

## MIYFLA Highlighter's 4v4 Girl's Field Lacrosse League 2018 Rules

### THE GAME:

- The MIYFLA Highlighter's 4v4 Girl's Field Lacrosse League is played between 2 teams with a maximum 4 players per side on the field. Each team's objective is to score the most goals against their opponent, and to stop the opposing team from scoring.
- The team with the most goals scored at the end of the game will be declared the winner. Winning teams get 3 points toward the overall standings, losing teams get 1. In the event of a Game Tie, each team gets 2 points.
- Games will consist of 4 x ten-minute quarters, with a 3-minute break between all quarters.
- Teams will be allowed 1 x 60 second time out each half.
- A draw at the centre circle will start each half and will take place after each goal. A player from each team will draw upon the whistle, and all other players must stand 4 metres away ("outside the circle"). All players will rotate through taking the draw.
- In the event a team is leading by 5 goals or more, the team with fewer goals will be awarded the ball at centre in place of the draw.
- Players may only score a maximum of 4 goals/game. If a player reaches 4 goals in a game, further goals from that player will not be counted toward overall standing.
- The ball can be passed, thrown, or rolled in any direction to maintain possession. A pass will only be calculated when the ball is received by the player the pass was intended to, and completely leaves one stick and enters another. Players may pass the ball as many times as they like before shooting. \*\*The number of passes preceding a goal will be noted.
- \*\*In the event of a Series Tie, the team with the highest passing average gains the higher position.
- In the event of a Game Tie during the semi final and final games, teams will play a 7-minute non-sudden death overtime, followed by a 5-minute sudden death overtime if need be. If teams are still tied, a 4-shot rotation shoot out will take place, followed by a 1-shot rotation shoot out.

### RULES:

- **STAND RULE:** During the game, all players must stand upon any whistle for stoppage of play.
- **1 PASS RULE:** To score, teams must receive minimum 1 pass in the offensive end before shooting. Ball is live off a rebound.
- **10 SECOND RULE:** Players can move anywhere on the field and must pass or shoot within 10 seconds.
- **ROTATION RULE:** In the event of more than 4 players per team, players rotate every 2 minutes.
- **FOULS:** Upon any foul, the ball will be awarded to the non-opposing team and all other players must move 4 metres away. Upon major fouls the player will receive a 1-minute yellow card, and the offending team will play with one player down.

#### **MINOR FOULS:**

- ❖ Players may NOT trap the ball or check an empty "crosse" at any time.
- ❖ Players must not make any "above the shoulder" stick-to-stick contact to dislodge the ball. *\*U11 division is zero contact.*

#### **MAJOR FOULS:**

- ❖ Players must not make contact with their stick to any player's body.
- ❖ Players must not shoot or throw the ball into another player.

### **THE FIELD:**

- The playing surface will be half field composed of an offensive zone and a defensive zone.
- Field Lacrosse nets will be used with target sheets in replacement for goalkeepers.
- Offensive players must shoot from within the fan. Offensive players may never enter the opposing crease to retrieve a ball.
- Defensive players are not able to enter their own crease, until a shot has been made. Within “the fan” players must defend the ball carrier within a stick length of the attacker, and from outside the crease. Defensive players may enter their own crease to retrieve the ball, if a non-scoring shot has been made.

### **8-WEEK U15 and U11 LEAGUE (2 days/week):**

- Each week will have a 1.5-hour practise for all players, and a Game Night.
- Pre-Season: Open Drop-In sessions to allow new players to come and try lacrosse.
- Weeks 1-6: Registered U15 Players are divided into 4 even teams, with minimum 4 players per team. Teams play a round robin series for 6 weeks, with each team playing each other twice. Registered U11 players will mix up for fresh scrimmages each week.
- Week 7/8: **Semi-Finals** 1<sup>st</sup> place team plays 4<sup>th</sup> place team, 2<sup>nd</sup> place team plays 3<sup>rd</sup> place team.  
**Finals** 3<sup>rd</sup> place team plays 4<sup>th</sup> place team, and 1<sup>st</sup> place team plays 2<sup>nd</sup> place team.

The players will learn the skills they need to know to be able to have fun playing women’s field lacrosse. The rules are variations of the game and have been designed specifically to encourage teamwork and nurture skill development.

\*If there is enough interest for a U11 division the players will play a variety of scrimmages each Game week.