta Youth Lacrosse Association Rules and Competition Committee via info@metroatlantalax within 72 hours of the incident. It is your (not the Official's) responsibility to notify of any ejections. Failure to comply may result in additional suspensions / disqualifications.**

Girls Lightning Level Rules – 4th & 5th Grade

*****ONLY THE DIFFERENCES BETWEEN BANTAM AND LIGHTNING WILL BE LISTED UNDER THIS RULES SECTION; OTHER THAN BELOW, THE RULES UNDER BANTAM ARE THE DEFAULT RULES**

- **Player Eligibility and Participation**

To be eligible for play, must be in 4th or 5th grade.

- **Field and Team Rules**

Field Size: Each team shall try its best to provide a Game Field with dimensions of 90 yards between goals, 10 yards behind each goal, and 60 yards wide (or as agreed upon by each coach by necessity or exception).

***Fielded Team Size:** Eleven field players, one goal keeper

Game Time: Games will consist of two 25 minute running time halves.

Team Fouls/Offside: a team must not have more than 7 players on or over the restraining line in their offensive end or have more than 8 players on or over the restraining line in their defensive end.

Girls Lightning Level Rules

- **All other Bantam Rules apply:**
 - * 2 pass rule before shooting;
 - * 3 second good defense rule
 - * all minor fouls
 - * all major fouls
- ****Summary – The only differences between Bantam & Lightning are:**
 - i) different grade requirement;
 - ii) Lightning has more players on field;
 - iii) Lightning has bigger playing field;
 - iv) 5 minute longer halves for Lightning; and
 - v) Lightning has restraining line, so offsides applies

Girls Junior Division Rules – 6th & 7th Grade

- *****ONLY THE DIFFERENCES BETWEEN LIGHTNING AND JUNIOR DIVISION WILL BE LISTED UNDER THIS RULES SECTION; OTHER THAN BELOW, THE RULES UNDER LIGHTNING ARE THE DEFAULT RULES**
- **Player Eligibility and Participation**
 - To be eligible for play, a player must be in 6th or 7th grade as of 2/30/2011.
 - ****Field Size:*** Each team shall try its best to provide a Game Field with dimensions of 100 yards between goals, 10 yards behind each goal, and 70 yards wide (or as agreed upon by each coach by necessity or exception).
 - ****Fielded Team Size:***
 - Eleven field players, one goal keeper
 - ****Game Time:*** Games will consist of two 25 minute running time halves.

Girls Junior Division Rules – Cont.

- Summary of Junior Rules
 - * there is NO pass rule before shooting
 - * 3 second good defense rule DOES apply
 - * Offsides DOES apply- a team must not have more than 7 players on or over the restraining line in their offensive end or have more than 8 players on or over the restraining line in their defensive end.
 - *All other Lightning Rules apply except for that designated above

Girls Senior Division Rules – 8th grade

- *****ONLY THE DIFFERENCES BETWEEN THE JUNIOR DIVISION AND THE SENIOR DIVISION WILL BE LISTED UNDER THIS RULES SECTION; OTHER THAN BELOW, THE RULES UNDER THE JUNIOR DIVISION ARE THE DEFAULT RULES**
- **Player Eligibility and Participation**
To be eligible for play, a player must be in 8th grade .
- **Modified Checking: Only checking permitted at the youth level!**
Modified checking is a defender checking the stick of her opponent, only if the entire stick of the opponent is below the shoulder level. Additionally, the check must be in a downward direction and away from the body.

Girls Senior Division Rules – Cont.

- Summary of Senior Rules:
 - * Modified Checking applies
 - * 3 second good defense rule applies
 - * offsides applies
 - * there is NO passing rule before shooting

Definition of Terms *(applies to all levels)*

Blocking: takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a “blind side” defense player must give her enough time and/or space to change her direction.

Body Checking: is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosses with her body and causing her to slow down, change direction, or pass off.

Charging: takes place when the player with the ball pushes into, shoulders or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).

Clear: is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

Definition of Terms – Cont.

Coaching Area: is the area of the bench/table side of the field extending from the substitution area to their end line, and behind the level of the scorer's table extended.

Critical Scoring Area: indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are approximately 15m (16.3 yds) in front of the goal circle, to 9m (10 yd) behind the goal line extended and 15m (16.3 yds) to each side of the goal circle.

Crosse Checking: is an extension of body checking whereby the defender attempts to dislodge the ball from her opponent's crosse by using controlled crosse-to-crosse contact (no checking in youth; modified in U15).

Deputy: is a player on the defensive goalie's team who may enter or remain in the goal circle when her team is in possession of the ball and the goalie is out of the goal circle.

Definition of Terms – Cont.

8 Meter Arc: is the area in front of each goal circle inscribed by 2 lines drawn at 45 degree angles extending from the intersection of the goal circle and the goal line extended: connected by an arc marked 8 meters from the goal circle.

Free Space to Goal: is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.

Grounded: refers to any part of the goalie's body touching the ground for support outside the goal circle while she attempts to play the ball from inside the goal circle.

Indirect Free Position: is the penalty awarded for a minor filed foul by the defense inside the 12 meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

Definition of Terms – Cont.

Marking: is guarding an opponent within a stick's length.

Penalty Lane: is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.

Pick: is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction.

Played: refers to an action whereby the ball leaves the player's crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player. The ball does not have to be successfully dislodged from the crosse.

Sphere: is an imaginary area of 7 inches surrounding the head.

Toeing the Line: refers to the placement of the foot up to, but not on, the center line.

Definition of Terms - Cont.

12 Meter Fan: is a semi-circle area in front of each goal circle bounded by an arc 12 m (39'4") from the goal circles.

Within a Stick's Length: when any part of the opponent's body is inside a crosses' length, it is the distance a player must be to her opponent to be actively marking the opponent.

Closely Guarded (3 second "good" defense call): player with the ball has an opponent within a stick's length.

Position to Check: player has an opportunity to legally check the stick without fouling (the 3 second count starts when the official deems that the player with the ball could be checked legally if checking were permitted).

Free Position: penalty awarded for a foul; player who has been fouled gets the ball and all others must move 4m away.

Indirect Free Position: no shot on goal may be made until the player with the ball passes the ball to another player.

MAYLA wants all players to enjoy their experience with the sport of lacrosse and to learn positive character lessons that will help them in every aspect of their life.

Looking back on your childhood, was there a person, perhaps a Coach, who made a big difference in your life? Try to be that person for your players. Remember, the example you set, both on and off the field, is exactly what you are passing down to your players. Make sure it is a good one!

