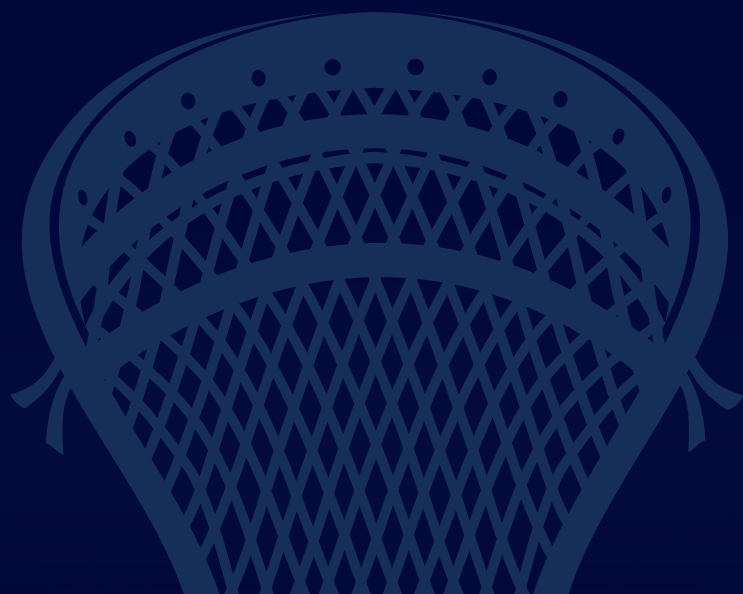




2018 YOUTH  
**BOYS'**  
RULEBOOK

**OFFICIAL RULES FOR BOYS' LACROSSE**



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# US LACROSSE RULES COMMITTEE

NAME	LOCATION	POSITION
David Seidman	Yardley, PA	Chair
Jack Couch	Norwalk, CT	Member at Large
Andrew Davies	Centennial, CO	Member at Large
Chase Howse	Glenside, PA	Member at Large
Mark Saudek	Baltimore, MD	Member at Large
John Titus	Richmond, VA	Member at Large
Walt Munze	Manlius, NY	National Rules Interpreter
Rick Lake	Sparks, MD	US Lacrosse Staff
James Weaver	Indianapolis, IN	NFHS Rules Editor
Tommie Neubauer	Dover, DE	NFHS Rules Chair

## The Rules

The US Lacrosse Men's Rule Committee has developed age appropriate rules to support the Lacrosse Athlete Development Model (LADM). The new rules changes support the appropriate physical, cognitive, and emotional development of youth players at the 6U, 8U, 10U, 12U, and 14U. The committee strongly encourages the use of these age appropriate rules. Their use reinforces proper player development, individual stick skills, team play, player safety, and sportsmanship.

For questions, interpretations or suggestions about the US Lacrosse rules, please contact:

**Questions and Interpretations:** [boysrules@uslacrosse.org](mailto:boysrules@uslacrosse.org)

**Rule Change Suggestions:** [uslacrosse.org/rules/submit-a-rule-change](https://uslacrosse.org/rules/submit-a-rule-change)

If you have questions about officiating mechanics or are interested in learning more about the US Lacrosse Officials Education Program contact:

**US Lacrosse Officials Education:** [officials@uslacrosse.org](mailto:officials@uslacrosse.org)

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**USLACROSSE.ORG**



# US LACROSSE

## MISSION

As the sport's national governing body, US Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.



## OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.

## Who We Are

- **More than 450,000 members nationwide**
- **68 chapters in 45 states**
- **More than 80 full-time staff members**
- **More than 300 volunteers serving on national boards and committees**
- **More than 7,000 donors to the US Lacrosse Foundation**

With a primary focus on the youth level, US Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.



## Our Impact

- **MAKE THE SPORT SAFER** - We have invested more than \$1,000,000 in safety research projects, studying everything from head injuries to hydration.
- **TRAIN AND CERTIFY COACHES** - Nearly 40,000 people have participated in our Coach Development Program, helping them teach the sport correctly and safely..
- **TRAIN AND CERTIFY OFFICIALS** - Nearly 15,000 officials pass rules and mechanics tests each year, helping them to keep games safe and fair.
- **CREATE OPPORTUNITIES TO PLAY** - Through initiatives like our First Stick Program, we have provided more than 1,300 grants since 2000, totaling more than 30,000 pieces of equipment that have given hundreds of thousands of kids the opportunity to play.
- **ELEVATE THE SPORT'S VISIBILITY** - Our 28-time world champion U.S. National Teams set the standard for excellence in international lacrosse.
- **PROMOTE NATIONAL STANDARDS** - Our youth rules, which focus on age-appropriate player development, team play, sportsmanship and safety, are widely distributed to players, parents, coaches and officials around the country.
- **EDUCATE THE LACROSSE COMMUNITY** - Our US Lacrosse Convention has grown to bring more than 7,000 coaches, officials, administrators and fans together each January.

# SAFETY AND RESPONSIBILITY

The US Lacrosse Men's Game Rules Subcommittee is responsible for establishing, reviewing, maintaining, and disseminating the rules of boy's lacrosse. US Lacrosse offers the public the opportunity to suggest rule changes to the USL Rules Committee through written submission by June 1 each year. Each June, the Rules Subcommittee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Boys' Rules are then voted on by the US Lacrosse Board of Directors and are issued under the authority of US Lacrosse as the official rules for youth boys' lacrosse.

Participants in boys' lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the boys' game and in compliance with the USL Boys' Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules.
- Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.



# 2018 MAJOR RULE CHANGES

For the 2018 season the Men's Game Rules Subcommittee made a small number of revisions to the rules but made several clarifications based on questions that came in throughout the 2017 season. All rule revisions are listed below but both rule revisions and clarifications appear with a screen background through this rulebook. They also created a new appendix that lists several experimental rules for the teams, leagues, and tournaments to try that are being considered for the 2019 season.

## (Game Format) - Rule Change

1. **(All Levels) 4.8.1** - A goal shall be counted as long as the ball has been released from the players stick prior to the expiration of a period.
2. **(All Levels) 5.7** - Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.
3. **(All Levels) 5.10** - Spectators in addition to players, coaches, and team personnel can cause a time-serving unsportsmanlike penalty.
4. **(6U, 8U, 10U, 12U) 1.2.1** - The Unified Small Sided Field Diagram is now an allowable alternative to the existing boys' 60 x 35 yard field.
5. **(6U, 8U, 10U, 12U) 4.31** - In the event that a loose ball cannot be picked up due to three or more players being caught in a scrum or scramble officials should wait approximately four seconds before stopping play and awarding the ball via alternate possession rules.
6. **(10U, 12U, 14U) 5.10** - The second and subsequent violations by a team when their defensive player enters the crease and assumes the position of a goalie shall result in a releasable unsportsmanlike penalty served by the offending player.

7. **(10U, 12U, 14U) 6.10** - When stalling rules are applied, they will remain in effect until a shot hits the goal pipe, goalie, or the goalie's equipment in addition to the existing rules for stopping a stall warning.
8. **(10U) 2.1.1** - A team may have a maximum of two players using long crosses (47-54 inches in length), not counting the goalkeeper's crosse, in the game at any time.
9. **(12U - 7 v 7 Format) 2.1.1** - A team may have a maximum of three players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time.



## 2018 Points of Emphasis

**SPORTSMANSHIP** - Players, coaches, officials and spectators should exhibit the highest levels of sportsmanship and congeniality at all times. Coaches, officials and spectators are all partners in providing the best possible experience for youth players. Unsportsmanlike conduct by coaches, players or spectators degrades the experience of youth players and discourages people from becoming or continuing as officials or coaches. This behavior erodes the integrity and appeal of our sport. Therefore, unsportsmanlike conduct should not be tolerated. US Lacrosse expects officials to enforce the unsportsmanlike conduct rules without hesitation.

**STICK CHECKS TO THE HEAD** - In youth lacrosse, stick contact to the head while actively making a stick check is a slash. This rule change will allow for more consistent penalty calling by officials and helps mitigate injury risk since the minimum amount of force needed to cause a concussion is still unknown and concussions can occur at relatively low levels of force. Coaches are encouraged to teach controlled stick checking techniques and officials are expected to penalize stick checks to the head with a minimum of a 1-minute releasable personal foul.

**MOUTH GUARDS** - In 2017, the foul for a mouth guard violation was changed from a personal foul to a technical foul to encourage penalty enforcement for those who violate the rule. Coaches should encourage players to wear mouth guards at all times and officials are expected to call the foul.

**AGE APPROPRIATE RULES** - The US Lacrosse rules are supported by the concepts detailed in the Lacrosse Athlete Development Model (LADM). As such, players should be participating with age-appropriate rules which include, but are not limited to, field sizes, stick lengths, body contact and stick contact.

**EXPERIMENTAL RULES** - In order to test rule proposals submitted to US Lacrosse, the Men's Rules Subcommittee encourages leagues and tournaments to try several experimental rules listed in Appendix VIII. Leagues and tournaments that have either positive or negative feedback on the experimental rules are encouraged to send their feedback to [boysrules@uslacrosse.org](mailto:boysrules@uslacrosse.org) with the words Experimental Rules in the subject heading.



## 6U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 6U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if you would like additional clarification.

### Philosophy of 6U Lacrosse

6U lacrosse is the first experience with the sport of lacrosse for many young athletes. The boys entering at this point have a vast difference in their physical and cognitive developments. The game they play should be designed to “level the playing field” and provide opportunity for any and every child that wants to participate. The emphasis at this age group should be to instill a love and excitement of playing, while developing fundamental movement skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again, helping to develop physical literacy.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Simple rules of play**
- **Good Sportsmanship**



## AGE AND ELIGIBILITY

Player must be 5 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when organizing teams. At no time should players younger than 4 years of age be permitted to play at the 6U level. Ideally, players should be playing in single age year classifications.

## 6U BOYS' GAME SUMMARY AND EQUIPMENT

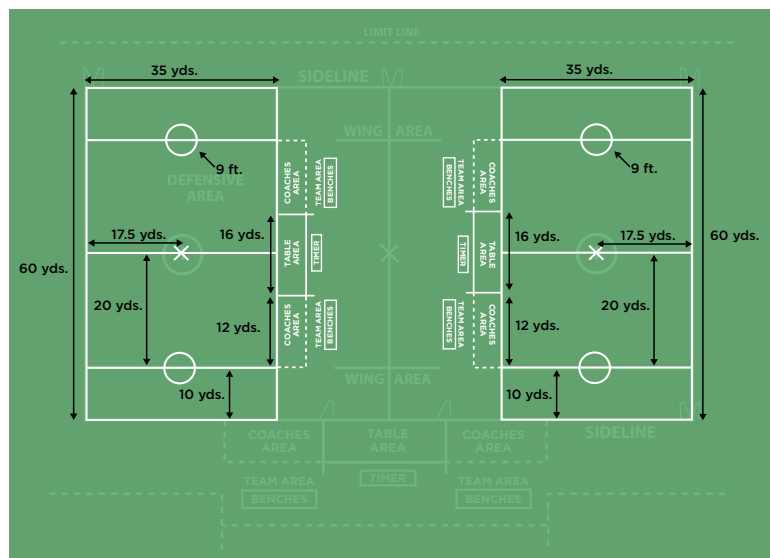
- 3 v 3 play, with no goalkeepers
- 60 x 35 yard field, adjustable for local conditions
- 3'x3' goals
- No team timeouts
- Mini stick type crosses recommended
- Soft lacrosse balls
- Mouth guards are mandatory. Lacrosse gloves and eyewear are optional. Helmets, shoulder pads, and arm guards are not permitted.

## 6U BOYS' RULES OVERVIEW

- No body contact allowed
- No stick-on-stick or stick-on-body contact allowed
- No faceoff
- No offside

# RULE 1: The Game, Field, and Equipment

## THE FIELD DIAGRAM



### 1.1 - THE GAME

The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring.

#### 1.2.1 - FIELD MEASUREMENTS

The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width.

#### 1.2.6 - CENTER SPOT

The center of the field shall be marked by an approximately four inch circle, square or X.

#### 1.2.8 & 1.2.9 - TEAM AREAS

The team areas (bench and coaches' areas) are located on the same side of the field as one another. Each extends 12 yards from their goal line towards the mid line and 3 - 5 yards deep.

#### 1.3B - GOAL CREASES

The goal creases shall be circular and painted on the field or marked with flat disc cones, with a radius of 9 feet.

### **1.3.1 - GOALS**

A 3x3 foot goal with securely affixed netting on it that would not allow a ball to pass through it. The goal shall be centered in the goal crease.

*Note: When various levels of play occur on the same field a 6 x 6 goal is permissible.*

### **1.5.1 - THE BALL**

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g. tennis ball). Standard lacrosse balls must not be used at this level.

### **1.6, 1.7, & 1.8 - THE LACROSSE STICK**

Mini type lacrosse sticks should be used at this level of play.

*Note: It is not recommended that players use a regulation lacrosse stick, but if used they should be cut-down so the entire length of the stick is less than the distance from the ground to the players waist.*

### **1.9 - PLAYER EQUIPMENT**

Teams shall have contrasting jersey or shirt colors. Eyewear and gloves are not required at this level of play but are allowable. All players must wear a mouth guard.

### **1.10 - PROHIBITED EQUIPMENT**

Players are not permitted to wear helmets, arm pads, or shoulder pads.





## **RULE 2:** Game Personnel

### **2.1.1 - NUMBER OF PLAYERS**

Each team must field 3 players at all times. No goalkeepers are permitted.

### **2.1.3 - COACHES**

Each team may have one coach roaming the field to instruct ALL the players in the game and serve as officials.

*Note: If certified officials are used, coaches are restricted to their sideline and may roam the entire sideline of the field.*

### **2.1.5 - OFFICIALS**

Officials are not required for this level of play. However if officials are used, then only 1 certified official is necessary per field of play.

### **2.7 - TIMEKEEPER**

If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the head coaches shall designate a timekeeper.

### **2.8 - SCORE KEEPER**

US Lacrosse does not recommend a visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.

## **RULE 3:** Time Factors

### **3.1 - LENGTH OF THE GAME**

A competition will consist of (2) 12-minute running time halves, with a 4-minute halftime period.

### **3.4 - OVERTIME**

Overtime shall not be played at this age level.

## **RULE 4:** Play of the Game

### **4.1 - COIN TOSS**

Prior to the start of play the official will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first Alternating Possession.

### **4.3 - FACING OFF**

There are no faceoffs at this level of play.

### **4.4 - POSITIONING OF PLAYERS AND STARTING PLAY**

The team that won the coin toss shall place one player at the Center Spot with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least five yards from all players on the offensive team. No other player from the offensive team may be within five yards of the ball carrier.

### **4.6 - OUT OF BOUNDS AND BALL POSSESSION**

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

### **4.7 - BALL CAUGHT IN CROSSE OR EQUIPMENT**

If at any point the ball becomes stuck in a player's crosse, the official or coach shall stop play immediately and award the ball to the opposing team.

## **4.8 - GOAL SCORED**

A goal is scored when a loose ball passes completely over the goal line and into the goal.

## **4.15 - BODY CHECKING**

Body to body contact is NOT permitted at 6U.

## **4.16 - CHECKING WITH CROSSE**

Intentional crosse to body or crosse to crosse contact is not permitted at 6U.

## **4.18 - PLAY IN CREASE AREA AND 4.19 GOAL-CREASE PROHIBITIONS**

No player from either team may enter the crease at any time at 6U. A player may reach their stick into the crease to play a loose ball.

## **4.21 - SUBSTITUTIONS PROCEDURES**

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball “on-the-fly” substitutions are permitted.

*Note: If there is an excessively long period of time without scoring or other dead ball situation (e.g., greater than 2 minutes), the coach on the field or official can suspend play at the first natural stopping point and substitute for the on-field players. The team entitled to possession of the ball at the stoppage will retain possession after the stoppage.*

## **4.22A - RESTARTING AFTER A GOAL IS SCORED**

The official will remove the ball from the goal and place it on the ground along goal line extended. The ball is awarded to the team who was just scored upon and all players shall be a minimum of 5 yards away from the player with the ball.

## **4.22B - RESTARTS FOLLOWING A TIMEOUT**

Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle.



#### **4.23 - CHANGE OF GOALS**

Teams will not change goals between halves.

#### **4.24 - OFFICIAL'S TIMEOUTS**

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

#### **4.25 - TEAM TIMEOUTS**

Team timeouts are not permitted at this level of play.

#### **4.30 - ALTERNATE POSSESSION**

When the officials cannot determine which team should be awarded the ball or when play is stopped while the ball is loose, possession shall alternate. The referee shall keep track of the alternating possessions.

#### **4.31 - SCRUM SITUATION**

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

*Note: Officials should give approximately 4 seconds for players to pick up the ball.*

## **RULE 5:** Personal and Ejection Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

**PENALTY: The penalty for a personal foul shall be a stoppage of play, with the foul being explained to the player who then must leave the field. The offending player may return on the next whole team substitution.**

5.2 CROSS CHECK\*

5.3 ILLEGAL BODY CHECK\*

- 5.4 CHECKS INVOLVING THE HEAD/NECK\*
- 5.5 ILLEGAL CROSSE\*
- 5.6 USE OF ILLEGAL EQUIPMENT\*
- 5.7 SLASHING\*
- 5.8 TRIPPING\*
- 5.9 UNNECESSARY ROUGHNESS\*
- 5.10 UNSPORTSMANLIKE CONDUCT\*
- 5.11 FOULING OUT \*
- 5.12 EJECTION\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 6:** Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

**PENALTY: The penalty for a technical foul shall be a stoppage of play and possession awarded to the offended team.**

- 6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE\*
- 6.3 HOLDING\*
- 6.4 ILLEGAL OFFENSIVE SCREENING\*
- 6.5 ILLEGAL PROCEDURE\*
- 6.6 CONDUCT FOUL\*
- 6.7 INTERFERENCE\*
- 6.9 PUSHING\*
- 6.11 WARDING OFF\*
- 6.12 WITHHOLDING BALL FROM PLAY\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 7:** Penalty Enforcement

### **7.1 - PERSONAL FOUL ENFORCEMENT PENALTY**

Personal fouls will result in an immediate stoppage of play, with the foul being explained to the player who then must leave the field. They may return on the next whole team substitution. At no time should either team be playing with fewer players than their opponent.

## **7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY**

Technical fouls will result in an immediate stoppage of play, with the foul being explained to the player and the ball being awarded to the offended team.

## **7.3 - RESUMING PLAY AFTER PENALTY**

When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball at the spot where the ball was when play was suspended. If the ball was within fifteen yards of the goal when play was suspended, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted at that spot.

When a penalty occurs and the ball is in the offended team's defensive half of the field and a penalty is to be served, the ball shall be awarded to any player of the offended team in its offensive side of the field at the Center Spot. When no penalty time is to be served, the ball will be put in play at the spot the ball was when the whistle was blown.





## 8U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 8U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

### Philosophy of 8U Lacrosse

8U lacrosse is many young athletes first experience with the sport of lacrosse. The boys entering at this point have a vast difference in their physical and cognitive development. The game they play should be designed to level the playing field. Every effort should be made so kids have the opportunity to play and develop the fundamental skills of lacrosse. The emphasis at this age group is on instilling a love and excitement of playing, while developing the fundamental athletic skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to "touch" the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Introduce basic lacrosse concepts**
- **Explore competition in lacrosse**
- **Basic rules of play**
- **Good sportsmanship**



## AGE AND ELIGIBILITY

Player must be 7 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 6 years of age be permitted to play at the 8U level. Ideally, players should be playing in single age classifications.

## 8U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

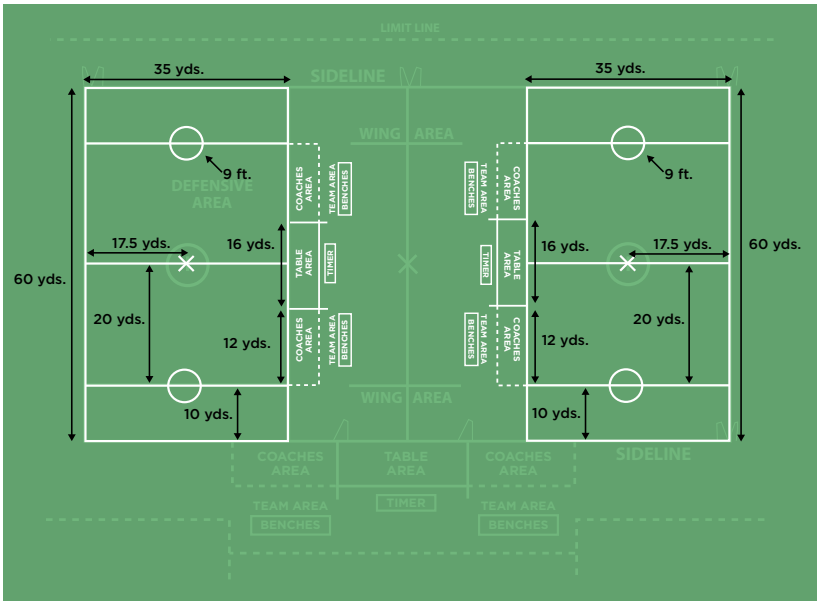
- 4 v 4 play, 1 goalkeeper plus 3 field players
- 60 x 35 yard field
- 3'x3' goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Soft lacrosse balls
- No team timeouts

## 8U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- No faceoff
- No offsides

# RULE 1: The Game, Field, and Equipment

## THE FIELD DIAGRAM



### 1.1 - THE GAME

The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring.

#### 1.2.1 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width.

#### 1.2.6 - CENTER SPOT

The center of the field shall be marked by approximately a four inch circle, square or X

#### 1.2.1.8 & 1.2.1.9 - TEAM AREAS

The team areas (bench and coaches' areas) are located on the same side of the field as one another. Each extends 12 yards from their goal line towards the mid line and 3 - 5 yards deep.

### **1.3B - GOAL CREASES**

The goal creases shall be circular and painted on the field or marked with flat disc cones, with a radius of 9' feet.

#### **1.3.1 - GOALS**

A 3x3 foot goal with securely affixed netting on it that would not allow a ball to pass through it. The goal shall be centered in the goal crease.

*Note: When various levels of play occur on the same field, the goal specifications (6 x 6 foot goal) is permissible.*



#### **1.5.1 - THE BALL**

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g. tennis ball). Standard lacrosse balls must not be used at this level.

### **1.6, 1.7, & 1.8 - THE CROSSE DIMENSIONS, CONSTRUCTION, PROHIBITIONS**

See Appendix V - Ball and Crosse Specifications

#### **1.6, 1.7, & 1.8 - THE GOALKEEPER CROSSE**

See Appendix V - Ball and Crosse Specifications

### **1.9A - FIELD PLAYER EQUIPMENT**

All field players shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) An Intra-oral mouth protector (mouth piece), (3) Protective gloves designed for boys' lacrosse (4) Shoulder pads designed for boy's lacrosse, (5) Athletic cleats or athletic shoes, (6) Arm pads designed for lacrosse, (7) A jersey and shorts of the same color(s) as their teammates, (8) Athletic protective cup.

*Note: Rib pads are recommended but not required pieces of equipment.*

## 1.9B - GOALIE EQUIPMENT

All goalies shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates.



*Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that may be worn so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).*







## **RULE 2:** Game Personnel

### **2.1.1 - NUMBER OF PLAYERS**

#### **4v4 Format**

- 4 players - 1 Goalie and 3 Field Players
- No Long Poles
- A team shall begin the game with at least 4 players or it forfeits the game

*Note: If no goalies are available or used then both teams should play with 4 field players and no goalies.*

### **2.1.3 - COACHES**

Each team may have one coach roaming the field to instruct ALL the players in the game and serve as officials.

*Note: If a certified official is used, coaches are restricted to their sideline and may roam the entire length of the field.*

### **2.1.5 - OFFICIALS**

Officials are not required for this level of play. However if officials are used, then only 1 certified official is necessary per field of play.

### **2.7 - TIMEKEEPER**

If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the coaches shall designate a timekeeper.

### **2.8 - SCORE KEEPER**

US Lacrosse does not recommend a visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.



## **RULE 3:** Time Factors

### **3.1 - LENGTH OF THE GAME**

A competition will consist of (2) 12-minute running time halves, with a 4-minute halftime period.

### **3.4 - OVERTIME**

Overtime shall not be played at 8U.

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## **RULE 4:** Play of the Game

### **4.1 - COIN TOSS**

Prior to the start of play the “official” will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first Alternating Possession.

### **4.2 - PLAYER LINE-UP**

Before the start of play the official shall bring all the players on both teams in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules, emphasize safety, fair play, and sportsmanship.

### 4.3 - FACING OFF

There are no faceoffs at this level of play. (See 4.1)

### 4.4 - POSITIONING OF PLAYERS AND STARTING PLAY

The team that won the coin toss shall place one player at the Center Spot with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least five yards from all players on the offensive team.

### 4.6 - OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

### 4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT

If at any point the ball becomes stuck in a players crosse the official or coach shall stop play immediately and award the ball to the opposing team.

*Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.*

### 4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line and into the goal.

#### 4.8.1 - GOAL NOT SCORED

(a) When from a shot that was released after time had expired in a period.

(b) A player from the attacking team has committed a foul

(c) The goal scorer stick is found to be illegal.



## 4.10 - OFFSIDE

There is no penalty for offside at this level. All players are free to roam the field.

## 4.15 - ALLOWABLE BODY CONTACT

Examples of permitted body contact are:

(a) Legal holds - Holding is permitted under the following conditions

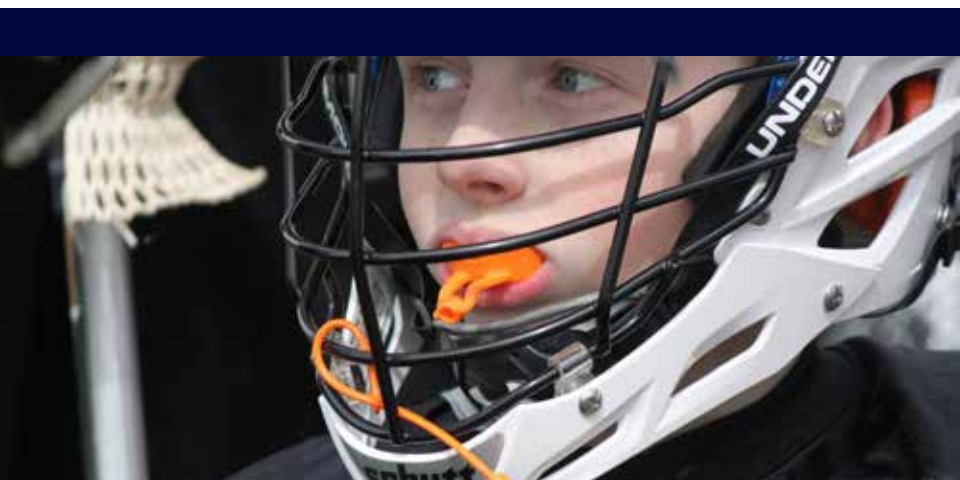
- (1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
- (2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse.
- (3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
- (4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

(b) Legal pushes - A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse.

(c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

(d) Defensive positioning to redirect an opponent possession of the ball (riding a player)

(e) Incidental contact



## 4.16 - CHECKING WITH CROSSE

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

## 4.18 - GOAL-CREASE PRIVILEGES AND 4.19 - GOAL-CREASE PROHIBITIONS

No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease to collect a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper. No opposing player shall make contact with the goalkeeper or his crosse while he is within the goal-crease area.

## 4.21 - SUBSTITUTIONS PROCEDURES

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

*Note: If there is an excessively long period of time without scoring or other dead ball situation (e.g., greater than 2 minutes), the coach on the field or official can suspend play at the first natural stopping point to allow substitution of field players. The team entitled to possession of the ball at the stoppage will retain possession after the stoppage.*

## 4.22 - RESTARTING PLAY

(A) Post-Goal: The goalie or official will remove the ball from the goal and it will be given to the team that was scored on along the goal line extended. The whistle will be blown by the official and play will resume.

(B) After a Timeout: Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within 15 yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.

(C) To Start a New Quarter or Half: The team that is entitled to the ball via alternating possession will start with the ball at midfield.

#### **4.23 - CHANGE OF GOALS**

Teams will not change goals between halves at 8U lacrosse

#### **4.24 - OFFICIAL'S TIMEOUTS**

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

#### **4.25 - TIMEOUTS**

There are no team timeouts permitted and the clock shall only stop in the event of injury or at the official's discretion. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.



### 4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball or when play is stopped while the ball is loose, possession shall alternate. The referee shall keep track of the alternating possessions.

### 4.32 - SCRUM SITUATION

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a “scrum” or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

*Note: Officials should give approximately 4 seconds for players to pick up the ball.*

## RULE 5: Personal and Ejection Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.



**PENALTY: The penalty for a personal foul shall be a stoppage of play, with the foul being explained to the player who then must leave the field. The offending player may return on the next whole team substitution.**

- 5.2 CROSS CHECK\*
- 5.3 ILLEGAL BODY CHECK\*
- 5.4 CHECKS INVOLVING THE HEAD/NECK\*
- 5.5 ILLEGAL CROSSE\*
- 5.6 USE OF ILLEGAL EQUIPMENT\*
- 5.7 SLASHING\*
- 5.8 TRIPPING\*
- 5.9 UNNECESSARY ROUGHNESS\*
- 5.10 UNSPORTSMANLIKE CONDUCT\*
- 5.11 FOULING OUT \*
- 5.12 EJECTION\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 6:** Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

**PENALTY: The penalty for a technical foul shall be a stoppage of play and possession awarded to the offended team.**

- 6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE\*
- 6.3 HOLDING\*
- 6.4 ILLEGAL OFFENSIVE SCREENING\*
- 6.5 ILLEGAL PROCEDURE\*
- 6.6 CONDUCT FOUL\*
- 6.7 INTERFERENCE\*
- 6.9 PUSHING\*
- 6.11 WARDING OFF\*
- 6.12 WITHHOLDING BALL FROM PLAY\*

*\*The definition for each foul is listed in Appendix I.*





## **RULE 7:** Penalty Enforcement

### **7.1 - PERSONAL FOUL ENFORCEMENT PENALTY**

If a personal foul is committed while the offended team is in possession of the ball, the Slow-Whistle Technique will be applied, if appropriate, after which the foul will be explained to the offending player who then must leave the field. Personal fouls committed in a loose ball situation or when the offending team is in possession of the ball will result in an immediate stoppage of play, with the foul being explained to the player who then must leave the field. In either case a substitute will replace the offending player immediately. At no time shall either team play with fewer players than their opponent. The offending player may return on the next whole team substitution.

### **7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY**

Technical fouls committed in a loose ball situation or when the offending team is in possession of the ball will result in an immediate stoppage of play, with the foul being explained to the offending player and the ball awarded to the offended team. If the offended team is in possession of the ball, the Slow-Whistle Technique will be applied, if appropriate, after which the foul will be explained to the offending player and the ball awarded to the offended team, unless a goal has been scored.

## **RULE 8:** Game Termination

See Rule 8 in 14U rules.



# 10U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 10U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

## Philosophy of 10U Lacrosse

10U lacrosse is where young athletes begin developing fundamental technical skills in lacrosse. The boys entering the sport at this point have a vast difference in their physical and cognitive development and the game they play should be designed to develop a combination of athletic movement skills, and fundamental technical skills for playing lacrosse. The emphasis at this age group is on instilling a love and excitement of playing, while developing the fundamental athletic skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and a progressive development of existing technical skills. Athletes should be coached to have a “Growth Mindset” by having effort is praised ahead of results.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Trying new skills in a team setting**
- **Learning and exploring overall play of the game**
- **Sportsmanship**



## AGE AND ELIGIBILITY

Player must be 9 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 8 years of age be permitted to play at the 10U level. Ideally, players should be playing in single age classifications.

## 10U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

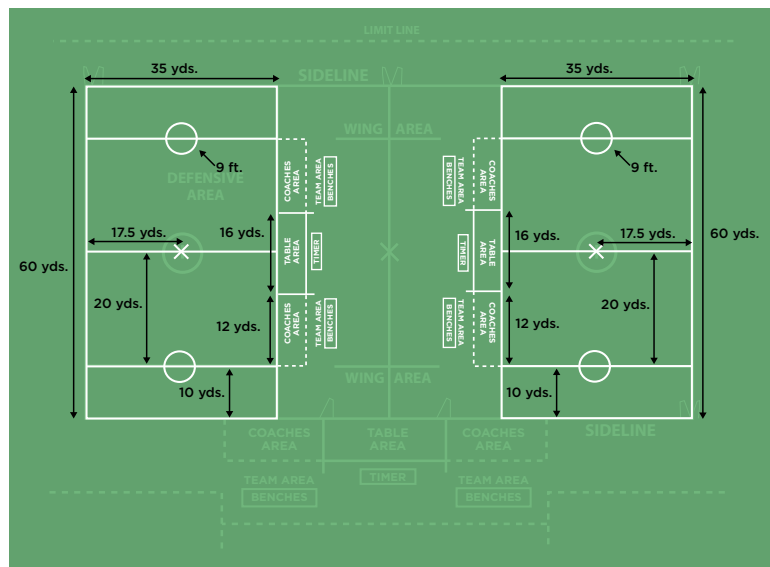
- 6 v 6 play, 1 goalkeeper plus 5 field players
- 60 x 35 yard
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- No team timeouts

## 10U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- Faceoffs with no players releasing from wing area
- No offsides
- Time serving fouls

# RULE 1: The Game, Field, and Equipment

## THE FIELD DIAGRAM



### 1.1 - THE GAME

The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring.

#### 1.2.1 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width.

*Note: There are additional approved field dimensions specific to age groups, please refer to Appendix VI.*

#### 1.2.6 - CENTER SPOT

The center of the field shall be marked by approximately a four inch circle, square or X

#### 1.2.1.8 & 1.2.1.9 - TEAM AREAS

The team areas (bench and coaches' areas) are located on the same side of the field as one another. Each extends 12 yards from their goal line towards the mid line and 3 - 5 yards deep.

### **1.3B - GOAL CREASES**

The goal creases shall be circular and painted on the field or marked with flat disc cones, with a radius of 9' feet.

### **1.3.1 - GOALS**

A 6x6 foot goal with securely affixed netting that will not permit the ball to pass though may be used. A 2 foot drop net is recommended to reduce the height of the goal opening to 4 feet. If a drop net is used it should be constructed of a material that minimizes rebounds to protect the goalkeeper. The goal shall be centered within the goal crease. Programs may opt to utilize 4x4 feet or construct their own goals of a size up to 5 x 5 feet.

### **1.5.1 - THE BALL**

Lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

### **1.6, 1.7, & 1.8 - THE CROSSE DIMENSIONS, CONSTRUCTION, PROHIBITIONS**

See Appendix V - Ball and  
Crosse Specifications

### **1.6, 1.7, & 1.8 - THE GOALKEEPER CROSSE**

See Appendix V - Ball and  
Crosse Specifications



## 1.9A - FIELD PLAYER EQUIPMENT

All field players shall have (1) A lacrosse helmet that meets NOCSAE NDO41 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) An Intra-oral mouth protector (mouth piece), (3) Protective gloves designed for boy's lacrosse (4) Shoulder pads designed for boy's lacrosse, (5) Athletic cleats or athletic shoes, (6) Arm pads designed for lacrosse, (7) A jersey and shorts of the same color(s) as their teammates, (8) Athletic protective cup.



## 1.9B - GOALIE EQUIPMENT

All goalies shall have (1) A lacrosse helmet that meets NOCSAE NDO41 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates.

*Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that may be worn so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).*





## **RULE 2:** Game Personnel

### **2.1.1 - NUMBER OF PLAYERS**

#### **6v6 Format**

- 6 Players - 1 Goalie and 5 Field Players
- Max 2 Long Poles on the field (47" - 54")
- A team shall begin the game with at least 6 players or it forfeits the game

*Note: If no goalies are available or used then both teams should play with 5 field players and no goalies.*

### **2.1.3 - COACHES**

If a certified official is used, coaches are restricted to their sideline and may roam the entire length of the field but not through the opposing team's bench area or the timer's/penalty area.

### **2.1.5 - OFFICIALS**

Officials are not required for this level of play. However if officials are used, then only 1 certified official is necessary per field of play.

### **2.7 - TIMEKEEPER**

If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the head coaches shall designate a timekeeper.

### **2.8 - SCORE KEEPER**

US Lacrosse does not recommend a visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.



## **RULE 3:** Time Factors

### **3.1 - LENGTH OF THE GAME**

A competition will consist of (4) 8-minute running time quarters, with a 2 minute break between each quarter.

### **3.4 - OVERTIME**

Overtime shall not be played at 10U

## **RULE 4:** Play of the Game

### **4.1 - COIN TOSS**

A coin-toss will be used to determine first alternating possession or choice of goal.

### **4.2 - PLAYER LINE-UP**

Before the start of play the official shall bring all the players on both teams in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules, emphasize safety, fair play, and sportsmanship. After the lineup, all the players other than the starters will return to their team areas.

### **4.3 - FACING OFF**

Play shall start at the beginning of each period and after each goal with a faceoff at the center spot. The official will conduct a faceoff with one player from each team.



#### **4.4 - POSITIONING OF PLAYERS AND STARTING PLAY**

A team shall place one face-off player at the center of the field and confine at least 2 players behind each goal line extended. Goalkeepers are confined to their crease during a face-off. All players are released when possession is gained or the ball crosses a goal line extended.

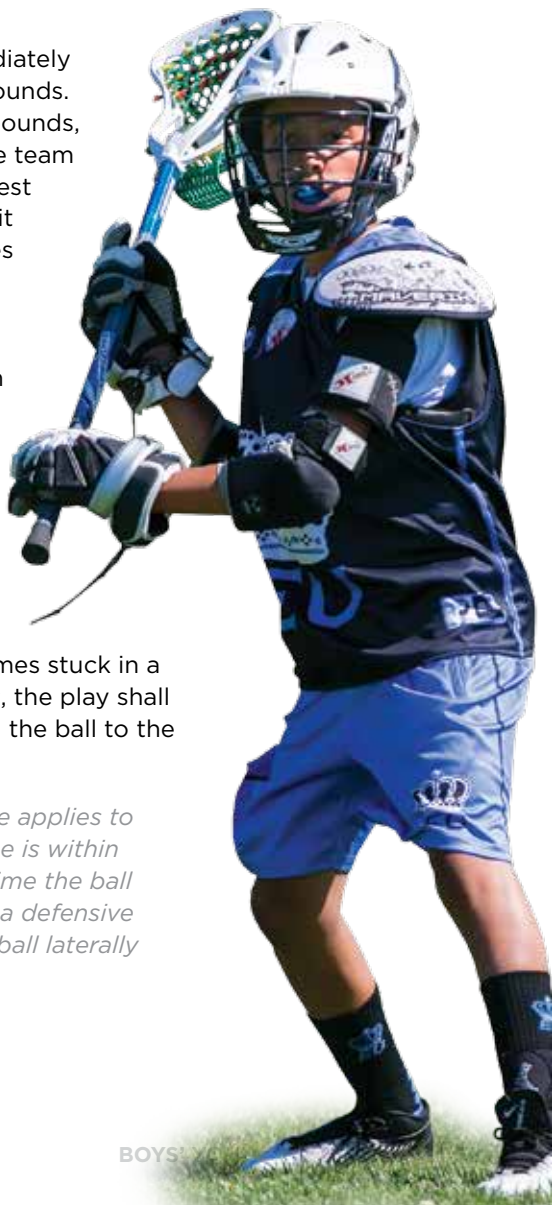
#### **4.6 - OUT OF BOUNDS AND BALL POSSESSION**

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last. In all non-faceoff starts and restarts, all players must be at least five yards from the player starting with the ball.

#### **4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT**

If at any point the ball becomes stuck in a player's crosse or equipment, the play shall stop immediately and award the ball to the opposing team.

*Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.*



## **4.8 - GOAL SCORED**

A goal is scored when a loose ball passes completely over the goal line and into the goal.

### **4.8.1 - GOAL NOT SCORED**

(a) When from a shot that was released after time had expired in a period.

(b) A player from the attacking team has committed a foul

(c) The goal scorer stick is found to be illegal.

## **4.10 - OFFSIDE**

There is no penalty for offside at this level. All players are free to roam the field.

## **4.15 - ALLOWABLE BODY CONTACT**

Examples of permitted body contact are:

(a) Legal holds – Holding is permitted under the following conditions

(1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.

(2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse.

(3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.

(4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

(b) Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse

(c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

(d) Defensive positioning to redirect an opponent in possession of the ball (riding a player)

(e) Incidental contact

## **4.16 - CHECKING WITH CROSSE**

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

## **4.18 - GOAL CREASE PRIVILEGES AND 4.19 GOAL-CREASE PROHIBITIONS**

No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while he is within the goal-crease area.

## **4.21 - SUBSTITUTIONS PROCEDURES**

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

*Note: If there is an excessively long period of time without scoring or other dead ball situation (e.g., greater than 2 minutes), play can be suspended at the first natural stopping point to allow substitution of field players. The team entitled to possession of the ball at the stoppage will retain possession after the stoppage.*

## **4.22 - RESTARTS FOLLOWING A TIMEOUT**

Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle.

#### **4.23 - CHANGE OF GOALS**

Teams will change goals between quarters at 10U lacrosse

#### **4.24 - OFFICIAL'S TIMEOUTS**

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

**4.25 - TIMEOUTS** - No team timeouts permitted at 10U.

#### **4.30 - ALTERNATE POSSESSION**

When the officials cannot determine which team should be awarded the ball possession shall alternate. The referee shall keep track of the alternating possessions.

#### **4.32 - SCRUM SITUATION**

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

*Note: Officials should give approximately 4 seconds for players to pick up the ball.*

## **RULE 5:** Personal Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

**PENALTY:** The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

**EXCEPTION 1:** The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD/NECK are automatically 2 or 3 minute non releasable fouls.

- 5.2 CROSS CHECK\*
- 5.3 ILLEGAL BODY CHECK\*
- 5.4 CHECKS INVOLVING THE HEAD/NECK\*
- 5.5 ILLEGAL CROSSE\*
- 5.6 USE OF ILLEGAL EQUIPMENT\*
- 5.7 SLASHING\*
- 5.8 TRIPPING\*
- 5.9 UNNECESSARY ROUGHNESS\*
- 5.10 UNSPORTSMANLIKE CONDUCT\*
- 5.11 FOULING OUT\*
- 5.12 EJECTION\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 6:** Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

**PENALTY:** The penalty for a technical foul shall be either a **30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).**

**EXCEPTION:** A loose-ball technical foul by Team B followed by a personal foul by Team A during the play-on will result in both players serving penalty time.





- 6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE\*
- 6.3 HOLDING\*
- 6.4 ILLEGAL OFFENSIVE SCREENING\*
- 6.5 ILLEGAL PROCEDURE\*
- 6.6 CONDUCT FOUL\*
- 6.7 INTERFERENCE\*
- 6.9 PUSHING\*
- 6.11 WARDING OFF\*
- 6.12 WITHHOLDING BALL FROM PLAY\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 7:** Penalty Enforcement

In 10U running time games, penalties will also be running time, and will begin with the next whistle resuming play. The running time penalty clock will stop for all timeouts and at the end of periods.

### **7.1 - PERSONAL FOUL ENFORCEMENT PENALTY**

The penalty for a personal foul shall be suspension of the offending player from the game for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. A body or stick check to the head, neck, or a body check hit to a defenseless player shall be a 2 or 3 minute, non-releasable, personal foul.

*NOTE: The penalty for an exceptionally violent personal foul may be expulsion.*

Upon suspension of play for a personal foul, the official will explain the foul to the offending player, who then will leave the field and report immediately to the penalty area. The ball shall be awarded to the fouled team and the offending player may re-enter the game when his penalty time has expired or a goal has been scored.

## **7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY**

The penalty for a technical foul will be shall be either:

- a) Award of the ball to the offended team if the foul occurred during a loose ball situation or when the offending team had possession of the ball.
- b) Suspension from the game of the offending player for 30 seconds if the foul occurred when the offended team had possession of a live ball.

Upon suspension of play for a technical foul, the official will explain the foul to the offending player who, if it is a time serving technical foul, will then leave the field and report immediately to the penalty area. The ball shall be awarded to the fouled team and the offending player may re-enter the game when their penalty time has expired or a goal has been scored.

## **7.8 - SLOW-WHISTLE TECHNIQUE**

Personal fouls and technical fouls will be enforced using the Slow-Whistle Technique if appropriate.

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# **RULE 8:** Game Termination

See Rule 8 in 14U rules.



# 12U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 10U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

## Philosophy of 12U Lacrosse

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse. The boys entering the sport at this point have a vast difference in their physical and cognitive development and the game they play should be designed to reinforce fundamental technical skills and practical tactical applications for playing lacrosse. Essentially, they are preparing to be competitors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and a progressive development of existing technical skills. Additionally, the technical skills they are honing, are now being applied to the tactical aspect of the game. Athletes should be coached to have a “Growth Mindset” by having effort praised ahead of results.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Using technical skills in game situations**
- **Exploring and applying new tactical skills**
- **Sportsmanship**





## AGE AND ELIGIBILITY

Player must be 11 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 10 years of age be permitted to play at the 12U level. Ideally, players should be playing in single age classifications.

## 12U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

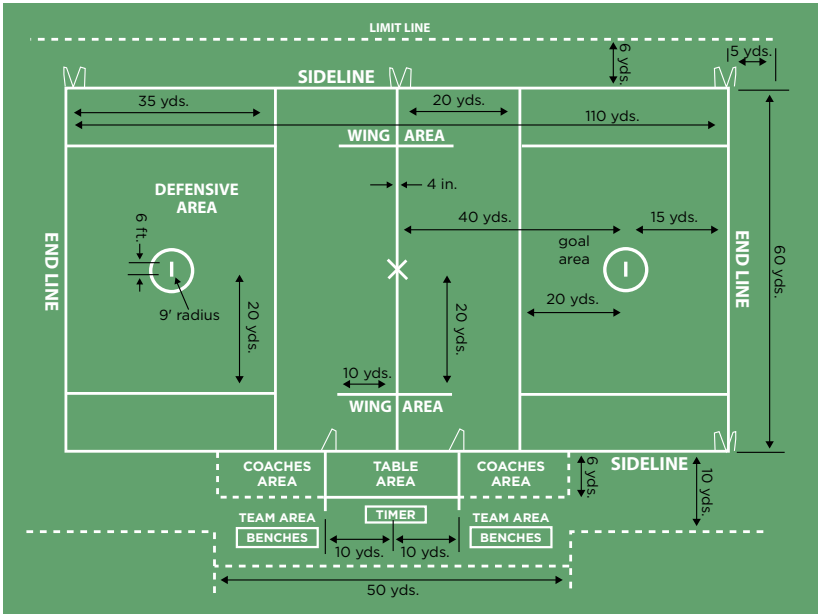
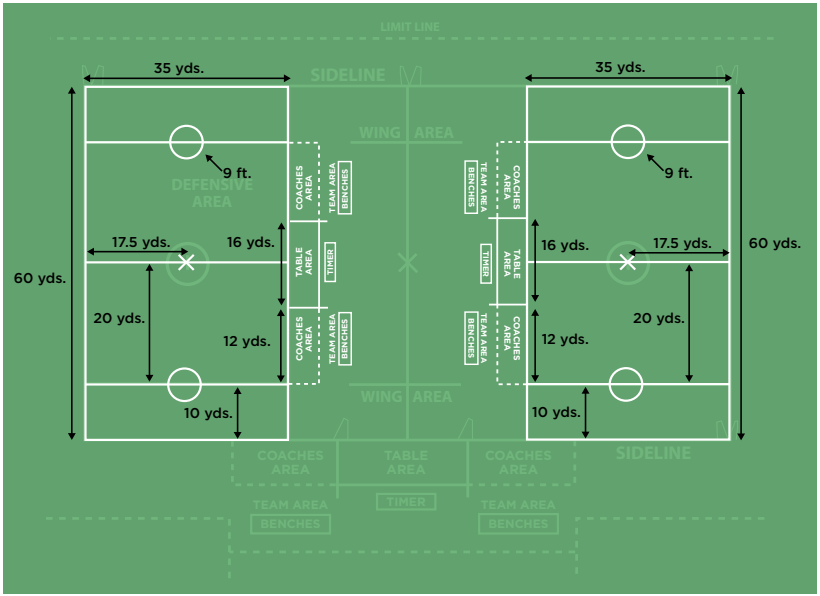
- 10 v 10 or 7 v 7
- 110 x 60 yard field (10 v 10) or 60 x 35 yard field (7 v 7)
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- 2 Team timeouts per half

## 12U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- Faceoffs with 1 player releasing from wing area for each team
- Offsides is a technical foul at this age level

# RULE 1: The Game, Field, and Equipment

## THE FIELD DIAGRAMS



## **1.1 - THE GAME**

The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring.

### **1.2.1 - THE FIELD MEASUREMENTS**

The playing field shall be rectangular, 110- 120 yards max in length and 60 - 70 yards in width, if playing 10 v 10 or 60 -70 yards max in length and 35 - 45 yards max in width ,if teams are playing 7 v 7 the Crossfield dimensions shall be. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width.

*Note: There are additional approved field dimensions specific to age groups, please refer to Appendix VI.*

### **1.2.6 - CENTER SPOT**

The center of the field shall be marked by approximately a four-inch circle, square or, X.

### **1.3B - GOAL CREASES**

The goal creases shall be circular and painted on the field or marked with flat disc cones, with a radius of 9' feet.

### **1.3.1 - GOALS**

A 6x6 foot goal with securely affixed netting that will not permit the ball to pass though may be used.

### **1.5.1 - THE BALL**

Lacrosse balls that meet the current NOCSAE NDO49 standard shall be used in all games.

### **1.6A, 1.7A, & 1.8A - THE LACROSSE STICK**

See Appendix V - Ball and Crosse Specifications

### **1.6B, 1.7B, & 1.8B - THE GOALIE LACROSSE STICK**

See Appendix V - Ball and Crosse Specifications



### **1.9A - FIELD PLAYER EQUIPMENT**

All field players shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) An Intra-oral mouth protector (mouth piece), (3) Protective gloves designed for boy's lacrosse (4) Shoulder pads designed for boy's lacrosse, (5) Athletic cleats or athletic shoes, (6) Arm pads designed for lacrosse, (7) A jersey and shorts of the same color(s) as their teammates, (8) Athletic protective cup.

*Note: Rib pads are recommended but not required pieces of equipment.*

### **1.9B - GOALIE EQUIPMENT**

All goalies shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell, (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates.

*Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that*

may be worn so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).

## **RULE 2:** Game Personnel

### **2.1.1 - NUMBER OF PLAYERS**

#### **(A) 7v7 Format**

- 7 Players - 1 Goalie, 2 Defense, 2 Middies, and 2 Attack
- Max 3 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 7 players and must keep a legally equipped goalkeeper on the field at all times, or it forfeits the game.
- The first starting attack player shall be the In-Home.

#### **(B) 10v10 Format**

- 10 Players - 1 Goalie, 3 Defense, 3 Middies, and 3 Attack
- Max 4 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 10 players and must keep a legally equipped goalkeeper on the field at all times, or it forfeits the game.
- The first starting attack player shall be the In-Home.



### **2.1.3 - COACHES**

Coaches are not permitted on the field of play at 12U. They shall stay confined to their designated coach's box on the sideline.

### **2.1.5 - OFFICIALS**

US Lacrosse recommends at least 2 certified officials on the field for every competition.

### **2.7 - TIMEKEEPER**

The head coaches shall designate a timekeeper.

### **2.8 - SCORE KEEPER**

Scorekeeping is a local level decision but US Lacrosse does not recommend keeping score at this level.

## **RULE 3:** Time Factors

### **3.1 - LENGTH OF THE GAME**

A competition will consist of (4) 10-minute stop time quarters, with a 2 minute break between each quarter and a 5 minute half time.

### **3.4 - OVERTIME**

In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime. In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods.



## **RULE 4 :** Play of the Game

### **4.1 - COIN TOSS**

A coin-toss will be used to determine first alternating possession or choice of goal to defend to start the game.

### **4.2 - PLAYER LINE-UP**

Before the start of play the official shall bring all the players on both teams in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules, emphasize safety, fair play, and sportsmanship. After the lineup, all the players other than the starters will return to their team areas.

### **4.3 - FACING OFF**

Play shall be started at the beginning of each period and after each goal by facing the ball at the Center Spot.

### **4.4 - POSITIONING OF PLAYERS AND STARTING PLAY FOR 7 X 7 PLAY**

When a team has all of its players on the field, it shall place one face-off player at the center of the field. One wing player shall be located in bounds with at least one foot resting on a sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponents goal line extended. Goalkeepers are confined to their crease during a face-off. Goalies, defensive, and offensive players are released from their confined areas once possessive has been gained or the ball crosses either goal line extended.

When the whistle sounds to start play, the player in the wing areas shall be released. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses GLE, a whistle stops play for a time-serving foul or a whistle restarts play after a non-time-serving foul; when any of these events occur, the faceoff has ended.

During the faceoff in all penalty situations, there must be three players in the defensive area and two players in the offensive area. Exception: When a team has two players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain inside.

## **4.6 - OUT OF BOUNDS AND BALL POSSESSION**

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

## **4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT**

If at any point the ball becomes stuck in a players crosse or equipment, the play shall stop immediately and award the ball to the opposing team.

*Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.*

## **4.8 - GOAL SCORED**

A goal is scored when a loose ball passes completely over the goal line and into the goal.

### **4.8.1 - GOAL NOT SCORED**

(a) When from a shot that was released after time had expired in a period.

(b) A player from the attacking team has committed a foul

(c) The goal scorer stick is found to be illegal.

## **4.10 - OFFSIDE**

(1) A team is considered offside when during 7 v 7 - a team has more than four players in its offensive half of the field (between the centerline and the end line) including players in the penalty box, or more than five players in its defensive half of the field (between the centerline and the end line) including players in the penalty box.

(2) A team is considered offside when during 10 v 10 - a team has more than 6 players in its offensive half of the field (between the centerline and the end line) including players in the penalty box, or more than 7 players in its defensive half of the field (between the centerline and the end line) including players in the penalty box.

## **4.11 - ADVANCING THE BALL**

(a) Over the Midline (20 seconds) - Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds or there will be an immediate turnover.



(b) Into the Goal Area (10 seconds) - Upon the ball being possessed in a team's offensive half of the field, a team shall advance the ball into the goal area within 10 seconds or there will be an immediate turnover. Additionally, once the 10-second count has been satisfied and an offensive team carries, passes or propels the ball over the midline (except on a shot) it will result in an immediate turnover.

Once started, both the 20 and 10 counts will continue until:

- The opposing team gains possession.
- A clearing team player in possession of the ball steps on or over the line.
- The official sounds the whistle to stop play for any reason.
- The ball physically touches anything in the Goal Area.
- Play-on
- A loose ball crosses over the midline (20 second count only)

#### **4.15 - ALLOWABLE BODY CONTACT**

Examples of permitted body contact are:

- (a) Legal holds – Holding is permitted under the following conditions (1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side. (2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse. (3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball. (4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
- (b) Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse
- (c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)
- (d) Defensive positioning to redirect an opponent in possession of the ball (riding a player)
- (e) Incidental contact

## **4.16 - CHECKING WITH CROSSE**

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

## **4.18 - GOAL-CREASE PRIVILEGES AND 4.19 GOAL-CREASE PROHIBITIONS**

No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only players that can attempt to block a shot is a legally equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while he is within the goal-crease area.

## **4.21 - SUBSTITUTIONS PROCEDURES**

Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitution, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

*Note: If there is an excessively long period of time without scoring or other dead ball situation (e.g., greater than 2 minutes), play can be suspended at the first natural stopping point to allow substitution of field players. The team entitled to possession of the ball at the stoppage will retain possession after the stoppage.*

## **4.22 - RESTARTS FOLLOWING A TIMEOUT**

Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle.

#### **4.23 - CHANGE OF GOAL**

Teams will change goals between quarters at 12U lacrosse

#### **4.24 - OFFICIAL'S TIMEOUTS**

An official may suspend play at his discretion. If a play loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

#### **4.25 - TIMEOUTS**

Teams have 2 timeouts per half and 1 per overtime period.

#### **4.30 - ALTERNATE POSSESSION**

When the officials cannot determine which team should be awarded the ball, possession shall alternate or when play is stopped while the ball is loose. The referee shall keep track of the alternating possessions.

#### **4.31 - SCRUM SITUATION**

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

*Note: Officials should give approximately 4 seconds for players to pick up the ball.*

## **RULE 5:** Personal Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

**PENALTY: The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.**

**EXCEPTION 1: The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD/NECK are automatically 2 or 3 minute non releasable fouls.**

- 5.2 CROSS CHECK\*
- 5.3 ILLEGAL BODY CHECK\*
- 5.4 CHECKS INVOLVING THE HEAD/NECK\*
- 5.5 ILLEGAL CROSSE\*
- 5.6 USE OF ILLEGAL EQUIPMENT\*
- 5.7 SLASHING\*
- 5.8 TRIPPING\*
- 5.9 UNNECESSARY ROUGHNESS\*
- 5.10 UNSPORTSMANLIKE CONDUCT\*
- 5.11 FOULING OUT\*
- 5.12 EJECTION\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 6:** Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

**PENALTY: The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).**

**EXCEPTION: A loose-ball technical foul by Team B followed by a personal foul by Team A during the play-on will result in both players serving penalty time.**

- 6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE\*
- 6.3 HOLDING\*
- 6.4 ILLEGAL OFFENSIVE SCREENING\*
- 6.5 ILLEGAL PROCEDURE\*
- 6.6 CONDUCT FOUL\*
- 6.7 INTERFERENCE\*
- 6.8 OFFSIDE\*
- 6.9 PUSHING\*

6.10 STALLING\*

6.11 WARDING OFF\*

6.12 WITHHOLDING BALL FROM PLAY\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 7:** Penalty Enforcement

In 12U penalties will begin with the next whistle resuming play. The penalty time will stop for during dead ball situations, timeouts and at the end of periods. Time will resume during the next live whistle.

### **7.1 - PERSONAL FOUL ENFORCEMENT PENALTY**

Personal Fouls: The penalty for a personal foul shall be suspension of the offending player from the game for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. A body or stick check to the head, neck, or a body check hit to a defenseless player shall be a 2 or 3 minute, non releasable, personal foul.

*NOTE: The penalty for an exceptionally violent personal foul may be expulsion.*

### **7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY**

Technical Fouls: The penalty for a technical foul will be either:

- a) Award of the ball to the offended team if the foul occurred during a loose ball situation or when the offending team had possession of the ball.
- b) Suspension from the game of the offending player for 30 seconds if the foul occurred when the offended team had possession of a live ball.

Upon suspension of play for a technical foul, the official will explain the foul to the offending player who, if it is a time serving penalty, will leave the field and report immediately to the penalty area. The ball shall be awarded to the fouled team and the offending player may re-enter the game when their penalty time has expired or a goal has been scored.

### **7.8 - SLOW-WHISTLE TECHNIQUE**

Personal fouls and technical fouls will be enforced using the Slow-Whistle Technique if appropriate.

## **RULE 8:** Game Termination

See Rule 8 in 14U rules.



## 14U BOYS' LACROSSE

Below is a detailed summary of the 14U Rules. In the event situations or questions arise that are not directly addressed in this summary the online 14U Youth Rules and Approved Rulings (ARs) shall apply. The 14U ARs are available at [uslacrosse.org/rules/boys-rules](http://uslacrosse.org/rules/boys-rules). Please first check the online rulebook and if you still are unclear contact US Lacrosse if you would like clarification.

### Philosophy of 14U Lacrosse

14U lacrosse is where young athletes begin emerging into a competitive environment. With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **Fun**
- **Sportsmanship**
- **Using technical skills in game situation.**
- **Exploring and applying new tactical skills**



## AGE AND ELIGIBILITY

Player must be 13 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 12 years of age be permitted to play at the 14U level. Ideally, players should be playing in single age classifications.

## 14U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

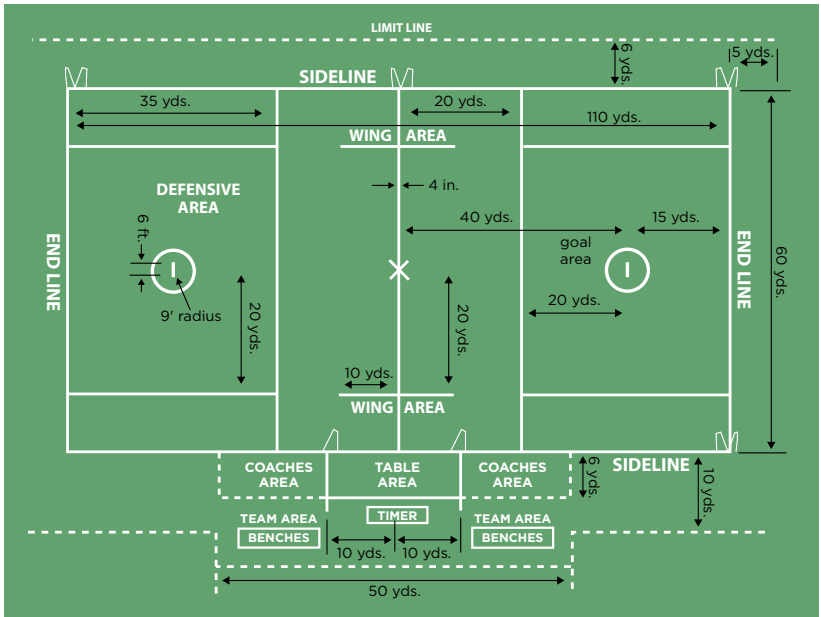
- 10 v 10
- 110 x 60 yard field
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- 2 Team timeouts per half

## 14U BOYS' RULES OVERVIEW

The US Lacrosse 14U rules align with the National Federation of State High School Associations (NFHS) with some modifications for player safety.

# RULE 1: The Game, Field, and Equipment

## THE FIELD DIAGRAM



### 1.2.1 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 110- 120 yards max in length and 53 1/3 and 60 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width.

### 1.2.6 - CENTER SPOT

The center of the field shall be marked by approximately a four-inch circle, square, or an X.

### 1.3.1 - GOALS

A 6x6 foot goal with securely affixed netting that will not permit the ball to pass through shall be used.

### 1.5.1 - THE BALL

Lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.



## 1.6 - CROSSE DIMENSIONS

See Appendix V - Ball and Crosse Specifications.

## 1.7 - CROSSE CONSTRUCTION

See Appendix V - Ball and Crosse Specifications.

### 1.8.1 - CROSSE PROHIBITIONS

No player shall use a crosse that does not meet the specifications of Appendix V. Furthermore, crosses in which the pocket has sagged to such a depth that the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's crosse). Additionally, no player may use a crosse that has stringing that retards the normal and free dis-lodgment of the ball by an opponent. A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed.

### 1.9.1 - FIELD PLAYER EQUIPMENT

All field players shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A), (2) An Intra-oral mouth protector (mouth piece), (3) Protective gloves designed for boy's lacrosse (4) Shoulder pads designed for boy's lacrosse, (5) Athletic cleats or athletic shoes, (6) Arm pads designed for lacrosse, (7) A jersey and shorts of the same color(s) as their teammates, (8) Athletic protective cup.

### 1.9.2 - GOALIE EQUIPMENT

All goalies shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A), (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates.



**IMAGE A**

*(USL) Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that may be worn so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).*

## **1.10 - PROHIBITED EQUIPMENT AND RELATED ITEMS**

(USL) h. Eye black and eye black strips are allowable as long as they do not contain offensive words, shapes, images, or logos.

# **RULE 2:** Game Personnel

## **2.1.1 - NUMBER OF PLAYERS**

10 players shall constitute a full team for full field lacrosse. They shall be designated as follows: 1 Goalkeeper, 3 Defense, 3 Midfield, 3 Attack. A team shall begin the game with at least 10 players, and must have a legally equipped goalkeeper on the field at all times. Failure to maintain 10 players and a legally equipped goalkeeper will result in a forfeit of the game. A team may have a maximum of four players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time.

## **2.1.3 - COACHES**

Coaches are not permitted on the field of play at 14U. They shall stay confined to their designated coach's box on the sideline.



## 2.1.5 - OFFICIALS

US Lacrosse recommends at least 2 certified officials on the field for every competition.

# RULE 3: Time Factors

## 3.1 - LENGTH OF THE GAME

A competition will consist of (4) 10-minute stop time quarters, with a 2 minute break between each quarter and a 5 minute half time.

## 3.3 - STALLING

During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead by 4 goals or less will be warned to "Get it in/keep it in" once the ball in possession has been brought across midfield into its respective goal area.

## 3.4 - OVERTIME

In the event of a tie at the end of the regulation game, play shall be continued with sudden-victory overtime. In sudden-victory overtime periods, teams shall play four minute periods until a goal is scored. Once a goal is scored the game is over. In the event that multiple periods are played there shall be a two-minute intermission between sudden-victory periods.





## **RULE 4:** Play of the Game

### **4.1 - COIN TOSS**

A coin-toss will be used to determine first alternating possession or choice of goal to defend to start the game.

### **4.2 - PLAYER LINE-UP**

Before the start of the game the officials shall bring both starting lineups to the center of the field for a lineup. Teams shall face each other, with their left sides toward the goal they will be defending and the official shall explain any special ground rules and emphasize safety, fair play, and sportsmanship. After the lineup, all the players will go to their starting positions and the game will begin.

### **4.3 - FACING OFF**

Play shall be started with a faceoff at the beginning of each period and after each goal is scored at the center spot.

### **4.4 - POSITIONING OF OTHER PLAYERS BEFORE A FACEOFF**

When a team has all of its players on the field, it shall confine its goalkeeper and three other players behind the defensive-area line, three players behind the defensive-area line in their offensive half of the field area and one player in each of the wing areas.

When the whistle sounds to start play, the player in the wing areas shall be released. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses the defensive-area line, a whistle stops play for a time-serving foul or a whistle restarts play after a non-time-serving foul; when any of these events occur, the faceoff has ended.

#### **4.4.3 - DURING THE FACEOFF**

In all penalty situations, there must be four players in the defensive area and three players in the offensive area. When a team has three players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain inside.

#### **4.6 - OUT OF BOUNDS AND BALL POSSESSION**

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

#### **4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT**

If at any point the ball becomes stuck in a players crosse or equipment, the play shall stop immediately and award the ball to the opposing team.

*Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.*

#### **4.8 - GOAL SCORED**

A goal is scored when a loose ball passes completely over the goal line and into the goal.

##### **4.8.1 - GOAL NOT SCORED**

- (a) When from a shot that was released after time had expired in a period.
- (b) A player from the attacking team has committed a foul
- (c) The goal scorer stick is found to be illegal.

## 4.11 - ADVANCING THE BALL

(a) Over the Midline (20 seconds) - Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds or there will be an immediate turnover.

(b) Into the Goal Area (10 seconds) - Upon the ball being possessed in a team's offensive half of the field, a team shall advance the ball into the goal area within 10 seconds or there will be an immediate turnover. Additionally, once the 10-second count has been satisfied and an offensive team carries, passes or propels the ball over the midline (except on a shot) it will result in an immediate turnover.

Once started, both the 20 and 10 counts will continue until:

- The opposing team gains possession.
- A clearing team player in possession of the ball steps on or over the line.
- The official sounds the whistle to stop play for any reason.
- The ball physically touches anything in the Goal Area.
- Play-on
- A loose ball crosses over the midline (20 second count only)

## 4.15 - BODY CHECKING

To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight. In all cases a body check shall be below the neck, above the waist, and delivered to the front or side of an opponent.

*Note: Any excessive body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground should be penalized as an illegal body check.*

## 4.16 - CHECKING WITH CROSSE

To be legal, checking an opponent's crosse must be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight.

### **4.18.1 - GOAL-CREASE PRIVILEGES**

The goalkeeper may stop or block the ball in any manner with his crosse or body while in the crease. Additionally, no opposing player shall make contact with the goalkeeper or the portion of his crosse that is in the goal-crease area.

Penalty: Technical foul for an offensive player that makes contact with the goalkeeper or their cross while it is in the goal crease area.

4.18.4 No defensive player, other than a properly equipped goalie, can enter their own crease with the perceived intent on blocking a shot or acting as a goalie. Defensive players are allowed to be in or pass through the crease but never with the perceived intention of blocking a shot.

*Note: Officials will stop play as soon as they notice the situation. However, if a shot is already in flight when this is noticed, the shot will be allowed to come to its normal conclusion before the whistle blows to stop play.*

Penalty: Conduct foul on the defensive player. A second violation by the player will be enforced as releasable unsportsmanlike conduct.

### **4.19 - GOAL-CREASE PROHIBITIONS**

No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball.

Penalty: Technical foul for the offensive player

### **4.22 - RESTARTS FOLLOWING A TIMEOUT**

Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle.

### **4.23 - CHANGE OF GOAL**

Teams will change goals between quarters.

### **4.24 - OFFICIAL'S TIMEOUTS**

An official may suspend play at his discretion. If a play loses any of his mandatory personal equipment in a scrimmage area or a player is injured, play shall be suspended immediately.

## 4.25 - TEAM TIMEOUTS:

Each team is entitled to two timeouts per half and one per overtime period if applicable

## 4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate or when play is stopped while the ball is loose. The referee shall keep track of the alternating possessions.

# RULE 5: Personal Fouls

Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

**PENALTY: The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.**

**EXCEPTION 1: The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD/NECK are automatically 2 or 3 minute non releasable fouls.**

- 5.2 CROSS CHECK\*
- 5.3 ILLEGAL BODY CHECK\*
- 5.4 CHECKS INVOLVING THE HEAD/NECK\*
- 5.5 ILLEGAL CROSSE\*
- 5.6 USE OF ILLEGAL EQUIPMENT\*
- 5.7 SLASHING\*
- 5.8 TRIPPING\*
- 5.9 UNNECESSARY ROUGHNESS\*
- 5.10 UNSPORTSMANLIKE CONDUCT\*
- 5.11 FOULING OUT\*
- 5.12 EJECTION\*

*\*The definition for each foul is listed in Appendix I.*





## **RULE 6:** Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

**PENALTY:** The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).

**EXCEPTION:** A loose-ball technical foul by Team B followed by a personal foul by Team A during the play-on will result in both players serving penalty time.

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE\*

6.3 HOLDING\*

6.4 ILLEGAL OFFENSIVE SCREENING\*

6.5 ILLEGAL PROCEDURE\*

6.6 CONDUCT FOUL\*

6.7 INTERFERENCE\*

6.8 OFFSIDE\*

6.9 PUSHING\*

6.10 STALLING\*

6.11 WARDING OFF\*

6.12 WITHHOLDING BALL FROM PLAY\*

*\*The definition for each foul is listed in Appendix I.*

## **RULE 7:** Penalty Enforcement

In 14U penalties will begin with the next whistle resuming play. The penalty time will stop for during dead ball situations, timeouts and at the end of periods. Time will resume during the next live whistle.

### **7.1 - PERSONAL FOUL ENFORCEMENT PENALTY**

Personal Fouls: The penalty for a personal foul shall be suspension of the offending player from the game for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. A body or stick check to the head, neck, or a body check hit to a defenseless player shall be a 2 or 3 minute, non releasable, personal foul.

*NOTE: The penalty for an exceptionally violent personal foul may be expulsion.*

### **7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY**

Technical Fouls: The penalty for a technical foul will be either:

- a) Award of the ball to the offended team if the foul occurred during a loose ball situation or when the offending team had possession of the ball.
- b) Suspension from the game of the offending player for 30 seconds if the foul occurred when the offended team had possession of a live ball.

### **7.8 - SLOW-WHISTLE TECHNIQUE**

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, make the verbal signal "flag down" and withhold his whistle until:

- a) A goal is scored by the attacking team.
- b) The ball goes out of bounds.
- c) A player on the defending team gain possession of the ball.
- d) An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
- e) A players loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
- f) The attacking team commits a foul.

- g) The ball is in the defensive half of the field and the team in possession fails to clear the ball into the goal area.
- h) When the ball hits the ground (not on a shot), the slow whistle is terminated.
- i) The defensive foul is committed during the last two minutes of regulation play with the team that is ahead unless a scoring play is imminent.
- j) A shot hits the goalkeeper, goal posts, or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official.

## **RULE 8:** Game Termination

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, or spectators. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.



## Appendix I

# LACROSSE TERMINOLOGY

**ASSIST:** when one player passes the ball to another and it leads directly to a goal without the scorer having to dodge a defender.

**BODY CHECK:** any overt or obvious collision with an opponent from the front or side and between the shoulders and waist.

### **CREASE VIOLATIONS/GOALKEEPER INTERFERENCE:**

When the defensive team has possession of the ball, infringements of the rules involving the crease shall be penalized as follows (rather than under the general rules for technical fouls):

- a. Any crease violation or interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow-whistle, flag-down situation.
- b. Any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to his team in its offensive side of the field at the Center. If the ball is loose in the crease and the goalkeeper gains possession, the play-on is over.

**DEFENSIVE AREA:** The area at both ends of the field that is below the restraining lines and above the end line.

**DELAYED WHISTLE (FLAG DOWN):** when a team in possession is fouled, a flag is thrown but no whistle will sound to stop play until the fouled team loses possession or ball has gone out of the box.

**CENTER LINE/MID LINE:** the line across the center of the field of play.

### **CHECKS INVOLVING THE HEAD/NECK:**

- (1) A player shall not initiate contact to an opponent's head or neck with a cross check or any part of his body (head, elbow, shoulder, etc.). Any follow-through from these actions that contacts the head or neck shall also be considered a violation of this rule.

- (2) A player shall not initiate an excessive, violent or uncontrolled slash to the head/neck.
- (3) A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

**CLEAR:** Transitioning the ball from the defensive half to the offensive half

**CONDUCT FOUL:**

- (1) A coach shall not enter the field of play without the permission of an official, except to attend to an injured player, to warm up a goalkeeper, or during half time.
- (2) During play, the coaches' area is restricted to coaches. All other personnel shall stay outside the coaches' area.
- (3) A player, coach, athletic trainer or other person officially connected with a team shall not:
  - a. Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
  - b. Commit any act considered misconduct by an official.

**CREASE:** a circle around the goal with a radius of 9 feet into which only defensive players may enter.

**CROSS CHECK:** a player may not check his opponent with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body.

**DODGE:** a move by the ball carrier to advance past a defender.

**EJECTION:** A player, coach, or anyone officially connected with the team shall be ejected for:

- a. Deliberately striking or attempting to strike anyone or leaving the bench area during an altercation.
- b. Second non releasable, unsportsmanlike foul.
- c. Any action deemed by the officials to be flagrant misconduct.

**EXTRA MAN OFFENSE (EMO):** a man advantage resulting from an opponent's time-serving penalty. Also known as "man-up."

**FACEOFF:** this technique is used to put the ball in play at the start of the game, each quarter, half, or after a goal is scored.

**FOULING OUT:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.

**GOAL LINE EXTENDED (GLE):** an imaginary line that extends beyond the goal line and continues to the sidelines.

**HOLDING (Illegal):** A player shall not impede the movement of an opponent or his crosse. Hold is considered illegal under the following conditions:

- a. Use the portion of the handle that is between his hands to hold an opponent.
- b. Step on the crosse of an opponent.
- c. Hold an opponent with his crosse.
- d. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
- e. Hold an opponent with his free hand that is off the crosse.
- f. Hold the crosse of the opponent using any part of his body.
- g. Use his crosse to hold or pin an opponent's crosse to the ground on a face-off.

**HOLDING (Legal):** Holding is legal under the following conditions:

- a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
- b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with either closed hand, shoulder or forearm; and both hands shall be on the crosse.
- c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball
- d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

#### **ILLEGAL BODY CHECK:**

- (1) Body-checking of an opponent who is not in possession of the ball or within three yards of a loose ball.

- (2) Body-checking of an opponent from the rear, at or below the waist, or above the shoulders
- (3) Body-checking of an opponent who has any part of his body other than his feet on the ground.
- (4) A body check that targets a player in a defenseless position. This includes but is not limited to: (A) body checking a player from his “blind side”; (B) body checking a player who has his head down in an attempt to play a loose ball; and (C) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
- (5) An Excessive Body-Check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

(Note: If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the body-check)

**ILLEGAL CROSSE:** A player may not use a crosse that does not conform to required specifications detailed in Appendix IV.

**Penalty:** A crosse found illegal due to a deep pocket will carry a 1-minute non releaseable foul. All other crosse violations for non-conformance will result in a 3-minute non-releasable penalty and the stick will be disqualified for the rest of the game.

**ILLEGAL OFFENSIVE SCREENING:** No offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing, nor shall the offensive player hold his crosse rigid or extend his crosse rigid to impede the normal movements of the defensive man. If contact is made between offensive and defensive players as a result of the offensive player’s setting a screen, the offensive player shall be stationary before the contact occurs, with his feet no wider than shoulder-width apart.

**ILLEGAL PROCEDURE:** Any action on the part of players or substitutes of a technical nature that is not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure.

The following are examples of illegal procedure:

- a. Touching the ball – A player shall not touch the ball with his hands while it is in play. The exception is the goalkeeper while both he and the ball are inside the crease.
- b. Illegal actions with crosse – A player shall not:
  1. Throw his crosse under any circumstances.
  2. Take part in the play of the game in any manner without his crosse when (a) a player lose his crosse in any legal way, so that repossession of the crosse would cause him to violate a rule, the slow-whistle shall be employed by an official (b) Should a crosse be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at the goal, play shall be suspended immediately.
  3. Intentionally kick an opponent's crosse.
- c. Crosse in face of opponent – A player shall not push at, thrust or flick his crosse in the face of an opponent.
- d. Avoidable lateness of team – When a team fails to appear on the field ready to play at the appointed time for the start of a contest, and this tardiness is avoidable.
- e. Entering the game from the penalty area before authorized to do so by the timekeeper. The player shall be returned to the penalty area to serve his remaining time, plus 30 seconds. If the ball is loose or in possession of the player's own team, it shall be awarded to the opposing team and the player leaving the penalty area early does not have to serve an additional 30 seconds. In the event that a goal is scored by the opponent, the unexpired penalty time is nullified, and the 30-second penalty is erased.
- f. Delaying the game – When it is a team delay, the penalty shall be assigned to the in-home. Delaying the game shall be the consuming of more than 20 seconds:
- g. Participation in the play of the game by a player out of bounds.
- h. Any player not in his restraining area at the time the whistle is blown to start play at the time of a faceoff.
- i. Failure to remain 5 yards from a player awarded the ball for a restart.
- j. Any violation of the rules for substituting players.
- k. Any violation of the rules relating to the goal-crease area.
- l. Any violation of the rules for time-outs.
- m. Having more than 10 players in the game at any time, including a player or players in the penalty area.
- n. Violation of the rules on positioning for a faceoff. Award the ball to offended team in its offensive side of the field at Center. (See Rule 7.3)
- o. If a head coach makes two or more requests in which no



violations are found for either counting of long crosses or inspecting any opponents' equipment, a time-out will be charged. If no time-outs remain for that half or overtime period, a technical foul will be called.

p. Having more than four long crosses in the game.

q. Failure of the player in possession of the ball to place the ball directly on the field or hand it to the nearest official on a change of possession. An example is if the player rolls the ball away or creates a delay or disadvantage to the team being awarded the ball.

r. Failure to advance the ball beyond the center line into the goal area within 10 seconds as required, or upon gaining possession of the ball inside the defensive half of the field, to advance the ball beyond the center line within 20 seconds.

s. Failure to provide a scorebook, timing device, table and working horn.

t. Failure to have a clearly marked center line that runs the entire width of the field.

u. Failure to have a properly equipped designated goalkeeper on the field of play.

v. When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds after the officials are ready to restart play.

w. Take a dive or feign a slash to the head or body in order to deceive the official and draw a penalty.

x. Failure to wear required mouthpiece (unless it comes out during play).

**INTERFERENCE:** A player shall not interfere in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within 3 yards of the players, or both players are within 3 yards of a loose ball.

**LOOSE BALL:** a ball that is not in possession of a player is referred to as a loose ball.

**MAN DOWN DEFENSE:** the defense plays with at least a one-man disadvantage due to teammates serving penalties.

**OFFSIDE:** A team is considered offside when a team has more than 6 players in its offensive half of the field or more than 7 players in its defensive half of the field.

**ON-THE-FLY SUBSTITUTION:** a substitution made during play.

**PENALTIES:** the penalty for a technical foul is loss of possession or 30 seconds. The penalty for a personal foul is 1-3 minutes and/or expulsion. Penalties can be releasable or non releasable after a score.

**PICK:** an offensive maneuver in which a stationary and motionless player attempts to block the path of a defender guarding another player.

**POCKET:** the strung part of the head of the stick which holds the ball. Sticks with pockets not to specification may be removed from the game and may also lead to penalties.

**PUSHING:** A player shall not thrust or shove an opponent from the rear. A push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hand, shoulder, or forearm, and both hands shall be on the crosse.

**RAKING THE BALL:** At no time may a field player use the back of his crosse to cover or rake the ball backwards. They may only use a forward scooping motion to attempt to gain possession of the ball. EXCEPTIONS: Goalkeepers in the crease and face-off players may rake the ball in order to gain possession. (Note: Raking the Ball is only a technical foul at 6U, 8U and 10U).

**RE-DODGE:** can be from behind the goal or up top. A player dodges, can make a two or three step drop, then re-dodge back towards the goal.

**RELEASE:** the term used by a timekeeper to notify a penalized player in the box that he may re-enter the game.

**RIDE:** The defending team will try to prevent their opponent from clearing the ball, thereby creating a turnover.

**SCORER'S TABLE:** the table and area between the benches at midfield where time and score are kept, penalties are served and some substitutions are made.

**SHAFT:** the stick's handle, the shaft, may be made of aluminum, wood, or composite material and is connected to the stick head.

## **SLASHING:**

- (1) Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck.
- (2) Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck. NOTE: Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.
- (3) Striking an opponent in any part of the body with the crosse (including its end cap), except when done by a player in the act of passing, shooting or attempting to scoop the ball. In all situations, the player's gloved hand shall be considered part of the crosse, except when in contact with a line marking.
- (4) One-handed checks shall be considered a slash, whether or not it makes contact with the opposing player. If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

## **STALLING:**

- (1) It shall be the responsibility of the team in possession to attack the goal. A team in possession of the ball in its offensive half of the field may be warned to "get it in/keep it in." This warning shall be made when, in the judgment of the officials, that team is keeping the ball from play by not attacking the goal. A visual 10-second count will start when warning the team to "get it in." If the offensive team has the ball in the goal area, the defensive team must attempt to play the ball within the goal area in order for a stalling warning to be issued against the offensive team. The stalling warning remains in effect until a goal is scored; a shot hits the goal pipes, the goalie or his equipment; the defensive team gains possession of the ball or the quarter ends resulting in a faceoff. After the team has been warned, stalling shall be called if the ball leaves the goal area in any manner other than as a result of a shot on goal or a touch by the defensive team.

- (2) During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead by 4 goals or less. When the score differential is 5 goals or more, neither team is forced to keep the ball in the goal area.

**STICK CHECK:** using stick-to-stick contact to try to dislodge the ball.

**TRIPPING:** Tripping is obstructing an opponent at or below the waist with the crosse, hands, arms, feet or legs, by any positive primary action if the obstructing player is on his feet or by any secondary action when the obstructing player is not on his feet. When a player legally checks the crosse of an opponent and the result is to cause the opponent to trip over his own crosse, no foul is committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed.

**UNNECESSARY ROUGHNESS:**

- (1) An excessively violent infraction of the rules against holding and pushing.
- (2) Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.
- (3) Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.

**PENALTY:** Penalty for unnecessary roughness fouls are a One, Two, or Three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

**UNSPORTSMANLIKE CONDUCT (Releasable):**

- (1) Repeatedly commit the same technical foul.
- (2) As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.
- (3) As a substitute, deliberately fail to comply with the rules for entering the field of play.

- (4) A second violation for a team that has a defensive player, other than a properly equipped goalkeeper, that enters his own crease with the perceived intent on blocking a shot or acting as a goalkeeper.

### **UNSPORTSMANLIKE CONDUCT (Non Releasable):**

- (1) Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. Tone, disruptiveness, and body language can all contribute to unsportsmanlike conduct. Players and coaches will exhibit the highest level of sportsmanship at all times. Note: US Lacrosse discourages any form of taunting which is intended to embarrass, ridicule, or demean others. This can include but is not limited to race, religion, gender, national origin, or any other basis.
- (2) No player, substitute, nonplaying member of a squad, coach or spectator shall:
- a\*. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
  - b\*. Use threatening, profane or obscene language or gestures at any time during the game.
  - c\*. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
  - d. Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff. (Note: Inadvertent touching of the ball when the hand is grasping the stick on a faceoff should not be called as an unsportsmanlike conduct foul).

*\*Note: If a spectator is verbally abusive to players, coaches, or game officials, the official will suspend the game and instructs both coaches to address the spectator in question. If the conduct by the spectator continues the team associated with the offending spectator shall be assessed a 1 minute non-releasable unsportsmanlike conduct penalty. Any continued unsportsmanlike behavior by the spectator can result in Rule 8: Game Termination.*

**USE OF ILLEGAL EQUIPMENT:** A player may not use equipment that does not conform to specifications. The fingers/palms of a player's hands must be completely covered by his gloves and the gloves may not be altered in a way that compromises their protective features. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul.

**WARDING OFF:** A player in possession of the ball shall not use his free hand or arm or any other part of his body to hold, push or control the direction of the movement of the crosse or body of the player applying the check. A player in possession of the ball may protect his crosse with his hand, arm or other part of his body when his opponent makes a play to check his crosse.

**WITHHOLDING BALL FROM PLAY:** When a loose ball is on the ground, a player shall not lie on the ball, trap it with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner. A player, players or team shall not deliberately withhold the ball from play. Repeated actions of this nature shall be ruled unsportsmanlike conduct.

## GOALIE TERMINOLOGY

**CHECK:** tells a defender a pass is being made to an area for a potential shot, defender must be ready to clamp down on, or "check," the offensive player's stick.

**DRIVE/PUSH:** tells defender the offensive player is coming too close to the goal and he needs to push him away from the goal.

**MATCH-UP:** a call given by the goalie to tell each defender to find his man and call out his number.

**SHOT:** tells defender that offense is in a threatening position to shoot, must step up and block or push out.

**BREAK:** tells the defense that a save has been made and the goalie is looking for outlets to clear the ball out of the crease.

## Appendix II

# OFFICIALS SIGNALS

### SIGNAL

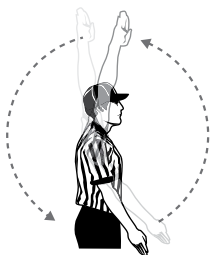
### FOUL DESCRIPTION



#### **BALL HAS ENTERED ATTACK AREA**

Attacking team has satisfied the requirement to bring the ball into their offensive area.

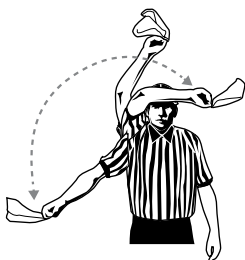
PROCEDURAL CALL



#### **BALL IN POSSESSION**

Ball possession has been gained on a faceoff.

PROCEDURAL CALL



#### **DISREGARD FLAG**

Flag was in inadvertent and no foul has occurred.

PROCEDURAL CALL



#### **FACEOFF**

A faceoff will occur.

PROCEDURAL CALL

**SIGNAL****FOUL DESCRIPTION****FAILURE TO ADVANCE BALL**

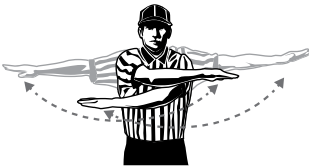
Failure to advance the ball over the center line in 20 seconds or to bring the ball into the goal area within 10 seconds after crossing the center line can result in a turnover.

PROCEDURAL CALL

**LOOSE BALL**

Indicates that the ball was loose when there was a technical foul.

PROCEDURAL CALL

**NO SCORE**

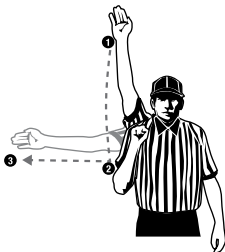
Goals that are scored illegally are quickly reversed by the official. Possession is awarded to the defending team.

PROCEDURAL CALL

**NONRELEASABLE PENALTY**

All nonreleasable penalties remain in place until the full time is served. These can include illegal body check, take-out check/excessive body check, check involving the head/neck, and unnecessary roughness.

PROCEDURAL CALL

**OUT OF BOUNDS**

1. The ball has gone out of bounds.
2. and 3. Points to the direction of goal that will be attacked by the team entitled to the ball.

PROCEDURAL CALL





### PLAY ON OR DEAD BALL

If a player commits a loose-ball or line violation foul, goalie interference or crease violation and the offended player may be disadvantaged by the immediate suspension of play, the official will delay the whistle and signal play-on.

PROCEDURAL CALL



### RE-ENTRY OF THE CREASE

A player has illegally re-entered the crease.

PROCEDURAL CALL



### SCORE

The goal line official calls all goals.

The ball must pass completely through the plane of the back edge of the pipes. Hitting two or three pipes does NOT designate a goal.

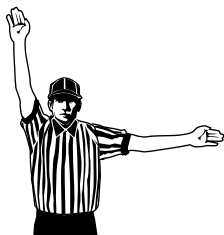
PROCEDURAL CALL



### SIMULTANEOUS FOULS

Fouls called on players of opposing teams during a live ball or a dead ball when sequence cannot be determined.

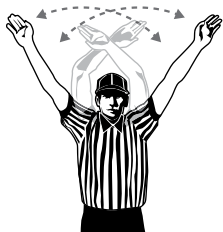
PROCEDURAL CALL



### STALL WARNING/SHOT CLOCK ON

Attacking team is not making an effort to attack the goal and score.

PROCEDURAL CALL

**SIGNAL****FOUL DESCRIPTION****TIMEOUT**

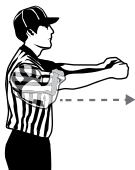
The official will alert the timekeeper when to stop the clock. In games that use running time, certain conditions like legal timeouts, injury timeouts and equipment checks will require the clock to be stopped.

PROCEDURAL CALL

**TIPPED/DEFLECTION**

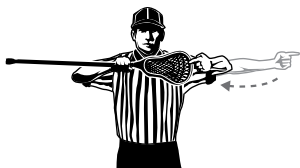
A ball has been tipped or deflected by an individual.

PROCEDURAL CALL

**SIGNAL****FOUL DESCRIPTION****CROSS-CHECKING**

A player cannot use the stick shaft between his hands to play an opponent, either when thrust against his opponent or striking him while running with his stick extended.

PERSONAL FOUL

**DEEP POCKETS**

A player may not use a stick that doesn't conform to specifications. There is a 1-minute non-releasable penalty if a stick has too deep a pocket or weaving not firmly attached.

PERSONAL FOUL

**EJECTION FOUL**

A player, substitute, coach or other team personnel can be ejected from the game for serious infractions. See ejection foul page for further details. Ejection fouls are enforced with a three-minute non-releasable penalty.

PERSONAL FOUL

**ILLEGAL BODY CHECK**

Fouls will be called for a body check:

- of an opponent without possession of the ball or more than 3 yards from a loose ball.
- delivered without both hands on the stick
- avoidable hit on opponent who's already passed or shot the ball.
- to a player from behind, below the waist or above the shoulders, including following through to head.
- to a player with any body part other than their feet on the ground.
- initiated with the head, also known as spearing and assessed a non releasable penalty.
- considered more aggressive than necessary to knock to the ground, injure the player or made in a reckless or intimidating manner.

**PERSONAL FOUL****ILLEGAL EQUIPMENT**

A player may not use equipment that doesn't conform to specifications. For example: cutting palms out of gloves or altering protective equipment like shoulder and arm pads, non-regulation lacrosse helmets and mouth guards, Jewelry, unless religious or medical alert items taped.

**PERSONAL FOUL****PERSONAL FOUL**

An offending player's team will be a man down while he serves his penalty in the penalty box. A personal foul can be one, two, or three minutes, depending on the official's judgment of the severity and perceived intent of the foul. Fouled team will be given possession.



**SIGNAL****FOUL DESCRIPTION****SLASHING**

A poke into the ribs, chest, neck or back. A vicious, uncontrolled swinging of the stick, whether contact is made or not. The gloved hand on the stick may be legally checked.

PERSONAL FOUL

---

**TRIPPING**

A player may not trip an opponent with an intentional action of his body or stick below his opponent's waist resulting in their being obstructed.

PERSONAL FOUL

---

**UNNECESSARY ROUGHNESS**

Any excessively violent infraction of the rules governing holding or pushing. Includes checks delivered with a punching blow, against a player setting a pick or a stationary defender and checking an opponent who is in a vulnerable position.

PERSONAL FOUL

---

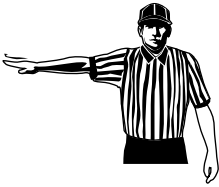
**UNSPORTSMANLIKE CONDUCT**

Nonreleasable - arguing with official, using threatening or obscene language or gestures, bating or taunting, or any other act officials deem unsportsmanlike.

Releasable - repeatedly committing same technical foul, not returning to field immediately, and a substitute deliberately not complying with rules for entering game.

PERSONAL FOUL

---

**SIGNAL****FOUL DESCRIPTION****CONDUCT FOUL**

Aggressively argue or make gestures about a decision by an official or commit other act considered misconduct by the official.

TECHNICAL FOUL

---

**CREASE VIOLATION**

Usually from stepping into the crease while on offense.

TECHNICAL FOUL

---

**HOLDING**

Numerous violations which include holding an opponent with a free hand and holding the body of an opponent with a stick.

TECHNICAL FOUL

---

**ILLEGAL OFFENSIVE SCREENING**

Teammate moving or stepping into opponent while trying to screen a player guarding a teammate.

Often referred to as a “moving pick,” no offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing.

Called only when one offensive player checks a defensive player when the checker’s team has possession.

TECHNICAL FOUL

---

**SIGNAL****FOUL DESCRIPTION****ILLEGAL PROCEDURE**

Any number of actions on the part of players or substitutes of a technical nature that are not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure.

TECHNICAL FOUL

---

**ILLEGAL TOUCHING OF THE BALL**

Field player intentionally or unintentionally touches the ball with their hands.

TECHNICAL FOUL

---

**INTERFERENCE**

Violations include impeding a player running through the attack area and contact not within 3 yards of a loose ball.

A player shall not interfere in any manner with the free movement of an opponent when his team has possession.

TECHNICAL FOUL

---

**OFFSIDE**

Too many players in either end of the field.

TECHNICAL FOUL

---

**PUSHING**

A player shall not thrust or shove an opponent from the rear. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball.

TECHNICAL FOUL

---



### STALLING OR DELAY OF GAME

A stalling violation occurs when any action takes place to intentionally delay the game.

TECHNICAL FOUL



### TECHNICAL FOUL

The penalty for a technical foul is either:

- 30 second releasable penalty after flag-down, slow-whistle if fouled team had possession at the time
- Possession awarded to fouled team after play-on ended if it wasn't in possession of the ball
- If ball remains loose, fouled team awarded ball at spot of infraction



### WARDING OFF

A player in possession of the ball shall not use his free hand or arm or any other part of his body to hold, push or control the direction of the movement of the crosse or body of the player applying the check.

TECHNICAL FOUL



### WITHHOLDING BALL FROM PLAY

Lying or sitting on a loose ball. Clamping a ball longer than necessary to pick it up.

TECHNICAL FOUL

## Appendix III

# LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

### **PROACTIVE PLANNING**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the US Lacrosse web site at [uslacrosse.org/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](http://uslacrosse.org/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)



## Appendix IV

# CONCUSSIONS

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### **Common Symptoms of Concussion Include:**

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes- irritable, anxious, or tearful

### **SUGGESTED CONCUSSION MANAGEMENT:**

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

### **FOR MORE INFORMATION:**

[uslacrosse.org/sites/default/files/public/documents/safety/cmp-guidelines-2017.pdf](http://uslacrosse.org/sites/default/files/public/documents/safety/cmp-guidelines-2017.pdf)

## Appendix V

# BALL & CROSSE SPECIFICATIONS

## LACROSSE BALL SPECIFICATION

**6U and 8U:** Soft lacrosse balls or other soft athletic balls of similar or larger diameter.

**10U, 12U, and 14U:** The ball shall be white, yellow, orange, lime green, or pink and meet the current NOCSAE lacrosse ball standard at the time of manufacture. All game balls must include labeling which states "Meets NOCSAE Standard."

## LACROSSE HEAD SPECIFICATIONS

### **A HEAD DIMENSIONS**

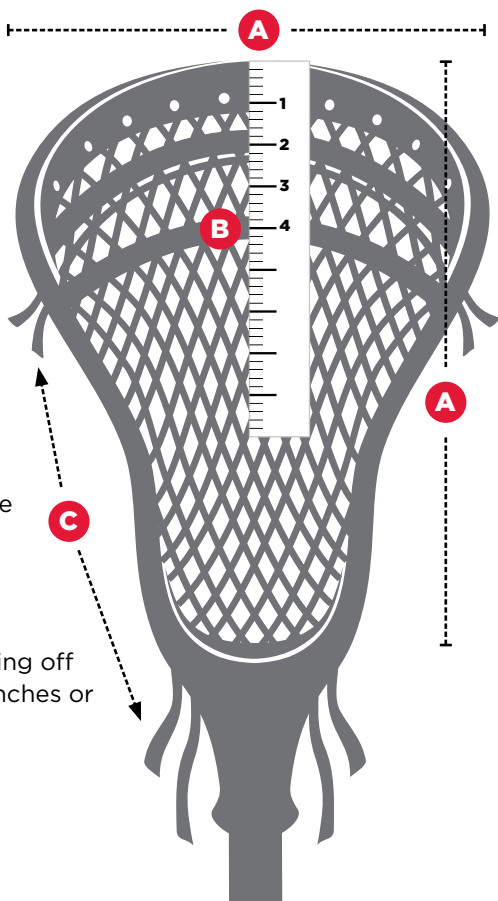
The head of the crosse at its widest point shall measure a minimum of 6 inches and a minimum of 10 inches from the top of the crosse head to bottom of the wall. Both NFHS and NCAA stick specifications are legal for youth lacrosse.

### **B SHOOTING STRINGS**

Any laces or stings must be located within 4 inches of the top of the crosse head.

### **C STRINGS OUTSIDE OF CROSSE**

Any strings or leathers hanging off the crosse must measure 2 inches or less.



# POCKET DEPTH TEST AND CROSSE LENGTHS

## POCKET DEPTH TEST

The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalies).

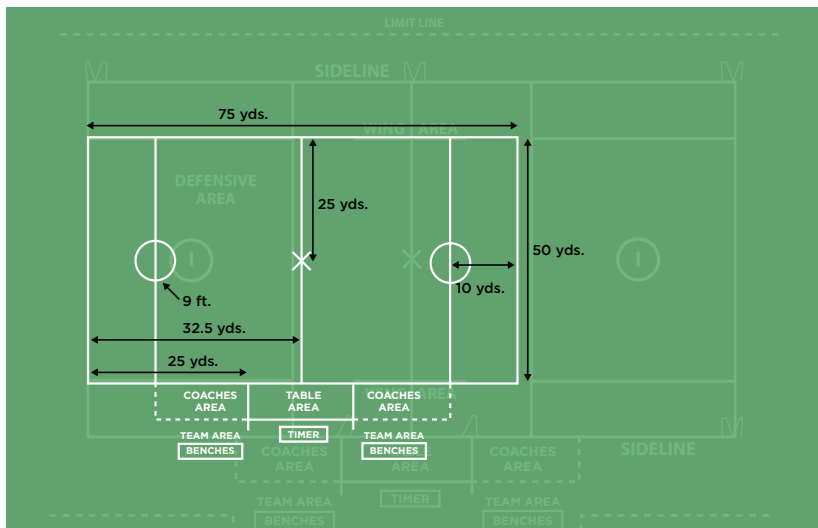


## A CROSSE LENGTHS

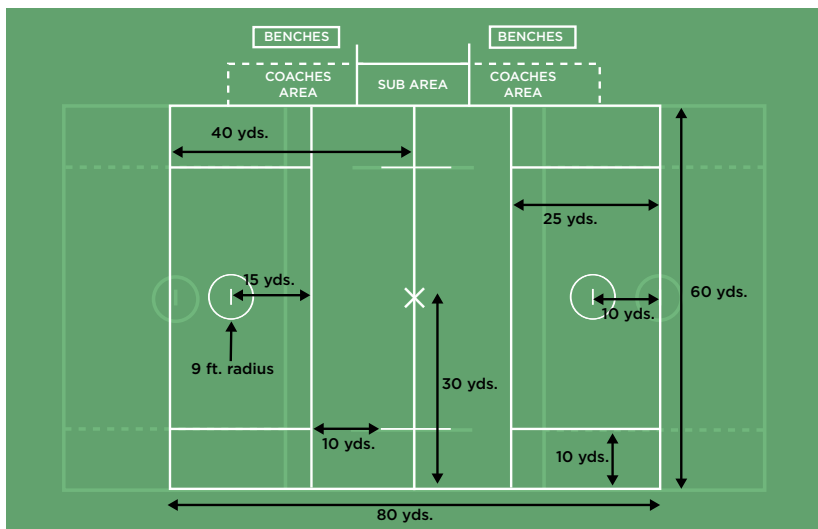
AGE GROUP	MINIMUM - MAXIMUM LENGTH		
	SHORT POLE	LONG POLE	GOALIE
<b>6U</b>	Should be no more than the distance from ground to player waist. NO minimum.		
<b>8U</b>	37" - 42"	N/A	37" - 54"
<b>10U</b>	37" - 42"	47" - 54"	37" - 54"
<b>12U</b>	40" - 42"	52" - 72"	40" - 72"
<b>14U</b>	40" - 42"	52" - 72"	40" - 72"

# ALTERNATE FIELD DIAGRAMS

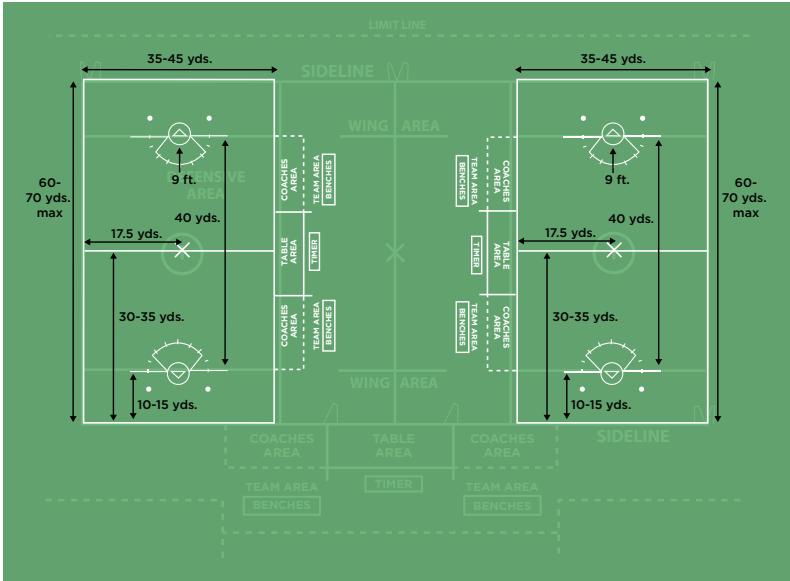
## 10U SHORTENED FIELD



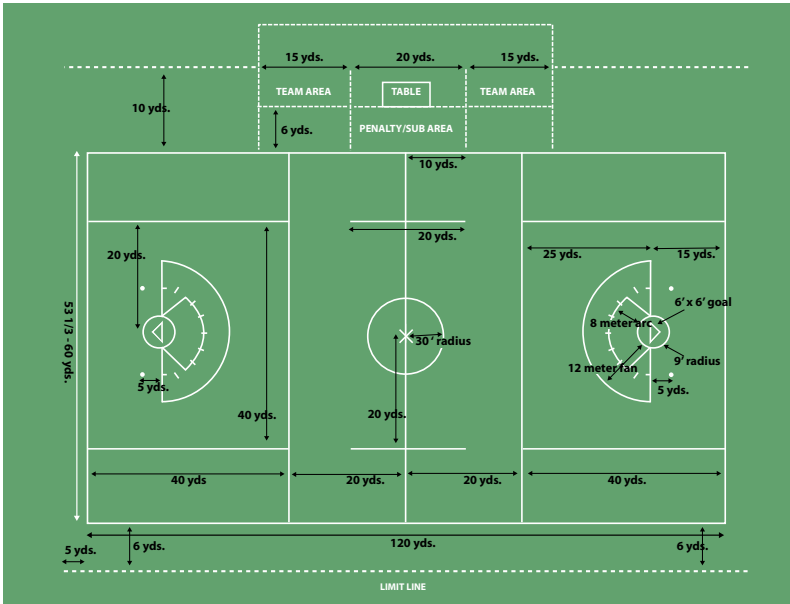
## 12U SHORTENED FIELD



# SMALL-SIDED UNIFIED FIELD



# 120 YARD UNIFIED FIELD (NFHS & YOUTH APPROVED)



## Appendix VII

# EXPERIMENTAL RULES

In order to test rule proposals that have been submitted to US Lacrosse, the Men's Rules Subcommittee is encouraging leagues and tournaments to try out the following experimental rules. Leagues and tournaments using these rules are encouraged to send their feedback to [boysrules@uslacrosse.org](mailto:boysrules@uslacrosse.org) with Experimental Rules in the subject heading.

### **Excessive Possession**

One of the objectives at this level is to encourage team play as opposed to purely individual play. Therefore, if both coaches agree or if the organizing authority approves, a player who withholds the ball from play by continuing to maintain possession for more than 5-7 seconds, without passing or shooting, will be assessed a technical foul and possession of the ball will be awarded to the offended team.

### **Offside (10U)**

Incorporate offside back into play to see if it encourages more passing and increased ball control by players.

### **Completed Pass After a Faceoff (8U, 10U and 12U)**

On faceoffs, a player must complete one pass prior to shooting at or scoring a goal.

### **Attack and Defensive In-Home Players**

Teams will nominate a starting defensive player and starting attack player as in-home. Defensive in-home players are used if a goalie commits a foul and their team does not have another properly equipped goalie to be a replacement. In this case, the goalie can remain in the game and the nominated in-home will serve the goalie's penalty.

### **Extended Play During the Last 2 Minutes (12U and 14U)**

During a game with a low score differential and less than 2 minutes of time left, it is permissible to extend the length of the game for the team that is losing by the amount of penalty time being served by their opponent.

- a. Situation: Team A is ahead by 1 goal and there are 25 seconds remaining in the game. Team A commits a 1-minute slashing penalty. In this instance, the game would be extended to the full penalty time so that Team B would have the opportunity to use its full 1-minute man-up, rather than just the remaining 25 seconds.

### **Eliminate the “Get it In and Keep It in” in Final 2 Minutes**

Eliminate the automatic get it in and keep it in procedure during the last 2 minutes of play, and allow officials to determine when play is being stalled by using the existing rules of play.









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