

2025 AYL GIRLS LACROSSE MATRIX (3-2-'25)

GRADE LEVEL	1-4th Grade	5-6th Grade	7-8th Grade
Players	8 v 8 (7 field + goalie)	10 v 10 (9 field +goalie) NOT changing in 2025	12 v 12 (11 field + goalie)
Player Set Up	2 behind plus goalie 2/3/2	3 behind plus goalie 3/3/3	4 behind plus goalie 4/3/4
Field Size	Reduced Field/Retraining Line is midfield I	Full Field	Full Field
Stick/Balls	Modified pocket allowed (no boys sticks) Regular Ball	Regulation Draw sticks allowed	Regulation Draw sticks allowed
Length of Game: official time kept on field by ref	4: 12 minute quarters (running time) 5 minute half time	4: 12 minute quarters (running time) 5 minute half time	4: 12 minute quarters (running time) 5 minute half time
Overtime (if tied) 4 Minutes	Sudden Victory	Sudden Victory	Sudden Victory
Coaches	Must remain in the coaching area	Must remain in the coaching area	Must remain in the coaching area
Timeout: Clock stops! Card penalty served must be game elapsed time not timeout time. Can stop the clock for injuries as needed.	2 Per Game, 1 per half 1 MIN TIME OUTS-clock stops	2 Per Game, 1 per half 1 MIN TIME OUTS-clock stops	2 Per Game, 1 per half 1 MIN TIME OUTS-clock stops
Mercy Rule	6 goals-losing coaches discretion (not in playoffs)	6 goals-losing coaches discretion (not in playoffs)	6 goals-losing coaches discretion (not in playoffs)
Minimum Pass Rule	YES-attempted over hand pass initiated on the offensive side of the field. Does not re-set until after ball crosses mid-field	No	No
Cards	Player Swapped Out but game remains 8 v 8	Team Plays Short (2 min non releasable)	Team Plays Short (2 min non releasable)
Covering	No Covering At Any Time	No Covering Ball With Opponent In Playing Distance	No Covering Ball With Opponent In Playing Distance
Ground Ball Rule	No Restrictions/Kicking Allowed	No Restrictions/Kicking Allowed	No Restrictions/Kicking Allowed
Checking	No Checking	Modified Checking	Transitional Checking
3 Sec Closely Guarded	Yes	Yes, Above Shoulder Only	Not Applicable
3 Seconds in the 8m arc	3 second rule in 8m applies	3 second rule in 8m applies	3 second rule in 8m applies
Deputy	No	No	No
Goalie	Cannot Score On Self, can bring ball back into goal circle after being played	Cannot Score On Self, can bring ball back into goal circle after being played	Can Score On Self, can bring ball back into goal circle after being played
Start of game, half and after goal	Draw, mercy rules when applicable	Draw	Draw
False start in the CSA	Change Of Possession	Change Of Possession	Change Of Possession
Jewelry	Highly recommended not to wear any Earrings can be taped	Highly recommended not to wear any Earrings can be taped	Highly recommended not to wear any Earrings can be taped

GRADE LEVEL	K-1st grade
Players	4 v 4 (no goalie)
Player Equipment	Goggles/Girls soft helmets) and Mouthguards
Field Size	Smaller than Reduced Field/Retraining Line is midfield, 4 x 4 goals preferred
Stick/Balls	Any type of stick, Regular Ball
Length of Game: official time kept on field by ref	2:15 Minute Half (Running Time) 5 minute half time
Overtime	NO, end in a tie
Coaches	Must remain in the coaching area
Timeouts	No
Mercy Rule	6 Goals
Minimum Pass Rule	No
Cards	No
Covering	No Covering At Any Time
Ground Ball Rule	No Restrictions/Kicking Allowed
Checking	No checking
Goals	Not kicked in
Start of game, half and after goal	Draw, mercy rules when applicable
False start	No Change Of Possession
Jewelry	Highly recommended not to wear any Earrings can be taped