

2025 EMWLUA GIRLS LACROSSE LEAGUE RULES & OFFICIAL PAY RATES (Leagues: Founders and MYL)

	1/2 Grade	3/4 Grade	5/6 Grade	7/8 Grade	5/6 Select	7/8 Select
Field Dimensions & Goals	60-70 yards x 35-45 yards. No 8- or 12-meter markings. Goals: 4'x4' or 6'x6'. Midfield is restraining line.		Regulation full field. Goals: 6'x6'.			
Stick Regulations	Modified pocket allowed: no more than half the ball visible below sidewall. Should be a girls lacrosse stick.		Regulation girls lacrosse stick and pocket depth. See usalacrosse.org for a list of approved sticks.			
Goalie Equipment	USA Lacrosse regulation goalie equipment: helmet with face mask and property secured chinstrap, separate throat protector, padded gloves, mouthpiece, chest protector (must meet NOCSAE standard, ND200), pelvic protector, and padding on the shins and thighs. See usalacrosse.org for a list of approved equipment.					
Protective Equipment	Approved eye protection and mouth guards; no jewelry; headgear is optional. See usalacrosse.org for a list of approved headgear for use in girls lacrosse.					
Players	8v8 (7 + optional goalie).	8v8 (7 + a goalie)	12v12 (11 + a goalie).			
Goalies & Shot Blockers	Goalies are optional at the 1/2 grade level and expected at grades 3/4 and older. If a shot is blocked by the shot blocker and is in the crease, a defender enters the crease to scoop the ground ball and continues play. Offensive players cannot enter the crease.					
Coaches on Field	1 per team.	No coaches allowed on field.				
Sideline Coaches	No more than 3 coaches per team on sideline.					
Game Duration	Two 25-minute halves; 5-minute halftime. Can be modified in the event of high temperatures. Half / game cannot end during a free position shot.					
Checking	No Checking.		Modified Checking.	Modified Checking	Modified Checking	Full Checking w/ 2 adults otherwise Modified Checking
Required Passes	1 pass required once ball crosses midfield.			No required passes.		
Rule Change	N/A		No more "indirect" (a required pass) for minor fouls within the CSA. Player will put on the 12M, closest spot to the foul, Official clearing the lane. Player may proceed to goal and shoot (if desired) after whistle is blown			
Goalie Clear	Goalie allowed free clear to a teammate, 8m cleared.		Defensive ride allowed. Goalie deputy is not allowed.			
Restraining Line	5 field players allowed over midfield (restraining line).		7 field players allowed over the restraining line.			
Substitution	After a goal or during play. Note: No substitutions once Ref has engaged sticks on the draw setup and until possession established.					
Stick to Body Contact	USAL Prohibits stick to body contact initiated by the defense					
Covering the Ball	Not allowed if defender is within playing distance.					
1v1 Defense	No zone defense. Double team ok, triple team is not.		No restrictions.			
Self-Start	Yes. For a foul outside the critical scoring area, the player who is awarded the ball, after coming to a momentary pause, may continue playing without waiting for an additional whistle. Defense may Self Start coming out of their own CSA.					
Free Movement	Yes. Players may move around the playing field, instead of being required to hold their positions on stoppages.					
3 Secs Closely Guarded (Offense)	Player with the ball may not hold the ball for more than three (3) seconds when A) closely guarded B) Defense has both hands on thier stick and C) the Defense is ina position to legally check if checking were allowed				Does not apply	
Timeouts	None.		1 per half, not during the last 2 minutes of the game.			
Start / Restart	Draws to start play and after a goal.					
Stick Checks	No pre-game Stick Checks. Coaches CANNOT request stick checks.					
Tiebreaker / Overtime	No overtime: game ends in a tie.				3 Min Sudden Death THEN Braveheart for 5/6 Select, 7/8 Select3	
OFFICIAL PAY RATES APPROVED FOR ALL LEAGUES						
1/2 & 3/4	Junior alone \$45	Adult alone \$75	2 Juniors \$45 (each)	1 Junior and 1 Adult: Junior \$45, Adult \$75	2 Adults \$75 (each)	
5/6 & 7/8	Junior alone \$60	Adult alone \$100	2 Juniors \$45 (each)	1 Junior and 1 Adult: Junior \$45, Adult \$90	2 Adults \$75 (each)	
5/6 & 7/8 Select League	Junior alone \$60	Adult alone \$100	2 Juniors \$45 (each)	1 Junior and 1 Adult: Junior \$45, Adult \$90	2 Adults \$75 (each)	
Note: Under no circumstances are coaches or officials to alter any of these rules for any age group.						
January 2025						