

## Women's Field Lacrosse - PCFLL U12 Rules

- Field - 75m x 45m - 6m behind the goal line (1/2 field)
- Centre line is also the restraining line
- Standard crease 11m arc
- 7 + 1 (goalie) players on field (2 back behind restraining)
- 2 time-outs per game, each 90 seconds
- 2 - 20 minute halves - last 2 minutes of each half is stop time
- Modified nets - attach a 1' x 6' vinyl banner with grommets to reduce the size of the nets
- No checking at all with their sticks
- No horizontal sticks (major foul)
- **5 Second Defense Rule:** defense legally mirrors the player with the ball, 2 hands on their stick, actively marking within a sticks length. Essentially a defender must be in a checkable position for the full 5 seconds. Attack players need to create space from the defender, teaching them to pull away as opposed to continuing to force their way in.

If the attack player makes an adjustment to protect the ball (thus putting the defender out of position) then the 5 second count stops. If the defender re-establishes legal mirror position then the count will be reset.

It is a change of possession if a attack player holds the ball for more than 5 seconds when a defender is actively mirroring them. The ball carrier has unlimited time with the ball unless legally mirrored

- **2 Pass Rule:** per possession - 2<sup>nd</sup> pass must be in attacking zone. Both passes can be made in the attacking zone. A team can complete as many passes as it wants in the defending end but only 1 will count. (Give and go allowed) (Goalie clear is included) Ball is live off a rebound.

In the event a team is leading by 5 goals or more, the team with fewer goals will be awarded the ball at center field in place of the draw.

Once any player has scored four goals, the scorekeeper will notify both coaches and umpires. Further goals from that player will not be registered and will be considered a "no goal". Play will resume as the goalie's ball.