



## Queen of the Island Girls Youth Rules (3rd) & (4th) Brackets

### Equipment:

- Minimum length is 35 1/2" and the maximum length is 43 "
- Headgear can be worn but is not Required. If headgear is worn the chinstrap must be securely fastened.
- Goggles are Required
- Mouthguards CANNOT be White or Clear and CANNOT be attached to the goggles or have protruding tabs
- Balls must be NOCSAE approved in the color of yellow, orange or green

### Goalkeeper:

- Crosse-Minimum length is 35" and the maximum length is 52"
- Helmet -must meet NOCSAE standards, have a facemask, separate throat protector and properly secured chinstrap.
- Required Protective Padding: Chest, abdominal/pelvic protector, gloves, throat guard & shin guards. Uniform shirt must be worn over the chest protector
  - SHIN GUARDS ARE REQUIRED FOR ALL PAL GOALIES PRE-GAME

### Procedures:

- Officials will ask coaches if players are legally and properly equipped. Coaches need to assure officials their players are wearing the proper equipment to start the game.



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### **Duration of Play**

#### **Game Time:**

- Game consists of two 20-minute running time halves
- 2-minute halftime
- 3-minutes between games
- There is no overtime play

#### **Game Clock:**

- Game clocks are run on a central horn by the event operating staff, not the referees or field managers
- Field operator is responsible for giving a 2 minute, 1 minute, 30 second and 10 second warning for the referees on the field
- There are no time-outs at this event

#### **Coaching:**

- Coaches may move along the full boundary line on the bench/table side of the field only, except for the area directly in front of the opposing team and either team substitution area.
- Coaches may not stand near or walk in front of the opposing team area.
- Coaches may not stand behind the end line (behind the goalie).
- Coaches and players must remain behind the level of the scorer's table extended. Violation of this rule is a misconduct foul(yellow card).
- Officials at their discretion may prohibit coaches from moving along the full boundary line



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### Playing Field:

- **Penalty Area** -The penalty area shall be directly in front of the scorers/timers table. A player serving a penalty must sit or kneel in this area.
- **Spectators** - spectators must be on the opposite side of the field from the team bench area and not behind the end lines.
- **Critical Scoring Area:** is defined by the 12 meter fan in front of the goal to the endline and 12 meters to each side of the goal circle.
- Soft/flexible cones, pylons or cones must be used to mark the outside corner of the field.
- Substitution Area (TSA): Shall be in front of the scorer's table and centered at the midfield line. No player or coach may remain in the TSA except those involved in the imminent substitution

### Three seconds when closely guarded:

- Offensive players with the ball may not hold the ball for more than 3 seconds when closely guarded/marked by a defender who has both hands on her stick and who is in position to legally check were checking is allowed.
- If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over.
- If the defender adjusts her position to where a legal could be made, or the stick is brought back to a checkable position, the count starts again.
- If another teammate joins the defender and that second defender (double team) is in good position to check, the count starts again.
- The attack player must try to keep the stick/ball away from the defender by extending her distance from the defensive player by more than a stick length, or by positioning her stick so that her body is between the ball and the defensive player, or by passing the ball to another team member.



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### The Draw:

- There will be a draw to start the game, after each goal (unless a team attains a 4-goal lead), and to start the half.
- The ball must be placed in the upper third of each head at its widest point. The entire lengths of both crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the centerline.
- On the whistle the two opponents must immediately draw their crosses up from the starting position.
- The number of players around the circle shall be limited to 3 players from each team. The remaining eight players from each team are not allowed to cross either restraining line until one of the six players around the circle has possession of the ball.
- The referee who is administering the draw will shout "POSSESSION" and at that time the players can cross the restraining line. If the ball rolls towards the player below the restraining line they can reach over the line with their crosses to play the ball but their feet must remain behind the line.
- They are allowed to play the ball if it crosses the restraining line even if the referee has not called

### Two Pass Requirement:

- Each time a team gains possession of the ball it must attempt two passes before shooting. **The second pass must be made above the midfield line before the second pass will count.**
- An attempted pass is described as a player from one team throwing a pass to another player on her team. The pass does not have to be caught. It will be considered a completed pass if it is caught, or not caught, and picked up by the same team.
- A teammate of the passer can pick up the loose ball from the ground thus maintaining control of the ball, will count as a pass.
- Transferring the ball from one girl's stick to a teammate's stick by turning the stick over and dropping the ball into the stick is NOT considered a pass.
- Players should be at least 5 yards apart. Passes that a referee considers extremely short and just an attempt to get around the two-pass rule will not count.
- The referee will use a defender's position in relation to the pass receiver to determine if it is just an attempt to get around the two-pass rule.



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### Goalie's Clearing Pass

- A pass from within the goal circle will count provided it is at least passed 5 yards. o if the goalie's clearing pass is intercepted, the intercepting team must make 2 passes.

### Shot on Goal

- If a team takes a shot on goal and recovers the ball, either because the shot misses the goal or the goalie saves the ball but deflects it outside of the goal circle, then that shooting team can take an immediate shot on goal. EXCEPTION TO TWO PASS RULE  
If a major foul occurs in the critical scoring area, the fouled player is placed on either the eight meter hash, if the foul occurred in the arc, or at the spot of the foul, if it occurred outside the arc but inside the critical scoring area, and a penalty lane is cleared. When the whistle blows starting play again no passes are required, the player may take the free position shot.

### Mercy Rule

- When a team attains a 4-goal lead, the trailing team is given possession of the ball at the center of the center circle. The opposing player (from the team that is ahead) is placed 4 meters away at a 45- degree angle to either side.
- The player taking the free position may run or pass, but may not shoot until the ball is played -ball leaves the players crosse, the crosse is checked by opposing player, or play is stopped due to a foul by the defense.
- The coach of the team that is behind can choose a draw instead of possession but once the leading team in ahead by 6 goals possession must be taken.
- The leading team with a four (4) goal lead must complete 3 passes within their attack zone, they do not need to be consecutive



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### **Empty Stick Check**

- This minor foul is for intentional stick contact during pursuit of a playable ball.
- When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal.
- When the ball is in a playable situation it is illegal for one player to initiate contact with the opponent's crosse in an effort to prevent her from gaining possession.

### **Checking Rules**

- **There is NO CHECKING in the 3rd & 4th grade divisional games**

### **Shot on Goal**

- When a shot or deflected shot on goal goes out of bounds, the team whose stick is nearest to the ball when it crosses the boundary line will receive possession of the ball.
- The player can run directly onto the field or enter and stand 2 m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 2 m of free space.
- If the goalkeeper while within her goal circle is nearest to the ball when it crosses the boundary line, her team will be awarded the ball to restart play. PAL 2022 GIRLS YOUTH RULES GRADES 3 and 4
- If a ball is touched by a player before it goes out of bounds but the ball's momentum never stopped the closest player is still awarded the ball.
- A goal is scored by the whole ball passing completely over the goal line, the shot must be released before time expires



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### **Obstruction of Free Space to Goal**

- Free Space to Goal is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle. A defense player obstructing the free space to goal with any part of her body denies the attacker the opportunity to shoot safely and encourages shooting at an unprotected player.
- The following points need to be considered before obstruction of free space is called:
  - The ball carrier must be within the critical scoring area (12 meters)
  - The ball carrier must be in active pursuit to goal and must have the opportunity to shoot.
  - A defender intentionally marking within a stick's length of the ball carrier is not obstructing the free space to goal.
  - Defenders who are being drawn into and through the free space by cutting attack players are not obstructing the free space to goal.

### **Penalty Zone:**

- The new penalty zone is the area 8 meters away from the goal circle above the goal line extended and the area created by the extension of the 8 meter mark to the dots and across the dots.
- This is to minimize the risk around the 8 meter free positions as well as to increase pace of play by limiting repeated obstruction calls, the penalty zone must be cleared when a defensive player commits a major foul in the 8 meter arc.
- The defense has first right to the hashes on either side of the player with the ball on a penalty shot.





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### **Self Start:**

- Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse).
- The player fouled must take the free position within playing distance of the spot of the foul. The offending player shall move 4 meters from the player taking the free position as directed by the official.
- All players must move 4 meters away from the free position.
- Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage in play with the ball carrier. The player taking the free position may wait until all players are moved 4 meters away.
- Self Start s are not an option when: The game clock is stopped, Restraining Line Violations, The foul is in the critical scoring area (excluding boundary balls), Alternating Possession Restarts, Goalie Restart Possession.

### **Free Movement**

- Players are now allowed to move on the whistle. On a foul the only two players that are not allowed to move from the spot are the player that was fouled and the opponent that fouled the offensive player. The Self Start must occur within a stick's length of the spot of the foul.

### **Three Second Violation**

- The defense may not remain in the 8m arc for more than three seconds unless she is marking a player within a stick's length.
- Within a stick's length is when any part of the opponent's body is inside a crosses' length.
- The three-second rule is in effect when the team in possession of the ball crosses over the Restraining Line in their attacking half of the field.
- The intent of this rule is to prevent crowding by the defense in front of the goal. An offensive player in the 8 meter arc that does not have possession of the ball can be marked by only one defensive player.
- An offensive player in the 8 meter arc that has possession of the ball can be marked by no more than 3 defensive players.





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### **The Pick**

- This is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route.
- To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary but not blind.

### **Issuance of Cards**

- Players receiving yellow cards will serve a 2-minute penalty and a red card will serve a 4 minute penalty and the team will play short below each restraining line.
- A player who receives a yellow or red card will serve the penalty at the scorers table.
- All penalties are non-releasable.
- Anyone receiving 2 yellow cards in the game will be suspended from further participation in the game.
- Anyone receiving a Red card will be suspended from further participation in that game and the team's next game.
- Should a team receive its fourth card of the game they will play short for the remainder of the game, and an additional player will be removed from the game for each subsequent card received.
- Any card given to a player or head coach will count toward their team's cumulative total.
- The carded player will serve the 2 minute penalty time and she may return to the game only if she has not been suspended or ejected
- If the coach is carded, the coach must designate a player who will serve the penalty.
- If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the coach will designate another field player on the field to take the penalty