

PAGLA RULES 2023

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.
EAST REGION will be having 3 divisions, Elite, Premier, and Legacy
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!
 - NO GOALIE = NO shooting net/blocker = Empty Net; NO turning cage over!
6. Games consist of 2-25-minute running clock halves, no stopping the last 2 minutes.
 - Each team is allowed two-time outs (2 minutes in duration) anytime in the game. CLOCK STOPS!
 - Any possession time-out called in the CSA starts at the dot unless there was a foul called where an 8m or 12m set up will be taken. If this is the case, then play starts at 8m or 12m where foul set up was.
 - NO OVERTIME
7. SPECTATORS are NOT allowed on the same side of the field as the teams. Or on the END LINE. (Safety issue)
 - Each team must be in charge of their own spectators. Sideline manager is required, 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
 - Regulation stick 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
 - Pocket is legal when: The top of the ball remains above the top of the sidewall after a ball is 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

- Player may not hold the ball for more than 3 seconds when:
- Close guarded/marked
- The defense has both hands on the stick
- The defense is in position to check where checking allowed.
- **THE COUNT:** One-one thousand; two one thousand; WHISTLE
- 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.

10. Coaches' area is from substitution area to end line on their own half of the field

11. There are NO MORE THAN 3 Coaches on the side with the team bench.

- Home teams must provide a reliable clock manager to keep time. Home team must provide a scoreboard. (These clock and score people MAY NOT coach)

Scoreboard must be visible, although the scores are not reported,

12. MERCY RULE (5/6 Grades A & B) **EXCEPTION CENTRAL WEST 5/6A**

- 4 goal advantage – INDIRECT with a whistle start by official from center draw line. 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.
- If a team is 5 goals ahead of the opposing team the leading team is encouraged to use their non-dominant hand, play other positions, etc.
- **Central West 5/6A plays a 10 goal Mercy Rule. 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.**

13. 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

- 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

14. 8m free positions, a player may shoot or pass

15. Draw – 3 players (from each team) max around circle (players can't cross restraining line prior to possession).

16. No Deputy – Ref will clarify who can go in and get when the ball is dead inside the goal circle.

17. No following through into the goal circle on a shot – No field player may enter or have any part of her body or stick on or in the goal circle at ANYTIME!

5/6TH ALL REGIONS PLAYING NO FOLLOW THROUGH ON A SHOT INTO GOAL CIRCLE

18. Substitutions must enter the field and exit the field 5 yards either side of the centerline. The sub going onto the field must wait to go on until the person leaves the field. Home team MUST provide cones to mark the 10-yard 'box'.

19. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense.

20. 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 (including the goalie) below the restraining line in their defensive end.

21. 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.

- Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash

22. 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 award possession of the ball.
- No alternate possession can be taken within 4m of the boundaries.
- If alternating possession includes a card. Alternating possession will be eliminated. Card foul is only foul and assessed
- 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.

23. Possession Rule (on the Draw)

- Execution for officials:
Once official has hands on sticks for draw the gate is closed. No one may enter on the field from sub box or cross from below the restraining line. Referee taking draw drops arm & blows whistle to start play as always done. Official waits until 1 player between restraining line gets clear possession of ball.
Official uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines
- 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
- 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
- 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

24. 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:
 - move the ball away from opponents.
 - position the ball for easier recovery into their stick
 - 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**
- **SELF-START -Please see last pages for rule addition from 2022**
- **NEW RULE 2023: Defense may self-start in CSA if Offense has fouled. No longer need a whistle start.**
- **NEW RULE 2023: Goal Circle Rule- goalkeeper or deputy may carry ball into the goal circle. Please see last pages for Goalies Rule Updates**

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 stick's length away from a player. (Keeps down on 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.
- 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 end line.

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