

PAGLA RULES 2023

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

- All PAGLA games must be played using a NOCSAE certified ball.
- 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.

EAST REGION will be having 3 divisions, Elite, Premier, and Legacy.

- Players must be given equal playing time given all things equal, i.e., if two players have attended equal practice time, etc.
- All players must wear a mouth guard must cover back to the molars (not clear or white or have white teeth), field players must wear goggles (ASTM certified).
- Full field play with 12 players per team on the field. Must play with a goalie.
- Goalies at all levels must wear NOCSAE certified helmet designed for lacrosse with facemask and secured with chinstrap, a separate throat protector, chest protector (NOCSAE certified), abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, and a mouth guard that is not white or clear. The goalie must be in the same color jersey and have a number on her jersey, front and back.

MODIFIED CHECKING: 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.

TRANSITIONAL CHECKING: the 12-inch sphere creates a safety zone around the player's head and checking is prohibited when a cradle is within 12 inches of a player's head. There will be no "3 seconds good defense" calls since checking is allowed above the shoulder.

CENTRAL WEST REGION 7/8 A playing FULL CHECKING (ADULT OFFICIALS)

CENTRAL WEST 7/8 B playing MODIFIED CHECKING

EAST REGION 7/8 all divisions playing TRANSITIONAL CHECKING (ADULT OFFICIALS)

SOUTH REGION 7/8 all divisions playing MODIFIED CHECKING

TRI-COUNTY REGION 7/8 all divisions playing MODIFIED CHECKING

- 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 all divisions will play stopped clock in the last 2 minutes of second half.

- 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 and score. EAST- Both teams keep score. (These clock and score people MAY NOT coach)
- Home team must provide a scoreboard and it must be visible.

- **Spectators are not allowed on the same side of the field as teams or ENDLINE (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
- Follow through with stick into the goal circle on a shot is allowed – No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
ALL REGIONS: player allowed to follow through with stick into goal circle on a shot.
- 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'.
- Three second closely guarded/marked with good defensive positioning rule applies. This doesn't apply if Transitional or Full Checking is taking place.
- For a 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.
- 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.

Mercy Rule: EAST, SOUTH, TRI COUNTY & CENTRAL WEST B mercy rule modifications below

- There is a draw after every goal regardless of the goal differential
- 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.

CENTRAL WEST REGION "A" PLAYS NO MERCY RULE

CENTRAL WEST REGION "B" plays an 8 goal Mercy Rule– 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.

SOUTH REGION plays a 4 goal Mercy Rule so at 4 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.

TRI COUNTY REGION plays a 4 goal Mercy Rule– 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.

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.

- Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
- 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.
- 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 within a stick's length within the 8m, this will help cut down on the shooting space and 3-sec on defense.

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 goalie) below the restraining line in their defensive end.

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.
- IF alternating possession includes a card. Alternating possession will be eliminated. Card foul is only foul and assessed.

Possession Rule (on the Draw)

- Execution for officials:

Once the official has hands on stick for DRAW. Gate is closed. No one may enter 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

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 the player's 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**

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