

Newtown Girls Lacrosse Matrix

	8U (2nd/3rd grade)	10U (4th/5th grade)	12U (6th/7th)	14U (7th/8th)
# of Players	6v6 (6 field players/no goalie)	7V7 (6 field players and 1 goalie)	12V12	
Field Size	Crossfield with an 8-meter arc, goal circle, and midfield line		Regulation field	
Time	(4) 10 minute running clock quarters		(2) 25 minute running clock halves	
Half Time	5 minutes			
Timing	Running Clock. Clock stops only on timeouts. Neither half will end on a major defensive penalty. Add 3 seconds to the clock to set up the penalty shot. If an additional major foul occurs, add 3 seconds and replay.			
Time Outs	One 1-minute time out per half.			
Draw	Draw only at beginning of each quarter. Only one player from each team may be in the draw circle. All other players must restrain in the 8M until possession is called. After goal, ball is given to defense to side of goal circle for whistle start.	Draw only at beginning of each quarter. Only one player from each team may be in the draw circle. All other players must restrain in the 8M until possession is called. After goal, opposing team will clear above the 8M and goalie will clear the ball.	Regulation US Lacrosse Rules (Draw after every goal)	
Yellow Card	No cards; player is briefly taken off of field and team does not play short.	The player must come off the field and the team must substitute for her. No "man down." Player serves 2 minute penalty in penalty box (seated or on her knees).	Player will serve 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, player is released and can reenter game or team may substitute at that time. Offending team must maintain 4 players behind restraining line.	
Double Yellow Card	No cards; player is briefly taken off of field and team does not play short.	Offending player serves 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, team may release a substitute and offending player is ejected from current game(No "man down" at 10U.)		
Red Card	No cards; player is briefly taken off of field and team does not play short.	Offending player serves 4 minute penalty in the penalty box (seated or on her knees). After 4 minutes, team may release a substitute and offending player is ejected from current game and cannot play in the team's next official game. (No "man down" at 10U.)		
Overtime	No Overtime; game ends in a tie		Up to two three-minute overtimes of sudden victory. If game is still tied at the end of the second OT, the game ends in a tie during the regular season. During playoffs and championships, subsequent three-minute sudden victory overtimes will be played to determine a winner. A coin toss determines choice of defensive end.	
Checking	None		Modified checking; complete stick below the shoulder	Transitional Checking (full checking with addition of a 12" sphere)
Defense	1v1 defense	Must play 1V1 defense in the midfield.		
Mercy Rule	5-goal mercy rule. Once a team is up by 5 goals, that team must attempt 2 passes before they can go to goal. Free possession to trailing team instead of draw at	5-goal mercy rule. Once a team is up by 5 goals, that team must complete 2 passes before they can go to goal. Free possession to trailing team instead of draw at quarters.	No Mercy Rule	
Pass Rule	Team must ATTEMPT one defined overhand pass originating on offensive side of field before a shot can be taken.	Team must COMPLETE one defined overhand pass made by a player other than the goalie, originating on offensive side of field before a shot can be taken.	No pass rule	
Spectators	Must remain on the opposite side of the field as the team benches.			
Coaches	One coach from each team may be on the field for instruction but out of the area of play	Coaches must stay on their half of the field from their bench to the endline on their side of the playing field. (Coaches may not coach from the table or substitution box.) Coach may NOT cross over the centerline toward opponents bench. A maximum of three coaches may be on the bench side of the field. One person may be at the table to keep score or keep penalty clocks only. No one else should be at bench who is not in uniform.		

ANY RULES NOT SPECIFICALLY ADDRESSED HERE WILL FOLLOW US LACROSSE YOUTH RULES

Contested ground ball rule will NOT be enforced at 8U, 10U.

Offsides will be called at all levels.

At 10U (US Lacrosse rule) on a GOAL, goalie gets a free clear. All opponents must clear ABOVE the 8M until the ball is cleared out of the GC or the 10-sec count expires.

SUBSTITUTIONS & PLAYING REQUIREMENTS

No player will sit out twice until all other players have sat out at least once.

Each player should play at least once in an offensive position.

Coaches should actively rotate players to different positions on the field.