



2017 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
Walt Munze	Manlius, NY	National Rules Interpreter
Mark Saudek	Baltimore, MD	Member at Large
John Titus	Richmond, VA	Member at Large
Rick Lake	Sparks, MD	US Lacrosse Staff
James Weaver	Indianapolis, IN	NFHS Rules Editor
Tommie Neubauer	Dover, DE	NFHS Rules Chair
Eric Rudolph	Atlanta, GA	Outgoing 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

Rule Change Suggestions: 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



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 \$500,000 in safety research projects, studying everything from head injuries to hydration.
- **TRAIN AND CERTIFY COACHES** – More than 20,000 people have participated in our Coaching Education Program, helping them to teach the sport correctly and safely.
- **TRAIN AND CERTIFY OFFICIALS** – Nearly 6,900 officials took our online courses in 2012 alone, helping them to keep games safe and fair.
- **CREATE OPPORTUNITIES TO PLAY** – Through initiatives like our First Stick Program, we have provided 1,028 grants since 2000, totaling more than 27,000 pieces of equipment that have given hundreds of thousands of kids the opportunity to play.
- **ELEVATE THE SPORT'S VISIBILITY** – Our 27-time world champion U.S. National Teams set the standard for excellence in international lacrosse.
- **PIONEER NATIONAL STANDARDS** – Our Youth Rules & Best Practices Guidebooks, which focus on age-appropriate player development, team play, sportsmanship and safety, have been distributed to more than 320,000 players, parents, coaches and officials.
- **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 men's lacrosse for youth (14U and under) play. 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.



2017 MAJOR RULE CHANGES

For the 2017 seasons and from this point forward US Lacrosse will be publishing 6U, 8U, 10U, 12U, and 14U rule sets. Since there are a number of changes this season, we have a brief overview of 6U, 8U, 10U, and 12U lacrosse. The 14U rules are, for the most part, the same as last season except when noted below. Any revisions from last year's US Lacrosse youth rules have been identified by a **screened background** below.

6U

- Players: **3v3 with no goalie**
- Field Size: **60 yards x 35 yards (cross field)**
- Equipment: **Sticks only, soft-type ball**
- Goal Size: **3 feet by 3 feet**
- Penalties: **Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.**
- Body Checking: **Body contact is not permitted**
- Stick Checking: **Stick to stick contact is not permitted**

8U

- Players: **4v4 with no goalies or 3v3 with goalies**
- Field Size: **60 yards x 35 yards (cross field)**
- Equipment: **Full equipment, soft-type ball**
- Goal Size: **3 feet by 3 feet**
- Penalties: **Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.**

10U

- Players: **6v6 with no goalies or 5v5 with goalies**
- Field Size: **60 yards x 35 yards (cross field)**
- Equipment: **Full equipment, NOCSAE lacrosse ball**
- Goal Size: **6 feet by 6 feet (5x5 or 4x4 allowable)**
- Penalties: **Time-serving penalties**

12U

- **Players:** 7v7 or 10v10, depending on size of field used
- **Field Size:** 60 x 35 yards (cross field) or 110 x 60 yards
- **Equipment:** Full equipment, NOCSAE lacrosse ball
- **Goal Size:** 6 feet by 6 feet
- **Penalties:** Time-serving penalties.
- **Body Checking:** No Body Checking. Please See 12U rules for additional information.
- **Checking with the Crosse:** See 12U rules for allowable stick checks.

14U

- **1-9-1j** Arm pads are now optional pieces of equipment for goalies.
- **1-10h** Eye black and eye black strips are allowable as long as they do not contain offensive words, shapes, images, or logos.
- **4-3-1** If a player or team commits a foul before any faceoff, the ball will be awarded to the offended team in its offensive side of the field at the center.
- **4-18-4** No defensive player, other than a properly equipped goalkeeper, can enter his own crease with the perceived intent of blocking a shot or acting as a goalkeeper. A second violation by the player will be enforced as a releasable unsportsmanlike conduct foul.
- **5-11-1** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game.
- **6-5-2** Failure to wear the required mouthpiece, unless it comes out during play, is now a technical foul.
- **6-10-3** During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead by four goals or less. When the score differential is five goals or more, neither team is forced to keep the ball in the goal area unless warned to "keep it in".



2017 Points of Emphasis

BODY CHECKING - At 12U, 10U, and 8U a player may not deliver a body check to an opponent. Allowable body contact at these levels are legal holds, legal pushes, the use of equal pressure against an opponent to gain possession of a loose ball, defensive positioning to redirect an opponent in possession of the ball, and contact deemed incidental by officials.

ILLEGAL STICK CHECKING (SLASHING AND CROSS CHECKING) - Any stick checks that are not to a players crosse or hands of a player in possession of the ball is considered a slash or cross check. Officials are expected to enforce this rule.

COACHES AND TEAM AREA - At 12U and 14U the only time a coach is allowed to enter the lacrosse field is to attend to an injured player, to warm up a goalkeeper, or during halftime. If a coach is on the field of play during a live ball or dead ball for any other instance and the coach does not have permission from an official, it is considered a foul. Officials are encouraged to enforce this rule and keep coaches restricted to the sideline and coaches area during live play, during timeouts and between quarters.

MOUTH GUARDS - It is strongly recommended that mouth guards be properly fitted and not be altered any manner which decreases their effective protection. Mouth guards cannot be clear and must be of any visible color other than white to allow for easier rule enforcement by officials. Coaches should instruct players to have their mouth guards properly in their mouths at all times (i.e. no fish hooking). Officials must enforce this rule.



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

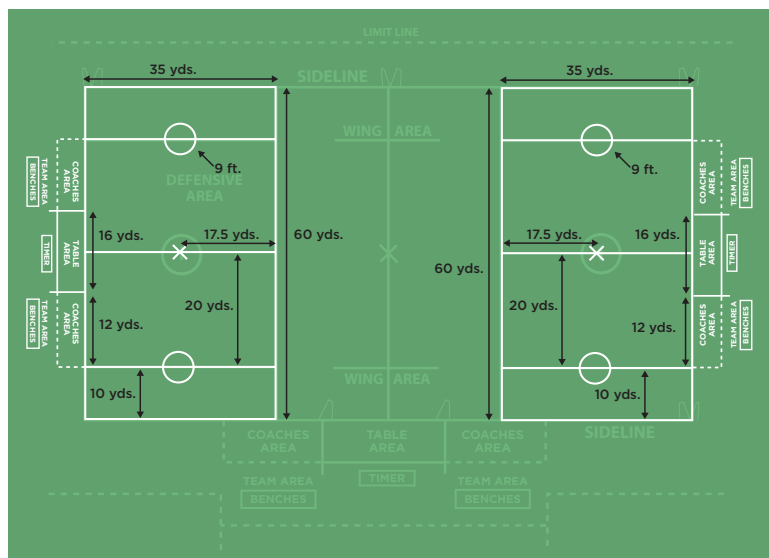
- 3 v 3 play, with no goalkeepers
- 60 x 35 yard field, adjustable for local conditions
- 3'x3' goals in 9' radius crease
- Goals 40 yards apart, adjustable for local conditions
- No team timeouts
- Mini stick type crosses recommended
- Soft lacrosse balls
- Mouth guards are mandatory. Lacrosse gloves 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

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

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

Score is not kept at 6U level.

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 competition 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 shall 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 two 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.

4.32 - EXCESSIVE POSSESSION (OPTIONAL)

One of the objectives at this level is to encourage team play, as opposed to purely individual play. Therefore, if both coaches agree or the organizing authority authorizes, a player who withholds the ball from play by continuing to maintain possession of the ball 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.

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*

6.8 OFFSIDE*

6.9 PUSHING*

6.10 STALLING*

6.11 WARDING OFF*

6.12 WITHHOLDING BALL FROM PLAY*

6.13 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.

**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.

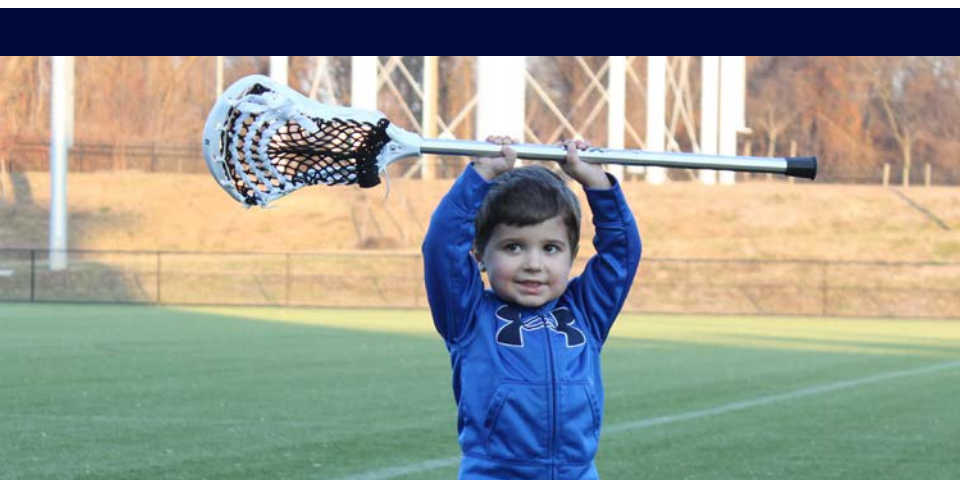
7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY

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

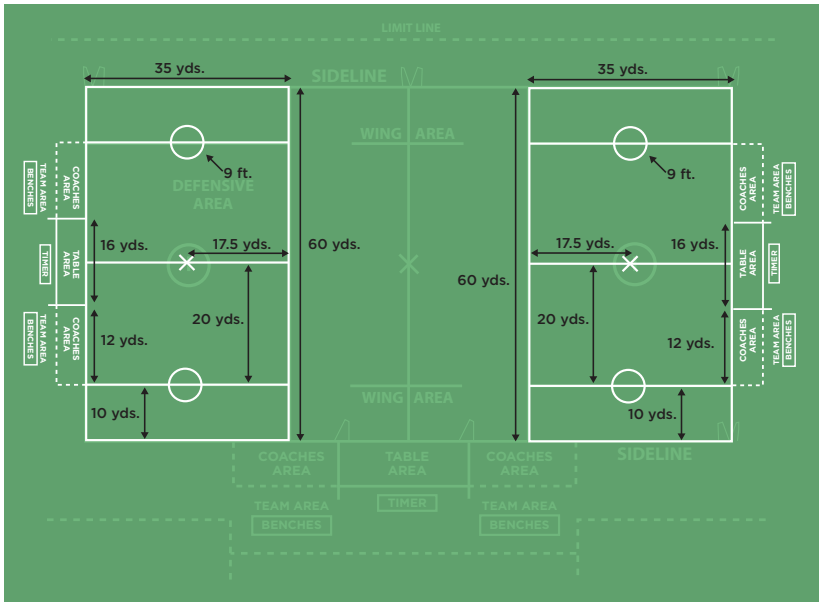
- 4 v 4 play, 1 goalkeeper plus 3 field players
- 60 x 35 yard field, adjustable for local conditions
- 3'x3' goals in 9' radius crease
- Goals 40 yards apart, adjustable for local conditions
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Soft lacrosse 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

3 field players and 1 legally equipped goalie (4v4) from each team shall be on the field. In the event that no goalies are used or available only 4 field players (4v4) shall be on the field for each team.

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 head coaches shall designate a timekeeper.

2.8 - SCORE KEEPER

Score is not kept at 8U.





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.

RULE 4: Play of the Game

4.1 - COIN TOSS

Prior to the start of competition 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.

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 the ball crosses the goal line after the time of a period has expired,
- (b) An offensive player has committed a foul
- (c) When an attacking team has more players on the field than are legally allowed
- (d) 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

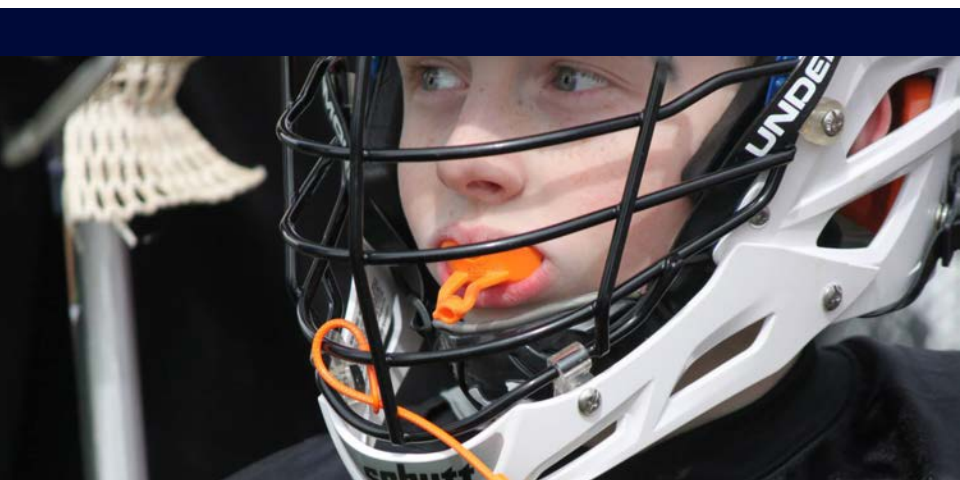
- (1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
- (2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with 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 shall 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.

4.22A - RESTARTING AFTER A GOAL IS SCORED

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.

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 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 two 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.

4.33 - EXCESSIVE POSSESSION (OPTIONAL)

One of the objectives at this level is to encourage team play, as opposed to purely individual play. Therefore, if both coaches agree or the organizing authority authorizes, a player who withholds the ball from play by continuing to maintain possession of the ball 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 opposing team.

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*

6.8 OFFSIDE*

6.9 PUSHING*

6.10 STALLING*

6.11 WARDING OFF*

6.12 WITHHOLDING BALL FROM PLAY*

6.13 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 may trap the ball and rake it in order to gain possession.

**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

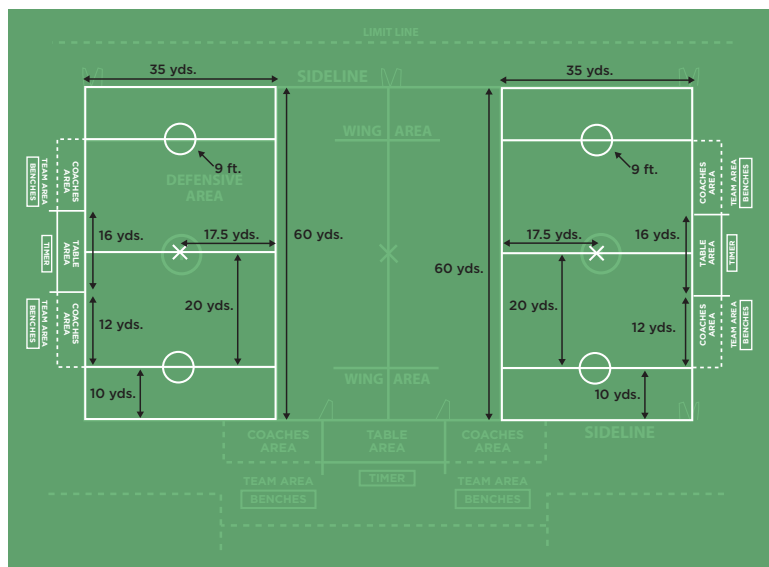
- 6 v 6 play, 1 goalkeeper plus 5 field players
- 60 x 35 yard, adjustable for local conditions
- 6 x 6 goals in 9' radius crease, adjustable for local conditions
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Regular lacrosse balls
- No team timeouts

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 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.

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

5 field players and 1 legally equipped goalie (6v6) from each team shall be on the field. In the event that no goalies are used or available only 5 field players (5v5) shall be on the field for each team. No field player shall enter the crease to assume the position of a goal keeper.

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

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) 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 players crosse 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 the ball crosses the goal line, after the time of a period has expired (b) A player from the attacking team has committed a foul (c) When an attacking team has more players on the field than are legally allowed (d) the goal scorer's 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 shall 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 two 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.

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

6.13 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: The two players performing a faceoff and goalkeepers in the crease may trap the ball and rake it in order to control the ball and pick it up with a continuous motion.

**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.

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

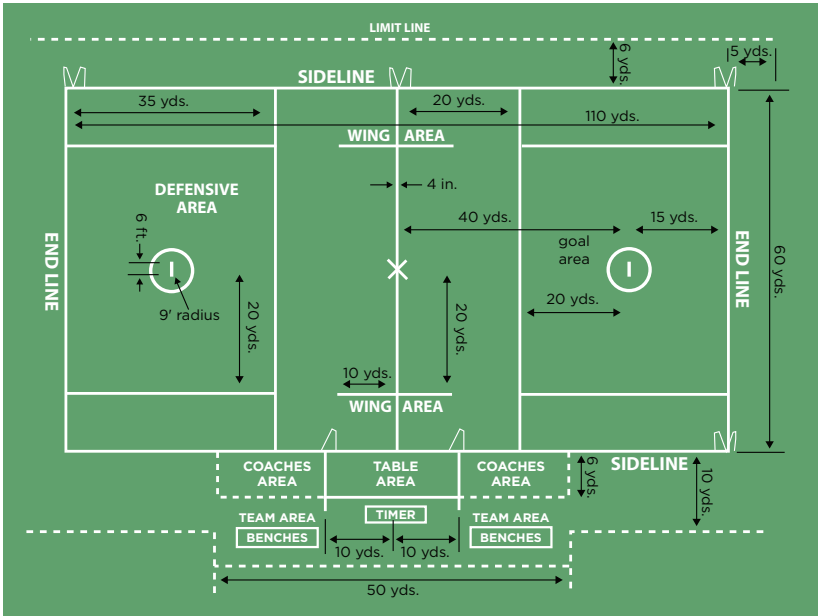
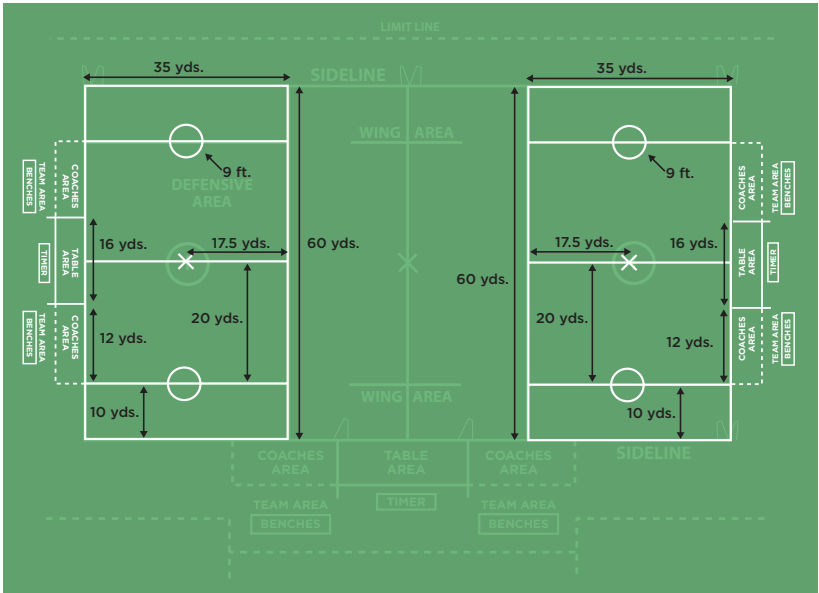
- 10 v 10 or 7 v 7
- 110 x 60 yard field (10 v 10) or 60 x 35 yard field (7 v 7), adjustable for local conditions
- 6 x 6 goals in 9' radius crease
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Regular lacrosse balls
- 2 Team timeouts per half

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

7 players shall constitute a full team for cross field lacrosse. They shall be designated as follows: Goalkeeper, 2 Defense, 2 Midfield, 2 Attack. A team shall begin the game with at least 7 players, and must have a legally equipped goalkeeper on the field at all times, or it forfeits the game. A team may have a maximum of two players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time.

10 players shall constitute a full team for full field lacrosse. They shall be designated as follows: 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, or it forfeits the game. 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.

If, because of injuries or players out on ejection fouls, or otherwise, a team cannot keep the minimum number of players in the game, that team may continue the game with fewer than 10 players for full field and 7 players for cross field, with onside and stalling rules remaining in effect. However, a game shall not continue if a team has fewer than 7 player for full field and 5 players for cross field. The result of the game with those instances shall be determined by the appropriate sponsoring authority.

In the official scorebook lineups, the players shall be listed from top to bottom as "Attack," "Midfield," "Defense" and "Goalkeeper." The first attack player listed is officially the In-Home. All players shall be listed by name, position and number in the official scorebook and shall be listed before the start of the game. The In-Home shall be a starter in the game.

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. If no goal has been scored at the end of the second overtime the game will end in a tie.



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 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 the ball crosses the goal line, after the time of a period has expired (b) A player from the attacking team has committed a foul (c) When an attacking team has more players on the field than are legally allowed (d) 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 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.

4.15 - 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 shall 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 two or more players in a "scrum," or is "stuck" the official shall stop play and award the ball via Alternating Possession Rules.

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. 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

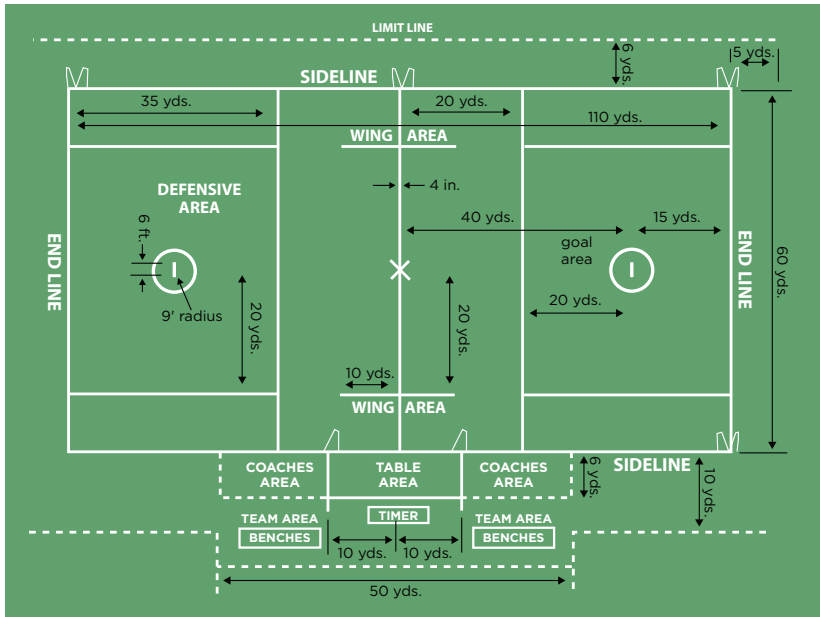
- 10 v 10
- 110 x 60 yard field
- 6 x 6 goals in 9' radius crease
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Regular lacrosse balls
- 2 Team timeouts per half

14U BOYS' RULES OVERVIEW

The US Lacrosse 14U rules are primarily based on the 2015/2016 US Lacrosse U15 rules. For a detailed copy of the US Lacrosse 14U rules and approved rulings, please go to uslacrosse.org/rules/boys-rules.

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 though 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.



(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.

3.4 - 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.

Note: A 6 inch single-wrap of tape that begins at, but is not touching, the plastic throat of the is optional and is not required.

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 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 the ball crosses the goal line, after the time of a period has expired
- (b) A player from the attacking team has committed a foul
- (c) the goal scorer stick is found to be illegal

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.

(USL) 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

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

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.

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.

NOTE: This only applies to situations in which Rule 6.5.2f does not apply.

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

(NEW) 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: If the crosse makes contact with the head or neck, unless the contact was slight and incidental, it shall be considered a slash.
- (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) (USL) 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.

SLIDE/HELP: when a defender leaves his defensive position to help a teammate guard an offensive player.

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, the defensive team gains possession of the ball or the period 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) (NEW - USL) 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 a 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.

(USL) 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.

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 anyone officially connected with a competing team 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).

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
	<p>BALL HAS ENTERED ATTACK AREA</p> <p>Attacking team has satisfied the requirement to bring the ball into their offensive area.</p> <p>PROCEDURAL CALL</p>
	<p>BALL IN POSSESSION</p> <p>Ball possession has been gained on a faceoff.</p> <p>PROCEDURAL CALL</p>
	<p>DISREGARD FLAG</p> <p>Flag was in inadvertent and no foul has occurred.</p> <p>PROCEDURAL CALL</p>
	<p>FACEOFF</p> <p>A faceoff will occur.</p> <p>PROCEDURAL CALL</p>

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.

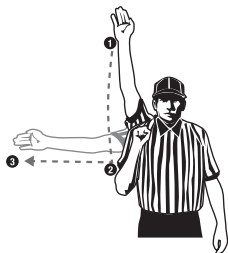
PROCEDURAL CALL



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

SIGNAL**FOUL DESCRIPTION****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.

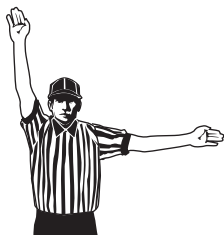
The ball must pass completely through the plane of the back edge of the pipes. Hitting two or three pipes does NOT designate a goal.

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**

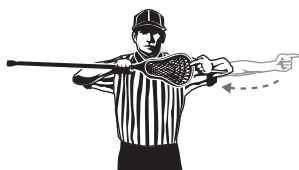
A ball has been tipped or deflected by an individual.

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.

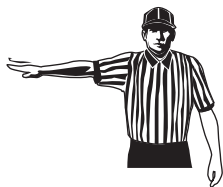
PERSONAL FOUL

**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

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-2016.pdf

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.

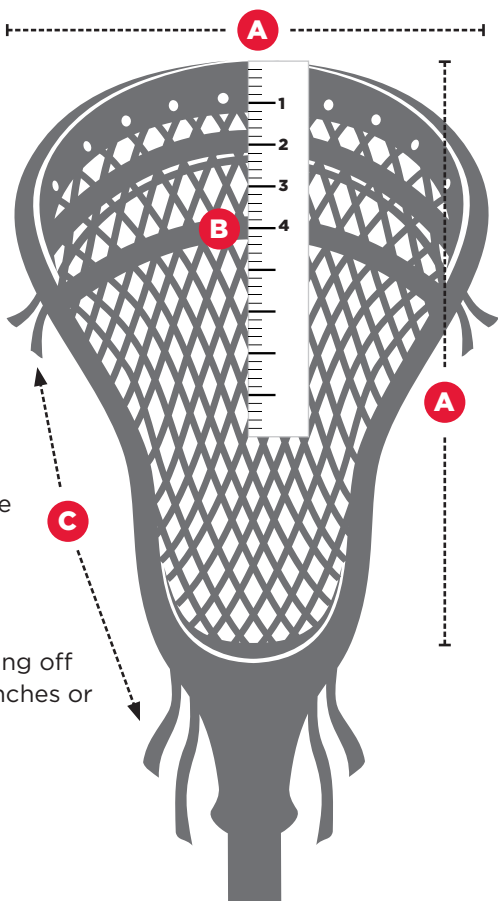
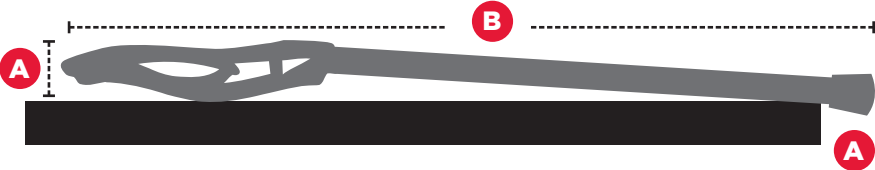


TABLE TOP TEST AND CROSSE LENGTHS



A TABLE TOP TEST

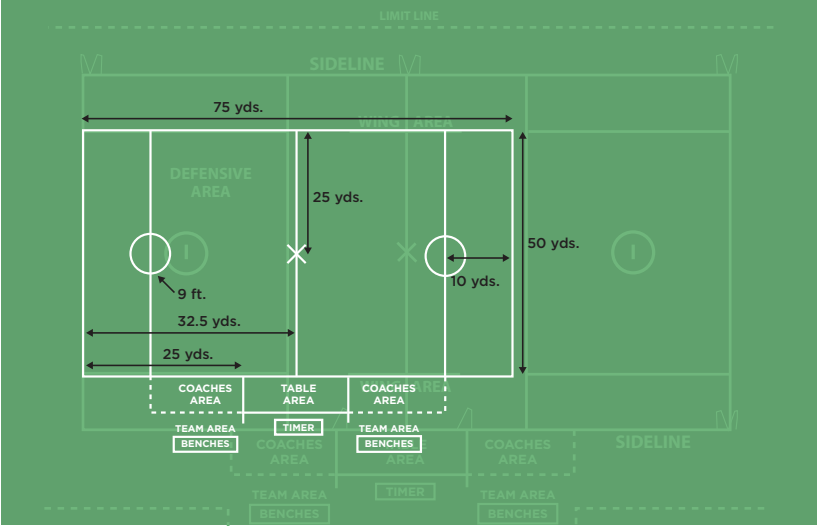
The crosse shall be relatively straight from the butt end to the top of the crosse head. A “relatively straight” crosse is one that may be laid flat on a tabletop, on the side of the netting, so that a substantial portion of the crosse rests on the table. The distance from the tabletop to the bottom edge of the head at no point may exceeds 2 3/4 inches.

B CROSSE LENGTHS

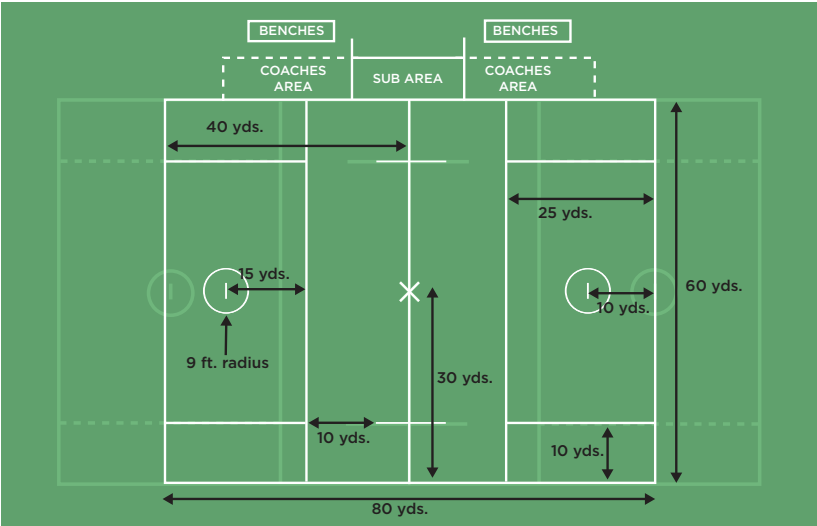
AGE GROUP	MINIMUM - MAXIMUM LENGTH		
	SHORT POLE	LONG POLE	GOALIE
6U	Should be no more than the distance from ground to player waist. NO minimum.		
8U	37" - 42"	N/A	37" - 54"
10U	37" - 42"	47" - 54"	37" - 54"
12U	40" - 42"	52" - 72"	40" - 72"
14U	40" - 42"	52" - 72"	40" - 72"

ALTERNATE FIELD DIAGRAMS

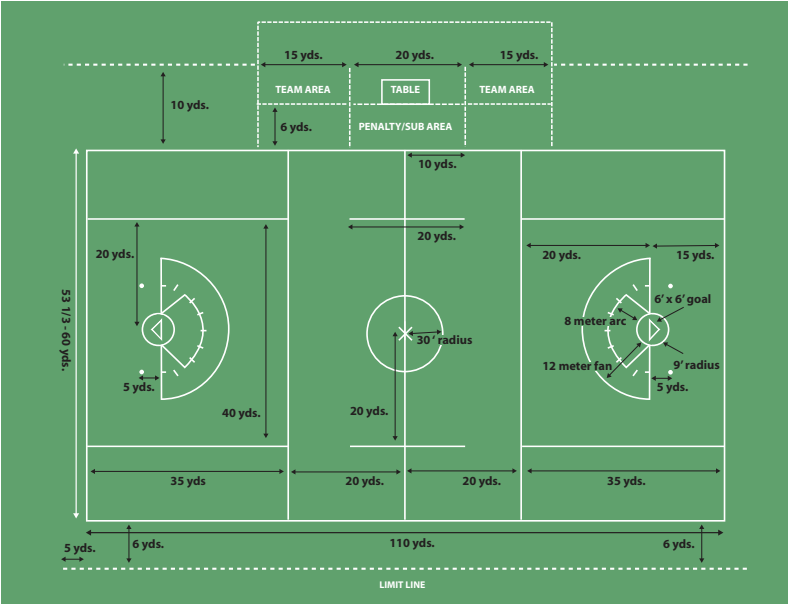
10U SHORTENED FIELD



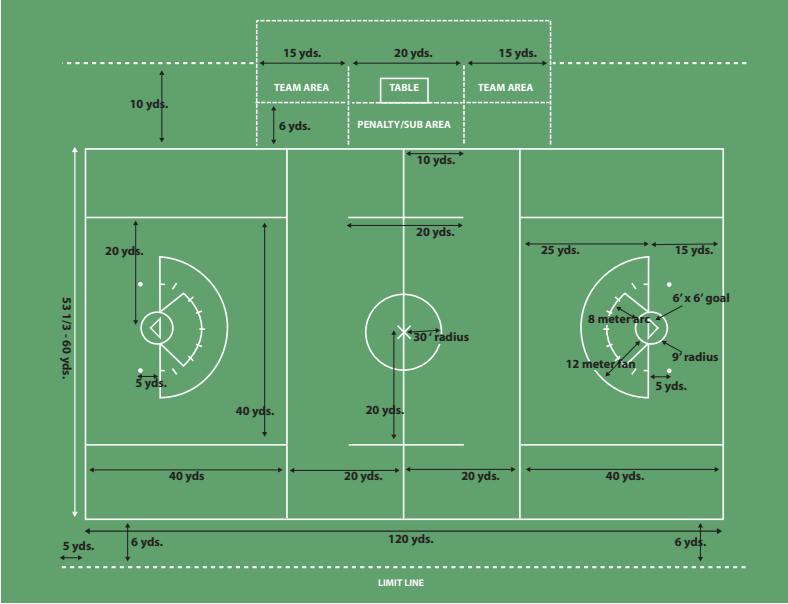
12U SHORTENED FIELD



110 YARD UNIFIED FIELD



120 YARD UNIFIED FIELD



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Notes:

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