

SJYLL Youth Girl's Rules Comparison 2022				February 21, 2022
	1st-2nd Grade (U-8)	3rd-4th Grade (U-10)	5th-6th Grade (U-12)	7th-8th Grade (U-14)
Fees (teams split fees)	\$60 (\$30 per team per game)	\$60 (\$30 per team per game)	\$60 each team pays one official per game	\$60 each team pays one official per game
Players	Up to 7v7- No GK <i>league specific not USA Lacrosse</i>	Up to 8v8 - 7 Field + GK	Up to 12 v 12	Up to 12 v 12
Coaches (3 max.)	1 Coach may be on field to assist kids.	Stay on sideline in coaching "box".	Stay on sideline in coaching "box".	Stay on sideline in coaching "box".
Game Length (No OverTime)	Running Clock 2-20 min. halves Play out 8m both halves <i>league specific not USA Lacrosse</i>	Running Clock 2-20 min. halves Play out 8m both halves <i>league specific not USA Lacrosse</i>	Running Clock 2-25 min. halves Play out 8m both halves <i>league specific not USA Lacrosse</i>	Running Clock 2-25 min. halves Play out 8m both halves <i>league specific not USA Lacrosse</i>
Time Outs	1 - 1 minute w/running clock none last 5 min of half <i>league specific not USA Lacrosse</i>	1-1 minute w/running clock none last 5 min of half <i>league specific not USA Lacrosse</i>	1-1 minute w/running clock none last 5 min of half <i>league specific not USA Lacrosse</i>	1-1 minute w/running clock none last 5 min of half <i>league specific not USA Lacrosse</i>
Equipment				
Ball	NOCSAE Ball <i>league specific not USA Lacrosse</i>	NOCSAE Regulation Ball	NOCSAE Regulation Ball	NOCSAE Regulation Ball
Stick	USL Spec Sticks for boys or girls, no pocket limit	USL Spec Girls Sticks, modified pocket	USL Spec sticks	USL Spec Sticks
Eyewear	USL requirements -SEI	USL requirements -SEI	USL requirements -SEI	USL requirements -SEI
Mouthguard	USL requirements	USL requirements	USL requirements	USL requirements
Goal Cage	6' x 6' <i>league specific not USA Lacrosse</i>	6' x 6'	6' x 6'	6' x 6'
Field Markings				
Field	60-70yds x 35-45 yds	60-70yds x 35-45 yds	Full field	Full field
Goal Circle	Yes	Yes	Yes	Yes
8' arc	Yes <i>league specific not USA Lacrosse</i>	Yes	Yes	Yes
12' fan	Optional <i>league specific not USA Lacrosse</i>	Yes	Yes	Yes
Restraining Line	Center line, NEW no offsidess	Center line, NEW no offsidess	Yes	Yes
Checking	None	None	Modified	14 A/B & B Transitional Checking/ 14A Full Checking
Draw	Only to start each half must hold for possession players inside the 8m 3 in defense and 3 in offense Show Possession Signal <i>league specific not USA Lacrosse</i>	6 Players must hold for possession inside the 8m 3 in defense and 3 in offense Show Possession Signal	Regular Draw-hold for possession Show Possession Signal	Regular Draw-hold for possession Show Possession Signal
Free Movement	Yes- Allowed	Yes- Allowed	Yes-Allowed	Yes-Allowed
Self Start	No Self-Start, whistle start only <i>league specific not USA Lacrosse</i>	NEW Yes-Allowed Reset a false start	Yes-Allowed when not an option -false start	Yes- Allowed when not an option -false start
Scoring	No Draw after goal give the ball to opponent goal line extended 8m away OR if coaches mutually agree may restart at the center line but No Draw	Yes - start each half with Draw & after goal Trailing coach's choice draw or possession optional 4 goal mercy rule (indirect) <i>league specific not USA Lacrosse</i>	Yes - start each half with Draw Trailing coach's choice draw or possession optional 4 goal mercy rule (in direct) <i>league specific not USA Lacrosse</i>	U14 AB and B: level Yes - start each half with Draw Trailing coach's choice draw or possession 4 goal mercy rule (indirect) U 14 A: Regular scorekeeping
Scoring 10 Goal Differential	May not score more than a 10 goal differential	May not score more than a 10 goal differential	May not score more than a 10 goal differential	May not score more than a 10 goal differential
	1st-2nd Grade (U-8)	3rd-4th Grade (U-10)	5th-6th Grade (U-12)	7th-8th Grade (U-14)

Passing Rule	Yes, "attempt" to pass. Once 2 pass established if possession is turned over then recovered again before ball goes over Center RL offense does not have to re-establish 2 passes, can go to goal league specific not USA Lacrosse	Yes, "attempt" to pass. Goalie outside GC clear counts as 1 pass. Once 2 pass established if possession is turned over then recovered again before ball goes over Center RL offense does not have to re-establish 2 passes, can go to goal league specific not USA Lacrosse	U12 B only -Yes, "attempt" to pass Goalie outside GC clear counts as 1 pass. Once 2 pass established if possession is turned over then recovered again before ball goes over RL offense does not have to re-establish 2 passes, , can go to goal league specific not USA Lacrosse	Regular Play No Pass Rule
Defense 1V1	1 v 1 required	Only outside of the 8m Inside 8m may double, triple team	Regular play, no 1 v 1 required	Regular play, no 1 v 1 required
Cards	No Cards. If major contact or unsportsmanlike behavior, remove for BRIEF period. Mandatory substitution do not play short	Regular carding rules/timing Mandatory substitution do not play short	Regular carding rules/timing	Regular carding rules/timing 14A - Check to the Head - Red Card
Injured Players	Must leave field, substitute	Must leave field, substitute	Must leave field, substitute	Must leave field, substitute
Restart of Game After Goal	Ball comes to rest inside the GC coach/official retrieves ball & gives to closest opponent on GLE 8m away. Whistle start. After a goal follow the same procedure- no draw	Draw... 4 goal mercy rule option	Draw... 4 goal mercy rule option	Draw- U14 A/B -B 4 goal mercy rule option Draw U14A no mercy rule option
Restraining Line	NEW No offsides	NEW No offsides	7 players plus goalie over RL	7 players plus goalie over RL
Substitution	Recommended on stoppage of play, but ok during live play.	Recommended on stoppage of play, but ok during live play.	Regular USA Lacrosse substitution rules	Regular uslax substitution rules
PLAYING THE BALL				
Covering ball	No covering ball at any time	No covering ball at any time	No covering when opponent is playing distance	No covering when opponent is playing distance
Ground ball	NEW - No restrictions	NEW - No restrictions	No restrictions	No restrictions
Kicking ball	NEW - No restrictions	NEW - No restrictions	No restrictions	No restrictions
Goal Circle Entry	Only Coach or Official	Only Goalie - No Deputy	Only Goalie - No Deputy	Only Goalie - No Deputy
Minimum Pass Rule	2 pass before shot on goal league specific not USA Lacrosse	2 pass before shot on goal league specific not USA Lacrosse	Only U12B -2 pass before shot on goal league specific not USA Lacrosse U12 A or U12A/B No pass requirement	None
1V1 Defense	1V1 defense required	Only outside of the 8m Exempt inside the 8m	Not required	Not required
3 Sec Good Defense	Yes	Yes	Yes	No
Danger Fouls	Player briefly removed with Sub	Cards ok - with substitutions	Regular carding - no subs	Regular carding - no subs
Unsportsmanlike Cond	Player briefly removed with Sub	Cards ok - with substitutions	Regular carding - no subs	Regular carding - no subs
Shooting Fouls	Players responsible to not shoot at other players Shooter must have safe follow through No stick in goal circle	Players responsible to not shoot at other players Shooter must have safe follow through No stick in goal circle including no follow through over GC Dangerous Propel and Dangerous Follow Through (Mandatory Card)		
Goalie	No Goalie	Helmet, face mask, chinstrap, throat protector, padded gloves, mouthguard, chest protector, shin/thigh padding NEW - Permitted tinted of transitional glasses under the helmet SEI Certifies Chest Protector & Shin Guards	Helmet, face mask, chinstrap, throat protector, padded gloves, mouthguard, chest prorector, shin/thigh padding NEW - Permitted tinted of transitional glasses under the helmet SEI Certifies Chest Protector & Shin Guards	Helmet, face mask, chinstrap, throat protector, padded gloves, mouthguard, chest protector, shin/thigh padding NEW - Permitted tinted of transitional glasses under the helmet SEI Certifies Chest Protector & Shin Guards
Mercy Rule	No	Option at 4 goal differential Possession (indirect) Only after a goal	Option at 4 goal differential Possession (indirect) Only after a goal	14 A/B & 14B Option at 4 goal differential Possession (indirect) Only after a goal U14A - None