



CFGLL RULES OF PLAY - 2024

MIDDLE SCHOOL - 12 v 12 - USA LACROSSE 14U RULES

- Game Format - Four 11 min Quarters with 2 minutes between quarter 1&2, 5 minutes between quarter 2&3, 2 minutes between quarter 3&4.
- No timeouts / No water breaks unless imposed by refs.
- Transitional Checking Allowed.
- Draw taken after each goal/quarter unless there is a (4) goal difference at which time the losing team can elect to take possession at midfield.
- No utilization of experienced / highly skilled players to dominate a game

ELEMENTARY SCHOOL - 8 v 8 - USA LACROSSE 10U RULES

- Game Format - Four 11 min Quarters with 2 minutes between quarter 1&2, 5 minutes between quarter 2&3, 2 minutes between quarter 3&4.
- No Timeouts / No water breaks unless imposed by refs.
- Draw to start the game at midfield. Teams must have 3 players inside the 12 meter on each end to start, they cannot leave until possession is called by ref.
- After a goal, the goalkeeper clears. Opposing team cannot contest a clear below the top of the 12 meter arc.
- No checking and 3-seconds closely guarded rule applies.
- Must play 1v1 defense in midfield, but can double inside the 8 meter.
- No utilization of experienced / highly skilled players to dominate a game