



**LIBERTY
LACROSSE
ASSOCIATION**

3rd and 4th Grade Rules Quick Reference

FIELD SIZE	L: 60-70 yds W: 35-45 yds (Cross Field)	CROSSE LENGTHS	FP: 37-42" GK: 37-54"
PLAYERS	1 GK 6 Field	GOAL SIZE	6 x 6'
FIELD PLAYER EQUIPMENT	NOCSAE helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup	GOALKEEPER EQUIPMENT	NOCSAE helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup
LENGTH	2 x 20' Running, 4' Half	OVERTIME	None
TIMEOUTS	None. Officials Only	COUNTS	4-sec GK only; no advance
FACEOFFS	1 FO, 1 GK, 2 behind each GLE, 1 wing at sideline	SUBSTITUTION	During dead-ball or on-the-fly
SCRUM	Extended w/3 or more players, use A/P	FOULING OUT	Personals = 3x or 5-min
ADVANCING	Not Used	STALLING	Not used
OFFSIDES	> 4 players in off half > 5 players in def half > 4 players in off half > 5 players in def half No penalty - instruct extra player to go back to defensive zone	3-YARD RULE	All LEGAL holds, pushes & checks must be on a player w/possession or within 3 yds of loose ball
ALLOWABLE BODY CONTACT (4.15)	Legal Holds Legal Pushes Boxing Out Riding Incidental	CHECKING WITH CROSSE (4.16)	Lift/poke bottom hand or head of stick below check area, OR downward check initiated below BOTH players' shoulders; no one-handed
ILLEGAL BODY CHECKS	Defenseless, possible ejection	CHECKS TO HEAD/NECK	Possible ejection
INTENTIONAL TARGETING	Ejection for head/neck/defenseless	EJECTION PENALTY	Player - Leave Coach - Leave

Pass Rule: There must be one attempted pass between two players in the offensive zone before a shot can be attempted. Teams must follow the spirit of the rule and passes must be an attempt to move the ball and not a short/quick pass designed to circumvent the rule.

Mercy Rule: After a goal differential of 5 goals is reached, the mercy rule is in effect.

- Trailing teams will receive the ball at the top of the offensive zone after any goals by the leading team.
- Leading teams must complete a minimum of at least 3 passes before attempting a shot on goal. If the ball is dropped prior to reaching 3 passes, the count is reset and an additional 3 passes must be completed.