

7th/8th Grade

Rules Interpretation

- 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.
- 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 (not clear or white), field players must wear goggles.
- 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, abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, & a mouth guard that is not white or clear.
- The goalie must have a number on her jersey, front and back.
- 7/8 A & B will utilize modified checking. 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.
- All games are 2-25 minute running clock halves, stopping in last 2 minutes of the game (not last two minutes of 1st half) unless the mercy rule is effect (see below). Each team gets 2 timeouts during the game- anytime and clocks stop for timeouts.
- There are NO MORE THAN 3 Coaches on the side with the team bench. (new this yr).
- Home teams must provide a reliable clock manager to keep time.
- Home team must provide a scoreboard and it must be visible**, although the scores are not reported for 7/8 B. This is to determine the mercy rule (see below)
- Spectators are not allowed on the same side of the field as teams.** . Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have remind the spectator of the rules and they will help remove this spectator from the field
- 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 5 yard 'box'.
- Three second closely guarded/marked with good defensive positioning rule applies.
- 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' U15 (7th-8th Grade A & B):**

- a) The clock will stop in the last 2 minutes of the game unless there is a 10 goal or more differential at that time, no penalty administration if time runs out.
- b) There is a draw after every goal regardless of the goal differential

c) The leading team should be encouraged to use their non-dominant hand

-An initiated check to the head is a yellow card.

-Stick to stick contact doesn't mean there is a foul.

-Also, a player can run into a defensive player's legal stick and their own stick hits them in their head (not a cardable 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 making up with in a sticks length with in the 8m, this will help cut down on the shooting space calls and girls standing in shooting space.

-In order for you to understand shooting space you need to look at the big picture, The criteria is: Is the shooter in the Critical Shooting Area (CSA) this starts at the 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. When looking to see if someone is in shooting space you pull a line up from where the goal line extended meets the goal circle on either side of the goal up to where the ball is located. It looks like an ice cream cone, of sorts. This area is much bigger than you would think. Try using ropes at practice one night and show the girls just how big it really is.

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.