



Rules of Play – Girls Bantam to Senior Division Clarifications / Modifications: Effective 2/1/2011

Website: www.MetroAtlantaLax.com

Questions/Email: Admindirector@metroatlantalax.com

Girls Lightning Level Rules (4th and 5th Grade)

- I. **Player Eligibility and Participation**
 - a. To be eligible for play, a player must be in 4th or 5th grade as of 2/30/2011.
 - b. **Grade Clarification:** The grade level that player is attending this year, and/or is competing in scholastically, is where the player will compete in MAYLA. A player may play at only one grade level per year.
 - a. Any exceptions to this rule are to be presented to the MAYLA Rules and Competition Committee as a Waiver Request (admindirector@metroatlantalax.com) 30 days prior to the start of any season.
 - b. Any granted Waiver Requests shall be made available by the MAYLA Executive Director or Secretary and are accessible by emailing admindirector@metroatlantalax.com.
- II. **Field and Team Rules**
 - a. **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).
 - a. All lines are 2-4 inches wide, except the goal line which shall be 2" wide. It is recommended that all lines be painted white or a single contrasting color.
 - b. **Restraining Line:** a solid line 30 yards up field from each goal line, shall extend across the width of the field.
 - c. **Center Circle:** there is a circle, radius of 9m, in the center of the field and through the center of this line 3m in length, parallel to the goal lines.
 - d. **Arc and Fan:** An arc and fan shall be marked 8m and 12m respectively from the goal circles.
 - e. **Goal Circle:** goal circle is a circle, radius 8.5 feet measured from the center of the goal line to the outer edge of the goal circle line.
 - b. **Fielded Team Size:**
 - a. Eleven field players, one goal keeper
 - c. **Game Time:** Games will consist of two 25 minute running time halves.
 - a. 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.)
 - b. **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. T
 - c. **Half Time:** Half-time is 5 minutes unless official deems otherwise.
 - d. **Overtime:** There is no overtime. Any game that has completed in a tie, will end in a tie.
 - d. **Suspended or Interrupted Game:**
 - a. Once play begins the umpires shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The umpire's decision is final.
 - b. A game is considered legal and complete if 80% of playing time has elapsed. If a suspended game (one in which less than 80% of playing time has elapsed) is replayed on another day, it must be played from the beginning.
 - c. An interrupted game continued on the same day shall be restarted from its point of interruption.
 - d. If 80% of the playing time has elapsed and the game is tied, the tie stands and the game will not be rescheduled.
 - e. **Forfeited Game:**
 - a. If a team leaves the field and refuses to play, the score of the game shall stand if the team remaining on the field was ahead at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

- b. If a suspended coach or non-student team personnel refuses to leave the area, the official may declare a forfeit. The score of a forfeited game will be 1-0 in favor of the non-offending team. If the suspended individual is a student that individual may remain in the team bench area.
- f. **Scoring:**
- a. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the cross-bar from the front.
 - b. A goal is scored when the ball has been propelled by the legal crosse (stick) of an attacking player (not a goal if ball is off of attacker's body)
 - c. A goal may be scored off the defender's crosse or body
 - d. A goal is not scored when:
 - 1. the ball is put through the goal by a non-player
 - 2. the ball comes off the person of an attacking player
 - 3. the ball enters the goal after the whistle is blown or the horn has sounded
 - 4. the player shooting has stepped into the goal circle or any other attacking player has entered the goal circle
 - 5. the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player
 - 6. the official has ruled that the shot or follow through is dangerous
 - 7. the ball enters the goal while the attacking team has an illegal player on the field
 - 8. the ball enters the goal when a shot is taken on an indirect free position
- g. **Uniforms:**
- a. All team members shall be dressed uniformly with the exception of the goalkeeper (if applicable, whose colors must be of the same corresponding colors as her teammates. Her shirt must be of the same color as her team, and must be worn over any chest and shoulder protective equipment.
 - b. All players must wear numbers, differing from others on the team, on the back of their uniform shirt (front numbers are recommended, but not mandatory)
 - c. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies or vests of a contrasting color.
 - 1. It is the home teams responsibility to have their own pinnies or shirts of a contrasting color in this situation.

III. Game Personnel:

- a. **The Head Coach:**
 - 1. Certification of Equipment - The head coach will verbally certify to the officials that all equipment is legal under these rules including eye protection that meets the most recent ASTM Specification Standard F803, and goalkeeper helmets that meet the NOCSAE standard for lacrosse.
 - 2. PCA Training - The head coach must have completed PCA (Positive Coaching Alliance) training through US Lacrosse prior to the start of the season, and supplied MAYLA proof of such certification. (a Head Coach who has not done so is not eligible to coach)
 - 3. 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. (along with Side Line Manager)
 - 4. Safety - Coaches shall assist the officials in keeping the game under control.
 - 5. 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.
- b. **Side Line Manager:**
 - 1. Each team (home and away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators not in conformity with the standards of proper conduct.
 - 2. 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.

3. If a Sideline Manager is still not named, the official has discretion to not play the game, and must report this to the MAYLA Rules and Competition Committee.
 4. Any team that does not have a Sideline Manager appointed for a game is subject to a \$25 fine issued by MAYLA.
- c. **Team Captain:** The captain's responsibilities are:
1. to call the coin toss (visitors call) for choice of ends with the official
 2. to agree on the playing time and half time with the officials
 3. to approach the official for clarification of rules
 4. to request a time out
- d. **Officials:** Each game shall be officiated by either
1. Preferred: One (1) Adult Official
 - a. As defined as any individual age 18 or older or,
 - a. Any individual age 17 or older and having been a certified official and actively officiating games for one (1) year or longer
 2. Allowable: One Junior Officials
 - a. As defined as those individuals not fitting into the "Adult Official" classification in Section (V.a)
- e. **Official Timer:** The official timer will be from the home team and will sit at the scorer's/timer's table, opposite the center of the field (between the two team benches)
1. The timer is responsible for:
 - a. notify the official when a 4 goal differential occurs
 - b. notify the official when there are 2 minutes remaining in each half of the game
 - c. indicate to the nearest umpire when there are 30 seconds remaining in each half
 - d. sound the horn to indicate the end of the half or end of the game
 - e. notify the umpire when a team requests a time out and use a separate clock to time the time out
 - f. note the time on the clock when a player is issued a yellow card, and time the 3 minute elapsed playing time penalty
- f. **Official Scorer:** the official scorer will be from the home team and will sit at the scorer's/timer's table opposite the center of the field (between the two team benches)

IV. **Equipment Rules:** The head coach is required to verbally certify that all his/her team's equipment is legal under these rules. At any time before or during the game, the officials may inspect any equipment in use. If a crosse does not meet specifications upon inspection during a game, it shall be removed from the game and placed at the scorer's table for the remainder of the half. The opponent is awarded a free position after a crosse is removed for not meeting specifications. (if a goal scored by crosse that does not meet specifications, the goal does not count and stick is removed)

a. **Goals:** Regulation lacrosse goals (6' x 6')

b. **Stick Specifications:**

i. **Field crosse:**

- a. length must be between 35 ½ inches (min) and 43 ¼ inches (max);
- b. must use regulation women's crosse, modified pocket is allowed; (with a modified pocket, only half the ball may fall below the bottom of the sidewall)
- c. pocket of stick shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs, and no more than 2 shooting strings.
- d. The pocket of a field player's stick is "legal" for play when the top of the ball remains above the top of the sidewall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held stick (stick check by officials at beginning of game)

ii. **Goalie Stick:**

- a. length of stick must be between 35 ½ inches (min) and 48 inches (max);

- b. pocket of stick may be strung with 6 or 7 longitudinal thongs and cross lacing or be mesh;
- c. a “legal” pocket is when the ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

c. Protective Equipment:

- i. Mouthpiece - All players must wear a mouthpiece that fully covers the upper jaw teeth. The mouthpiece shall be of any readily visible color other than clear or white. Mouthpieces for field players may not have any protruding tabs.
 - ii. Eye Protection – Eye gear must meet the most current ASTM Specification Standard for women’s lacrosse.
 - iii. Optional Equipment for field players – close fitting gloves, noseguards, and soft headgear may be worn by all field players. Further protective devices necessitated on genuine medical grounds may be used by players, providing that the officials agree that they do not endanger other players.
 - iv. Goalie equipment – the goalkeeper must wear a helmet with a face mask, a separate throat protector, padded gloves, a mouth piece, a chest protector, abdominal and pelvic protection, and leg padding (both shin and thigh pads mandatory). Helmets must meet the NOCSAE test standard. All protective devices should be close fitting, padded where necessary, and not be of excessive weight.
- d. **Ball:** Ball is smooth or slightly textured rubber of solid yellow or bright orange color. The home team will provide the game balls. The same color ball must be used throughout the game unless both coaches agree to change.

V. Game Play Rules

a. Start/Restart of Game

- 1. Each half of the game, and after each goal, the game is started by a draw except when a free position or a throw at the center line has been awarded.
 - 1. Draw – When official places ball in between opponents stick at center line and says “ready”, the players must then remain motionless except for head movement
 - 2. On the whistle the two opponents must immediately draw their sticks up and away from one another
 - 3. The flight of the ball must attain a height higher than the heads of the players taking the draw
- 2. Mercy rule - If score is kept, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists, unless waived by the coach of the trailing team. When this occurs, positioning for the draw will apply with the defender standing 4 meters away at a 45 degree angle and all other players must stand. The player taking the free position may run or pass, but may not shoot until another player has played the ball.

b. Start/Restart of Play

- a. All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.
- b. Stand – the ball is “dead” when the official blows the whistle and no player, except the goalkeeper or her deputy within the goal circle, may move unless directed by the official, until the game has been restarted. The official directs any player who moves to return to her original position.

c. Scoring:

- a. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the cross-bar from the front.
- b. A goal is scored when the ball has been propelled by the legal crosse (stick) of an attacking player (not a goal if ball is off of attacker’s body)
- c. A goal may be scored off the defender’s crosse or body
- d. A goal is not scored when:
 - 1. the ball is put through the goal by a non-player
 - 2. the ball comes off the person of an attacking player
 - 3. the ball enters the goal after the whistle is blown or the horn has sounded
 - 4. the player shooting has stepped into the goal circle or any other attacking player has entered the goal circle

5. the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player
6. the official has ruled that the shot or follow through is dangerous
7. the ball enters the goal while the attacking team has an illegal player on the field
8. the ball enters the goal when a shot is taken on an indirect free position

d. Out of Bounds:

- a. When the ball goes out of bounds the official blows the whistle to stop play and the players must "stand". (except for the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds, or when a player is the last to touch a loose ball before the ball goes out of bounds) the opponents will be awarded the ball when play resumes. Carrying or throwing the ball out of bounds is a simple change of possession, not a foul.
 1. When a player's foot/feet are out of bounds she may not take an active part of the game;
 2. When a player has possession of the ball and steps on or over the boundary line, or any part of her body or stick touches the ground on or over the boundary line, the ball is out of bounds and the player will lose possession;
 3. A player in possession of the ball may hold her stick outside the boundary as long as her foot/feet are not on or over the boundary line;
 4. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes (the opponent will be penalized for a major foul)
- b. Shot or Deflected Shot – When a shot or deflected shot on goal goes out of bounds, the player nearest the ball when it crosses the boundary will place the ball in her crosse and stand 4 meters inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1 meter of free space. If goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary, she will remain in her circle and restart play.
 1. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds. It is the officials' responsibility to determine if a thrown ball is a shot.

e. Goalie Rules

- a. Required Equipment: Goalie must wear Required Equipment as noted in Section III;
- b. Goalie cannot score a goal with a goalie stick;
- c. Goalie ball: Goalie may stop ball with her hand and/or body, as well as her stick; if she catches ball with hand, she must place ball in stick and proceed with the game.
- d. Goalie Clear: Goalie must clear the ball within 10 seconds after it has entered the goal circle;
- e. Protection of Crease: Goalie while within goal circle (crease) may reach out her crosse and bring the ball back into the goal circle provided no part of her body is grounded outside the crease.
- f. Goalie "Covering": A goalie can reach out and "rake" the ball back into her goal circle if no player from the other team is within playing distance and is disadvantaged because the goalie covered the ball. If an opponent could have played the ball, the goalie will be called for a minor foul of covering.

f. The Throw

- a. A throw is taken when:
 1. The ball goes into the goal off a non-player, with the throw being taken to the sides of the goal by two opposing field players nearest the goal;
 2. the ball goes out of bounds as the result of a shot or deflected shot and two opposing players are equally near the ball;
 3. It cannot be determined which team caused the ball to go out of bounds;
 4. There is an incident unrelated to the ball and the players are equal distance from the ball;
 5. A ball lodges in the clothing of a field player or official;

6. Two players commit off-setting fouls (major and/or minor), or after the attacking team fouls during a slow whistle situation
 7. The game is stopped for any reason not specified in the rules.
- b. **Mechanics of the Throw:**
1. The two players must stand with feet and crosses at least 1 meter apart and the defender is nearer to the goal she is defending. The official stands between 4 and 8 meters from the players and on the whistle throws the ball with a short high throw so that the players take it as they move in towards the game.
 2. No throw is taken within 8 meters of the goal circle or within 4 meters of the boundaries.
 3. No players may be within 4 meters of the players taking the throw.
 4. If the throw is inaccurate or is not touched by either player, the throw is taken again.
- g. **Substitution:** Each team may substitute an unlimited number of players at any time during play, after every goal, and at halftime.
- a. **Substitution Procedures**
 1. During Play – the player must enter the game through the substitution area and not enter this area until her substitution is imminent. A substitute must not go onto the field until the player she is replacing has entered the substitution area (this includes the goalkeeper).
 2. After a Goal – any substitutes may enter the game immediately.
 3. Injured Player – substitution for injured player must not exceed 30 seconds (with an exception for injured goalkeeper and no other goalie on sidelines ready to play, time will be permitted for field player to suit up)
 4. Player Suspension/Ejection – General rule is no substitute is permitted upon yellow or red card; exception to this is when the player receiving the yellow card is the goalie and there is not other “dressed” goalie for her team, the goalie may remain in the game and the team’s coach may designate another player who must leave the field for 3 minutes of elapsed playing time. If the goalie receives a second yellow card or a red card, she may not return to the game. The team may substitute another goalie and the team’s coach must designate another player who must leave the field for the 3 minutes of elapsed playing time.
 - b. **Illegal Substitution** – should an illegal substitution occur, the official will call a time-out and remove the illegal player. The penalty for illegal substitution is a free position for the opposing team at the spot where play was to resume before the illegal substitution occurred.
 1. If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player shall be removed, and a free position shall be rewarded to the opposing goalie.
- h. **Accident, Interference, or Other Incident:** If the game has to be stopped due to an accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown, the game is restarted in one of the following ways:
1. If a foul has occurred, a free position is awarded on the spot determined by the official. Play shall not be restarted within 8 meters of the crease or within 4 meters of the boundaries.
 2. If no foul is involved in the stoppage of play, the ball is given to the player who was in possession, or nearest to it, at the time play was stopped and play is restarted at the spot of the ball. If two players are equal distance from the ball, a throw is taken.
 3. Time out is called at the discretion of the official. If medical personnel or coach comes onto the field to attend an injured player, that player must then leave the field. A substitute must take her place.
- i. **Two Pass Rule**
- a. Prior to attempting to score, the attacking team must attempt to complete two (2) passes, (not including the goalie’s clear)

1. Passes made on the field can be dropped or not caught, and still be considered a “completed attempt.”
 2. 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/unless the defense positively establishes possession of the ball
 3. HOME SIDELINE MANAGER will count the passes out loud and tell the players when they have completed two passes. Coaches are not to count. The officials (nor coaches) should tell players that “they can shoot” once 2 passes are counted because additional passes might be the right thing to do. The intent of this rule is not to have the teams make 2 passes and then, regardless of where the ball is, compel the player to run to the goal and shoot.
 4. 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. This rewards teams for playing good defense, and if they recover the ball in their attacking zone, they can shoot immediately and do not have to get 2 passes again.
 - a. Players should be a minimum of 6 feet apart;
 - b. Passes must be complete or attempted, meaning the pass can be dropped or not caught, and still count as a pass;
 5. Passes just need to be attempted and possession by the attempting team must be continuous.
 - a. In the case of a ground ball, possession by the offense is assumed to be maintained until/unless the defense positively establishes possession of the ball
 6. Passes must be have an airborne element to be considered
 - a. No rolling ball between players
 7. Notifications: The HOME SIDELINE MANAGER needs to call out each pass by holding a finger in the air to indicate which of the two passes has been correctly attempted.
 - a. As example, after the 1st required pass is attempted the official would hold up 1 finger, upon the correct attempt of the 2nd pass the referee would hold up two fingers, indicating the offensive team may now shoot at the goal.
- b. 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 ball is awarded to the goalie and
1. Goalie gets possession of ball and play starts on the official’s whistle.
 2. If the shot results in a goal, the goal is disallowed
- j. **3 Second Rule for “Good Defense”**: a player must not hold the for more than 3 seconds when closely guarded/arked (see definitions in 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.
- a. The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and, if she does not she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass.
 1. Coaches are not to count out the seconds (this is left to officials)
 2. 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.
 3. If another teammate joins the defender and the 2nd defender is in good position to check, the count starts again.
- k. **Major Fouls**
- a. Holding: hold an opponent’s crosse when the opponent is in possession of the ball;
 - b. Crosse in Sphere: hold her crosse within the sphere around the face or throat of an opponent (sphere is 7 inches around head)

- c. **Illegal Contact:** initiate crosse to body, or body to crosse contact;
- d. **Illegal Use of the Crosse:** using the crosse in a dangerous and/or intimidating manner, for example:
 - 1. directly poke or wave the crosse near an opponent's face,
 - 2. make a sweeping check from behind that contacts the opponent's body,
 - 3. lowering the head of the crosse below the shoulder and initiating crosse to body contact; or
 - 4. any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play
- e. **Hooking:** use the webbed area of her crosse to hook the bottom end of the opponent's crosse;
- f. **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;
- g. **Blocking:** block her opponent by moving into her path without giving her a chance to stop or change direction;
- h. **Charging:** charge, barge, shoulder, or back into an opponent; **NOTE:** *body to body contact may be called charging, blocking, or no call (incidental contact).*
- i. **Pushing:** push the opponent with the hand or body;
- j. **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:
 - 1. 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;
 - 2. 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.*
- k. **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.*
- l. **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.
- m. **Tripping:** trip an opponent, deliberately or otherwise
- n. **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.
- o. **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.
- p. **False Start:** move before the whistle to start play
- q. **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.
- r. **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.
- s. **Dangerous Follow Through (MANDATORY CARD):** follow through with her crosse in a dangerous or uncontrolled manner at any time.
- t. **Dangerous Shot:** shoot dangerously or without control:
 - 1. a dangerous shot is judged on the basis of the combination of distance, force, and placement.
 - 2. 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.

3. a shot may be uncontrolled even if it misses the goal.
- u. Shooting on Free Position: no shooting on free positions, unless using a goalkeeper or modified goal opening (rejection net).
- v. No Checking: if any player checks, it is a major foul.

I. Minor Fouls:

- a. Covering: guard a ground ball with her foot or crosse
 - b. 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.
 - c. 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.
 - d. Hand ball: touch the ball with her hand, except a goalkeeper or deputy within the goal circle.
 - e. Squeeze the Head of the Crosse: use her hand or body to keep the ball in the crosse.
 - f. 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.
 - g. Throw her crosse in any circumstance.
 - h. Take part in the game if she is not holding her crosse.
 - i. Illegal Draw:
 1. either player draws too soon;
 2. no attempt to draw up and away;
 3. movement of the crosse is not up and away;
 4. player taking the draw moves after the official says "ready" and before the official's whistle
 5. ball does not go higher than the heads of the players taking the draw
 - j. 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.*
 - k. Delay of game – Fail to be ready to start play after a 2 minute team time out or following half time.
 - l. Jewelry: take part in the game if she is wearing jewelry.
 - m. Illegal Uniform: take part in game if your uniform does not meet specifications.
 - n. Illegal Substitution: (See Section V).
 - o. 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.
 - p. 3 Second Rule for Good Defense: (See Section J).
- m. Goal Circle Fouls:** A field player must not enter or have any part of her body or crosse on or in the goal circle at any time except when she is deputizing for the goalkeeper.
The goalie or her deputy must not:
- a. allow the ball to remain in the goal circle longer than 10 seconds;
 - b. when inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with her hand;
 - c. when any part of her is grounded outside of the goal circle, draw the ball into her goal circle;
 - d. step back into the goal circle when she has possession of the ball
 - e. when outside the goal circle, throw any part of her equipment to her deputy
- n. 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.
- o. Misconduct Fouls:** 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.
1. Excessively rough, dangerous, or unsportsmanlike play;
 2. Persistent or flagrant violation of the rules;

3. Deliberately endangering the safety of an opposing player;
4. Baiting or taunting which is intended or designed to embarrass, ridicule, or demean others;
5. Excessive dissent or abusive language;
6. Non-playing team member leaving their bench area during the game;
7. Coach leaving their coaching area;
8. Re-entering the game before yellow card or green/red card penalty time has elapsed;
9. Any type of behavior within the official's opinion amounts to misconduct

o. Issuance of Cards:

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 call time out and issue 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.
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.

A player who receives a yellow or a red card will serve the penalty time in their team bench area. Anyone receiving two yellow cards will be suspended from further participation in that game and will be prohibited from participating in the team's next game. 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.

Should a team receive a third card of the game they will play short for the remainder of the game, including overtime and an additional player will be removed from the game for each subsequent card received. Any card given to a player or head coach will count toward their team's cumulative total. The carded player will serve the three 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 3-minute penalty time, and this designated player may return to the game only if another player leaves the field using normal substitution procedures.

p. Ejections:

- a. In the event that a Player or Coach is ejected from a game, the following MUST transpire:
 1. Coaches will leave the team sideline and cease any and all coaching activities
 2. Players will remove all equipment and sit on team bench / sideline
 3. 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.
 4. 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.

5. 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.
6. 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.com 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.

VI. Definition of Terms:

- a. **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.
- b. **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 crosse with her body and causing her to slow down, change direction, or pass off.
- c. **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).
- d. **Clear:** is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.
- e. **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.
- f. **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.
- g. **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).
- h. **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.
- i. **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.
- j. **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.
- k. **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.
- l. **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.
- m. **Marking:** is guarding an opponent within a stick's length.

- n. **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.
- o. **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.
- p. **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.
- q. **Sphere:** is an imaginary area of 7 inches surrounding the head.
- r. **Toeing the Line:** refers to the placement of the foot up to, but not on, the center line.
- s. **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.
- t. **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.
- u. **Closely Guarded (3 second "good" defense call):** player with the ball has an opponent within a stick's length.
- v. **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).
- w. **Free Position:** penalty awarded for a foul; player who has been fouled gets the ball and all others must move 4m away.
- x. **Indirect Free Position:** no shot on goal may be made until the player with the ball passes the ball to another player.