

2013 OCLA Girls Lacrosse Rules

U11 (Lightning)	1	2 - 20 minute halves (running clock - not stopped after goal)
	2	1 completed pass/2 attempted passes before shooting. Kept track of by the coaches.
	3	Anything more than incidental body contact is a foul. No using the Crosse in an intimidating manner.
	4	There will be no deputy allowed for youth play, at any level.
	5	May not shoot from any free position (unless there are goalies)
	6	If ball goes into the goal circle but doesn't score, a defender can go into the goal circle to get the ball, then restarts inside the goal circle.
	7	Score is not kept.
	8	Eleven field players. (or less if coaches agree)
	9	No part of the attackers or defenders Crosse or body may enter the goal circle at any time.
	10	Games are played on full size fields. Regular off-sides rule apply.
	11	Full goals. Goalies are optional. No goal covers (Hector the rejectors).
	12	Modified 3 second shooting space rule. Defenders have to be actively guarding someone in the 8 meter arc and cannot just stand in front of the goal. This is to prevent players from stacking up in front of the goal so the player with the ball cannot shoot.
	13	Time Outs: Each team is allowed 2 timeouts per game. Timeout may be requested by a 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.
	14	Fouls: Shooting space and 3 second violations will be penalized with a free shot from the 8 meter arc. All other restarts will be indirect. Ie. A pass is required before attempting to score.
	15	The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches and parents, and will receive any cards related to lack of bench decorum.
U13 (Junior) Modified Checking	1	Two 25-minute halves, running clock - not stopped after goal or in last 2 minutes of half.
	2	Four or more goals differential will be a free position for the team with the fewer goals. Cannot shoot from this position.
	3	5 - 10 minute half-time (Captains decide)
	4	There will be no deputy allowed for youth play, at any level.
	5	Modified checking rules (check must be below shoulder level, away from the body, in a safe controlled fashion)
	6	A team will play short 2 minutes from the first card issued.
	7	Rosters will be on field, coaches and umpires to sign
	8	No part of the attackers or defenders Crosse or body may enter the goal circle at any time.
	9	Position to Check - player has an opportunity to legally check the crosse without fouling (the 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.)
	10	Overtime: 4 min. running clock, sudden victory, no time outs and no switching of goals. Coaches will have 2 minutes after time expires to prepare before the draw. If the game is still tied at the end of the 4 minutes, the tie will stand.
	11	Time Outs: Each team is allowed 2 timeouts per game. Timeout may be requested by a 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.
	12	The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches and parents, and will receive any cards related to lack of bench decorum.

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U15 (Senior) Full Checking	1	Two 25-minute halves, running clock - not stopped after goal or in last 2 minutes of half.
	2	Four or more goals differential will be a free position for the team with the fewer goals. Cannot shoot from this position.
	3	5 - 10 minute half-time (Captains decide)
	4	There will be no deputy allowed for youth play, at any level.
	5	Full checking rules apply (Any check to the head will be penalized with a mandatory red card.)
	6	No part of the attackers or defenders Crosse or body may enter the goal circle at any time.
	7	A team will play short 2 minutes from the first card issued.
	8	Once a team receives its third card of the game, the team will play shorthanded for the remainder of the game. They will lose an additional player each time another card is received.
	9	Time Outs: Each team is allowed 2 timeouts per game. Timeout may be requested by a 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.
	10	Overtime: 4 min. running clock, sudden victory, no time outs and no switching of goals. Coaches will have 2 minutes after time expires to prepare before the draw. If the game is still tied at the end of the 4 minutes, the tie will stand.
	11	The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches and parents, and will receive any cards related to lack of bench decorum.

Rule Modifications for 2013

Timeouts	1	Timeout may be requested by a 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.
Boundary	2	When a ball goes out of bounds, the player will stand 2m inside the boundary line.
Defensive Goal Circle Violation	3	The penalty for goal circle fouls by the defense other than for an illegal deputy shall be a free position taken 8m out to either side, level with the goal line. The offending player, except the goalkeeper, shall be placed 4m behind the player taking the free position. The goalkeeper remains on the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle.
Point of Emphasis	4	A defender running down the field with an attacker, but behind her, will not be allowed to hold her stick in front of the player with the ball.