



**LIBERTY  
LACROSSE  
ASSOCIATION**

7th and 8th Grade Rules Quick Reference

<b>FIELD SIZE</b>	Full Field	<b>CROSSE LENGTHS</b>	FP: 40-42" LP: 52-72" GK: 40-72"
<b>PLAYERS</b>	1 GK 9 Field	<b>GOAL SIZE</b>	6 x 6'
<b>FIELD PLAYER EQUIPMENT</b>	NOCSAE helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup	<b>GOALKEEPER EQUIPMENT</b>	NOCSAE helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup
<b>LENGTH</b>	4 x 12' Running, 5' Half	<b>OVERTIME</b>	4' sudden victory, tie if no winner
<b>TIMEOUTS</b>	2 per half, 1 OT (each team)	<b>COUNTS</b>	GK 4 + 20s def + 10s off
<b>FACEOFFS</b>	Same as NFHS	<b>SUBSTITUTION</b>	Same as NFHS
<b>SCRUM</b>	N/A	<b>FOULING OUT</b>	Personals = 3x or 5-min
<b>ADVANCING</b>	20s def + 10s off + over/back if after clean	<b>STALLING</b>	Final 2m: get it in, keep it in
<b>OFFSIDES</b>	>6 players in off half >7 players in def half	<b>3-YARD RULE</b>	All LEGAL holds, pushes & checks must be on a player w/possession or within 3 yds of loose ball
<b>ALLOWABLE BODY CONTACT (4.15)</b>	2 hands on stick below neck and above waist (see 3-yard rule)	<b>CHECKING WITH CROSSE (4.16)</b>	Same as NFHS
<b>ILLEGAL BODY CHECKS</b>	Defenseless 2-3 min, possible ejection	<b>CHECKS TO HEAD/NECK</b>	2-3 min, possible ejection
<b>INTENTIONAL TARGETING</b>	Ejection for +3 min head/neck/defenseless	<b>EJECTION PENALTY</b>	3 min player + leave 1 min player + leave

**All personal fouls are non-releasable even if a goal is scored**

**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.
- The counts to move the ball to the offensive zone or into the box will be waived for the trailing team. The 4-second count for the goalies will still apply.