



GIRLS YOUTH RULES FREQUENTLY ASKED QUESTIONS

- 1. My league/team does not use full checking because we are a developing area. Can we still be considered early adopters of USL youth rules?**

Yes. Leagues/teams may decide to use full checking at their discretion. To use full checking, teams must meet the criteria of having 2 USL rated officials one of whom must have a local rating. However, it should be noted that USL Events or other local events playing by USL Youth Rules will most likely be playing Full Checking at the U15 level so teams/leagues should plan accordingly when registering their teams for play.

- 2. My league/team uses only Junior Officials for Youth Play. Can we still play full checking at the U15 level?**

No. In order to play full checking at the U15 level, two USL rated officials must be used and one of those officials MUST have a Local rating.

- 3. My league/team uses a modified field and reduced player lineup for U9 but not for U11. Can our league/team still be considered an early adopter of USL Youth Rules?**

Yes. Many developing areas are in need of reduced player/modified field guidelines for the U11 age group due to participation level or skill level. Other areas have far too many players at the U11 age group and limited field allowances for modified play. It is recommended that this decision be made by a league in its entirety to prevent a frequent fluctuation in playing standards that may not be in the best interest of young players.

- 4. The USL Girls Youth Rules do not cover every area of play. What set of rules are youth leagues/teams to follow that address all playing rules?**

It is expected that all leagues/teams that adopt USL Youth Rules will use the USL Rulebook for guidance on general playing rules. Some rules will not be applicable for use on a modified field (example: there are no restraining lines on a U9 field).

5. Our league/team does not use age for eligibility. We use grade. At this time, we cannot make this change. Can we still be considered early adopters of USL Youth Rules?

No. It is very difficult to place grade divisions into age division because they do not line up. When kids are divided by grade there can be as much as 4 and sometimes even 5 year difference in age. It is for this specific reason that US Lacrosse Age Appropriate Rules were developed with age based divisions for youth players. A child in 6th grade can be 10, 11, 12 or even 13 years old. We want to avoid the 10 year old from competing against the 13 year old on the field. Our rules subcommittees, following the recommendations of our Sport Science and Safety Committee, specified that youth players should be divided by age rather than grade. Simply taking a set of age appropriate rules and applying them to a grade based division misses the fundamental intent of the rules which is for them to be applied to children of a specific age. We certainly hope that your team/league will decide to adopt our age and eligibility guidelines going forward.

6. My daughter's league does not use USL rated officials or certified coaches and most of the time, there is only one official present at the games. Is this OK?

US Lacrosse strongly recommends that all youth leagues use USL rated officials and certified coaches. The education these officials and coaches receive is critical to providing the best experience for your daughter. As a parent, you have the right to ask your league administrator why they do not require sport specific training for their coaches and officials and then make the best decision possible for you and your child. Additionally, USL has a vast array of resources to help bring the training and education to your area. If you would like more information on this topic, please visit our website at www.uslacrosse.org.