



# Pacific Coast Field Lacrosse League

## U12 Women Game Format and Policies

- All players are required to wear mouth guards and goggles. Goalies are required to wear mouth guards & helmets.  
Goggles, helmets & mouthguards must be properly worn when on the field of play.
- Players & goalies may only use FIL approved crosses only
- All parents and fans must be on the opposite side of the field from the players benches
- Each team has a head coach and may have up to 3 assistants in the team bench area
- The gamesheet must be verified/signed by the team manager or head coach as well as the umpires
- Coaches are expected to remain only in the team bench area
- Each team will consist of 8 players - 1 goalie, 2 defenders, 3 midfielders and 2 attackers
- The playing field is modified from the regular-sized field (see attached diagram)\*\*
- Each game will need a portable 8m arc
- Drop downs will be added to the field nets (one drop down per net – ensuring it is properly attached at the sides and the top)
- When the ball hits the drop down, the play is blown dead
  - Dead ball is awarded to the goalie
  - No goal is scored if the ball hits the drop down and then enters the goal
- 4 x 12 minute quarters
  - 2 minutes between 1st and 2nd Quarter
  - Last 30 seconds of 1<sup>st</sup> & 2<sup>nd</sup> quarter will be stop time
  - 2 minutes between 3rd and 4th Quarter
  - Last 30 seconds of the 3<sup>rd</sup> quarter will be stop time
  - Last 2 min of the 4<sup>th</sup> quarter will be stop time
  - 5 minutes at half time (between 2<sup>nd</sup> & 3<sup>rd</sup> quarter)
  - Goalies will switch ends at the end of each quarter
- All games are to be played under the BCLA “Fair Play Code of Conduct”, meaning that all players should get equal playing time.
- When a game has a difference of five (5) goals or greater, the losing team will be awarded the ball at center.
- 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 was the goalie’s ball.

### Rule overview

Note: The PCFLL reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.



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- Modified checking - checking the stick if it is below shoulder level of the ball carrier, using a downward motion away from the other player's body
- no stick above the shoulder can be checked, that being said going in line with FIL illegal cradle, the player may not cradle their stick strictly in a position close to their head to prevent from being checked
- No horizontal sticks (major foul)
- 2 Pass Rule: per possession - one pass must be in attacking zone. Both passes can be made in the attacking zone. *Incomplete passes will only count if the person it was intended to goes to get the ball*
- 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. The pass will be counted as offensive or defensive based on where the ball is caught. A pass will only count if the person it was intended to go to gets the ball, so incomplete passes have always been counted but they have to be picked up by the player who the pass was to.

### 10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or less players the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head umpire, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e. 8 on 8 or 10 on 10). If both head coaches agree to a 10 on 10 player game the umpires will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The umpires will indicate on the game sheet, under the "Game Report" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U12 field dimensions. Coaches cannot mutually decide to change the field size.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 middies & 3 attack
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

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