



THE ILLINOIS LACROSSE LEAGUE

GIRLS SPRING LEAGUE RULES & GUIDELINES

ABOUT THE ILLINOIS LACROSSE LEAGUE (ILL):

The Illinois Lacrosse League (ILL) is dedicated to providing community-based club teams a competitive and structured league environment. The ILL is managed by Lacrosse America, the Midwest leader in lacrosse events. The ILL is the top girls league in Illinois and continues to expand as we further our mission to #GrowtheGame!

League Ambassador: Kelly Amonte Hiller, *Head Women's Lacrosse Coach at Northwestern University*

2026 LEAGUE FEES INCLUDE:

- 9 – 10 League Games:
 - Each team will receive a minimum of 6 league games during the Spring ILL season
 - League Championships Day 1 (May 16th)
 - All teams will receive 3 games
 - Games will be 1, 26-minute period
 - League Championships Day 2 (May 17th)
 - The top two teams in each division from Day 1 will advance to a Championship Game held on Sunday, May 17th between 9am – 12pm
 - Championship Games will be played at Vernon Hills Athletic Complex
 - Championship Games will be (2) 22-Minutes halves with a halftime
- Coaching Clinics lead by Northwestern Lacrosse & Team ONE Lacrosse
- Premier Facilities (90% Artificial Turf Fields)

LEAGUE BOARD OF DIRECTORS

The purpose of the board is to help guide the growth and long-term sustainability of the league by supporting decision-making, providing constructive feedback, and fostering a positive environment for the continued development of girls' lacrosse. Responsibilities include but are not limited to:

- Providing feedback to league commissioner
- Approving new club members, one organization per township
- Approving new rules implemented within the league

The 2026 Board of Directors

- Colleen Kincaid – North Shore United
- Gina Kmiec – Western Wave
- Tracy Cassidy – Evanston
- John Lazzaretto – Lake Forest
- Nora Andrews – Ramblers

2026 LEAGUE DIVISIONS:

- 8U division: 1st & 2nd Graders
- 10U division: 3rd & 4th Graders
- 12U division: 5th & 6th Graders
- 14U division: 7th & 8th Graders

GAME FORMAT & RULES

8U GAME FORMAT:

- ~ Field will be modified (Approx 30 x 20 yards)
- ~ 4 v 4 (no goalie or goalie blocker)
- ~ Game time will be 4, 10-minute quarters
- ~ There is NO checking
- ~ 8U games are officiated by the coaches "self-refed"
- ~ No overtime
- ~ No timeouts allowed
- ~ Score will NOT be kept

10U GAME FORMAT:

- ~ Field will be 7 v 7 on a cross field or a half field
- ~ Goalie or Goalie blockers are required
- ~ Athletes must shoot overhand to score
- ~ Game time will be four, 10-minute quarters, running clock
- ~ 2 Minute quarter break
- ~ 1 certified official
- ~ No overtime
- ~ No checking
- ~ Stick: Modified pocket allowed
- ~ Score will be kept
- ~ No timeouts allowed

12U GAME FORMAT:

- ~ Field will be 11 v 11 + goalie on a full field
- ~ Game time will be two 22-minute halves, running clock
- ~ 50-minute time blocks (2-minute halftime), 60-minute time blocks (5-minute halftime)
- ~ 2 certified officials
- ~ Modified checking (below the shoulder)
- ~ Stick: Regulation stick
- ~ Score will be kept
- ~ 1 timeout allowed per team/per game (45 second timeout)

14U GAME FORMAT:

- ~ Field will be 11 v 11 + goalie on a full field
- ~ Game time will be two, 22-minute halves, running clock
- ~ 50-minute time blocks (2-minute halftime), 60-minute time blocks (5-minute halftime)
- ~ 2 officials will be required
- ~ Full checking
- ~ Stick: Regulation Stick
- ~ Score will be kept
- ~ 1 timeout allowed per team/per game (45 second timeout)

FIELD EQUIPMENT

Goalkeepers must wear:

- ~ 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.
- ~ A jersey and shorts of the same color(s) as their teammates.

Field players must wear:

- ~ 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.

GENERAL GAME PLAY

Penalties:

- ~ Penalties will consist of a 2-minute running clock. The referee keeps the penalty time.
- ~ Man down rule - 3rd/4th grade only; man down is not enforced and a substitute is allowed. 12U & 14U divisions will play a man down.

Coaching:

- ~ Coaching is limited to three (3) coaches on the sidelines for any team playing in any division.
- ~ All coaches on the sidelines must abide by the ILL Code of Conduct
- ~ Only the coaches on the bench sideline should address the referee(s) and this should be done in a respectful manner during the breaks of the game.

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.

7 Goal Rule:

- ~ At any level, 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.

SCHEDULING

ILL games are scheduled by the league commissioner through ILL's proprietary scheduling software. Lacrosse America will be creating unofficial conferences or regions based on geography this year, with the intent to provide as many games close to home. Teams will play all teams within their age/division, with a concentrated effort to regionalize games as much as possible. Field availability from each club will not be required, however the league may reach out with field requests.

Northern Region

Primary Fields - Winnetka Turf, Lake Forest PD, Loyola Academy Munz Campus

Western Region

Primary Fields - Olympic Park

League Officials:

The ILL utilizes certified women's referees in all ILL games. The league handles all scheduling, coordination, and payment of officials for all sanctioned ILL games to ensure all games are properly officiated.

Online Schedules & League App

All teams' schedules, results, and league standings can be found online [HERE](#) or on the [PF Access App](#). (available in the App Store and Google Play stores). In addition to the league schedules, field maps, and other useful team tools are accessible through the PF Access App.

ILL CODE OF CONDUCT:

Players, coaches, parents and spectators are to conduct themselves in a manner that honors the game, demonstrating respect to other coaches, players, officials and spectators. All directors and coaches will be required to sign the ILL code of conduct prior to the start of the first game.

The ILL code of conduct will include expectations and enforcement of violations:

- Sportsmanship and Fair Play
- Safety and Welfare
- Positive Reinforcement
- Interaction with Officials
- Abusive Conduct
- Rule(s) Violations
- Unsportsmanlike Conduct
- Ejected Coaches or Players

[ILL Code of Conduct: Click Here](#)

COMMUNICATION PROTOCOL

Establishing the proper chain of communication for the league is paramount to the success of this league. Please use the following structure to ensure issues are handled correctly.

Club directors:

Club directors are the only authorized personnel that should be in contact with the ILL.

Coaches:

Coaches are to work with their club director regarding issues with players, parents, other coaches, referees, game situations or any other discrepancy that arises.

Parents and players:

Parents and players are to work with their team representative for any and all issues that they might have. The league will not accept any communications from parents and players.

PAYMENTS:

Full payment for participation from each club will be due prior to the release of the final schedule. Specific annual due dates will be stated on the website for review. Any club that has not paid in full by the stated deadline will be subject to removal from the schedule for that year.

ROSTERS:

Rosters will be uploaded by each club through the ILL website prior to the release of schedules.

SCHEDULING PROCEDURES & RESPONSIBILITIES:

League Responsibilities:

The league will be responsible for creating the initial game schedule. In addition, the ILL is responsible for the scheduling of all the officials. Schedules will be released in a timely manner to club directors allowing for review and comment prior to schedules being made public to the teams.

Club Responsibilities:

Clubs are responsible for submitting teams with rosters, home field details, and home field availability by the respective annual deadlines to ensure that schedules can be completed on time, if requested by the league.

Clubs are responsible for providing home fields with girls' lacrosse lines. Not all home fields will be utilized during the season.

Clubs are responsible for coordinating any rain out or rescheduling games outside of the original league schedule. Clubs must notify the league commissioner 48 hours prior to the start of the game in order to ensure referees will be present.

GAME CANCELLATIONS/CHANGES

Weekend Game Changes:

All changes to weekend games must be completed by Wednesday at 5pm. The home team is responsible for letting the league administrator know, via email, of any scheduling requests.

illadmin@lacrosseamerica.com

Day of Weather-Related Cancellations:

It is the responsibility of the home team to make the call regarding the playability of their home fields. The weather call must be completed 2 hours prior to the game start time.

Procedure for these cancellations:

Home Team Director - Notify the league administrator via phone call – **Sam Gropman (770) 680-8919**

Home Team Director - Notify the opposing team's director via phone call & email; MUST cc the league administrator

League Administrator - Notify the referees

On-Site Game Cancellations:

Games may be called because of the adverse weather. It is the responsibility of the home team to make the on-site weather call. If the game has started and has to be stopped for any reason, then:

The game is considered an official game if the game has passed the halfway point. The halfway point is defined as once the first whistle of the 2nd half or 3rd quarter has happened. The score will be final at that point.

Games that have not reached the halfway point and are stopped will be rescheduled with no scores recorded. The game will start over with a 0-0 score.

Re-Scheduling of Cancelled Games:

It is the director of the home team's responsibility to reschedule the cancelled game. The director must work with the opposing director to find a mutually agreed upon date and location. 48 hours notice must be given to the League Administrator in order to guarantee referees will be on-site.

GAME DAY MANAGEMENT: FIELD SET UP

It is the home team's responsibility to set up the field for play. Set up is to include but not limited to: providing a minimum of 2 lacrosse balls on each end line, cones at all corners, cones set up at the sub box, clearly defined girls lacrosse lines, and goals at each end with a crease that is either painted or portable.

Post Game Procedures:

- ~ Coaches confirm the score with the officials.
- ~ Players and coaches clean the sideline bench areas.
- ~ Home team reports the final score to the league administrator within 48 hours of the game completion.

