

PAGLA RULES 2023

3rd and 4th 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. Teams must be divided into players of equal ability and a mix of 3rd and 4th grade.
2. Seven field players, and use of a shooting net/goalkeeper
 - Encourage your coaches to tell their players to spread out
 - Play 1v1 defense; double/triple teaming a player is not encouraged!
3. Field size 60-70 yards x 30-40 yards
4. There are NO MORE THAN 3 coaches on the side with the team bench.
5. Keep parents at midfield, in-between games. **SPECTATORS ARE NOT ALLOWED ON SAME SIDE OF FIELD AS TEAMS! Or on END LINES (safety issue).**
 - 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.
6. Goal circle and goal line, 8m arc, center line must be marked on the field. (The crease or goal circle MUST be marked with cones or paint).
7. Regular women's crosse, modified packet allowed. Shaft may be cut to fit comfortably along arm.
 - Regulation stick with or without modified pocket and may be cut to fit comfortably along the length of the player's arm.
 - Goalkeeper's stick may be between 35 ½" and 52" in length.
 - Field Players crosse can be between 35 ½" min. and 43 ¼" max. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
No more than 2 Shooting/Throwing strings
Mesh pockets are permitted
8. No checking – 3-Sec Good Defense
 - Closely guarded/marked
 - The defense has BOTH hands on her stick
 - The defense is in position to legally check if checking were allowed
 - Rule book also states that: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. **The official will give an audible and visible 3-second count.**
 - **THE COUNT:** One-one thousand; two one thousand; WHISTLE
9. Girls may not hold stick horizontally and make contact with opposing players. Encourage girls to hold stick vertically when playing defense. MAJOR Foul
10. Offsides Rule
 - The 50-yard line or mid line of field is to be used as a restraining line
 - Two players back from each team

11. 20-minute halves running time – Each team is allowed two-time outs (2 minutes in duration)
 - Stop clock on time outs!
 - **Please note that if playing a round robin format with a central clock there will be no time outs unless there is an injury.
12. No overtime
13. No follow through into 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. You must have 2 attempted passes the length of the field before shooting!
 - **EAST RULE:** If your team gains possession in defense, **one pass must be made once the ball crosses the 50-yard line.** In other words, one player may not take the ball from one side of the field to the other and shoot. Encourage the girls to pass.
15. No rolling the ball under a shot blocker.
 - **EAST, CENTRAL WEST, SOUTH & TRI COUNTY RULE:** Shot blockers should be placed flush along the ground and have all the room to shoot above and to the sides.
16. Goalies are encouraged but not required:
 - If you chose not to have a goalie, your team must use a shot blocker/shooting net in place of a goalie.
 - Cages may NOT be turned to have a smaller shooting area. If you do not have a goalie or a shooting net, you must play with an open goal.
 - If you chose not to have a goalie, your team must provide a Shot blocker/ Shooting Net in place of a goalie.
 - **CENTRAL WEST RULE:** HOME FIELD teams will provide the rage cage shot blockers if a team does not have a goalie.
 - **SOUTH RULE:** If teams do not have a goalie, no shot blocker/shooting net will be used team will play with an empty goal
 - **EAST & TRI COUNTY RULE:** if teams do not have a goalie, then a shot blocker must be used, and every team supplies their own shot blocker
17. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.
 - An initiated check to the head is a YELLOW card
 - Stick to stick contact doesn't mean there is a foul.
18. Balls MUST BE NOCSEA standard ball
19. Eye wear and Mouth Guards – NO CLEAR OR WHITE OR WHITE TEETH ON MOUTHGUARD
 - Mouthguard should cover all the way back to and including the molars
 - No tabs hanging off of the mouthguard
20. Goalies – helmet (NOCSAE certified), chinstrap, separate throat protector, chest protector (NOCSAE certified), abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard – uniform needs to be on top of gear and shirt MUST be same color as team with a number on front and back
21. Sideline manager (both teams) duty is to control spectators
22. Home team – designated timer; Scoreboard for Mercy Rule
23. SUBS: Unlimited number of players at any time during the play, after every goal and at the halftime. Subs must come through the sub area, Subs cannot enter

the field until the sub has come off the field and exited between the cones/markers before a substitute may go on to the field.

24. 8m free positions, a player may shoot provided there is a goalkeeper/shooting net. If it is an open net it will turn into an indirect position. Must pass!

25. Mercy Rule: **EXCEPTION EAST**

- Mercy Rule when there is a 4-goal differential. 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.
- INDIRECT with a whistle start by official from center draw line
- Running Clock, the entire game regardless of score.
- **EAST RULE: NO MERCY RULE as per USAL recommendations no score is kept**

26. Start of Game:

- The game will start by a draw except when a free position has been awarded.
- Players should line up in a format that consists of 2 attack, 3 midfielders (1 being a center), and 2 defense.

27. No Deputy: No player may go into the goal circle unless they are the goalie, the official will clarify who can go in and get the ball inside circle

- **ALL REGIONS:** Player that gets the ball from the goal circle will be set up 5 yards out along goal line extended for the clear this is a WHISTLE START
- **EAST REGION:** The new offensive team gets a free clear, defense needs to move back behind the cones that are placed 15 yards up. Once there is one pass and the offensive team has ability to get the ball the defensive team can come play defense.

28. Kicking the Ball

- Players may kick the ball as a part of field play on any non-shooting effort
- Players cannot kick the ball into the goal and score
- Players can kick the ball to:
 1. move the ball away from opponents.
 2. position the ball for easier recovery into their stick
 3. position the ball for easier recovery by a teammate

- **Penalty Zone will be enforced (Please see last pages for rule details and FAQ)**
- **Free Movement - Please see last pages for rule details**
- **East, South, Tri County and West will not be playing with SELF-START rule**
 - **PLAYERS MUST STOP AND STAND ON THE WHISTLE!**

Additional:

- A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- 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
- Keep the defense marking up in the 8m, must be a sticks length away from a player. (Prevents shooting space calls).
- 3 seconds violation outside the CSA above goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- Alternate Possession-
 - 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.
 - Alternate possession will take place when offsetting minor/major fouls occur.
 - After initial possession is awarded, the possession will then alternate.
 - The record of the possession shall be kept at the score table.
 - The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player awarded possession of the ball.
 - No alternate possession cannot be taken within 4m of the boundaries.
 - 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.
 - If alternating possession includes a card. Alternating possession will be eliminated. Carded foul is only foul and assessed.

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 will be posted on the PAGLA Website.

www.PAGLA.org