

USATM
LACROSSE



GIRLS' LACROSSE
YOUTH GUIDEBOOK

STANDARDS FOR SMALL-SIDED
AND FULL FIELD PLAY

2025



TABLE OF CONTENTS

USA Lacrosse Women’s Rules Committee	2
About USA Lacrosse	3
Safety and Responsibility	4
Major Rule Changes for 2025	5

Official USA Lacrosse Rules

Small Sided Youth Play (6U-10U)	7
Full Field Youth Play (12U-14U).....	14
Flex6 Lacrosse	16
Sixes.....	21

Appendices

Appendix A - Lacrosse Terminology	26
Appendix B - Equipment.....	30
Appendix C - Introducing Rule Changes	33
Appendix D - Blood Policy	34
Appendix E - Lightning Policy.....	35
Appendix F - Concussion Awareness	36
Appendix G - USA Lacrosse Code of Conduct	39
Appendix H - USA Lacrosse Anti-Harassment and Discrimination Policy.....	41



USA LACROSSE RULES COMMITTEE

NAME	POSITION	LOCATION
Anne Carr	Official	Dillsburg, PA
Angela Cherry	Official	Arvada, CO
Katie Hopp	Official	Hatfield, MA
Mac Ford	Coach	Reisterstown, MD
Jeffrey Grose	National Interpreter	Seattle, WA
Barb Martinichio	Chair	Binghamton, NY
Michael Nelson	Official	Charlotte, NC
Lindsey Atkinson	NFHS, ex officio	Indianapolis, IN
Caitlin Kelley	USA Lacrosse, ex officio	Sparks, MD

USA Lacrosse has zero-tolerance for unsportsmanlike behavior including any language or actions that are derogatory, discriminatory or hateful in nature. USA Lacrosse requires officials to penalize unsportsmanlike conduct with game ejection or red card. This behavior can include discrimination based on race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

USA Lacrosse encourages organizations, leagues, and tournaments to adopt the new anti-harassment and discrimination policy found in the Appendices of this rulebook or online.

For questions, interpretations or suggestions about the USA Lacrosse rules, please contact:

Questions and Interpretations: girlsrules@usalacrosse.com

Rule Change Suggestions: usalacrosse.com/rules/submit-a-rule-change

If you have questions about officiating mechanics or are interested in learning more about the USA Lacrosse Officials Education Program contact:

USA Lacrosse Officials Education: officials@usalacrosse.com

2 LOVETON CIRCLE | SPARKS, MD 21152 | 410.235.6882 | USALACROSSE.COM



WHO WE ARE

- » More than 450,000 members nationwide
- » More than 80 full-time staff members
- » More than 300 volunteers serving on national boards and committees
- » More than 7,000 donors to the USA Lacrosse Foundation

With a primary focus on the youth level, USA Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

Our Impact

Make the Sport Safer – Since 1998, we have invested more than \$1,000,000 in funding for lacrosse-specific research to make the game safer.

Train and Certify Coaches – More than 15,000 coaches annually participate in USA Lacrosse online training or in-person instructional clinics.

Train and Certify Officials – USA Lacrosse has more than 700 certified officials trainers and 350 certified officials observers to help improve the quality of officiating.

Create Opportunities to Play – USA Lacrosse awards more than \$1 million annually in resources through the First Stick Program®.

Elevate the Sport's Visibility – Our 30-time world champion U.S. National Teams set the standard for excellence in the sport.

Pioneer National Standards – USA Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.

MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.



SAFETY AND RESPONSIBILITY

The USA Lacrosse Women's Game Rules Subcommittee is responsible for reviewing and maintaining the rules of women's lacrosse for youth (14 and under) play. USA Lacrosse offers the public the opportunity to suggest rule changes to the USA Lacrosse Rules Committee through written submission by May 1 each year. Each June, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Girls' Rules are then voted on by the USA Lacrosse Board of Directors and are issued under the authority of USA Lacrosse as the official rules for youth girls' lacrosse.

Participants in girls' lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls' game and in compliance with the USA Lacrosse Girls' Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- » Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
- » Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- » Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- » Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.

RULE CHANGES

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » **4-1-2** — Establishes that the clock will stop on the official's whistle after each goal and when a foul is called in the critical scoring area during the last minute of each quarter.
- » **5-2 PENALTIES 1 & 2** — Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.
- » **9-1 PENALTIES for Violation of 9-1a, b and e-r; 4a, b; 13 Definition of Terms** — Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan.
- » **10-1p, 13 Definition of Terms** — Establishes player body and crosse positioning for a legal pick.
- » **10-1q(1)** — Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.
- » **10-1u(2)** — Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

YOUTH ONLY CHANGES

- » **6U & 8U:** USAL Lacrosse certified coaches can be on the field to assist and officiate.
- » **10U Restart After a Goal is Scored:** Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of goal. All other players will be moved 4 meters away. If a goalie is present, the goalie can clear. All players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.
- » **12U Modified Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- » **14U Transitional Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.
- » **Sixes: Walling:** Two or more defensive Defense players crowding in front of their goal or forming a stack/wall formation in front of their goal – not within a stick's length of an opponent. Comparable to double shooting space – modification for players 14 and under to use one defensive player for walling criteria.

Rules Distinct from High School

- » **Self-Start (5-4-1)** USAL Youth Rules will continue to require a player to momentarily pause when self-starting for appropriate skill development and game management.
- » **10-1r** USAL Youth Rules prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.



POINTS OF EMPHASIS FOR 2024

SPORTSMANSHIP

The rules committee wants to emphasize the critical role of sportsmanship in the safety and positive experience for the student athlete. Sportsmanship is based on a respect for the rules of the game and for one's opponent. Coaches, players, officials, administrators, and spectators in the interscholastic environment have an expectation to demonstrate behavior that creates a positive and encouraging atmosphere. The committee encourages officials to provide effective communication and game management to help deter acts of unsportsmanlike conduct. When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards. Event management can serve as an asset in creating an expectation of respect within the playing facility and creating a positive and competitive atmosphere.

STICK TO BODY CONTACT

Legal and safe use of the crosse is essential for the minimization of risk to players. It is also critical for the preservation of girls' lacrosse as a game which allows players to play with limited protective equipment. Players must not initiate stick-to-body contact by using the stick to hit, push or displace an opponent. Officials must recognize, call, and penalize illegal stick-to-body contact as required by the rules.

MANAGING SAFE PLAY IN THE 8-METER ARC

Officials must work together to manage safe play in the 8-meter arc. Coaches must teach players to respect and abide by all playing rules that minimize risk in the 8-meter arc due to the proximity of players in this area. Teaching and practicing safe play will decrease the risk of injury and help maintain the pace of play that upholds the integrity of the game.

Officials must recognize and penalize the following:

- Any use of the stick in an unsafe manner that jeopardizes the safety of the opponent's head or neck area.
- Illegal contact by the defense with the crosse or body in a dangerous or uncontrolled manner during or after a shot on goal.
- Use of the stick in a horizontal position that makes contact with an opponent's body or crosse.
- Any check that contacts another player's crosse, body or hand(s) that is rough, dangerous or intimidating.

PROFESSIONALISM

USA Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.



SMALL-SIDED PLAY

Small-sided play ranges from introductory play without equipment (Flex6) to modified youth play, to Sixes (the World Lacrosse/Olympic variant). Small-sided or cross-field play provides a great fun introduction to the game for youth players. The fun and skill development of small-sided games can meet the needs of any player from the beginner to the more experienced. These games have less than 12 players on each team on the field. In addition to fewer players, small-sided play uses smaller fields or spaces and shorter games, and some different rules to optimize the game for fun and development.

Small-sided play is founded on the principles of the Athlete Development Model (ADM). An approach to skill and sport development that was formally adopted by the USOPC in 2014 as official guidance for youth sports. Playing with less players on the field provides more opportunities for each player to touch the ball, be engaged in the play and assists with overall player development. The science behind ADM promotes more skill development through a more athlete-centered experience. With less players on the field, each player is more engaged in the game, this fosters decision-making speed, creativity and mental response to game situations, a critical development piece for the player. Individual skill development is maximized through more repetitions. ADM is a blueprint for growth through skill development and fun for the athlete, especially the pre-teen to middle and high school age player.

Note: USA Lacrosse recommends small-sided play for players and teams in the 10U, 8U and 6U brackets.



SMALL SIDED YOUTH PLAY

6 U & 8 U

GAME SUMMARY AND EQUIPMENT

- » 3v3 up to 7v7
- » Cross-field or Shortened Field
- » Goalies not recommended for 6U, no goalie deputy allowed
- » Smaller sticks and soft balls or if using a standard NOCSAE ball, protective eyewear is required
- » No draw and players line up in their defensive end to start game
- » USA Lacrosse certified coaches can be on the field to assist and 'officiate'
- » After a goal, defense is given the ball for a clear
- » Must play 1v1 defense in the midfield
- » 12-inch sphere
- » Players must pause before a self-start

At this level of play two major fouls are highlighted:

- 1) Illegal or dangerous contact
- 2) Unsportsmanlike conduct.

Playing Modifications from the High School Game

For major fouls, player is taken briefly off the field. No cards are to be used, and the team does NOT play short.

1v1 Defense

1v1 defense is required in the midfield area. More than one player can defend the ball in the critical scoring area.

3 Seconds Closely Guarded Defense

The player with the ball may not hold the ball for more than three seconds when:

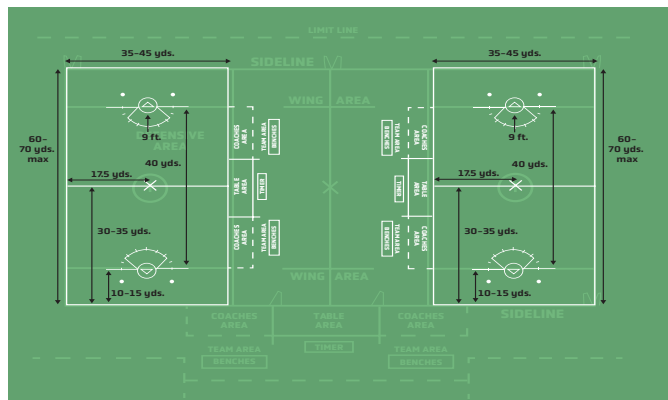
- » They are closely guarded,
- » The defense has both hands on their stick, and
- » The defense is in a position to legally check if checking is allowed.

NO CHECKING ALLOWED

NO RESTRAINING LINE OR OFFSIDE FOULS

THE PLAYING AREA AND GOALS

The Field Diagram



The maximum playing field shall be rectangular, 60 - 70 yards max in length and 35 - 45 yards in width. An 8-meter arc and restraining line are not required for this level of play. Note: Flat disc cones may be used to designate the playing area.

Goal Circle

The goal circle may be marked with a line or with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

Balls

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (i.e., tennis ball). If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard and players must wear protective eyewear.

The Lacrosse Stick

Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth.

Number of Players

3v3 to 7v7 players can run the whole field. There is no restraining line.

Time Factors and Scoring

A competition can consist of (4) 6-minute running time quarters, with a 5-minute halftime period.

Start of Game

The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot after the initial possession, there must be one attempted pass.

Restart After a Goal is Scored

The official removes the ball from the goal and gives it to a player from the team scored upon along the goal line to the side of the goal. All other players will be moved 4 meters away. The player with the ball self-starts.



Fouls

1. No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. No covering the ball with your stick or body.
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
8. No dangerous follow-through with the stick in a pass or shot.
9. No moving or blind picks.



SMALL SIDED YOUTH PLAY

1 0 0

GAME SUMMARY AND EQUIPMENT

- » 3v3 up to 8v8 with a goalkeeper
- » Standard NOCSAE balls and eyewear
- » May be played with no draw and players line up in their defensive end to start game or a traditional line up with a draw to start each quarter and after goals.
- » After a goal, if no goalie and no draw, defense is given the ball for a clear. No goalie deputy allowed.
- » Must play 1v1 defense in the midfield.
- » Goalies may be introduced, and an 8-meter fan should be lined on the field.
- » A modified pocket should be introduced, in which no more than 1/2 of the ball can be seen below the sidewall.
- » 12-inch sphere
- » Players must pause before self-starting.

Playing Modifications from the High School Game

For any major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, illegal checking, the player would be taken off the field for a brief period – no cards are used, and the team does NOT play short a player.

1v1 Defense

1v1 defense is required in the midfield area. More than one player can defend the ball in the critical scoring area.

3 Seconds Closely Guarded Defense

The player with the ball may not hold the ball for more than three seconds when:

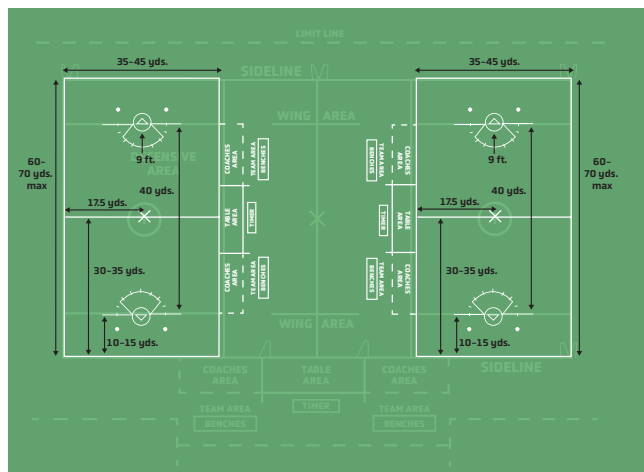
- » They are closely guarded,
- » The defense has both hands on their stick, and
- » The defense is in a position to legally check if checking is allowed.

NO CHECKING ALLOWED

NO RESTRAINING LINE OR OFFSIDE FOULS

THE PLAYING AREA AND GOALS

The Field Diagram



Cross-field range from 60 - 70 yards max in length and 35 - 45 yards in width.

An 8-meter arc and restraining line are not required for this level of play but should be used if a goalie is being used.

Goal Circle

The goal circle may be marked with a line or with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

Balls

If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard and players must wear protective eyewear.

The Lacrosse Stick

- » Smaller sized lacrosse sticks can be used at this level of play. A modified pocket should be introduced, in which no more than 1/2 of the ball can be seen below the sidewall.

Number of Players

3v3 to 7v7 players can run the whole field. There is no restraining line.

Time Factors and Scoring

A competition can consist of (4) up to 10-minute running quarters, with a 5-minute halftime period.

Start of Game

Without a Draw: The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot after the initial possession, there must be one attempted pass.

With a Draw: NFHS high school draw rules apply with players behind the restraining lines and no more than 3 players per team in the midfield for the draw.

Restart After a Goal is Scored

Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of goal. All other players will be moved 4 meters away. If a goalie is present, the goalie can clear. For a goalie clear, all



players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.

Fouls

1. No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. No covering the ball with your stick or body.
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
8. No dangerous follow-through with the stick in a pass or shot.
9. No moving or blind picks.



FULL FIELD PLAY

12U AND 14U

GAME SUMMARY AND EQUIPMENT

- » 12 v 12 play includes goalkeepers.
- » No deputy goalkeeper allowed.
- » Standard NOCSAE balls and eyewear are required.
- » Standard size goals.
- » 12U – four 10-minute quarters.
- » 14U – four 12-minute quarters.
- » Two team timeouts allowed.
- » Traditional line up with a draw to start each quarter and after goals.
- » Draws after goals: Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.
- » Time-serving card team plays down a player.
- » 12-inch sphere.
- » 3-seconds closely guarded rule applies to 12U but not 14U.

MAJOR MODIFICATIONS FROM THE HIGH SCHOOL GAME

CHECKING

- » **12U Modified Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- » **14U Transitional Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.

STICK TO BODY CONTACT

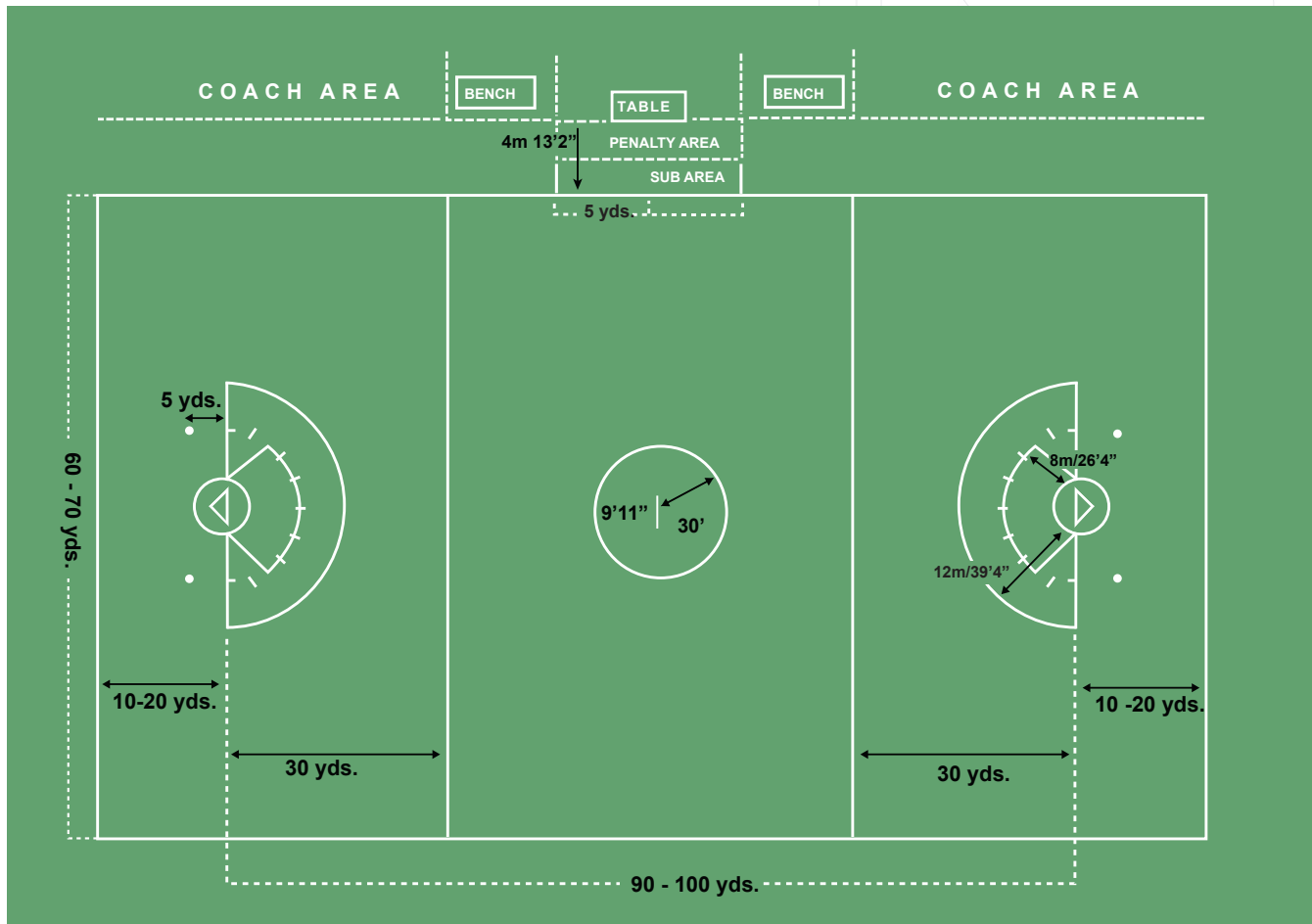
- » Stick to body contact initiated by the defense is prohibited. Incidental contact may occur.
- » Defensive players may not contact an opponent's body with the defender's stick held in a horizontal position (10 o'clock to 2:o'clock).
- » A hand or forearm holding a stick is not considered part of the stick and may contact an opponent's body.
- » A defender may not "ride" an opponent by holding their stick against the opponent's body as they are running.

SELF-START

Players must pause before self-starting.

For all other fouls, refer to the NFHS 2024 Rule Book

The Field Diagram

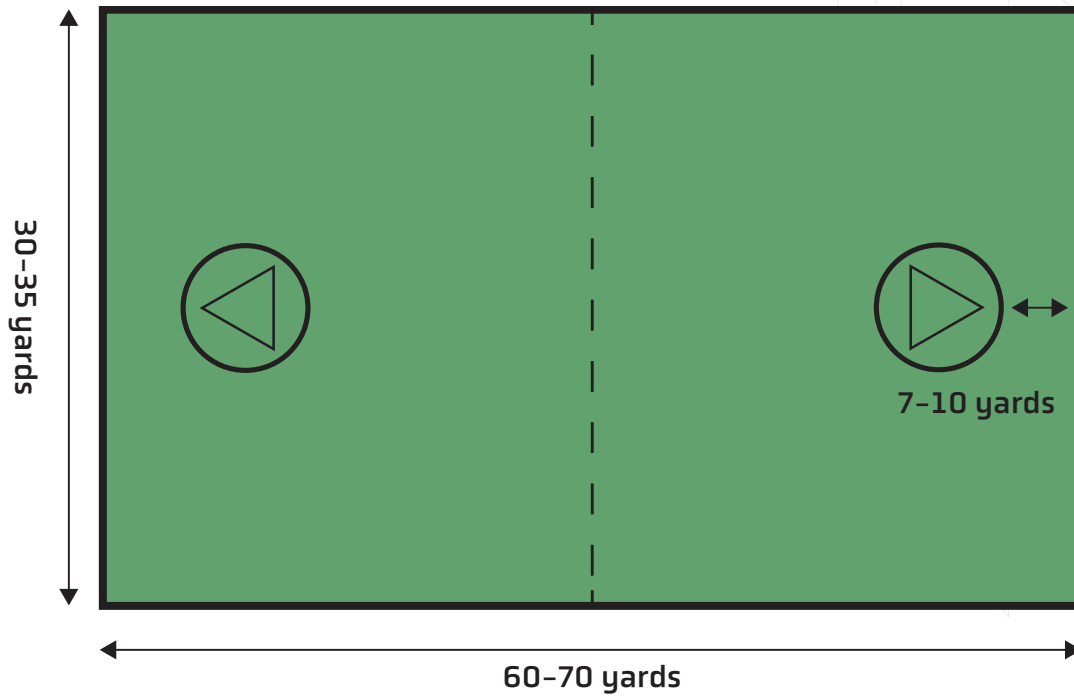


FLEX6 LACROSSE

Flex6 represents the foundational small-sided game with no protective equipment needed. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

THE GAME, PLAYING AREA AND SPACE

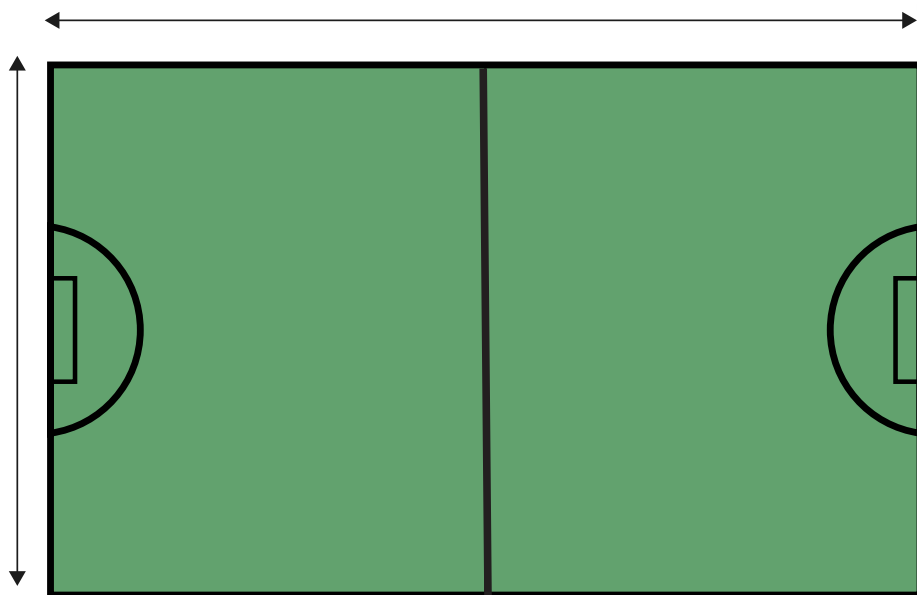
Basic Field Configuration



Cross-Field on a traditional sports field



Basketball or Tennis Court Configuration





EQUIPMENT

The Ball

A soft pink/orange (aka “Pinkie”) ball or tennis ball. Do not use standard lacrosse balls.

The Lacrosse Stick (Crosse)

Girls’, boys’ or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

Player Equipment

A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls.

GAME PERSONNEL

Number of Players

No more than 6v6 on the field at a time.

There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.

Officials

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.

TIME OF THE GAME

Length of the Game

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

Overtime

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.

PLAY OF THE GAME

Starting the Game and Overtime

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting.

The team that loses the coin toss can choose which side they will defend first.



Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds.

Goal Scored

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal circle is used, the player cannot cross into the goal circle on the shot. No goal if a shot originates in the defensive half of the field.

Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the goal circle to resume play.

Change of Goals

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.

Substitutions

Substitutions during play are permitted.

Fouls

1. No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. No covering the ball with your stick or body.
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
8. No dangerous follow through with the stick on a pass or shot.
9. No moving or blind picks.

The penalty for a foul is change of possession.

The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length away from the player in possession of the ball; however, the player with the ball does not need to wait for this to occur.

If a player repeatedly fouls or is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

Violation on a Shot

If a foul by the defense occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).



Unsportsmanlike Conduct

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

OPTIONAL MODIFICATIONS

- » A minimum pass rule may be added before shooting.
- » Ground balls may only be contested 1v1.
- » One player stays back on defense behind the midline of the area of play.

SIXES

ADVANCED SMALL-SIDED STANDARDS

Based on World Lacrosse Sixes Rules with modifications for USAL Youth Play

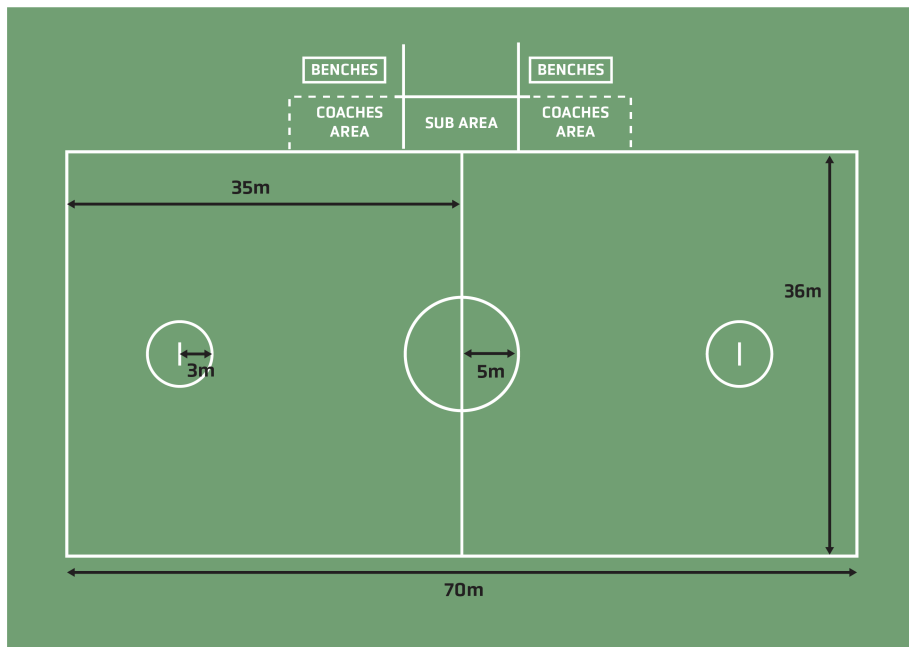
Highlighted USA Lacrosse Modifications for play:

- » Equipment that must be worn:
 - Eyewear that meets the current ASTM standard
- » Playing Rules:
 - Horizontal stick is illegal
 - Walling at U14 and below - one player is considered walling
 - Stick checks before games
- » **Timing:** Modifications suggested for shot clock and ball advancement for younger age sets. Outlined in the rules section below.

General Rules Overview

The Field

35-55(W) x 55-75(L)





Equipment

- » Mouthguard mandatory, eyewear mandatory and all other equipment is optional
- » Goalkeeper (GK): Mouthguard, helmet w/ facemask and chinstrap, throat guard, ND200 chest protector, cup mandatory; the goalies must wear thigh protection and for play 14 and under shin guards are required for the goalie.
- » Crosses/Sticks:
 - Same as field lacrosse and pockets must be checked before the start of the game.

Personnel

- » Team: Up to 14 players total on roster with a minimum of 1 GK; Must have 6 (including GK) to start a game. 5 field players and 1 GK per team on the field.
- » GK required on the field at all times (GK may not cross the center line)

Timing

- » Four 8-minute quarters: Running time (change ends each quarter)
- » 2-minute break between 1st and 2nd quarter and 3rd and 4th quarter
- » 4-minute half time between 2nd and 3rd quarter
- » Sudden Victory Overtime
 - 4 minutes of stopped time until a goal is scored.
 - 2-minute break between periods

Shot Clock (if available)

- » 30 second shot clock shall start when a team gains possession
- » Resets when:
 - The shot hits the GK (within the crease) or Pipe
 - Restarting after officials assess a time-serving penalty
 - Change of possession
 - After a goal is scored
 - Stopped play for a defensive injury
 - The end of a quarter unless possession is retained due to an extra player situation
 - Any loose ball technical foul by the defense



Best Practices for No Visible Shot Clock

Table personnel or official uses stopwatch for 30-second clock, calling out time in 5-second increments, sound horn at zero.

Recommended Age Modifications

AGE GROUP	SHOT CLOCK	BALL OVER MIDFIELD
5th, 6th 8U, 10U	30 second	No count
7th, 8th 12U, 14U	30 second	10 second
High School	30 second	10 second

Starts and Restarts

- » Each Quarter and Overtime period will begin with a draw at the center of the field.
- » Except when last quarter ended with an extra player situation, the team who ended the period with possession will be awarded possession same relative position on field to start next quarter.
- » Play starts and stops on an official's whistle (NO SELF STARTS)
- » All players must be at least 2 meters away for free positions.
- » "Penalty Dot" Area near the midfield line is used to start play after the administration of time-serving penalties.
- » Following a goal; the GK must retrieve the ball within 5 seconds; the official whistles the start and the GK has 5 seconds to clear the ball out of their crease.

Out of Bounds

- » An out of bounds ball is awarded to the team that did not cause the ball to go out of bounds, including shots on goal.
- » All boundaries are whistle started; Official determines the player being awarded the ball
- » The restart takes place 2 meters in bounds.



Types of Fouls

Minor Fouls

(Green Card: 30 second time-serving penalty if the offending team does not have possession. If the offending team has possession, the penalty is a loss of possession and a whistle start at spot of the ball.)

- » Interference (with stick or body)
- » Pushing
- » Illegal Pick
- » Holding
- » Withholding the ball from play
- » Illegal actions with the stick (Contact with horizontal stick in USA is illegal)
- » Illegal action by team official (coach, trainer)
- » Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
- » Illegal Equipment
- » Offsides only on Goalie
- » Warding
- » Empty Stick Check (This is a minor foul only when a team has possession. Empty stick checks during loose ball situations are legal)

Major Fouls

(Yellow Card: 1 minute time-serving penalty)

- » Illegal Body Check
- » Slashing
- » Cross-check
- » Tripping
- » Unnecessary Roughness
- » Illegal Stick
- » Unsportsmanlike Conduct
- » Dangerous Follow-Through
- » Illegal Crease defending
- » Walling: See Slide with Walling Description and recommended modifications for 14U and below
- » Dangerous Propel Above knee = expulsion; below knee = 1 minute

Expulsion Fouls

(Offending Player leave game & In-Home serve 2-minute time serving penalty)

- » Fighting
- » Using threatening, abusive language or misconduct towards the officials.
- » Deliberately body checking in the head, neck area or from behind.
- » Dangerous Propel that hits a player above the knee.

NOTE: Penalty time shall begin once the offender is seated in the penalty area; all time serving penalties are not releasable.

Traditional Field Game Penalties that are NOT Called

- » 3 Seconds
- » Shooting Space
- » Empty stick check on ground balls
- » Hooking
- » Poke checks
- » In the sphere
- » Check across the body
- » Slash

Walling

Two defense players crowding in front of their goal or forming a stack/wall formation in front of their goal – not within a stick's length of an opponent.

- » Comparable to double shooting space – USAL modification for players 14 and under to use one player for walling criteria.

Over and Back

Once a ball is in a team's offensive half of the field it cannot return to the defensive half of the field through actions of the offensive team.

- » Offensive player may bat the ball to keep it in offensive zone.
- » If the ball does touch or cross center line, there is an immediate change of possession and a quick re-start for non-offending team.
- » No violation if off of a shot, loose ball last touched by defense or a loose ball that is leaving offensive zone and defense is called for a loose ball foul (play-on).

APPENDIX A

DEFINITION OF TERMS

- » **ATTEMPTED PASS** occurs when a player attempts to pass using the mechanics of a throwing motion in the specific direction of a teammate.
- » **BLOCKING** takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a “blind side” defense player must give her enough time and/or space to change her direction.
- » **BODY CHECKING** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent’s body and crosse with her body and causing her to slow down, change direction, or pass off.
- » **CHARGING** takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).
- » **CHECKING** is an attempt to dislodge the ball from an opponent’s crosse by using controlled crosse to crosse contact.
- » **CLEAR** is any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.
- » **CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.
- » **COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and even with the level of the scorer’s table extended (at least 4 meters from the sideline) and does not include the area directly behind the scorer’s table.
- » **CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field, and this will be called in the judgment of the official.
- » **CROSS-CHECK** uses the shaft of the crosse to hit, push or displace an opponent.
- » **DANGEROUS PLAY** are actions that are rough, threatening and/or are without regard to player safety. May be carded.
- » **DIRECTLY BEHIND THE GOAL CIRCLE** is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.
- » **8-METER ARC** is the area in front of each goal circle inscribed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.
- » **EJECTED PLAYER** is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in her team’s next game.
- » **FIELD PLAYER** is any player other than the goalkeeper. It is a player whose responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.
- » **FREE POSITION** is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. A major defensive foul within the 8 meter will result in an offensive free position on an 8-meter hash.



This player may go to goal.

- » **FREE SPACE TO GOAL** is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.
- » **GOAL CIRCLE** is the circle around the goal to protect the goalkeeper. It is commonly called a Crease in Sixes and in the boys' game.
- » **GREEN CARD** is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.
- » **HELD WHISTLE** is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.
- » **ILLEGAL CRADLE** is when the ball carrier holds the head of her crosse with or without cradling, within a 7-inch sphere surrounding the head in all directions or close to her body or teammate's body.
- » **ILLEGAL PLAYER** is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.
- » **ILLEGAL PROCEDURE** refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)
- » **INDIRECT FREE POSITION** is the penalty awarded for a minor field foul by the defense inside the 12-meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.
- » **LOWER SIDE OF CROSSE** refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player's goalie or defensive goal.
- » **MARKING** is guarding an opponent within a stick's length.
- » **MODIFIED CHECK** is allowed at the 12U level and is an attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- » **MODIFIED POCKET** is when no more than half of the ball falls below the bottom of the sidewall.
- » **OFFSETTING** is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.
- » **OFFSIDE** refers to a team with more players over the restraining line than allowed by the rules.
- » **PENALTY AREA** is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.
- » **PENALTY LANE** is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.
- » **PENALTY ZONE** is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.
- » **PICK** is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary.



- » **PLAYED** refers to an action whereby the ball leaves the player's crosse and is touched by another player, her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the crosse.
- » **PLAYER POSSESSION** is when the ball is in her crosse and she can perform any of the normal functions of control such as cradle, carry, pass or shoot.
- » **PLAYING DISTANCE** is the length of a stick and half.
- » **RED CARD** is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.
- » **RESTRAINING LINE** in full field play is a solid line at each end of the field 30 yards up field from the goal line which extends fully from one side of the field to the other side.
- » **RUNNING CLOCK** means the game clock runs continuously without stopping unless the official calls for a card, injury/emergency timeout, or team timeout.
- » **SCORING PLAY** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
 - A shot is taken.
 - The attacking team loses possession of the ball.
 - The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
 - The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
 - The attacking team fouls.
- » **SLASH** is a reckless or dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.
- » **SLOW WHISTLE** is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.
- » **SPHERE** is the 7 or 12-inch area surrounding the head in all directions.
- » **SUBSEQUENT FOUL** is one that occurs after the initial foul has been called. For a example, a player is awarded a free position because of a foul by her opponent and before play starts she, or her team, commits another foul such as taunting the opponent.
- » **SUBSTITUTE** is any player who has not been disqualified and whose name and correct number have been recorded in the scorebook.
- » **SUSPENDED PLAYER** is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.
- » **SUBSTITUTION AREA** is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each five (5) yards from the center line of the field.
- » **TEAM BENCH AREA** is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline), and does not include the area directly behind the scorer's table.
- » **THREE-SECONDS IN THE ARC** is when a player while defending in the 8-meter arc remains in that area



more than three (3) seconds without marking an opponent within a stick's length.

- » **THREE-SECONDS GOOD DEFENSE** is when a player with the ball holds the ball for more than three (3) seconds while closely guarded/marked.
- » **TOEING THE LINE** refers to the placement of the foot up to, but not on a center line.
- » **TRANSITIONAL CHECKING** is allowed at the 14U level and is an attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.
- » **12-METER FAN** is a semicircle area in front of each goal circle bounded by an arc 12 meters from the goal circles.
- » **WITHIN A STICK'S LENGTH** is when any part of the opponent's body is inside a crosses' length. It is the distance a player must be to her opponent to be actively marking this opponent.
- » **YELLOW CARD** is given to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.



APPENDIX B

EQUIPMENT

ALL FIELD CROSSES

All legal sticks/ molded heads will be listed on the USA Lacrosse website on the equipment page.

Note: The crosse for the 6U 8U & 10U divisions can meet either the boys or girls molded head requirements.

All pockets are subject to on field compliance check by officials. The following requirements are for the pockets.

Strung pockets either traditional or mesh must be attached directly to the head.

Field crosses shall have no more than two separate shooting strings. Shooting strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting strings. Shooting strings are not required.

Any “shooting” string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. “Shooting” strings may not be crossed. “Shooting” strings may not touch from outside the outermost thongs to the sidewall, or within one (1) inch of the sidewall if there are no thongs. Shooting strings do not need to be attached through a stringing hole.

The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible above the top of the entire wooden or plastic sidewall for 12U and 14U.

The ball must move freely within all parts of the head of the stick both laterally and along its full length of the front and upper third of the back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5” (38.1 mm).

NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket. Any adhesive substance in the pocket which impedes movement.

GOALKEEPER’S CROSSE

The overall length of the crosse shall be 35 1/2 inches minimum to 52 inches maximum. The end cap is included when measuring the overall length of the crosse.

The pocket of the crosse may be strung with six (6) or seven (7) longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

The goalkeeper’s crosse may have more than two shooting strings.

Flat laces or nylon cord may be used as shooting strings. There are no restrictions regarding the design or placement of shooting strings in the pocket of a goalkeeper’s crosse.



Stick Certification Procedures:

Any lacrosse sticks to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the manufacturer's specifications, a report noting this compliance will be sent to the USA Lacrosse Senior Director for Sports Administration for review and certification of the report. The stick if certified will then be listed on the USA Lacrosse web site as legal for use in the United States. The USA Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/or head designs independent of lab approval. Go to usalacrosse.com for complete equipment certification process procedures and timeline, and for lists of USA Lacrosse approved equipment.

GOALKEEPER'S EQUIPMENT

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, a pelvic protector and padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. beginning January 1, 2021, the goalie chest protection must meet the NOCSAE standard (ND200) for lacrosse at the time of manufacture.

It is recommended that the goalkeeper wear padding on arms and shoulders. This padding must not excessively increase the size of any body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 1-inch padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

EYE PROTECTION

All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077). All eyewear must be listed on the SEI website to be legal for play and all eyewear must bear the SEI mark for certification.

MOUTHPIECE

All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. It shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. There may be no protruding tabs for field players.

OTHER PERSONAL EQUIPMENT

Headgear and close-fitting gloves may be worn by all field players. Any field player choosing to wear headgear will only be permitted to wear headgear that has been tested by the manufacturer and meets the ASTM F3137 standard for women's lacrosse headgear. The headgear must be SEI certified. The headgear shall be listed on the SEI site in order to be considered legal for play. Face masks are not allowed.

Note: No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to other players by the officials. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended.

Note: Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick.



Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

Note: Players may only wear securely taped Medic-alert medal with information visible and close-fitting cloth sweatbands. Any other adornment, will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

Note: Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.

Note: USA Lacrosse in keeping with applicable laws may authorize exceptions to USAL Youth Playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, religious considerations as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow otherwise illegal equipment, create risk to the athletes/others or place opponents at a disadvantage.

BALLS

SECTION 25. The ball shall be yellow, lime green or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture for 10U, 12U and 14U.

NOTE: Specifications for all equipment are modified periodically. USA Lacrosse will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to USA Lacrosse of the change. USA Lacrosse does not test or approve equipment to determine compliance with specifications. USA Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.

CROSSE SPECIFICATIONS

Head dimensions

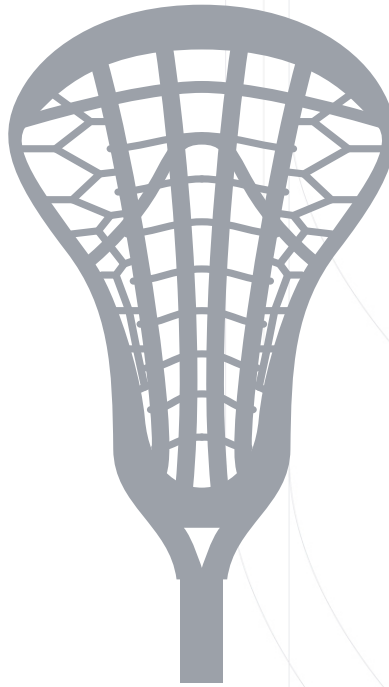
All measurements are verified in the lab according to manufacturer specifications and legal heads will be posted on the USA Lacrosse website

Shooting strings

Any “shooting” string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. (this does not apply to goalkeepers).

Strings outside of crosse

Any strings or leathers hanging off the crosse must measure 2 inches or less.



APPENDIX C

INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the summer Rules Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from USA Lacrosse (usalacrosse.com). The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the youth rules put forth by the Rules Committee must be presented to the USA Lacrosse Boards of Directors for final approval.



APPENDIX D

BLOOD POLICY

FROM THE NFHS GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- » An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- » Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.



APPENDIX E

LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

- » Assign staff to monitor local weather conditions before and during events.
- » Develop an evacuation plan, including identification of appropriate nearby shelters.
- » Develop criteria for suspension and resumption of play:
- » When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- » Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- » Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- » Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the USA Lacrosse web site at usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy

APPENDIX F

CONCUSSIONS

CONCUSSION RECOGNITION TOOL 5

To help identify concussion in children, adolescents, and adults

RECOGNIZE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

Remember these key elements while approaching the potentially head-injured player on the field:

- » In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- » Assessment for a spinal cord injury is critical.
- » Do not attempt to move the player (other than required for airway support) unless trained to do so.
- » Do not remove a helmet or any other equipment unless trained to do so safely.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury, including whether if ANY of the following signs are observed or complaints are reported, then the player should be assessed for neck injury and safely and immediately removed from play/game/activity if no neck injury is suspected. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment if any of the following signs or symptoms are present:

- » Neck pain or tenderness
- » Double vision
- » Weakness or tingling/burning in arms or legs
- » Severe or increasing headache
- » Seizure or convulsion
- » Loss of consciousness
- » Deteriorating conscious state (May want to put in layman's terms for non-healthcare providers: something like "Decreasing ability to stay awake, disoriented")
- » Vomiting
- » Increasingly restless, agitated, or combative
- » One pupil larger than the other (listed on CDC Danger Signs)



If there are no Red Flags, identification of possible concussion should proceed to the following steps.

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- » Lying motionless on the playing surface
- » Slow to get up after a direct or indirect hit to the head
- » Disorientation or confusion, or an inability to respond appropriately to questions
- » Blank or vacant look
- » Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- » Facial injury after head trauma

STEP 3: SYMPTOMS

- » Headache
- » “Pressure in head”
- » Balance problems
- » Nausea or vomiting
- » Drowsiness
- » Dizziness
- » Blurred vision
- » Sensitivity to light
- » Sensitivity to noise
- » Fatigue or low energy
- » “Don’t feel right”
- » More emotional
- » More Irritable
- » Sadness
- » Nervous or anxious
- » Neck Pain
- » Difficulty concentrating
- » Difficulty remembering
- » Feeling slowed down
- » Feeling like “in a fog”

STEP 4: MEMORY ASSESSMENT

(in athletes older than 12 years of age)

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- » “What venue are we at today?”
- » “Which half is it now?”
- » “Who scored last in this game?”
- » “What team did you play last week/game?”
- » “Did your team win the last game?”



Athletes with suspected concussion should:

- » Not be left alone initially (at least for the first 1-2 hours)
- » Not drink alcohol
- » Not use recreational/prescription drugs
- » Not be sent home by themselves. They need to be with a responsible adult
- » Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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APPENDIX G

USA LACROSSE CODE OF CONDUCT

OVERVIEW

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago and, through the sport, they celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern sport, USA Lacrosse has partnered with the Positive Coaching Alliance to establish and promote positive coaching and good sportsmanship at all levels of lacrosse. The following Code of Conduct is included as part of the US Lacrosse membership application to encourage and foster appropriate values in players, coaches, officials, parents and spectators, as well as those who are involved in any way with US Lacrosse.

CODE OF CONDUCT

US Lacrosse believes that it should be a priority of every player, coach, team, program and league to “Honor the Game”. Players, coaches, officials, parents and spectators shall conduct themselves in a manner that “Honors the Game” and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are honesty and integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport’s development and help to assure a consistently positive experience for participants. The Code of Conduct’s components are as follows:

- » Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- » The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- » The safety and welfare of players are of primary importance.
- » Coaches must always be aware of the tremendous influence they have on their players, and shall strive to be positive role models in dealing with young people they serve.
- » Coaches shall always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, parents and spectators.
- » Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- » Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect among other participants.
- » Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through established channels, policies and procedures, but never on the field in public view.
- » Officials shall conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.



- » Adults involved with the sport will not permit anyone to openly or maliciously criticize, harass or threaten an official.
- » Coaches, officials and players have a responsibility to know and follow the letter and spirit of the appropriate rules of play. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- » Eligibility requirements, which have been established at all levels of the sport to maximize participation, encourage fair play and promote safety, shall be followed.



APPENDIX H

ANTI-HARASSMENT AND DISCRIMINATION POLICY AND CORRECTIVE ACTION PLAN

TEMPLATE FOR LEAGUES AND LACROSSE ORGANIZATIONS

USA Lacrosse prohibits and will not tolerate acts of harassment, discrimination, and bullying. Harassment, discrimination or bullying means any gestures, any written, verbal or physical act, or any electronic communication, whether a single incident or a series of incidents that:

Are reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, ethnicity, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Takes place in relation to any program function or team; and that a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a player or damaging the player's property, or placing a player in reasonable fear of physical or emotional harm to his/her person or damage to his/her property.

Has the effect of insulting or demeaning any player or group of players or creates a hostile environment for the player by interfering with a player's participation or by severely or pervasively causing physical or emotional harm to the player. (N.J.S.L 18A:37-14)

This Anti-Harassment and Discrimination Policy is embedded into each participant's Code of Conduct and must be signed by all participants prior to the start of each season. The USA Lacrosse commitment to

anti-harassment is also shared publicly on our program website. We ask that all families review this policy against harassment, intimidation and bullying with their children. Together we can ensure that all children and families have a better understanding of the issue and can help make playing experiences enjoyable for all.

The Corrective Action Plan is a multi-step system designed to forgive a mistake but also protect student-athletes, provide education and firmly address chronic misbehavior. Any participant, parent, or volunteer may file a grievance when necessary. All grievances should be written and directed through the following sequence of authorities:

CORRECTIVE ACTION PLAN FOR LEAGUE PARTICIPANTS

If a coach, parent or official is notified of participant misconduct, they should report the allegation in writing within 24 hours of the incident to the league's board of directors or leadership. Complaints may also be made in person during a game or event but should also be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification. If the accused party is from another program or league, the board or league leadership will contact the accused participant's program to share the accusations and request resolution for both parties.

After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all board members for a vote. Participants who are found guilty of violating the anti-harassment and discrimination policy will be subject to disciplinary action. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review.



If no resolution is found, an additional ethics complaint may be filed with the USA Lacrosse Ethics Advisory Subcommittee online at usalacrosse.com/ethics-advisory-subcommittee. The USA Lacrosse EAS seeks to develop resources and standards for the national lacrosse community, as well as investigate and manage ethical issues that arise within the organization. NOTE: All prior steps must be taken before submitting an ethics complaint with USA Lacrosse. Complaints that do not adhere to this process will not be considered.

For minor or repeat violations of the Anti-Harassment and Discrimination Policy or expectations, these steps will be followed:

STEP 1 - VERBAL WARNING.

Coach and/or board members will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated.

STEP 2 - GAME SUSPENSION.

The board or league leadership will suspend the offending player for a predetermined number of games depending on the severity of the incident. The player and supervising parent/adult must attend a meeting with the coach and at least one board member to discuss appropriate behavior and next steps before the player can resume playing. The player will be warned that the next offense will result in his/her expulsion from the program*.

Participants 14 years and older will be required to complete USA Lacrosse's Cultural Competency training prior to return.

STEP 3 - EXPULSION.

The participant on the 3rd offense will be expelled from the league or program and no refund will be given. The board or league leadership will also document this disciplinary action in writing and forward the incident to the team coach or administrator within 24 hours of decision.

**These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against participants and could result in immediate game suspension or expulsion. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.*

CORRECTIVE ACTION POLICY FOR PARENTS AND ADULTS

Family involvement is vital to the development of young athletes. Whether sitting in the stands, or helping as a volunteer, we want families to set a positive example. Parents and adults who do not follow the Anti-Harassment and Discrimination Policy will be subject to a Corrective Action Plan. Any parent or adult may file a grievance when necessary.

All grievances should be written and directed through the following sequence of authorities:

If a parent, coach, staff member, volunteer, official or fan is the victim of harassment, discrimination or bullying, the victim must report the allegation in writing within 24 hours to the board of directors or league leadership. Complaints may also be made in person during a game or event but should be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

If a coach or official is notified of misconduct, they are obligated to report the allegation in writing within 24 hours to the board of directors or league leadership.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification.



After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all administrators for a vote. All who are found guilty of violating the Anti-Harassment and Discrimination Policy will be subject to disciplinary action. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.

For any violations of the Anti-Harassment and Discrimination Policy, the following steps will be taken:

STEP 1 - VERBAL WARNING AND GAME SUSPENSION.

A board or league administrator will discuss undesirable conduct with the accused and stress that this behavior will not be tolerated. A board member or league administrator will meet with the team coach and/or program administrator and the accused to discuss proper behavior. The board or league leadership may also choose to suspend the accused for a certain number of games depending on the severity of the incident.

Furthermore, there will be a formal letter of reprimand given to the accused stating that the next offense will result in banishment from all program or league events*

The accused will also be required to complete USA Lacrosse's online Cultural Competency training prior to returning.

STEP 2- SEASON EXPULSION.

The accused will be banned from attending all contests after a 2nd offense. The accused will then have to make a formal request to be reinstated into the league or program prior to the start of the following season.

**Severe situations could merit harsher sanctions and could result in immediate game suspension or expulsion. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review. If warranted, a police report may be required or strongly recommended.*