

ESYLA 2023 Girls Rules Clarification

8U – 1st and 2nd grade

Use 10U US Lacrosse rules with the following changes:

- 2 attempted passes
 - Passes count after the offensive team crosses the first restraining line.
 - Flip Pass or “handoff” does not count.
 - The interception of a clear DOES NOT result in a ‘HOT’ player.
 - Fouls do NOT reset the pass count.
- Draw after goals
- Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.
- No overtime

10U – 3rd and 4th grade

Use 12U US Lacrosse rules with the following changes:

- No Checking. 3 seconds closely guarded applies
- Modified Pockets Allowed
- 1 completed pass OR 2 attempted passes
 - Passes count after the offensive team crosses their defensive restraining line.
 - Flip Pass or “handoff” does not count.
 - The interception of a clear DOES NOT result in a ‘HOT’ player.
 - Fouls do NOT reset the pass count.
- Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.
- No overtime

12U – 5th and 6th grade

12U US Lacrosse rules

- (2) 20-minute halves with a 5-minute halftime. Running clock.
- Modified Checking allowed (below shoulder, check must be down and away from the body)
- Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.

14U – 7th and 8th grade

14U US Lacrosse rules

- (2) 25-minute halves with a 5-minute halftime. Running clock.
- Transitional Checking allowed (outside sphere, not across opponent’s body)
- Mercy rule should be applied at 4-goal differential unless waived by the losing team coach

Overtime Rules: Only in ‘A’ games will overtime occur at the 12U and 14U levels.

- Overtime will be a 3-minute sudden death.
- First to score in overtime wins.
- If at the end of the 3-minute period there is no goal, game ends in a tie.