

PAGLA RULES

5th and 6th Grade

US 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.

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 5/6 may have a 5/6A and a 5/6B team based on player's ability and commitment level. If there are two B teams they must be divided equally by ability and grade.
3. Players must be given equal playing time given all things equal, i.e. if two players have attended equal practice time, etc.
4. Regulation field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
 - a. NO GOALIE = NO shooting net/blocker; NO turning cage over!
6. Games consist of 2-25-minute running clock halves, no stopping the last 2 minutes.
 - a. Each team is allowed two time outs (2 minutes in duration) anytime in the game. CLOCK STOPS!
 - b. NO OVERTIME
7. SPECTATORS are NOT allowed on the same side of the field as the teams.
 - a. Each team must be in charge of their own spectators, sideline manager, so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.
8. Regulation stick and pocket
 - a. Regulation stick may be cut to fit comfortably along the length of the player's arm. Goalkeeper's stick may be 52" or may be cut to fit.
 - i. 35.5" min. and 43.35" max
 - ii. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
 - iii. No more than 2 Shooting/Throwing strings
 - b. Pocket is legal when: The top of the ball remains above the top of the sidewall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.
9. Modified Checking and 3-sec Good Defense
 - a. Player may not hold the ball for more than 3 seconds when:
 - i. Close guarded/marked
 - ii. The defense has both hands on the stick
 - iii. The defense is in position to check were checking allowed
 - b. The count:
 - i. One-one thousand; two one-thousand; WHISTLE

- c. After initial possession is awarded, the possession will then alternate.
- d. The record of the possession shall be kept at the score table.
- e. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.
- f. No alternate possession cannot be taken within 4m of the boundaries.
- g. If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended, it shall be awarded at the closest 8m mark on the goal line extended.

24. Possession Rule (on the Draw)

a) Execution for officials:

Referee taking draw drops arm & blows whistle to start play as always done

Official waits until 1 of 6 players between restraining line gets clear possession of ball

Official uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines

b) Players behind the restraining lines must keep their feet behind the restraining line until

"RELEASE" is called. Players can reach over the restraining line with their stick

c) Penalty administration for Early Entry on the Draw violations: (restraining line or center circle line)

Free position at spot of the ball at time of the foul- place offender 4M away direction of goal she is defending --Self Start

d) Penalty administration for illegal draw violation: Ball back to center place offender 4M away at 45 degree angle direction of goal she is defending -Self Start

25. Kicking the Ball

a) Players may kick the ball as a part of field play on any non-shooting effort

b) Players cannot kick the ball into the goal and score

c) Players can kick the ball to:

move the ball away from opponents;

position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate

25. Penalty Zone will be enforced added 2019 season (Please see last pages for rule details and FAQ)

26. **SELF START -Please see last pages for rule addition for 2021** as well as all 2019/2020 rule details and FAQ

27. NEW RULE FOR 2021: Free Movement - Please see last pages for rule details

Additional:

1. A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
2. If a player is being legally guarded and has no opportunity to shoot and shoots this could be a DANGEROUS PROPEL, if there are girls in front of her or her follow through hits her defender, both are yellow cards
3. Keep the defense marking up in the 8m, must be a stick's length away from a player. (Keeps down on shooting space calls)
4. Critical Shooting Area (CSA)
 - a. 12-meter mark above the goal line and spreads 12 meters on either side of the goal, and goes to the endline.

If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$200 and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.

PAGLA Rules and Directives will be posted on the PAGLA Website. Keep in mind that each region has their own set of Directives.

www.PAGLA.org