

FPSD GIRLS LACROSSE

LEAGUE RULES



PLAY WITH PURPOSE. COMPETE WITH RESPECT. HAVE FUN!

TEAM FORMAT

10 vs 10
9 field players
+ 1 goalie



POSITIONS

3 Attack
3 Midfielders
3 Defense
1 Goalie



GAME LENGTH

Two 25-minute halves
Running Clock
2-minute halftime



TIMEOUTS

One 30-second timeout per team, per half
No timeouts in the last 5 minutes of either half



SHOT CLOCK

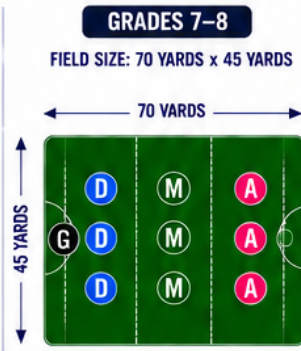
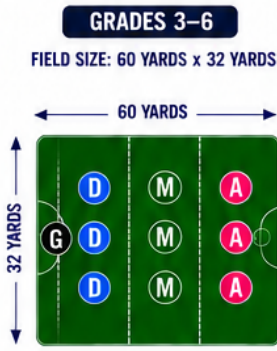
45 seconds to take a shot
(Shot clock is always in effect)



EQUIPMENT

See equipment requirements below.
Goalie wears all required equipment.

THE FIELDS & POSITIONS

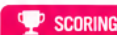


16 MINIMUM
20 MAXIMUM

- Minimum Team Roster: 16 players
- Maximum Team Roster: 20 players
- Teams may play with fewer than 10 players if necessary.
- FPSD may add individual players to rosters with fewer than 16 players.
- A maximum of 6 players from each team may be in either offensive or defensive zone at one time.
- Teams should strive for balanced substitution and playing time.

GAME FLOW & STARTS

- 1 Draw only to start the game.
- 2 After a goal, the goalie inbounds (restarts) the ball.
 - All three opposing midfielders must retreat behind the 1/2 way line until the ball is in play.
- 3 Once the ball is in play, the team has 10 seconds to advance the ball across the 1/2 way line.
 - Failure to do so = turnover.
- 4 After successfully crossing midfield, the ball cannot be intentionally brought back across the 1/2 way line (over and back) = turnover.
- 5 Second half – the team that is losing starts with possession. If tied, the team that did not start the game with the ball will start the second half.



SCORING

- Goal = 1 point



DRAW

- Draw only to start the game.



SHOT CLOCK

- 45 seconds to take a shot.
- Shot clock begins with possession and continues through the clear.
- Shot clock violation = turnover.



OUT OF BOUNDS

- Possession goes to the team that did not touch the ball last.
- There is no closest-to-the-shot backup.

★ KEY POINTS TO REMEMBER

- ✓ Draw only to start the game.
- ✓ Goalie restarts after every goal.
- ✓ 10 seconds to cross midfield.
- ✓ 45 seconds to shoot.
- ✓ Keep it moving – play fast!
- ✓ Play with respect – give 100% effort!



SUBSTITUTIONS

- On-the-fly substitutions.
- Use the designated substitution area on the sideline.
- Substitutions may be made at any time during play.



RULES OF PLAY

- Draenstiel is in play on a defensive that did not touch the ball.
- Flairice the bouch the goal.
- Throm on the bouch the goal.



DEAD BALLS

- Ball out of bounds
- Goal
- Timeout
- Injury
- Official's whistle
- End of half / game

CLEARING (10-SECOND RULE)

- Once the ball is in the defensive half, the team has 10 seconds to advance the ball across the 1/2 way line.
- The 10 seconds are clocked.



RULES OF PLAY

- Legal women's lacrosse stick is permitted.
- No body checking.
- No excessive, late, high or dangerous hits.
- No contact to the head.
- Illegal / dangerous checks = penalty as called.
- Play is non-contact to the head.



PENALTIES

- Penalties result in man-up / man-down situations.
- Time-served penalties.
- Major penalties may result in ejection at the referee's discretion.



TIMEOUTS

- One 30-second timeout per team, per half.
- No timeouts permitted during the final 5 minutes of either half.
- Running clock.



SPORTSMANSHIP

- Respect teammates, opponents, coaches and officials.
- No taunting, trash talk or unsportsmanlike conduct.
- Celebrate the game – the right way.
- Represent FPSD with pride!

EQUIPMENT (ALL PLAYERS)

- Goggles (women's lacrosse eye protection)
- Mouthguard (mandatory)
- Women's lacrosse stick (legal per NFHS rules)
- Athletic shoes (no cleats)

GOALIE EQUIPMENT

- Helmet with face mask
- Throat protector
- Chest protector
- Arm pads
- Goalie gloves
- Goalie stick
- All other required equipment

VIOLATIONS & MISCONDUCT

- Unsportsmanlike conduct = warning or penalty.
- Repeated violations may result in ejection.
- Officials' decisions are final.

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- No taunting, trash talk or unsportsmanlike conduct.
- Celebrate the game – the right way.
- Represent FPSD with pride!

TEAM & REGISTRATION INFO

- FPSD's goal is to create individual grade divisions (Grades 3, 4, 5, 6, 7 & 8). Divisions may be combined or adjusted based on enrollment.
- FPSD reversible pinnie included with registration.
- Six regular season games plus playoffs (if applicable).



GRADE DIVISIONS

GRADES:

3 | 4 | 5 | 6 | 7 | 8

Our goal is to create individual grade divisions. Divisions may be combined based on enrollment.



REFEREE SIGNALS (QUICK REFERENCE)

Goal
Timeout
Out of Bounds
Shot Clock Warning (15 sec)
Shot Clock Violation
Offside
Fail to Clear (10 sec)
Over and Back
Turnover

Arm raised
T formed with hands
Point to area
Open hand raised
Arms crossed
Point across midfield
Open hand
Wave arm across midfield
Point in direction of possession