

2025 Founders League Coach Rules / Guidelines / Responsibilities

This document is intended to ensure Founders League coaches are on the same page for league rules, policies and fair play, and complements the 2025 EMWLUA Rules Card available at FoundersGirlsLacrosse.org.

ALL GRADES:

- **GOALIES REQUIRED. NO SHOT BLOCKERS.** All games are two 25-minute halves. Full-size goals used.
- Game scores are reported by the winning team to: ScoreFGLL@teamscompete.net
- Start every game with a quick meeting with opposing coaches and officials.
- Kicking the ball, self-start & free movement allowed; Draws to start play & after a goal.
- No more than 3 coaches per team on the sideline. Stick-tap "good game" line after every game.
- No pre-game stick checks. Coaches cannot request stick checks. **Only girls lacrosse sticks allowed.**
- Officials are paid by the league. Teams do not pay officials at the field. Referees can contact the league at: thegriffins@earthlink.net, 508-982-2958.

1/2 & 3/4 GRADE:

- 8v8 (7+goalie). **NO CHECKING. GOALIES REQUIRED.**
- Only for 1/2 grade games: one coach per team may assist on the field to help organize the players – vocal coaching from these on-field assistants should be kept to a minimum.
- Goalies allowed a FREE CLEAR to a teammate. Defense can engage once the clear is made. No goalie deputy.
- One pass required once ball crosses midfield. Details on the free clear are in the 2025 EMWLUA Rules Card.

5/6 & 7/8 GRADE:

- 12v12 (11+goalie). No goalie deputy. Modified checking. Defense is allowed to ride and prevent goalie clear.
- **5/6:** One pass required once ball crosses midfield; **7/8:** No required pass.

3/4 SELECT:

- Coaches agree on the final score at the field. Winning team reports score to: ScoreFGLL@teamscompete.net
- Full field, 12v12 Format; No checking & no required pass.
- 3-minute overtime period if tied after regulation. Overtime period starts immediately after regulation with no break. 1v1 Braveheart follows if still tied. *See below for Braveheart details.*

5/6 & 7/8 SELECT:

- **Coaches agree on the final score at the field.** Winning team reports score to: ScoreFGLL@teamscompete.net
- Modified checking (full checking allowed at 7/8 Select with two adult officials. No required pass.
- Overtime same as 3/4 Select above. *See below for Braveheart details.*

STICK-TO-BODY CONTACT / CARD POLICY:

- New this year: **NO stick to body contact initiated by the defense.** Coach your players to avoid holding the stick horizontally and not extend into/toward offensive player.
- Yellow / Red Cards: Coaches report all cards to their town director who will forward to the league. A player receiving 2 yellow cards in a game is out for the game. A player receiving a red card is out for the game, and the following game. A red card initiates a call with the coach, town director, and the league. 4 or more yellow cards for a team in a single game initiates a call with the coach, town director, and the league. Multiple games with excessive yellow cards will result in further discussion and possible coaching changes.

BRAVEHEART DETAILS FOLLOWING A SCORELESS 3-MINUTE OVERTIME:

A 2-player Braveheart — 1 field player and 1 goalie per team — determines the winner as follows:

- 1) Goalies protect the same cage (they are in or out of the goal based on who has possession). Play starts with a draw.
- 2) If a goalie makes a save, they are allowed a free clear to her teammate, who clears the ball to the 12-meter fan before attacking, allowing the goalies to switch places. Defenders can engage as soon as the ball is cleared to the 12-meter fan. **First goal wins.**

MANAGING ONE-SIDED GAMES:

- If the score differential is 6 or more, the trailing team can choose to restart after a goal with possession at midfield.
- In a one-sided game, the leading team (working with the trailing team) must take steps to even the playing field — including, but not limited to: **Eliminate defensive rides and double teams; Players use non-dominate side; Move strong offensive players to defense; Reduce playing time for the most talented players; introduce required passes.** AND ALL OF THESE MODIFICATIONS SHOULD BE DONE AS DISCRETELY AS POSSIBLE.
- There will be occasions when all efforts are not enough. Ultimately, coaches need to WORK TOGETHER to create a game experience we can all be proud of.

POST GAME REPORTING:

Coaches are encouraged to report feedback (positive or negative) using the *Game Report Form* @ FoundersGirlsLacrosse.org