

## 3<sup>rd</sup> and 4<sup>th</sup> Grade

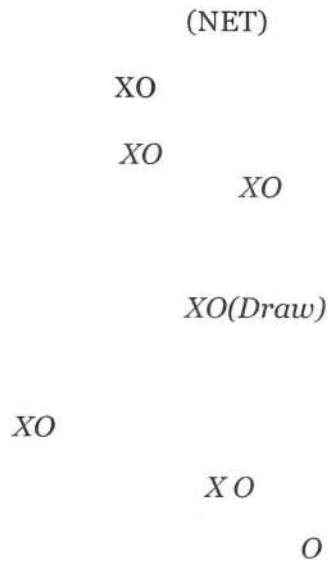
### PAGLA Rules Interpretation

- 1) Teams must be divided into players of equal ability
- 2) Seven field players, use of a shooting net/goalkeeper
  - a. Encourage your coaches to tell their players to spread out
  - b. 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!**
  - a. 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 (The crease or goal circle MUST be marked with cones or paint).
- 7) Regular women's crosse, modified packet allowed. May be cut to fit comfortably along arm –
  - a. 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 52" or may be cut to fit. MESH pockets are allowed for the goalkeepers ONLY!!
    - 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
- 8) No checking – 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
- 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 for 3/4)*
  - a. *The 50 yard line is to be used as a restraining line to keep 2 players back!*
- 11) 20 minute halves running time – Each team has 2 time outs
  - a. Stop clock on time outs!
- 12) No overtime
- 13) No deputy – ref will clarify who can go in and get when the ball is dead inside circle
- 14) 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 girl circle at ANYTIME!
- 15) You must have 2 attempted passes the length of the field before shooting!
- 16) No rolling the ball under a shot blocker. Shot blockers should be placed at the bottom of a goal.
- 17) Goalies are encouraged.
  - a. If you have chose not to have a goalie, your team must provide a shot blocker/shooting net in place of a goalie.
  - b. 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.
- 18) Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.
  - a. An initiated check to the head is a YELLOW card
  - b. Stick to stick contact doesn't mean there is a foul.
- 19) Balls MUST BE NOCSEA standard ball
- 20) Eye wear and Mouth Guards – NO CLEAR OR WHITE
- 21) Goalies – helmet, chinstrap, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard – uniform needs to be on top of gear
- 22) Sideline manager (both teams) duty control spectators

23) Home team – designated timer; Scoreboard for Mercy Rule

**Start of Game:**

- The game will start by a draw except when a free position or a throw at the center line has been awarded (caused by a foul). Players should line up in a format like this...



24) 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.

25) 8m free positions, a player may shoot provided there is a goalkeeper/shooting net, it will turn into an indirect position. Must pass!

26) **Players must stop and stand on whistle!**

27) Mercy Rule:

- 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
- Running Clock the entire game regardless of score

Additional:

- Also a player that runs into a defensive players 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. (keeps down on shooting space calls)
- Understanding Shooting Space (Cone Shape)
- Critical Shooting Area (CSA)
  - 15 meter mark above the goal line and spreads 15 meters on either side of the goal, and goes 9 meters behind the goal as well, looking to shoot, and have the opportunity to shoot.
- READ UP ON PAGE 76/77 RULES N TERMS!!!

NOTE: If any coach or parent is issued a yellow card for inappropriate behavior (ex: yelling at officials, yelling at other coaches or players) the club will be issued a \$100 fine.