

## XL Girls Lacrosse League Rules

We follow the US Lacrosse guidelines below for ALL DIVISIONS

- Outside of the critical scoring area, players will be allowed to self-start after fouls
- The establishment of a penalty zone on free position shots.

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

- Modified Checking
- 3 second rule for good defensive positioning
- L pass rule will NOT be used
- **4 goal rule will not be used**

### 7/8<sup>th</sup> Grade

- Full checking
- 4 goal rule will NOT be used

XL Sports World will follow all US Lacrosse rules as it pertains to each age level with the following league specific modifications:

- Seven field players and a goalie are allowed on the field at a time.
- Games are 22-minute halves and will begin promptly, even if a team is not ready to play. There is no overtime.
- Each half will begin with a draw and after each goal there will be just a goalie clear.
- If a team does not have a goalie, they will play with an open net or with the shooting screen. If both teams do not have goalies, then a shooting screen may be put on both goals by the referees.
- Two players plus the goalie will be held back at the midfield restraining line during play: having five players over the restraining line.
- Mercy rule can be applied when there is a six-goal lead. The trailing team can elect to take an indirect free position at the draw center.
- Since there are two defensive players held back there are no Two Pass Rule.
- All substitution is handled on the fly. The player must be off the field before the sub is permitted to enter.
- There are NO timeouts during game play. During an injury timeout, the clock will run.
- 8-meter shots will be played out if the horn sounds for the end of the game or half.
- If the 8-meter is already in play when the game horn sounds, then the game is done at the time of the horn.

- If a shot is in flight and was released from a stick prior to the horn and goes into the goal – Ruling “good goal”
- Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.
- No unsportsmanlike conduct will be tolerated towards the officials, coaches or players.