

# 2012 Girls' and Women's Lacrosse Rules Comparisons

February 10, 2012

Topic	NCAA	US Lacrosse	USL Youth
<b>The Playing Area</b>			
<b>The Field</b>	Same as USL EXCEPT: does not state maximum distance behind goal line.	110-140 yards Long; 60-70 yards wide; goals 90-100 yards apart; minimum of 10 yards, maximum of 20 yards behind goal line.	<b>U9</b> plays on <b>modified field 60-70 yd long; 30-40 yd wide.</b> <b>U11 may play on modified field (7 v 7) or</b> regulation field. U13 and U15 – <b>Same as USL</b>
<b>Penalty Area</b>	Penalty Area is <b>in front of scorer's and timer's table at the rear of the substitution area. Any player serving must sit or kneel in this area.</b>	Penalties are to be served in team bench area.	<b>Same as USL</b>
<b>Coaching Area</b>	Same as USL, <b>Except they may not move behind the scorer's table extended.</b>	The area on bench/table side extending from their side of substitution area to their end line, and behind the scorer's table extended.	<b>U9</b> may have <b>1 coach</b> from <b>each team on field.</b> <b>U11 &amp; U13</b> coach <b>may go the length of field, behind opponent's bench.</b> <b>U 15</b> – Same as USL
<b>Equipment and Uniform</b>			
<b>Field Player's Crosse</b>	Same as USL	No more than 2 shooting strings; stick length is between 35 ½" to 43 ¼". No mesh allowed; top of ball must appear above the wall.	<b>U9 &amp; U 11</b> Crosse <b>may be cut to fit the length of player's arm. Pocket may be modified.</b> No mesh pocket. <b>U13 &amp; U15</b> - Same as USL
<b>Goalkeeper's Crosse</b>	Overall length is between 35 ½" and <b>48"</b> . Mesh Pocket OK.	Overall length is between 35 ½" and <b>52"</b> . The pocket may be mesh.	<b>U 9 &amp; U11</b> – <b>Stick may be cut to fit.</b> <b>U13 &amp; U15</b> – Same s USL
<b>Goalkeeper Equipment</b>	GK must wear a helmet (NOCASE), facemask, <b>chin strap</b> , throat protector, padded gloves, mouthpiece and chest protector. Padding on arms, legs, shoulders is recommended.	GK must wear a helmet (NOCASE), facemask, <b>chin strap</b> , throat protector, padded gloves, mouthpiece and chest protector. H.S. level and below MUST wear padding on the shins and thighs. Padding on arms and shoulders is recommended.	GK must wear <b>USL equipment and abdominal and pelvic protector.</b>
<b>Mouthpiece</b>	<b>No Color Requirement</b>	The mouthpiece shall be of any <b>visible color</b> other than clear or white.	<b>Same as USL</b>
<b>Uniform</b>	Same as USL	Visible undergarments (tops, bottoms) must be of one solid color: white, gray, black or team color. All team members using undergarments must wear same color.	<b>U9 &amp; U11</b> – it is <b>recommended</b> that undergarments match uniforms. U13 and U15 – same as USL

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<b>Game Personnel</b>			
<b>The Teams</b>	Same as USL	12 Players constitute a team; one player may be Goalkeeper.	<b>U 9 – 7 v 7; GK optional</b> <b>U11 – Same as U9 or below</b> <b>U11, U13, U15 – Same as USL</b>
<b>The Coach</b>	The head coach and the officials will meet at the scorer's table with 10 minutes showing on the pregame clock.	No specification as to when to meet with coaches.	<b>Same as USL</b> – recommended that coaches and officials meet pre-game to discuss the playing rules for each level(s).
<b>The Head Coach</b>	<b>No specification as to the head coach.</b>	Only the <b>head coach</b> will communicate with the officials during the play of the game, and umpires shall address questions from only the head coaches during timeouts and halftime.	Same as USL
<b>Timing, Scoring and Overtime</b>			
<b>Duration of Play</b>	Same as USL  Half time – same as USL	30 minute halves college. 25 minute halves high school. Half time a maximum of 10 minutes.	<b>U9 &amp; U11</b> - two <b>20 minute halves, running time.</b> <b>U13 &amp; U15</b> – two 25 minute halves, <b>running time.</b>
<b>10 or more Goal Differential</b>	Same as USL <b>EXCEPT the clock will run after goals, redraws and on 8m free positions. The clock will stop on every whistle in the last two minutes of each half.</b>	Clock <b>runs</b> after goals and redraws when there is a 10 or more goal differential. In addition, the clock runs <b>within the last two minutes of each half.</b>	All time is <b>running time</b> unless tournament rules dictate otherwise.
<b>Official Time Outs</b>	Same as USL <b>EXCEPT time out must also be taken when an 8m free position is awarded to the attack on the 8m arc or the hanging hash.</b>	Time out must be taken in case of illness, accident, or injury, for issuance of a card, to check a crosse, and anytime the draw must be retaken.	
<b>Team Time Outs</b>	Same as USL, except <b>any</b> coach or player on the field may call time out.  Time outs may be requested after a goal is scored or <b>any time the requestor's team is in clear possession of the ball.</b>	<b>2 team timeouts in regulation that do not carry over; 1 time out in entire duration of overtime. Only the head coach (or any player on the field) may request a time out.</b> Timeouts may be requested after a goal is scored or during a <b>dead ball</b> situation by the team in possession.	Timeouts stop the game clock. <b>No team time outs</b> may be taken <b>in the last 5 minutes of the game</b> if the game clock can not be stopped.
<b>Suspended/Interrupted Game</b>	<b>No provision for coaches declaring a suspended game (less than 80% complete).</b>	A suspended game may be terminated and <b>considered complete</b> by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.	<b>No Provision for suspended games.</b>

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<b>Timing, Scoring and Overtime, Continued</b>			
Overtime	Same as USL	Two three (3) minute stopped clock periods will be played. Teams change ends at the end of the first 3 minutes. If tied at the end of the first six minute over time, a sudden victory overtime of no more than six (6) minutes (changing ends at 3 minutes) will be played. The team scoring the first goal wins the game.	<b>U9 &amp; U11 – No overtime.</b> <b>U13 &amp; U 15 - <u>maximum of two three minute sudden victory periods of running clock will be played.</u></b> Time out will be taken and the end of three minutes in order for teams to change ends. The team scoring the first goal wins the game.
<b>Play of the Game</b>			
Start/Restart of Game	A maximum of <b>three players</b> from each team may be between the restraining lines during the draw.	A maximum of five players from each team may be between the restraining lines during the draw.	Same as USL
The Draw – Ball placement	<b>Same as USL</b>	The ball is placed between the crosses by the umpire and <b>must be placed in the <u>upper third</u> of each head at its widest point.</b>	Same as USL
The Draw – Youth: 4 or more goal Differential	Not USL or NCAA	Not USL	<b>If a team is ahead by 4 goals, the team with fewer goals will be given possession at center field and this player may run or pass but may not shoot until another player has played the ball. The trailing team may waive this provision and re-start play with a draw.</b>
Restraining Line	Same as USL	A team must <b>a) have five players <u>behind</u> the restraining line when the ball is in their offensive end. b) have four players <u>behind</u> the restraining line when the ball is in their defensive end.</b>	<b>U 9 &amp; U11 –no offside (restraining line) if playing modified field (7 v 7).</b>  <b>U 13 &amp; 15 – same as USL</b>
Goal Circle Fouls	Same as USL	Only one player, either the goalkeeper or the person deputizing for her is allowed in the goal circle at any one time. With the following exceptions, no other players are allowed to enter or to have their feet, body, or crosse on or over the goal circle at any time: a) the shooter may follow	<b>A field player must <u>not enter or have any part of her body or crosse on or in the goal circle at any time.</u></b>  <b><u>No deputy</u> allowed in goal circle.</b>

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<b>Play of the Game, Continued</b>			
Goal Circle Fouls (Continued)		through with her crosse over the circle b) the player(s) directly defending the shooter may reach in to block a shot or check the shooter's crosse.	<b>Differs from USL – see Above.</b>
Substitution – After a goal	<b>Does not specify where players must exit; does not specify when (no mention of draw being set) substitution should be complete.</b>	Players may enter immediately. All players must enter <u>and exit</u> through the substitution area. Substitutions may not take place after the umpire's hand is in contact with both center's sticks at the draw.	Same as USL
Substitution – Player Suspension	Same as USL; however, see yellow card below regarding <b>releasable</b> penalty.	When a player is suspended or ejected, the player must leave the field for <b>two</b> minutes of elapsed playing time (team plays short).	Same as USL
Accident, Interference or Any Other Incident	If play is stopped for an injury or suspected injury <b>and medical personnel or coach comes onto the field, the player must leave the game.</b>	If play must be stopped due to player injury or suspected injury, <u>whether or not</u> medical personnel or a coach comes onto the field to attend to a player, that <u>player(s) must leave the field.</u>	Same as USL
Concussion	<b>No mention of concussion</b>	Umpires must not attempt to diagnose a concussion .... <u>If there is not an appropriate health-care professional available for evaluation, then the default is that the player may not return to play (RTP).</u>	Same as USL
Equipment Inspection	Same as USL <b>EXCEPT the umpires must also perform a minimum of two stick re-inspections per half, each time checking one crosse per team.</b>	Umpires are to inspect all crosses to be used in the game, prior to the game. The umpire(s) may call time out at any time in the game and re-inspect any crosse in use.	Same as USL

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<b>Play of the Game, Continued</b>			
<b>Stick Check Requests</b>	The umpire shall inspect the crosse of a player upon request of an opposing coach or player on the field. After <b>two requests for inspections for which the crosse is found to be legal, additional requests will result in a minor foul being awarded. Head coach request for stick measurement prior to the game WILL count as a request.</b>	The umpire shall inspect the pocket of any player's crosse upon request of an opposing coach or player on the field. Additional requests of any crosse meeting specifications will result in a minor foul being awarded. Head coach request for stick measurement prior to game will not count as an official check.	<b>Same as USL</b>
<b>Fouls</b>			
<b>Crosse in Sphere- Checking</b>	<b>No Change; a player may reach into the sphere to attempt a check so long as she can do it safely.</b>	A player <u>may not reach into or through the sphere</u> to make a check. A player <u>may not check toward</u> the body.	<b>U9 &amp; U 11- no checking allowed.</b> <b>U13 – Modified checking BELOW THE SHOULDERS in a downward motion away from the body.</b> <b>U 15 – Same as U 13 unless umpired by two USL umpires. (refer to league rules)</b>
<b>Youth - Offensive 3 seconds</b>	Not NCAA or USL	Not USL	<b>A player with ball may not hold the ball for more than 3 seconds when closely guarded and the defense is in a position to legally check if checking were allowed.</b>
<b>Delay of Game</b>	Delay of Game penalties include <b>failure to properly wear a mouthpiece and failure to properly wear eye protection.</b>	Failure to properly wear a mouthpiece and failure to properly wear eye protection are <b>no longer part of the delay of game penalties. They are listed as "Improper equipment" and penalized as a minor foul.</b>	<b>Same as USL</b>
<b>Penalty Administration</b>			
<b>Offside</b>	<b>Same as USL</b>	If the <b>attack</b> fouls, the closest defense player to the spot of the ball will be awarded a free position at that spot (no closer than 8m to the goal circle). The attack player with the ball will go 4m behind; the attack player closest to the restraining line will move back outside. If the attack player with the ball is closest to the line, the next closest attack player will move back outside.	<b>U9 &amp; U11 – Does not apply when playing on modified field (no restraining line).</b> <b>U13 &amp; U15 – Same as USL</b>

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<b>Penalty Administration (Continued)</b>			
<b>Goal Circle Fouls</b> (by the defense-except for illegal deputy)	The penalty for goal circle fouls by the defense other than for an illegal deputy shall be a <b>free position</b> taken <b>8 m</b> out to either side, level with the goal line. The offending player, except the goalkeeper, shall be placed 4m <b>behind</b> the player taking the free position.	The penalty is an <b>indirect free</b> position taken 12 to either side level with the goal line. The offending player, except the goalkeeper, shall be placed 4m <b>behind</b> the player taking the free position.	<b>Same as USL</b>
<b>Goal Circle Re-Entry</b>	Same as USL	The ball may not re-enter the goal circle until it has been “played” (ball leaves the crosse and is touched by another player, or the crosse is checked crosse to crosse by an opposing player <b>or play is stopped due to a foul by the defense.</b> )	<b>Same as USL</b>
<b>8 m Free Positions</b>	Same as USL	The player with the ball may run, pass or shoot.	A player may shoot <b>provided there is a goalkeeper or a modified goal is being used. If there is not a goalkeeper or it is an open net, then the 8m free position shall be indirect (major foul).</b>
<b>Issuance of Cards</b> <b>Delay of Game</b>	The player receiving the green/red card must leave the field <b>and enter the penalty area for two</b> minutes of playing time.	The player receiving the green/red card must leave the field for <b>2</b> minutes of elapsed playing time.	<b>Same as USL</b>
<b>Issuance of Cards – Yellow (Warning)</b>	The player receiving the yellow card must leave the field, <b>enter the penalty area, and serve a 2 minute releasable penalty. If the opposing team scores during this time the player will be released from the penalty area and is eligible to re-enter the game. If a team has more than one player in the penalty area and the opposing team scores, the player who entered the penalty area first will be the first released. If the opposing team scores again, the player who entered the penalty area second will be the next released. If a team has two players who receive cards at</b>	The player receiving the yellow card must leave the field for <b>2 minutes</b> of elapsed playing time. Penalty is served in own team bench area and no substitute may take her place.	<b>Same as USL</b>

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<b>Penalty Administration (Continued)</b>			
Issuance of Cards – Yellow (Warning)	the same time, they will both be released if the opposing team scores during the penalty time.		
Playing Down	When a team has a player or players serving a penalty, the team must play short-handed below the restraining line in both its offensive and defensive ends until the penalty time has elapsed or the opposing team scores a goal.	When a team has a player or players serving a penalty, the team must play short-handed below the restraining line in both its offensive and defensive ends for the entire two-minute penalty.	Same as USL
Issuance of Cards – Illegal Re-entry	If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card will serve the remainder of the penalty and an additional two minute releasable penalty and no substitute may take her place.	If the carded player or any player replacing her enters the game before the penalty time has elapsed, it will be considered misconduct and the head coach will be issued a yellow card. If the player entering early is not the originally carded player, the umpire will send a player from the offending team who is closest to the team bench area off the field for the remainder of the penalty time. The coach will also designate an additional player to leave the field for two minutes of elapsed playing time for the misconduct card.	Same as USL
Issuance of Cards – 2 Yellows (Suspension)	A player who receives a second yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take her place during that two-minute period. She will be suspended from further participation in that game. Once the penalty time has expired or if the opposing team scores a goal, the team may substitute another player for the player who has been suspended.	Anyone receiving two yellow cards (suspension) in the game will not be eligible for further participation in that game. No substitute may take her place until the expiration of the 2 minute penalty.	Same as USL

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<b>Issuance of Cards – Red (Ejection)</b>	The player receiving the red card must leave the field and enter the <b>penalty area</b> for <b>two</b> minutes of elapsed playing time and no substitute may take her place during that time. A red card is a <b>nonreleaseable penalty. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected.</b> Any player or coach who has received a red card will be prohibited from participating in the team's next game.	A player receiving a red card (ejection) in the game will not be eligible for further participation in that game. Any ejected player receiving a red card will be <u>prohibited from participating</u> in the team's next game. <b>An ejected player must serve her next game suspension in the team's bench area for the entire game including on-field pre-game, game or post-game activities. The ejected player may not be dressed in her game uniform.</b>	<b>Same as USL</b>
<b>Mandatory Cards</b>	Same as USL	A card (yellow or red) must be given for 1) check to the head, 2) Slash, 3) Dangerous Propelling, 4) dangerous follow-through.	Same as USL, <b>except a check to the head in Full Checking games is a mandatory RED card.</b>
<b>Team Cards</b>	<b>There are no team cards.</b>	A team which receives its <u>fourth</u> card (yellow or red) in the game <u>shall play short</u> for the <u>remainder of that game</u> , including overtime. An additional player will be removed from the game for each subsequent card received. After the carded players serves the <b>2 minute</b> period, she <u>may return</u> to the game <u>provided</u> she has <u>not</u> been <u>suspended or ejected</u> <b>and only if another player leaves the field</b> under normal substitution.	<b>Same as USL</b>