



# **PELA OFFICIAL RULES BOOKLET**

**SPRING SEASON 2018**

# OVERVIEW

The Pacific Edge Lacrosse Association is a volunteer-run, not-for-profit association of girls lacrosse programs from the greater Los Angeles area.

It is a collegial and cooperative league that is dedicated to growing the game of girls lacrosse in Los Angeles; developing programs, teams and players with the shared ideals of sportsmanship, fun and friendship; and to giving every girl who wants to play the opportunity to do so in an instructive, competitive and friendly community.

The rules contained herein were determined by the board to be the best way of achieving our goal and while there may be occasional discrepancies in the way games are called/officiated, the general intent (inasmuch as possible), is to have continuity and consistency in the way our competitions are conducted.

We ask all participating clubs, coaches, players and parents to respect the rules, the officials, the players, the spectators and the game of lacrosse, and trust that we as a league are doing all that we can to assure the girls have a great experience this season and beyond.

# CONDUCT

PELA does not focus on the outcome of games but rather on the experience of playing.

To keep our focus where it belongs (on the girls and on the fun of playing), we ask all spectators to follow these few simple rules of conduct:

- Players play
- Coaches coach
- Umpires officiate
- Parents/spectators cheer

Further, we ask that all parents remain in the areas designated for spectators which is generally on the opposite side of the field from the player areas and scoring tables.

# K-2 DIVISION

## AGE ELIGIBILITY:

The K-2 division is open to girls in kindergarten, 1st and 2nd grades who are generally between the ages of 5 and 8 years old.

## DIVISION OBJECTIVE:

To give the girls an opportunity to learn and practice the basic skills of scooping, cradling, passing, catching and shooting in a fun and active way.

## TIME:

- 3 x 10 minute running-time periods.
- There will be a 5 minute break in between periods.
- Time will be kept by a league timekeeper.
- Each team is allowed as many 'on-field timeouts' as necessary.

## PERSONNEL:

- Games will be 4v4 or 5v5 as agreed to by the coaches.
- Teams with too few players may borrow players from the opposing team.

## OFFICIATING

- Games will be officiated by a single USL qualified 'trainee' umpire and stopped for instruction of rules/penalties as needed.

## RULES:

- There is **NO CHECKING** allowed.
- A team with possession must make 1 attempted pass before attempting a shot.
- Identical goal blockers will be used on both goals.
- If a team does not score on a shot attempt but regains possession off of the shot, that team is NOT required to attempt any additional passes before shooting again.
- A ball that comes to rest within the goal circle is considered a 'GOALIE BALL' and possession is given to the defending team behind the goal.
- Possession will be determined at the start of each period by means of a DRAW.
- There will be NO DRAW after a goal is scored. Defending team will take the ball from the center of the field and commence play.
- Scores and records WILL NOT be kept.

## **PENALTIES**

Penalties for which play will be stopped, instruction given and possession turned-over (when applicable):

- **CHECKING** – Contact between sticks in either an effort to dislodge the ball from an opposing player's crosse or in an effort to prevent an opposing player from gaining control of the ball.
- **COVERING** – covering of ball with the crosse while ball is on the ground.
- **RAKING** — the use of the crosse to rake the ball to or away from a player.
- **SHOOTING SPACE** – A defender dangerously enters or remains in the area between a shooter and the goal preventing the attacker from shooting safely at the goal.
- **BLOCKING** – A player moves directly into the path of the ball carrier with no chance for the ball carrier to avoid contact.
- **CHARGING** – the ball carrier moves directly into a defender.
- **CROSS-CHECKING** – Any contact between the stick and an opposing player.
- **GOAL CIRCLE FOUL** – A player may not have any part of her body or stick enter the goal circle including on the shot and follow through.

## **FIELD**

- Games will be played on a split field, with goals placed approximately twenty feet in from each sideline
- Goal circles/creases will be placed around each goal.
- There will be no arcs used

# ES DIVISION (ELEMENTARY GRADES 3-5)

## AGE ELIGIBILITY:

The ES division is open to girls in 3rd, 4th and 5th grades who are generally between the ages of 8 and 11 years old.

## DIVISION OBJECTIVES:

To expand the players understanding of the game by expanding the field, by increasing the number of players per team and by increasing the game time. The addition of a goaltender and the application of specific positions and skills related to specific positions is designed to help the girls play a more complex and competitive game and to prepare them for the next division.

## TIME

- 2 x 20 minute running-time halves
- Games will have a single 5 minute half-time break
- Each team is allowed a single one-minute time-out per game.
- The clock does not stop for timeouts except in the case that a time out is taken in final two minutes of the second half.
- Regular season games may end in a tie, there will be NO overtime.
- Post season play may not end in a tie and will be decided by subsequent 5 minute sudden death periods until a winner is determined.

## PERSONNEL

- Games will be 7v7 -- (3M; 2A; 2D).
- Goalies **MAY** be used and will **NOT** count as one of the 7 players.
- If a team does not have a goalie, a PELA Shot Blocker will be used.
- If a shot blocker is used the opposing team **MAY** also use a shot blocker in addition to or without a goalie.
- If both teams have a goalie no shot blockers will be used.
- If a team does not have enough players to field a 7 person team (with or without a goalie), the game may be modified to accommodate the smaller team, in the form of a 6v6 game (excluding the goalie).
- If a team does not have enough players to proceed as a 6v6, then the team with fewer than 6 players will be deemed to have forfeited, but the game will proceed with the number of players present.
- If a team forfeits the game will be recorded as a 1-0 loss for the forfeiting team regardless of the outcome of the played game.

## OFFICIATING

- Games will have a single, paid US Lacrosse Certified Official

## RULES

- No checking
- A team with possession must make **2 attempted passes** (one beyond their own defensive restraining line) or **1 completed pass** (beyond their own defensive restraining line) before attempting a shot.
- If a team attempts a shot and does not score but regains possession off of the shot by means of an out of bounds ball, or a rebound, they are **NOT** required to make any additional pass attempts before shooting again.
- If a team is **NOT** playing a goalie and a ball comes to rest within the goal circle/crease it is considered to be a '**GOALIE BALL**' and possession is given to the defending team. The ball may then be played thus:
  - a defensive player may retrieve the ball within the goal circle and make a pass from within the crease area (they may not run out of the crease with the ball).
  - a defensive player may take possession behind the goal and then run up the field or pass to clear.
- If a goalie is **NOT USED**, any shot that is **ROLLED INTO THE GOAL** underneath the SHOT BLOCKER will **NOT** be counted. It will be removed from the goal and treated like a GOALIE BALL.
  - a ROLLED BALL is one that is purposefully rolled using an UNDERHAND motion with no attempt to SHOOT or bounce the ball.
- 2 players per team (in addition to any goalie), must remain behind the defensive restraining line at all times.
- Possession is determined at the start of each half and after each score by means of a DRAW, except when the MERCY RULE is in effect.
- The Mercy Rule grants possession after any goals are scored or at the start of the second half, without the necessity of a draw to the team behind in the score by a differential of **4** goals or more.
- Direction of play changes at the start of the second half UNLESS one team is using a goal blocker and the other is using a goalie, in which case direction of play will remain the same throughout the game.
- Stall Rule transfers possession from one team to the other, when a player who possesses the ball beyond the offensive restraining line is challenged within a stick's length by an opposing player and remains in a 'STATIONARY and/or a CHECKABLE POSITION' for a count of 3 seconds.
- Official must give a warning to a STALL penalty as he/she begins to count.

## FIELD

- Games will be played on an 80% field (field diagram attached).

## SCORE RECORDING

- No official scores recorded will show a differential of more than ten (10) points regardless of the results of the game.

# MIDDLE SCHOOL DIVISION

## AGE ELIGIBILITY:

The Middle School division is open to girls in 6th, 7th and 8th grades who are generally between the ages of 11 and 15 years old.

## DIVISION OBJECTIVES:

The middle school division is intended to be a very competitive format in which players compete to hone personal and team skills and gain experience to prepare them for High School lacrosse participation.

## TIME:

- 2 x 25 minute running time halves.
- 1 x 5 minute halftime.
- 1 x 1 minute timeout per team per half.
- The clock will not stop during a timeout unless the timeout is taken in the final two minutes of the 2nd half only.
- Clock stops for fouls & for out-of-bounds in the final two minutes of the game **ONLY IF** the score is within 2 points.
- In the event of a tie at the end of regulation play, there will be an OT period.
- OT is a single 5 minute running time sudden-death period.
- There are NO timeouts in OT.
- In the event that there is no score during the OT period, a regular season game **MAY** end in a tie.
- Playoff or championship games, **MAY NOT** end in a tie and will be decided by successive 5 minute sudden death OT periods until there is a winner.

## PERSONNEL

- Each team is entitled to play a full compliment of 12 players (4 defenders; 4 attackers; 3 midfielders; 1 goaltender)
- In the event that a team does not have a full compliment of players, the coaches shall agree to an acceptable number of players per side and per position, prior to the start of the game provided that the game will proceed with at least 9 players per side (3 defenders; 3 attackers; 2 midfielders; 1 goaltender).
- There is no forfeit to a team with fewer than 12 players, unless a team has fewer than 9 players.
- In the event of forfeiture, the game will still go on by combining players from the two teams and all other rules will apply. The result of such a game will not be counted in the standings.

- In the event of a forfeit, the score of the game will be recorded as a 1-0 win for the non-forfeiting team.
- All teams **MUST** play a GOALTENDER, equipped as per USL guidelines.

## **OFFICIATING**

- All games will be officiated by 2 (two) paid US Lacrosse certified officials.
- Additional trainee officials may be included but will not count as one of the two tending officials.

## **CHECKING & FOULS**

- All games to be MODIFIED CHECKING (below the shoulders).
- As per USL, MANDATORY CARD fouls are: Dangerous Contact; Check To Head; Slash; Dangerous Propelling; Dangerous Follow-through.
- The player receiving the card must leave the field and enter the penalty area for 2 minutes (yellow) and four minutes (red) of elapsed time.
- The penalized team will play short-handed for the entire duration of the penalty.

## **GENERAL**

- There will be a 5 goal 'Mercy-Rule' on draws. If a team is leading by 5 goals or more, the team with fewer goals **may** opt to accept a 'free position' at the center of the Center Circle rather than have a draw for possession.
- In the event that the Mercy Rule is in affect, and a free position at the Center Circle is accepted by the team trailing by 5 goals or more, the free position will be INDIRECT, meaning that the ball must be passed at least one time before a shot on goal may be taken.
- In the final two minutes of the game, a team ahead by 3 goals or fewer with possession must advance the ball to within its offensive restraining box and must remain within that area as long as possession is maintained. If the ball travels outside of the offensive restraining area either in possession of a player or by means of a pass, possession is transferred to the other team.
- All other rules not stipulated above shall conform to those indicated in the US Lacrosse 2018 Youth Rulebook.

## **FIELD**

- Games shall be played on a regulation full-sized field properly marked as per USL guideline.

## **SCORE RECORDING**

- No official scores recorded will show a differential of more than ten (10) points regardless of the results of the game.





**PACIFIC EDGE**  
LACROSSE ASSOCIATION

# 3-5/11U DIVISION: FIELD DIAGRAM

NOT TO SCALE

