



Fall ILL 2025 - League Rules and Format

Dates: 4 Saturdays, September 13 - October 4

Location: Winnetka Turf (540 Hibbard Rd.)

Age Groups/Format

3/4 Grade: 7v7 Format (1 Referee) - NO goalies in the 3/4th division

5/6 Grade: 11v11 Format (2 Referees) - Goalies are required

7/8 Grade: 11v11 Format (2 Referees) - Goalies are required

All teams must bring their own goalie equipment!

Game Timing/Format

- (4) 10-minute quarters - all levels
- 2 minutes between each quarter
- No timeouts allowed
- A draw starts each quarter; ball starts live with goalie after each goal

Rules to Note

10U - 3rd/4th

- No goalies - goalie blockers will be provided.
- Athletes must shoot overhand to score
- Stick - modified pocket is allowed
- No checking allowed
- Penalties result in a player substitution
- All subbing must occur through the sub box. Players must wait until their teammate is fully off the field prior to entering the field of play.
- If at any time during the game the score differential is 7 goals or more, the team that is down can elect to have a free clear during the draw.
- **Unwritten rule - there must be one attempted pass before a goal can be scored. This is monitored by the coach, not the referee.

12U & 14U - 5th/6th & 7th/8th

- Modified checking is allowed, must be below the shoulders
- Regulation stick required
- Penalties will result in a 2-minute running clock period and man down situation



- All subbing must occur through the sub box. Players must wait until their teammate is fully off the field prior to entering the field of play.
- If at any time during the game the score differential is 7 goals or more, the team that is down can elect to have a free clear during the draw.

Field Equipment (Goalkeepers)

- A helmet with a face mask and properly secured chinstrap. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard.
- A separate throat protector designed for lacrosse.
- Padded gloves designed for lacrosse
- An intra-oral mouth protector (mouthpiece). The mouthpiece shall be any visible color other than clear or white and may not have graphics of white teeth.
- A chest protector
- Pelvic protector
- Padding on the shins and thighs
- Cleats

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Field Equipment (Field Players)

- Eye protection goggles that meet the ASTM standard for women's lacrosse
- An intra-oral mouth protector, mouthpiece, that fully covers the teeth. The mouthpiece shall be any visible color other than clear or white and may not have graphics of white teeth. The mouthpiece for field players may not have any protruding tabs.
- Cleats
- A jersey and shorts of the same color(s) as their teammates.