

PAGLA RULES

7th and 8th 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. 7/8 may have a 7/8A and a 7/8B 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. All players must wear a mouth guard (not clear or white or have white teeth), field players must wear goggles.
5. Full field play with 12 players per team on the field. Must play with a goalie.
6. Goalies at all levels must wear NOCSAE certified helmet designed for lacrosse with facemask and secured with chinstrap, a separate throat protector, chest protector, abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, and a mouth guard that is not white or clear. The goalie must have a number on her jersey, front and back.
7. **7/8 A & B will utilize MODIFIED CHECKING.** Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.

EAST REGION 7/8 A & B will be playing TRANSITIONAL CHECKING for 2021 (ADULT OFFICIALS)

WEST REGION 7/8 A will be playing FULL CHECKING for 2021 (ADULT OFFICIALS)

8. All games are 2-25-minute halves running clock. Each team is allowed two time outs (2 minutes in duration) clocks stop for timeouts/injury. No Overtime.
EAST REGION 7/8 A & B play stopped clock in the last 2 minutes of second half.
9. There are NO MORE THAN 3 Coaches on the side with the team bench.
10. Home teams must provide a reliable clock manager to keep time and score.
EAST- Both teams keep score.
11. Home team must provide a scoreboard and it must be visible.
12. **Spectators are not allowed on the same side of the field as teams.** Each team **MUST** be in charge of their own spectators 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
13. No following through into the goal circle on a shot – No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!

14. Substitutes must enter the field and exit the field 5 yards either side of the center line. The sub going into the field must wait to go on until the person leaves the field. Home team MUST provide cones to mark the 10 yard 'box'.
15. Three second closely guarded/marked with good defensive positioning rule applies. This doesn't apply if Transitional or Full Checking is taking place.
16. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense and not push bottom hand out into opposing player, this is also illegal.
17. **No Mercy Rule at this level: SOUTH AND EAST mercy rule modifications below**
 - a) There is a draw after every goal regardless of the goal differential
 - b) If the leading team should be encouraged to use their non-dominant hand, play other positions, add a pass rule, etc.

EAST REGION plays a 10 goal Mercy Rule since they play stopped clock in last 2 minutes of second half.

SOUTH REGION plays a 5 goal Mercy Rule so at 5 goal advantage – INDIRECT from center draw. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
18. **Cards:** Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.
 - a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
19. Also, a player can run into a defensive player's legal stick and their own stick hits them in their head (not a card-able foul). It needs to be an INITIATED check.
20. 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.
21. Keep the defense marking up within a stick's length within the 8m, this will help cut down on the shooting space and 3-sec on defense.
22. **OFFSIDES:** a team must NOT have more than 7 players below the restraining line in their offensive end, and must not have more than 8 players below the restraining line in their defensive end.
23. **Alternate Possession:**
 1. The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
 2. Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
 3. After initial possession is awarded, the possession will then alternate.
 4. The record of the possession shall be kept at the score table.
 5. 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.

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:

i. move the ball away from opponents;

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

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

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

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

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