

PAL 2026

GIRLS YOUTH RULES

GRADES 1 and 2

GAME MODIFICATIONS:

Youth lacrosse rules are designed to emphasize player safety, enjoyment and retention through the development of individual stick skills, game situation play, and sportsmanship.

Youth rules highlighted below are modifications of US Lacrosse rules and aimed at supporting the physical, cognitive and skill progression of each age group.

COACH: no more than two coaches are allowed on field to instruct players in a positive manner.

CHECKING: absolutely no checking allowed

FIELD:

1. Plays on a modified field (approximately 70 x 45 yards) with a reduced number of players (7v7).
2. Some towns may have larger rosters and if both towns agree they can add additional players to the field of play
3. Goalies are Optional
4. Switching Sides after each Quarter is Optional
5. If you are using a modified field without proper markings the home team should provide portable goal creases
6. Smaller Goal Cages may be used. Home teams are asked to supply shooting nets for both goals, even if the home team has a goalkeeper.

GAME TIMES: Maximum 10 minute quarters with 3 minutes between quarters and 6 minutes at Halftime. No overtime. Two timeouts per game are allowed and can be used at anytime after a goal or while in possession of the ball.

PLAYERS: Kindergarteners can play on First Grade Team and First Graders can play on Second Grade Team

The Officials will not be put in the position of arbitrating a dispute about the number of players on the field as the rule is clear.

EQUIPMENT:

- Regulation field stick with or without modified pocket (no more than half of the ball may fall below the bottom of the sidewall). 35" - 42" only. Sticks may be cut to match length of a player's arm.
- Goalkeepers are allowed mesh pockets and sticks up to 52 inches long.
- Headgear can be worn but is not Required. If headgear is worn the chinstrap must be securely fastened.
- Goggles are Required
- Mouthguards **CANNOT** be attached to the goggles or have protruding tabs

PENALTY ADMINISTRATION:

1. cards must be issued at all levels of play.
2. At the U9 level, a substitute must take the place of the carded player while she serves her penalty time.
3. If two passes have been made and a major foul is called in the critical scoring area shooting from a free position will not be allowed if there is no goalkeeper or if there is an open net. Player should be placed on the twelve meter arch and the player will be instructed to make an additional pass once the referee blows their whistle.
4. If only one pass has been made and a major foul is called in the critical scoring area, the offensive team still needs to make the second pass
5. It is recommended when playing 7 v 7, teams only play 5 forward and 2 players stay behind the restraining line.
6. No follow through into the goal on shots
7. Offensive 3 seconds will be called if defense is playing in a checkable position

DEPUTY: A deputy is a field player who may enter the goal circle when the goalkeeper is not present. This is only allowed if a team is playing without a goalie and after a shot to retrieve the ball. A player is not allowed to go into the goal to block a shot.

SELF START: After a foul the offending player will be instructed to go behind/away from the player they fouled. The player with the ball has the option to wait for the player to do as instructed or they are allowed to immediately continue play.

FREE MOVEMENT: When a whistle is blown, players may continue to move on the field unless they were involved in the foul and the referee will instruct them the position they need to take.