

## **2009 RI YOUTH LACROSSE LEAGUE GIRL'S YOUTH LACROSSE RULES**

Revised February 17, 2009

RIYLL Supplemental Rules based on 2009 US Lacrosse Youth Council Girl's Rules

**Grade 5/6 and Grade 7/8 levels** will follow Level A rules which include the following:

1. Modified stick checking - Modified checking is defined as checking the stick if it is below shoulder level, using a downward motion away from the other player's body. Using modified checking will allow the older youth players to learn proper checking skills, while at the same time encouraging good cradling and stick handling skills for the attack player. Umpires should strictly enforce this rule, never allowing checks near a player's head or face.
2. 3-second rule applies - No holding the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed. The "position to check" rule gives a player an opportunity to legally check the stick without fouling. The 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.
3. Two qualified umpires be assigned to games The US Lacrosse Youth Festivals age level divisions U-13 and U-15 will follow Level A rules.
4. Competitive division (Grade 7/8) may use FC rules if all teams meet the US Lacrosse criteria.

**Grade 3/4** level will follow Level B specifics which include:

1. No checking
2. 3-second rule applies
3. Players must complete 2 passes over midline before scoring
4. Strongly recommending that two qualified umpires be assigned to games and program directors are encouraged to use qualified high school aged umpires.

**Grade 1/2** level will follow Level C specifics which include:

1. No checking
2. Players must complete 2 passes over the midline before scoring
3. If change of possession occurs during the 2 pass count, the 2 pass count must start again
4. Strongly recommending that a qualified umpire be assigned to games and program directors are encouraged to use qualified high school aged umpires. Coaches are permitted on the field for the purposes of instructing players during the game.