

## 2023 EMWLUA GIRLS LACROSSE LEAGUE RULES & OFFICIAL PAY RATES (Leagues: FGLL and MYL)

	1/2 Grade	3/4 Grade	5/6 Grade	7/8 Grade	5/6 Select	7/8 Select
<b>Field Dimensions &amp; Goals</b>	60-70 yards x 35-45 yards. No 8- or 12-meter markings. Goals: 4'x4' or 6'x6'. Midfield is restraining line.		Regulation full field. Goals: 6'x6'.			
<b>Stick Regulations</b>	Modified pocket allowed: no more than half the ball visible below sidewall. Should be a girls lacrosse stick.		Regulation girls lacrosse stick and pocket depth. See uslacrosse.org for a list of approved sticks.			
<b>Goalie Equipment</b>	USA Lacrosse regulation goalie equipment: helmet with face mask and property secured chinstrap, separate throat protector, padded gloves, mouthpiece, chest protector (must meet NOCSAE standard, ND200), pelvic protector, and <b>padding on the shins and thighs</b> . See uslacrosse.org for a list of approved equipment.					
<b>Protective Equipment</b>	Approved eye protection and mouth guards; no jewelry; headgear is optional. See uslacrosse.org for a list of approved headgear for use in girls lacrosse.					
<b>Players</b>	8v8 (7 + optional goalie).	8v8 (7 + a goalie)	12v12 (11 + a goalie).			
<b>Goalies &amp; Shot Blockers</b>	Goalies are optional at the 1/2 grade level and expected at grades 3/4 and older. If a shot is blocked by the shot blocker and is in the crease, a defender enters the crease to scoop the ground ball and continues play. Offensive players cannot enter the crease.					
<b>Coaches on Field</b>	1 per team.	No coaches allowed on field.				
<b>Sideline Coaches</b>	No more than 3 coaches per team on sideline.					
<b>Game Duration</b>	Two 25-minute halves; 5-minute halftime. Can be modified in the event of high temperatures.		<b>Half / game cannot end during a free position shot.</b>			
<b>Checking</b>	No checking.		Modified checking.	Modified checking	Modified checking	Full checking w/ 2 adult Officials otherwise modified
<b>Required Passes</b>	1 pass required once ball crosses midfield.			No required passes.		
<b>Goalie Clear</b>	Goalie is allowed a free clear to a teammate.		Defensive ride allowed. Goalie deputy is not allowed.			
<b>Restraining Line</b>	5 field players allowed over midfield (restraining line).		7 field players allowed over the restraining line.			
<b>Substitution</b>	After a goal or during play. <b>Note: No substitutions once Ref has engaged sticks on the draw setup and until possession established.</b>					
<b>Kicking</b>	Allowed.					
<b>Covering the Ball</b>	Not allowed if defender is within playing distance.					
<b>1v1 Defense</b>	No zone defense. Double team ok, triple team is not.		No restrictions.			
<b>Self-Start</b>	Yes. For a foul outside the critical scoring area, the player who is awarded the ball, after coming to a stop, may continue playing without waiting for an additional whistle. <b>New for 2023: Defense may Self Start coming out of their own CSA.</b>					
<b>Free Movement</b>	Yes. Players may move around the playing field, instead of being required to hold their positions on stoppages.					
<b>3 Secs Closely Guarded (Offense)</b>	Player with the ball may not hold the ball for more than three (3) seconds when A) closely guarded b) Defense has both hands on her stick and C) the Defense is in a position to legally check if checking were allowed			Does not apply		
<b>Timeouts</b>	None.		1 per half; not during the last 2 minutes of the game.			
<b>Start / Restart</b>	Draws to start play and after a goal.					
<b>Stick Checks</b>	No pre-game Stick Checks. Coaches CANNOT request stick checks.					
<b>Tiebreaker / Overtime</b>	No overtime: game ends in a tie.				Braveheart for 5/6 Select, 7/8 Select	
<b>2023 OFFICIAL PAY RATES APPROVED FOR ALL LEAGUES</b>						
1/2 & 3/4	Adult Official Alone \$75; Junior Official Alone \$45; 2 Adults \$60 each; 2 Juniors \$40 each; 1 Adult/1 Junior \$60 / 45					
5/6 & 7/8	Adult Official Alone \$100; Junior Official Alone \$60; 2 Adults \$75 each; 2 Juniors \$45 each; 1 Adult/1 Junior \$75 / 45					
5/6 & 7/8 Select League	Adult Official Alone: \$100 2 Adults \$75 each; 1 Adult / 1 Junior \$75 / \$45					
<b>Note: Under no circumstances are coaches or officials to alter any of these rules for any age group.</b>						<b>December 9, 2022</b>