

Southern Ohio Lacrosse Youth and Middle School Girls Rules 2025



**SOUTHERN OHIO LACROSSE
FOUNDATION, INC**



USA LACROSSE
Southern Ohio

GAME SUMMARY AND EQUIPMENT

- 7v7 for C level, 6v6 for D level
- Shortened Field
 - 35-45 yards by 60- 70 yards
 - Restraining line at midfield
 - Offsides will be called
 - Field markings required
 - Sidelines, end line, midfield line (to serve as restraining line for both teams), Goal circle (crease), 5-6 meter arc (critical scoring area), can use 8 meter if field is marked
- Timing
 - Competition will consist of two (2) twenty (20) minute running time halves
 - Halftime consisting of five (5) minutes
 - Clock stopped every ten (10) minutes for water during extremely hot weather
 - The clock shall only stop in the event of an injury or timeout.
 - Penalty administrations will continue after the time has expired at the end of half.
 - Two timeouts per game, one minute each, may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.
- No Goalies for K-2(D)
 - Goals may be flipped to triangle if both teams agree for K-2
- 3/4(C) teams must provide all approved goalie gear. If team doesn't have a goalie, they will play with an open goal.
- Protective eyewear or approved headgear required
- Protective mouthguard required

GAME SUMMARY AND EQUIPMENT (CONT)

3/4 (C) & K-2 (D)

- Standard yellow NOCSAE ball required
- Pre-game stick checks are at the discretion of the official
- Coaches may be on the field for coaching only
 - One (1) coach at C level
 - One (1) coach on offensive and one (1) on defense at D level
 - Coaches are not to act as defense or act as picks
- Score will not be kept at either level.
 - If a site has a scoreboard, it may be used for time purposes only

GAME PLAY

- Draw to start each half
- After a goal, possession is given at the center line to the scored-upon team
 - Player positioning for draw will apply
 - Defender must stand 4m away at a 45-degree angle
 - Indirect free position
 - Ball must be passed correct number of times prior to attempted shot
- Passing
 - Two attempted passes must be made prior to shooting at both C and D levels.
 - Once a team has attempted two passes, the count is reset only when the defending team gains possession of the ball outside of its defensive 1/2 of the field (as defined by the center line).
 - A new pass count is not necessary as long as the ball remains within the offensive 1/2 of the field (even if the defense plays the ball) or the offensive team maintains possession.
 - If one team begins to dominate offensively, they need to require more pass attempts to even the game.
 - Possession is deemed to occur when the ball is the crosse of a player. A defensive player successfully resets the pass count by cradling the ball across outside the defensive 1/2, securing a ground ball outside the defensive 1/2, or catching a pass outside the defensive 1/2. Throwing the ball or rolling the ball across the half line without possession does NOT reset the pass count.
 - Passes from the goalie, who obtains the ball while acting as goalie, or who passes the ball while acting as goalie, DO NOT count towards the two attempted passes.
 - A pass from the goalie who is acting as a field player (outside the goal circle) and remains a field player DO count towards the two attempted passes.
 - Tracking of passes is the responsibility of the coaches.

GAME PLAY (CONT)

3/4 (C) & K-2 (D)

- NO CHECKING ALLOWED at either level
- Must play 1v1 defense in the midfield area at D level
 - More than one player may defend the ball in the critical scoring area.
- Player with the ball may not hold the ball for more than 3 seconds (**Minor Foul**) when
 - closely guarded/marketed
 - the defense has both hands on her stick
 - the defense is in position to legally check where checking allowed
 - Note: 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.
- 3 seconds with the 8M is a violation
- Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute MAY NOT take her place.
- 8M free position
 - Standard setup on end with 8M markings
 - On end with the top of the marked with the center circle the player will place at the point on the 8M close to the location of the foul
- No stick to body contact
- Self-start
 - Players at this level must pause before self-starting.

FOULS

3/4 (C) & K-2 (D)

- No stick to stick, body to body, or body to stick contact.
 - Additionally, the stick cannot be in the sphere around another player's head or neck.
- No stick checking.
 - Incidental stick contact may occur and is not necessarily a penalty.
- No covering the ball with your stick or body.
- No intentionally playing the ball off the body, other than a foot.
 - Kicking the ball is allowed if it does not create danger for other players.
- No entering the goal circle (except to get the ball out of the goal after a shot is scored).
 - No Deputy at either level, only the goalie may enter the goal circle.
- No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
- No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
- No dangerous follow through with the stick in a pass or shot.
- No moving or blind picks.

GAME SUMMARY AND EQUIPMENT

- 12v12
- Full Field (see diagram)
 - Offsides will be called
 - Field markings required
 - Sidelines, end lines, restraining lines, draw circle, goal circle (crease), 8 meter arc (critical scoring area)
- Timing
 - Competition will consist of two (2) twenty (20) minute running time halves for 5/6 B
 - Halftime consisting of five (5) minutes
 - Clock stopped every ten (10) minutes for water during extremely hot weather
 - The clock shall only stop in the event of an injury or timeout.
 - Penalty administrations will continue after the time has expired at the end of half.
 - Two timeouts per game, one minute each, may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.
- Teams must provide all approved goalie gear. If team doesn't have a goalie, they will play with an open goal.
- Protective eyewear or approved headgear required
- Protective mouthguard required
- Standard yellow NOCSAE ball required
- Pre-game stick checks by official are recommended
- No coaches on the field
- Score may be kept

- Draw to start each half and after every goal scored.
- Passing
 - Two attempted passes must be made prior to shooting.
 - Once a team has attempted two passes, the count is reset only when the defending team gains possession of the ball outside of its defensive 1/3 of the field (as defined by the restraining line).
 - A new pass count is not necessary as long as the ball remains within the offensive 1/3 of the field (even if the defense plays the ball) or the offensive team maintains possession.
 - If one team begins to dominate offensively, they need to require more pass attempts to even the game.
 - Possession is deemed to occur when the ball is the crosse of a player. A defensive player successfully resets the pass count by cradling the ball across outside the defensive 1/3, securing a ground ball outside the defensive 1/3, or catching a pass outside the defensive 1/3. Throwing the ball or rolling the ball across the half line without possession does NOT reset the pass count.
 - Passes from the goalie, who obtains the ball while acting as goalie, or who passes the ball while acting as goalie, DO NOT count towards the two attempted passes.
 - A pass from the goalie who is acting as a field player (outside the goal circle) and remains a field player DO count towards the two attempted passes.
 - Tracking of passes is the responsibility of the coaches.
- “Mercy Rule”
 - A draw will occur after each goal scored. When the point differential is 6, the lower scoring team may ask for possession at the draw circle. This will continue as long as the point differential remains 6 or greater.

- NO CHECKING ALLOWED for 5/6B
- Player with the ball may not hold the ball for more than 3 seconds (**Minor Foul**) when
 - closely guarded/marketed
 - the defense has both hands on her stick
 - the defense is in position to legally check were checking allowed
 - Note: 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.
- 3 second with the 8M is a violation
- Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute MAY NOT take her place.
- 8M free position
 - Standard setup on end with 8M markings
 - On end with the top of the marked with the center circle the player will place at the point on the 8M close to the location of the foul
- No stick to body contact
- Self-start
 - Players at this level must pause before self-starting.

GAME SUMMARY AND EQUIPMENT

- 12v12
- Full Field (see diagram)
 - Offsides will be called
 - Field markings required
 - Sidelines, end lines, restraining lines, draw circle, goal circle (crease), 8 meter arc (critical scoring area)
- Timing
 - Competition will consist of two (2) twenty-five (25) minute running time halves for 5/6 A
 - Halftime consisting of five (5) minutes
 - Clock stopped every ten (10) minutes for water during extremely hot weather
 - The clock shall only stop in the event of an injury or timeout, and every whistle in the last two minutes of the **2nd half only**.
 - Exceptions: The clock continues to run during the last 2 minutes of each half if there is a 10-goal differential.
 - Penalty administrations will continue after the time has expired at the end of 1st half when the clock is NOT stopping on every whistle in the last 2 minutes.
 - Penalty administrations will continue after the time has expired at the end of half.
 - Two timeouts per game, one minute each, may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.
- Teams must provide all approved goalie gear. If team doesn't have a goalie, they will play with an open goal.
- Protective eyewear or approved headgear required
- Protective mouthguard required
- Standard yellow NOCSAE ball required
- Pre-game stick checks by official are recommended
- No coaches on the field
- Score may be kept

- Draw to start each half and after every goal scored.
- Passing (5/6A ONLY)
 - One (1) COMPLETED pass must be made prior to shooting.
 - Once a team has COMPLETED one pass, the count is reset only when the defending team gains possession of the ball outside of its defensive 1/3 of the field (as defined by the restraining line).
 - A new pass count is not necessary as long as the ball remains within the offensive 1/3 of the field (even if the defense plays the ball) or the offensive team maintains possession.
 - One (1) completed pass rule takes precedence over any foul that may give a player a free shot, with the exception of a major foul that occurs within the 8M arc. If a major foul occurs within the 8M arc and a free shot is awarded to the attacking player and one (1) pass had not been completed, the attacking player may shoot on goal.
 - Possession is deemed to occur when the ball is in the crosse of a player. A defensive player successfully resets the pass count by cradling the ball across outside the defensive 1/3, securing a ground ball outside the defensive 1/3, or catching a pass outside the defensive 1/3. Throwing the ball or rolling the ball across the half line without possession does NOT reset the pass count.
 - Passes from the goalie, who obtains the ball while acting as goalie, or who passes the ball while acting as goalie, DO NOT count towards the completed pass.
 - A pass from the goalie who is acting as a field player (outside the goal circle) and remains a field player DO count towards the completed pass.
 - Tracking of passes is the responsibility of the coaches.
- “Mercy Rule”
 - A draw will occur after each goal scored. When the point differential is 6, the lower scoring team may ask for possession at the draw circle. This will continue as long as the point differential remains 6 or greater.

- MODIFIED Checking is allowed
 - 3 seconds closely guarded applies
 - Modified checking is where the checking movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body but may not follow through to the ground (think check mark).
- Player with the ball may not hold the ball for more than 3 seconds (**Minor Foul**) when
 - closely guarded/marketed
 - the defense has both hands on her stick
 - the defense is in position to legally check where checking allowed
 - Note: 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.
- 3 seconds within the 8M is a violation
- Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute MAY NOT take her place.
- 8M free position
 - Standard setup on end with 8M markings
 - On end with the top of the marked with the center circle the player will place at the point on the 8M close to the location of the foul
- No stick to body contact
- Self-start
 - Players at this level must pause before self-starting.

GAME SUMMARY AND EQUIPMENT

- 12v12
- Full Field (see diagram)
 - Offsides will be called
 - Field markings required
 - Sidelines, end lines, restraining lines, draw circle, goal circle (crease), 8 meter arc (critical scoring area)
- Timing
 - Competition will consist of four (4) twelve (12) minute running time quarters for MS A/B
 - Halftime consisting of five (5) minutes
 - Clock stopped every ten (10) minutes for water during extremely hot weather
 - The clock shall only stop in the event of an injury or timeout, and every whistle in the last two minutes of the **4th quarter only**.
 - Exceptions: The clock continues to run during the last 2 minutes of 4th quarter if there is a 10-goal differential.
 - Penalty administrations will continue after the time has expired at the end of 4th quarter when the clock is NOT stopping on every whistle in the last 2 minutes.
 - Penalty administrations will continue after the time has expired at the end of each quarter.
 - Two timeouts per game, one minute each, may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.
- Teams must provide all approved goalie gear. If team doesn't have a goalie, they will play with an open goal.
- Protective eyewear or approved headgear required
- Protective mouthguard required
- Standard yellow NOCSAE ball required
- Pre-game stick checks by official are recommended
- No coaches on the field
- Score may be kept

MS A/B GAME PLAY

MS A/B

- Draw to start each half and after every goal scored.
- No passing requirement for MS A/B
- “Mercy Rule”
 - A draw will occur after each goal scored. When the point differential is 6, the lower scoring team may ask for possession at the draw circle. This will continue as long as the point differential remains 6 or greater.
- TRANSITIONAL Checking is allowed
 - Transitional checking will help promote safe stick checks above the shoulders and provides an incremental rule structure for the development to full checking at the high school level.
 - There are two specific criteria for the transitional check: one is a 12-inch sphere around the ball carrier’s head; the second is that checks cannot be across the body (both shoulders) of the ball carrier. The new 12” sphere at the youth level was adopted for safety reasons to protect players’ heads from stick contact and to emphasize for the women’s game community the importance of the sphere to the integrity of the game. This definition would prohibit defensive players from checking a crosse when a cradle is within 12 inches of a player’s head.
 - There will be no “3 seconds good defense” calls at this level, since checking is allowed above the shoulder. While the 12-inch sphere is applicable to all youth play, an illegal cradle will still be based on the 7-inch sphere. The holding of the head of the crosse within a 7-inch sphere or close to her or a teammates body will be called as it has been in prior years. The definition of an illegal cradle is consistent with the illegal cradle rule in the past and consistent with the illegal cradle rule for high school play.

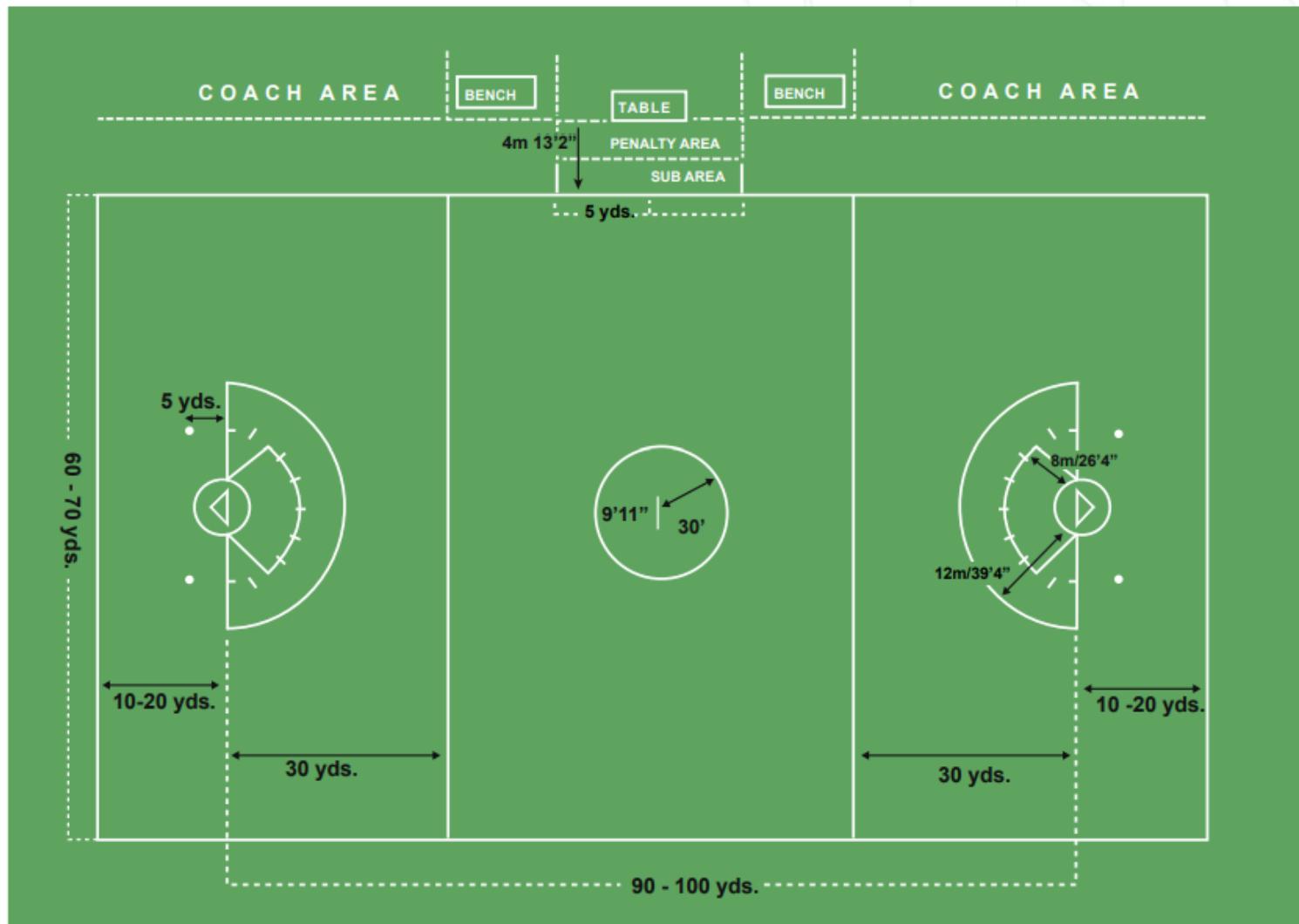
MS A/B GAME PLAY (CONT)

MS A/B

- 3 seconds within the 8M is a violation
- Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute MAY NOT take her place.
- 8M free position
 - Standard setup on end with 8M markings
 - On end with the top of the marked with the center circle the player will place at the point on the 8M close to the location of the foul
- No stick to body contact
- Self-start
 - Players at this level must pause before self-starting.

The Field Diagram

5/6 A&B



DEFINITION OF TERMS

- » **ATTEMPTED PASS** occurs when a player attempts to pass using the mechanics of a throwing motion in the specific direction of a teammate.
- » **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 crosse 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).
- » **CHECKING** is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact.
- » **CLEAR** is any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.
- » **CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.
- » **COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and even with the level of the scorer's table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer's table.
- » **CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the official.
- » **CROSS-CHECK** uses the shaft of the crosse to hit, push or displace an opponent.
- » **DANGEROUS PLAY** are actions that are rough, threatening and/or are without regard to player safety. May be carded.
- » **DIRECTLY BEHIND THE GOAL CIRCLE** is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.
- » **8-METER ARC** is the area in front of each goal circle inscribed by two 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.
- » **EJECTED PLAYER** is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in her team's next game.
- » **FIELD PLAYER** is any player other than the goalkeeper. It is a player whose responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

- » **FREE POSITION** is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. A major defensive foul within the 8 meter will result in an offensive free position on an 8 meter hash. This player may go to goal.
- » **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.
- » **GOAL CIRCLE** is the circle around the goal to protect the goalkeeper. It is commonly called a Crease in Sixes and in the boys' game.
- » **GREEN CARD** is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.
- » **HELD WHISTLE** is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.
- » **ILLEGAL CRADLE** is when the ball carrier holds the head of her crosse with or without cradling, within a 7-inch sphere surrounding the head in all directions or close to her body or teammate's body.
- » **ILLEGAL PLAYER** is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.
- » **ILLEGAL PROCEDURE** refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)
- » **INDIRECT FREE POSITION** is the penalty awarded for a minor field 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.
- » **LOWER SIDE OF CROSSE** refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player's goalie or defensive goal.
- » **MARKING** is guarding an opponent within a stick's length.
- » **MODIFIED CHECK** is an attempt to dislodge the ball from an opponent's crosse in which the checking crosse movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.
- » **MODIFIED POCKET** is when no more than half of the ball falls below the bottom of the sidewall.
- » **OFFSETTING** is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.
- » **OFFSIDE** refers to a team with more players over the restraining line than allowed by the rules.
- » **PENALTY AREA** is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.
- » **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.
- » **PENALTY ZONE** is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.

- » **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. It may be moving or stationary.
- » **PLAYED** refers to an action whereby the ball leaves the player's crosse and is touched by another player, her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the crosse.
- » **PLAYER POSSESSION** is when the ball is in her crosse and she can perform any of the normal functions of control such as cradle, carry, pass or shoot.
- » **PLAYING DISTANCE** is the length of a stick and half.
- » **RED CARD** is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.
- » **RESTRAINING LINE** in full field play is a solid line at each end of the field 30 yards up field from the goal line which extends fully from one side of the field to the other side.
- » **RUNNING CLOCK** means the game clock runs continuously without stopping unless the official calls for a card, injury/emergency timeout, or team timeout.
- » **SCORING PLAY** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
 - A shot is taken.
 - The attacking team loses possession of the ball.
 - The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
 - The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
 - The attacking team fouls.
- » **SLASH** is a reckless or dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.
- » **SLOW WHISTLE** is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.
- » **SPHERE** is the 7 or 12-inch area surrounding the head in all directions.
- » **SUBSEQUENT FOUL** is one that occurs after the initial foul has been called. For a example, a player is awarded a free position because of a foul by her opponent and before play starts she, or her team, commits another foul such as taunting the opponent.
- » **SUBSTITUTE** is any player who has not been disqualified and whose name and correct number have been recorded in the scorebook.
- » **SUSPENDED PLAYER** is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.
- » **SUBSTITUTION AREA** is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each five (5) yards from the center line of the field.

- » **TEAM BENCH AREA** is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline), and does not include the area directly behind the scorer's table.
- » **THREE-SECONDS IN THE ARC** is when a player while defending in the 8-meter are remains in that area more than three (3) seconds without marking an opponent within a stick's length.
- » **THREE-SECONDS GOOD DEFENSE** is when a player with the ball holds the ball for more than three (3) seconds while closely guarded/marketed.
- » **TOEING THE LINE** refers to the placement of the foot up to, but not on a center line.
- » **TRANSITIONAL CHECKING** is allowed at the 14U level where checks may occur that are outside of the 12 inch sphere and the defender is in front of or ahead of the ball carrier and the defender stick is not reaching across the opponent's body to attempt the check
- » **12-METER FAN** is a semicircle area in front of each goal circle bounded by an arc 12 meters from the goal circles.
- » **WITHIN A STICK'S LENGTH** is 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 this opponent.
- » **YELLOW CARD** is given to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.

ALL FIELD CROSSES

All legal sticks/ molded heads will be listed on the USA Lacrosse website on the equipment page.

Note: The crosse for the 6U 8U & 10U divisions can meet either the boys or girls molded head requirements.

All pockets are subject to on field compliance check by officials. The following requirements are for the pockets.

Strung pockets either traditional or mesh must be attached directly to the head.

Field crosses shall have no more than two separate shooting strings. Shooting strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting strings. Shooting strings are not required.

Any "shooting" string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. "Shooting" strings may not be crossed. "Shooting" strings may not touch from outside the outermost thongs to the sidewall, or within one (1) inch of the sidewall if there are no thongs. Shooting strings do not need to be attached through a stringing hole.

The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible above the top of the entire wooden or plastic sidewall for 12U and 14U.

The ball must move freely within all parts of the head of the stick both laterally and along its full length of the front and upper third of the back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5" (38.1 mm).

NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket. Any adhesive substance in the pocket which impedes movement.

GOALKEEPER'S CROSSE

The overall length of the crosse shall be 35 1/2 inches minimum to 52 inches maximum. The end cap is included when measuring the overall length of the crosse.

The pocket of the crosse may be strung with six (6) or seven (7) longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

The goalkeeper's crosse may have more than two shooting strings.

Flat laces or nylon cord may be used as shooting strings. There are no restrictions regarding the design or placement of shooting strings in the pocket of a goalkeeper's crosse.

Stick Certification Procedures:

Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the manufacturer's specifications, a report noting this compliance will be sent to the USA Lacrosse Women's Game Director. The stick will then be listed on the USA Lacrosse web site as legal for use in the United States. The USA Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/or designs independent of lab approval. Go to usalacrosse.com for complete equipment certification process procedures and timeline, and for lists of USA Lacrosse approved equipment.

GOALKEEPER'S EQUIPMENT

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, a pelvic protector and padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. beginning January 1, 2021, the goalie chest protection must meet the NOCSAE standard (ND200) for lacrosse at the time of manufacture.

It is recommended that the goalkeeper wear padding on arms and shoulders. This padding must not excessively increase the size of any body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 1-inch padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

EYE PROTECTION

All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077). All eyewear must be listed on the SEI website to be legal for play and all eyewear must bear the SEI mark for certification.

MOUTHPIECE

All players must properly wear a professionally manufactured intra- oral mouthpiece that fully covers the teeth. The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of white teeth. It shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. There may be no protruding tabs for field players.

OTHER PERSONAL EQUIPMENT

Headgear and close-fitting gloves may be worn by all field players. Any field player choosing to wear headgear will only be permitted to wear headgear that has been tested by the manufacturer and meets the ASTM F3137 standard for women's lacrosse headgear. The headgear must be SEI certified. The headgear shall be listed on the SEI site in order to be considered legal for play. Face masks are not allowed.

Note: No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to other players by the officials. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended.

Note: Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick.

Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

Note: Players may only wear securely taped Medic-alert medal with information visible and close-fitting cloth sweatbands. Any other adornment, will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

Note: Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.

Note: USA Lacrosse in keeping with applicable laws may authorize exceptions to USAL Youth Playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, religious considerations as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow otherwise illegal equipment, create risk to the athletes/others or place opponents at a disadvantage.

BALLS

SECTION 25. The ball shall be yellow, lime green or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture for 10U, 12U and 14U.

NOTE: Specifications for all equipment are modified periodically. USA Lacrosse will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to USA Lacrosse of the change. USA Lacrosse does not test or approve equipment to determine compliance with specifications. USA Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.