COGYLA 1st/2nd Grade Rules Summary

(These include the local modifications made by COGYLA. Please refer to USLacrosse 2017 Youth Girls' Rulebook- 8U for complete rules and clarifications)

Players	4v4 no goalies
Field Size	Cross field, 60-70yd by 35-45yd
Equipment	stick, mouthguard, googles, soft ball (NOCSAE balls are permitted)
Time	2- 20 min. running halves; 5 min halftime; 2- 2 min. timeouts per team, clock stops on all timeouts
Goal Size	3' x 3' (4' x 4' and 6'x6' allowable for this year)
Carded Fouls	Player removed for 2 min. for yellow card; player out for game if red card. Team does not play short (sub goes in)
Checking	No checking
Draw	No Draw— ball starts at center with winning team of coin toss; other team starts second half. Defense takes possession after a goal.
Pass Rule	Two passes initiated and received on the attack half of the field before a shot can be taken. A "received" pass is one that touches the head of the catcher's stick.
Defense	1v1 defense; double teams are called and offending player moved back to her mark
Ground Balls	2 players total (1 from each team) permitted on a ground ball. If 3rd player joins, ball is awarded via alternate possession. Kicking the ball is not permitted.
Score Kept	No score kept
Other Notes	Coaches officiate; one coach may be on field during play for instruction and officiating. Off-sides not applicable

COGYLA 3rd/4th Grade Rules Summary

(These include the local modifications made by COGYLA. Please refer to USLacrosse 2017 Youth Girls' Rulebook-10U for complete rules and clarifications)

Players	8v8 includes goalie; if no goalie both teams play short
Field Size	60-70 yard by 35-45 yard, cross field, with a center line (restraining line), and a goal circle, goal line, and an 8m arc at each end.
Equipment	Stick, mouthguard, goggles, NOCSAE ball
Goal Size	Range of 4'x4 to 5'x5' ideal (6' x 6' allowable)
Game Time	2-20 min. running halves, 5 min. halftime; 2-2 min. timeouts allowed per team; clock stops on all timeouts
Carded Fouls	Player removed for 2 min. for yellow card; player out for game if red card. Team does not play short (sub goes in)
Checking	No checking
Draw	Draw at start; 3 players line up at each offensive and defensive 8-m with 1 player taking draw at the center); goalie clear after score (or awarded to defense if no goalie)
Pass Rule	Two passes initiated and received on the attack half of the field before a shot can be taken. A "received" pass is one that touches the head of the catcher's stick.; 3-second cradling rule enforced
Defense	1v1 defense, double teams permitted inside critical scoring area; 3-second cradling rule enforced
Ground Balls	2 players total (1 from each team) permitted on a ground ball. If 3rd player joins, ball is awarded via alternate possession. Player may kick ball out of a scrum.
Score Kept	Optional
Other Notes	Ref: 1 required; 5v5 offense below the restraining line

COGYLA 5th/6th Grade Rules Summary

(These include the local modifications made by COGYLA. Please refer to USLacrosse 2017 Youth Girls' Rulebook- 12U for complete rules and clarifications)

12U	COGYLA Proposed Structure
Players	8v8 (or 12v12) includes goalie
Field Size	8v8: 60-70 yard by 30-40 yard or cross field 12v12: full field
Equipment	Stick, Mouthguard, Goggles, NOCSAE ball
Goal Size	6' x 6'
Game Time	20 min. half; 5 min. timeout; 2 timeouts per team; clock stops on all timeouts; no overtime
Carded Fouls	Team does not play short; player sits for 2 min. for yellow; player out for game if red card
Checking	No checking allowed
Ground Ball	Player may kick ball out of a scrum
Draw	Draw at center to start half and after each goal; If playing 8v8, 3 players line up at each offensive and defensive 8-m with 1 player taking draw at the center, traditional line up for 12v12.
Pass Rule	No pass rule; 3-second cradling rule strongly enforced
Scoring	Score kept; mercy rule can apply
Other Notes	Ref: 2 required for 12v12: *Off-sides is a major foul.* Ref: 1 required for 8v8: *Soft whistle for off-sides for 8v8*