

CUMBERLAND COUNTY CONFERENCE

Girls Lacrosse Guidelines 2023-24

- 1) The Triple C Conference supports the philosophy that each individual team member should participate in each athletic contest, if eligible. Each school's Athletic Administrator has the responsibility of monitoring this philosophy.
- 2) The Triple C Conference will follow gender participation as stated in the MPA Guidelines.
- 3) It is understood that all schools will have a 7th grade team and an 8th grade team. If a school has at least the minimum number of 8th graders (minimum number is 17 girls), no 7th graders may play on the 8th grade team. A school is allowed to use only that number of 7th graders that will fill the 8th grade roster to meet the minimum number of (17) participants. The same procedure and policy is true for 6th graders playing on 7th grade teams.
- 4) Weekday games will begin at 3.30pm and 4:45pm (8th grade plays first).
- 5) Rules of the game are those specified by US Lacrosse for 14U age level with the following modifications and clarifications for the CCC. Full 14U rules can be downloaded as a pdf at <https://www.uslacrosse.org/rules/girls-rules>
- 6) **Game Time - (4) 10-Minute Quarters (Stop Time in the last two minutes of the second & fourth quarters for officials timeouts and fouls in the critical scoring area. Halftime determined by coaches at pre-game meeting (no more than 5 minutes). The clock will run when there is a difference of 10 or more goals. Timers of games should be adults (Officials often keep time). NO OVERTIME.**
- 7) The visiting team should wear dark-colored uniforms and the home team should wear light-colored uniforms. All players on a team should wear matching kilts or shorts.
 - Equipment must meet NOCSAE and Federation Standards.
 - Headgear (ASTM F3137 certified) must be worn properly and securely affixed with the chinstrap in place. The only two types of headgear that have been certified are:
 - i. Cascade LX
 - ii. Hummingbird Sports
 - Safety goggles must meet the current ASTM standard (3077) and fitted tooth and mouth protectors are mandatory for all field players. List of approved goggles can be found here: By January of 2025, all eyewear must bear the SEI mark.
<http://uslacrosse.org/safety/equipment/approved-eyewear-list>
- 8) Approved game balls
 - Yellow lacrosse balls are recommended (orange and lime green balls are legal).
 - All game balls must include labeling, which states "Meets NOCSAE Standard" or "NFHS"

- 9) All goalies are required to wear a properly fitted helmet with facemask, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shin and thighs and a mouthpiece. ***New to 2024: Requires GK's thigh padding to be shorts or pants manufactured with integrated protective padding.**
- 10) Substitutions will remain "Running Subs".
- 11) When a four or more-goal differential exists, the following modification will take place (unless waived by the coach of the trailing team):
 - a. Possession will be taken at the center by the team behind.
 - b. Defender will stand 4m away at a 45-degree angle and all other players must stand.
 - c. Player taking possession may run or pass, but may not shoot until another player has played the ball.
- 12) Middle School games (7th+8th Grade) will be played using Transitional Checking Rules.
 - a. Transitional Checking – Full checking: checks made down and away and outside a **12-in sphere**.
 - b. If coaches from BOTH teams agree, modified checking can be used.
 - c. If 6th grade players are on the team, modified checking must be used.
- 13) **Free movement.** the word "stand" has been removed from the rules book
 - a. The only players required to stop on a whistle are the player fouled and the offender
 - b. The player fouled must make a momentary stop into a settled stance
 - c. The offender must begin to move as directed by the official: 4-m away or 4-m behind
 - d. All other players may move freely
- 14) **Review: Restarting Play – SELF-START** for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a momentary stop/settled stance, may continue without waiting for an additional whistle. **PLEASE NOTE: High school rules have eliminated the requirement for the stop/settled stance. THIS CONTINUES TO BE REQUIRED AT THE YOUTH LEVELS!**

Boundary balls – player directed to bring the ball in may run in from out of bounds without stopping to self-start. All other players must yield 2-m of space from the location the ball went out of bounds.

Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation;

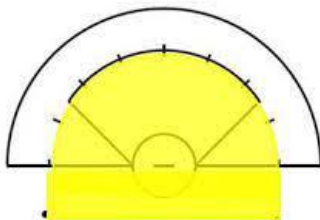
- c. The ball is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or,
- f. A goal is scored.
- g. **NEW:** If the player self-starts when not allowed it is a false start and change of possession **when in the CSA ONLY. (NEW IN 2024) A self start outside the CSA will no longer be a penalty and the official will reset the play.**

15) **REVIEW: Free positions within the critical scoring area – PENALTY ZONE**

The penalty zone is the area 8 meters away from the goal circle above the goal line extended (includes the entire 8m arc and both “pie” areas) and the area created by the extension of the 8m marks (on the Goal line extended) to the dots and between the dots. If a major foul by the defense takes place within 8 meters of the goal circle, including the “pie” area and above the goal line extended, the player awarded the free position is placed on the nearest hash mark and the offender is placed 4-m behind. The entire penalty area is cleared.

- a. Defenders are entitled to the adjacent hashes
- b. All other players can move anywhere outside the penalty area with a minimum of 4-m from the player awarded the hash.

Reference :



16) **Checks to the neck are now mandatory yellow cards.**

17) **Yellow and Red Card Procedures:**

- Any player or coach receiving two yellow cards in a single game must sit out the remainder of that game. They may both participate in the next game.
- Any player or coach receiving a red card must sit out the remainder of that game as well as the team's next game
- The Penalty time for a red card will be 4 minutes for all levels. The Player's Team must play short in both their offensive and defensive ends of the field.
- When a yellow card has been issued, a player must leave the field for two minutes. The Players team must play short in both their offensive and defensive ends of the field.
- When a team receives its fourth card of the game the team will play shorthanded in both their offensive and defensive ends of the field for the remainder of the game. They will lose an additional player each time another card is received.

NEW US LACROSSE POINT OF EMPHASIS: Stick to Body Contact: Legal and safe use of the crosse is essential for the minimization of risk to players. Legal defensive stick position is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock position. All levels of youth prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athletes to develop a foundation of safe defensive skills.

2024 New Rules changes that will impact the youth game:

- Stick check requests must be made before the officials hands come in contact with the centers sticks for the draw
- Coaches are allowed to coach players during an injury time out
- 3 second violations when the spot of the ball is outside the CSA and below the goal line extended should be awarded at the closest dot.

Cumberland County Conference – Point of Emphasis

After each draw and goalie clear, the team with the ball must complete three passes before taking a shot on the net. This promotes good teamwork as well as good passing skills. (A change of possession would not require three passes) ***Please note the officials will not enforce this modification. It has been added as a point of emphasis to assist with the skill development and teamwork.***

Cumberland County Conference Middle School Girls Lacrosse Schools:

Bath, Brunswick, Cape Elizabeth, Freeport, Gray New-Gloucester, Greely, Lake Region, North Yarmouth Academy, St. Dominic Academy, Waynflete School, Yarmouth

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REMINDER – IF GAMES ARE POSTPONED AND THE PARTICIPATING SCHOOLS INTEND TO RESCHEDULE PLEASE CONTACT THE ASSIGNOR IN ADVANCE TO CONFIRM OFFICIAL AVAILABILITY.

Helpful Girls Lacrosse Websites:

- [US Lacrosse](#)
- [Maine Women's Lacrosse Officials Association \(Girls Lacrosse\)](#)