

SAYLL Girls Youth Lacrosse Rules - 2023

Rule	8U	10U	Rule	8U	10U
1. Length of Game (may be 4 quarters too)	Two 25-minute running halves. 4 min halftime. No overtime. 1 timeout per team per half.	Two 25-minute running halves, with stopped time during last 2 min of each half. 4 min halftime. No overtime. 1 timeout per team per half.	11. Coach on Field	1 Coach per team may be on field	No coaches on field
2. Stick Specifications	Crosse can be cut down to accommodate smaller players (goalie sticks included). Pocket can be modified.	Crosse can be cut down to accommodate smaller players (goalie sticks included). Pocket can be modified.	12. Shooting Space	No part of a defender's body may be between the ball and the goal circle, thereby prohibiting safe shooting, unless the defender is within a stick length's distance of her opponent.	No part of a defender's body may be between the ball and the goal circle, thereby prohibiting safe shooting, unless the defender is within a stick length's distance of her opponent.
3. Equipment	SEI-approved eyewear & mouth guard. Goalies must wear: mouth guard, NOCSAE helmet & throat protector, padded gloves, a chest protector, shin and thigh pads, and a matching jersey on the outside of equipment	SEI-approved eyewear & mouth guard. Goalies must wear: mouth guard, NOCSAE helmet & throat protector, padded gloves, a chest protector, shin and thigh pads, and a matching jersey on the outside of equipment	13. Offsides	2 field players from each team must stay behind the "restraining line," which is the Midfield line (can be waived, i.e. no offsides, if both coaches agree) Ref can remind players of the rule before calling it.	2 field players from each team must stay behind the "restraining line," which is the Midfield line (can be waived, i.e. no offsides, if both coaches agree) Ref can remind players of the rule before calling it.
4. Draw / Throw / Free	Coin toss to start, practice DRAWS at game-start, halftime and after goals. After 2 unsuccessful attempts at a draw, a THROW will be taken. 6 goal mercy rule - ball starts with the losing team (losing team can waive it)	Coin toss to start, practice DRAWS at game-start, halftime and after goals. After 2 unsuccessful attempts at a draw, a THROW will be taken. 6 goal mercy rule - ball starts with the losing team (losing team can waive it)	14. Ground Balls	No more than 1 from each team on a ground ball at a time. No kicking the ball. No covering the ball.	No more than 1 from each team on a ground ball at a time. No kicking the ball. No covering the ball.
5. Substitutions	Whenever (on the fly or dead ball situations)	Whenever (on the fly or dead ball situations)	15. Stick Checking	No checking allowed	No checking allowed
6. One-pass Rule	Teams must make one pass attempt between two players who are past the Midfield line before going to goal. Note, if the attacking team intercepts/recovers the ball in their offensive zone, they may go directly to goal, no additional pass required.	Teams must make one attempted pass between two players who are past the Midfield line before going to goal. Note, if the attacking team intercepts/recovers the ball in their offensive zone, they may go directly to goal, no additional pass required.	16. 3 Seconds, Closely Guarded ("Good Defense" Rule bc there is no checking)	The player with possession may not hold the ball longer than 3 seconds when closely guarded by a defender AND the defender has both hands on her stick	The player with possession may not hold the ball longer than 3 seconds when closely guarded by a defender AND the defender has both hands on her stick
7. Self Start	Fouled players may pause briefly and start play without awaiting a ref's whistle.	Fouled players may pause briefly and start play without awaiting a ref's whistle.	17. Personal Fouls	Yellow card warning and red card expulsion apply at discretion of the ref, but NO man down.	Yellow card warning and red card expulsion apply at discretion of the ref, but NO man down.
8. Free Play	Off-ball players no longer need to "freeze on the whistle" - players may position themselves advantageously after a ref has stopped play	Off-ball players no longer need to "freeze on the whistle" - players may position themselves advantageously after a ref has stopped play	18. Field Size	60-70 yds x 35-44 yds, often across the field on a full-size field (Use goal line to the 30yd line – set goal on the 10, give at least 5 yds behind goal for X, place cones for mid field)	60-70 yds x 35-44 yds, often across the field on a full-size field (Use goal line to the 30yd line – set goal on the 10, give at least 5 yds behind goal for X, place cones for mid field)
9. Free Clear to Midline	With a goalie save/clear, the attacking team must retreat to the Midfield line until the ball is back in play (has left the goalie's stick). If a goalie leaves the crease area with the ball, she cannot return to the crease with possession of the ball. Goalkeepers may not cross the Midfield line. NO DEPUTY.	With a goalie save/clear, the attacking team must retreat to the Midfield line until the ball is back in play (has left the goalie's stick). If a goalie leaves the crease area with the ball, she cannot return to the crease with possession of the ball. Goalkeepers may not cross the Midfield line. NO DEPUTY.	19. Shot On Goal	Stick follow through allowed	Stick follow through allowed
10. Advancing the Ball	10 seconds for goalie to clear after the ball enters the crease	10 seconds for goalie to clear after the ball enters the crease	Referee Procedure (tape measure, 20 second timer, flags, score card, pencil, coin, whistles)	<ul style="list-style-type: none"> • Certify the Coaches • Coin Toss • Stick & equipment check before the game • Line-up • Score the game 	<ul style="list-style-type: none"> • Certify the Coaches • Coin Toss • Stick & equipment check before the game • Line-up • Score the game

- SAYLL games are 7v7, not scored, and ideally every player plays every position with 1v1 defense.
- In the event the score is lopsided, discuss ways to alleviate: add more than 1-pass, require going to X before passing, losing team awarded the ball after goals, etc.
- 8U only requires one official, though two would be better

Rules that are going to be new to the players:

Self-Start

Free Play (Kids have always been taught to freeze on the whistle)

Free Clear to Midline: once ball is in play, opposing team can come play defense.

Scrum Rule: No more than 1 player from each team can attempt to get a ground ball. If a third player from a team tried to get a ground ball, the team with the least number of players on the ball, gets the ball.