

Founders Girls Lacrosse League Policies and Rules by Grade Level

Grades	1 st /2 nd	3 rd /4 th	5 th /6 th	7 th /8 th
US Lac Level	Level C	Level B	Level B	Level B
Field size	70x25	110-120x50-70	110-120x50-70	110-120x50-70
Field markings	Goal circle/line; 8 m arc; center line	Regulation	Regulation	Regulation
# Players	8v8 or 7v7	10v10	12v12	12v12
Recommended positions	L/R attack L/C/R midfield L/R defense Goalie (optional)	L/C/R attack L/C/R midfield L/C/R defense Goalie	L/R low attack L/R high attack L/C/R midfield L/R high defense L/R low defense Goalie	L/R low attack L/R high attack L/C/R midfield L/R high defense L/R low defense Goalie
Goalie	Optional	Yes	Yes	Yes
Equipment	Modified pocket (no stick check) Non-clear mouthguard No earrings	Regulation pocket (stick check @ umpire discretion) Non-clear mouthguard No earrings	Regulation pocket (stick check) Non-clear mouthguard No earrings	Regulation pocket (stick check) Non-clear mouthguard No earrings
Draw	3 (midfield) free position if goal diff > 4	5 (L/C/R mid + C attack/defense) free position if goal diff > 4	5 (L/C/R mid + L HA / R HD) free position if goal diff > 4	5 (L/C/R mid + L HA / R HD) free position if goal diff > 4
Half length	20 min running (incl last 2 min) stopped during time-out	25 min running (incl last 2 min) stopped during time-out	25 min running (incl last 2 min) stopped during time-out	25 min running (incl last 2 min) stopped during time-out
3 pass rule	Yes	Yes	Yes	Yes
Checking	None	None	None	Modified
Position to check (3 sec)	Yes	Yes	Yes	Yes
Shooting allowed on 8m free position	No (unless goalie or reduced goal)	Yes	Yes	Yes
Goal Circle	No follow through into goal circle	No follow through into goal circle	No follow through into goal circle	No follow through into goal circle
Offsides	Not called	6/7	7/8	7/8
Coaching	On field	On field	On side	On side

Note: In some instances, FGLL has created policies that it believes are in the best interest of the girls in our Town Programs yet that differ from those of US Lacrosse.