

2019 GLL 7V7 Rules Matrix

	10U	12U-Junior	14U-Senior	High School
Age Level	3rd, 4th, and 5th grade not to exceed 11 years of age as of June 1st	6th and 7th grade not to exceed 13 years of age as of June 1st.	7th and 8th grade not to exceed 16 years of age as of June 1st.	current high school players 9-12 grade
# of Players	6 field players and a goalie (If goal blocker is used, there must still only be 6 field players.)	6 field players and a goalie (No goal blocker allowed)		
Field Size/Equipment	Short field-sideline to sideline (60-70 yards) with an 8-meter arc, goal circle, and centerline. All players must have all required equipment. Team must wear matching pinnies.			
Clock	Time will be kept on a central horn. Any team not on the field ready to play within 1 minute after the horn will start the game with a free position at center for the other team			
Time	2 20-minute halves			
Time Outs	1 one-minute time out per game. The clock does not stop. No timeouts in the last 3 minutes of the game.			
Half Time	5 minutes			
Offsides	No offsides			
Yellow Cards	The player must come off the field but the team may substitute for her. No "man down." Player must serve 2 minute penalty in penalty box (seated or on her knees)	Player will serve 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, player is released and can reenter game or team may substitute at that time.		
Double Yellow Card	Offending player serves 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, team may release a substitute and offending player is ejected from current game. (No "man down" at 10U.)			
Red Card	Offending player serves 4 minute penalty in the penalty box (seated or on her knees). After 4 minutes, team may release a substitute and offending player is ejected from current game and cannot play in the team's next official game. (No "man down" at 10U.)			
Overtime	Ties will be broken by a sudden-victory Braveheart (1v1 from a draw, goalie must stay outside, no substitutions). A yellow card to a player results in an automatic loss.			
Checking	None	Modified checking; complete stick below the shoulder	Transitional Checking (no 3-seconds good defense)	Full checking
Draw	Each half will begin with a draw. The center is allowed in the midfield and all other players must restrain inside 8M until possession.	Each half will begin with a draw. Three middies allowed in the midfield and all other players must restrain inside 8M until possession.		
Mercy Rule	When there is a 5-goal margin, after a goal by either team, the team trailing will be awarded the ball at midfield.			No mercy rule
Pass Rule	Team must complete one defined overhand pass made by a player other than the goalie, originating anywhere on the field.	No rule		
Goal Restart	After a goal, the scored-upon goalie will get possession and start on the official's whistle – goalie will be entitled to protection of goal circle for 10 seconds. If there is no goalie (10U), a defender will get the ball to clear outside the goal circle on the GLE. Per US Lacrosse rules, at 10U all opponents must clear above the GLL for the goalie clear.			
Coaches	Each team must have a coach on the sidelines at all times. The coach is responsible for the conduct of the team. Coaches must stay on their half of the field from their bench to the endline on their side of the playing field. (Coaches may not coach from the substitute or penalty box.)			
Officials-Stick Checks	Perform stick checks during pre-game.			

Any rules not specifically addressed on this rules matrix will follow US Lacrosse Rules (youth) and NFHS rules (high school).