

52024 Middle School Girl's Rules

2.3 - Player Equipment - Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required.

2.4 - GOALKEEPER EQUIPMENT The goalkeeper **must wear** a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, pelvic protector and padding on the **shins** and thighs.

4.2 - TIMEOUTS Teams will have two (2) two-minute timeout per game.

5.4 - RESTARTING PLAY - SELF-START For a foul outside of the critical scoring area, the player can continue **without** coming to a stop or settled stance. Player can also come to a stop if they choose.

Self-start is not an option when: a. The game clock is stopped, b. There is a restraining line violation (Offsides) c. The ball is in the critical scoring area, excluding boundary restarts and for a foul by the attack in the CSA (for example a Charge) - the defender awarded the ball may self-start in the CSA. d. There is an alternating possession, e. There is an inadvertent whistle, or f. A goal is scored.
Self-starting when self-start is not an option is a false start and a change of possession

5.5 - OUT OF BOUNDS Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball (except on a shot, the team closest to the ball – body or stick - when it goes out of bounds will gain possession) and play will be restarted closest to the location the ball went out of bounds. The opponent will place the ball in her stick and will self-start from out of bounds. **Play cannot commence with a pass from out of bounds. (This year it is a turnover, no more do-overs)**

6.9 - SHOOTING SPACE Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length

6.10 - GOAL CIRCLE VIOLATIONS No player other than the properly equipped goalkeeper may enter the goal circle at any time. **An attack player's stick may follow through into the goal circle on a shot as well as the defender's stick marking the attacker taking the shot.**

6.12 - Transitional Checking - An attempt to dislodge the ball from an opponent's crosse in which the checking movement is down and away from the body and outside a 12-inch sphere surrounding the head is allowable. The checking motion may not reach across an opponent's body. Any check into the sphere constitutes an illegal check. Check to the Head and/or Neck, Slash and Dangerous Contact are mandatory cards.

6.13 - SHOOTING FOULS Players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots. **Dangerous Propel and Dangerous Follow Through are mandatory cards.** Dangerous Shot: shoot dangerously or without control at the goalkeeper. 1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

Penalty Administration for Major Fouls in the Critical Scoring Area: For a major foul by a defense player which occurs in the 8-meter arc: » The player who was fouled will move to an 8m hash mark nearest the spot of the foul. » The player who fouled moves 4 meters directly behind the player taking the free position. » All players and sticks must be cleared from the penalty zone. » The goalkeeper in the 8m may clear back into the goal circle if she did not foul. » A defender may take a position at each hash mark adjacent to the player with ball on an 8m free position. » If the foul occurs between the 8 and 12, the player who was fouled will move to the 12m closest to the foul, the player who committed the foul will move 4 meters directly behind and a lane will be cleared.

-Additional Rule Changes for 2024...4-15 Minute Quarters, Clock stops on fouls inside of CSA inside of 2 minutes in the 2nd & 4th Q. Elimination of false starts unless on attacking offense free positions inside CSA.

NO Overtime

