

ISP Lacrosse League – Girls Format and Rules



Game Timing:

8-minute warmup, 25-minute halves, 2- minute half time

Game Format:

All Divisions play 12 v 12, full field

5th /6th grades – modified checking, 3-second rule for good defensive positioning, 3-pass rule will NOT be used, 4-goal rule will NOT be used

7th/8th grades and High School – full checking, 4-goal rule will NOT be used

The ISP Lacrosse League will follow all US Lacrosse and NFHS rules with the following specific modifications: (FOR HIGH SCHOOL, 2024 NFHS NEW GIRLS' LACROSSE RULES WILL BE USED)

1. Any foul in which a player is pushed into the netting is a **mandatory** yellow card.
2. One timeout per half is permitted but there will be no timeouts in the last **FIVE** minutes of the game.
3. *8-meter shots* will be played out if the horn sounds for the end of the game or half. If the 8-meter is already in play when the game horn sounds, then the game is done at the time of the horn.
4. The team listed first on the schedule receives the first *alternate possession*.

Cards:

- 1 **Yellow** Card – the player must sit for 2 minutes, running clock. The official will keep time.
- 2 **Yellow** Card – the player must sit the remainder of the game and may return to the next game.
- **Red** Card (Player) – the player must sit the remainder of the game AND the next game.
- **Red** Card (Coach) – the coach must leave the game and remain away from the game until the completion of the game.

No Parent should address officials in any manner. All jewelry is prohibited during game play.

There is a 6-goal mercy rule in all youth games (grades 5 through 8). Any team trailing by six goals will automatically receive the ball instead of the draw. It is mandatory to take the ball – no coach's discretion.