

## 5<sup>rd</sup> and 6<sup>th</sup> Grade

### PAGLA Rules Interpretation

1. Players must be given equal playing time given all things equal, i.e. if two players have attended equal practice time, etc.
2. Regulation field with appropriate markings.
3. Full field play with 12 players per team on field, one must be goalie!
  - a. NO GOALIE = NO shooting net/blocker; NO turning cage over!
4. Games consist of 2-25 minute running clock halves, no stopping the last 2 minutes.
  - a. Each team receives two time outs anytime in the game. CLOCK STOPS!
  - b. NO OVERTIME
5. SPECTATORS are NOT allowed on the same side of the field as the teams.
  - a. Each team must be in charge of their own spectators, sideline manager, 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. Regulation stick and pocket
  - a. Regulation stick 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
  - b. The top of the ball remains above the top of the sidewall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse.
  - c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.
7. Modified 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
  - c. 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.
8. Coaches area is from substitution area to end line on their own half of the field
9. No more than 3 coaches
10. Home teams must provide a reliable clock manager to keep time
11. Home team must provide a scoreboard.
  - a. Scoreboard must be visible, although the scores are not reported,
    - i. MERCY RULE (5 & 6 Grades A & B)
      1. 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.
    - ii. 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.
12. BALL MUST BE NOCSAE Standard
13. Eye Wear and Mouth Guards – NO CLEAR OR WHITE
14. 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
15. 8m free positions, a player may shoot
16. Draw – 3 players max around circle
17. No Deputy – Ref will clarify who can go in and get when the ball is dead inside the circle
18. 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 girl circle at ANYTIME!

19. Substitutions must enter the field and exit the field 5 yards either side of the centerline. 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 5-yard 'box'.
20. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense.
21. 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.
22. 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.
23. **PLAYERS MUST STOP and STAND on WHISTLE!**

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)
  - o 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 and 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.