FIRST EDITION

YOUTH RULES & BEST PRACTICES GUIDEBOOK FOR BOYS

Supplement to Lacrosse Magazine

US LACROSSE » WELCOME

US Lacrosse, the national governing body of men's and women's lacrosse, is in the midst of a comprehensive effort to improve the quality of experience for everyone associated with youth lacrosse. A key component of this effort is the development of consistent national rules that are based on the physical, cognitive and psychological development stages of children. The US Lacrosse youth rules have been developed with those stages in mind to focus on player development, team play, sportsmanship and safety.

This inaugural edition of the Youth Rules and Best Practices Guidebook is an educational tool for players, parents, coaches, officials and administrators to help explain the rules and the rationale behind the rules. The best practices included in this book are as important as the rules. They provide guidelines for youth lacrosse organizations to make sure the emphasis is where it should be – on the health and well-being of the children playing the sport, and their enjoyment and development in the game.

The rules and best practices in this book were developed in conjunction with the US Lacrosse Sports Science and Safety Committee, a diverse group of professionals that specialize in a variety of disciplines within the sports medicine field. The goal of this committee is to utilize the existing sports medicine literature, and to grow the body of lacrosse safety knowledge in order to objectively advise US Lacrosse and the lacrosse community on factors that may enhance the safety and quality of experience in the sport of lacrosse at all levels.

The guidebook is a supplement to the National Federation of State High School Associations (NFHS) Boys' Lacrosse Rule Book, which includes the official US Lacrosse youth rules. The rulebook is available for purchase on the US Lacrosse website at www.uslacrosse.org.

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US LACROSSE » MEN'S GAME

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US LACROSSE » ABOUT

US Lacrosse is the national governing body of lacrosse. Since 1998 we have been dedicated to providing leadership, support and resources to members of the lacrosse community. Fueled by a passion for the game, US Lacrosse plays a central role in the rapid growth of the sport throughout the United States and abroad. Devoted to promoting the game while preserving its integrity and spirit, US Lacrosse provides programs and services to nearly 375,000 members in communities across the nation.

Mission: Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game.

Vision: We envision a future that offers people everywhere the opportunity to discover, learn, participate in, enjoy and ultimately embrace the shared passion of the lacrosse experience.

US Lacrosse offers the most comprehensive, responsive and user-friendly programs and services available for lacrosse, through which it has provided support to more than 50,000 coaches, players, officials, administrators and fans. These programs include various financial grants, the First Stick Program, Coaching Education Program, Fast Break Initiative, Officials Training Programs, the U.S. National Teams Programs, National Team Clinics, New Start Program, Positive Coaching Alliance Partnership and the Sports Science and Safety Committee.

Support Our Mission

As a 501(c)(3) nonprofit organization, US Lacrosse relies on the generosity of its members and donors to fund its activities and support its mission. The organization provides a leadership role in virtually every aspect of the game throughout the United States, and offers a number of programs and information services to its national membership and lacrosse enthusiasts throughout the country. **To make a secure online gift to US Lacrosse, please visit our website at www.uslacrosse.org.**

http://www.uslacrosse.org/UtilityNav/AboutUSLacrosse/Overview.aspx

US LACROSSE » PROGRAMS

COACHING EDUCATION PROGRAM

The US Lacrosse Coaching Education Program (CEP) provides a national standardized approach to teaching the sport to coaches. CEP includes online courses, in-person instructional clinics, Positive Coaching Alliance courses, and multiple levels geared towards an individual's experience. As part of the CEP, US Lacrosse also offers coaches the opportunity to be certified by the organization.

EQUIPMENT GRANTS

Through its first 12 years, the USL Equipment Grant program made awards to more than 500 programs nationwide with a retail value totaling more than $2 million dollars. Brine, Cascade, deBeer/Gait, Maverik, Onyx, STX and Warrior are sponsors of this program with Great Atlantic, 6M Sports and Lax World coming on board.

In 2012, the equipment grants will transition into the First Stick Program, a three-year program that provides comprehensive resources that new programs will need to build a solid foundation that ensures long-term viability under US Lacrosse standards and best practices.

FAST BREAK INITIATIVE

Fast Break, an initiative that started in 2005, is designed to infuse a fledgling lacrosse area with resources to launch the sport from the roots up through educating coaches, officials, players and administrators.

GRANTS

US Lacrosse offers a variety of grants including Automated External Defibrillator (AED), Chapter, Physical Education and Sportsmanship grants that help grow the sport in a responsible manner and create a safe environment for players.

NATIONAL LACROSSE HALL OF FAME

Located at US Lacrosse headquarters in Baltimore, the National Lacrosse Hall of Fame highlights the sport's history and traditions and honors more than 350 greats that have been inducted into the Hall of Fame.

MEMBER VALUE

US Lacrosse offers a robust member value program that includes a subscription to Lacrosse Magazine, a comprehensive insurance program, access to US Lacrosse programs, services and events, and discounts through a variety of affinity programs, including Champion, Marriott, Nationwide, The Sports Authority and U.S. Bank.

US LACROSSE » PROGRAMS

NATIONAL CONVENTION

US Lacrosse hosts the largest educational opportunity in the sport each year – the US Lacrosse National Convention. More than 5,000 coaches, officials, administrators, vendors and fans come together each year to learn, network and kick off the season.

NATIONAL TEAMS

US Lacrosse coordinates the National Teams Program for both men's and women's lacrosse. The U.S. national teams have been wildly successful on the field, winning 24 of 29 Federation of International Lacrosse world championships since 1974, and give back to the sport through numerous clinic programs.

NEW START

The US Lacrosse New Start Program offers guidance and free resources to help new teams get off to the right start. More than 2,300 new teams have received start-up assistance through this program since 2004.

OFFICIALS TRAINING PROGRAMS

US Lacrosse offers the only national, standardized officials' training programs for men's and women's lacrosse in the United States. The training prepares officials to safely and effectively manage games at all levels.

PHYSICAL EDUCATION CURRICULUM

US Lacrosse has developed a teacher-friendly, easy to use co-ed curriculum designed for use with soft-lacrosse equipment to introduce people to the sport.

PLAYING EVENTS

US Lacrosse offers several national playing events each year, including the Women's Collegiate Lacrosse Associates National Championship, the National Tournament, regional championships at the U11, U13 and U15 age groups and the U15 National Championship.

US LACROSSE FOUNDATION

The US Lacrosse Foundation operates in support of US Lacrosse, the national governing body of men's and women's lacrosse. The principal aims and objectives of the Foundation are to encourage, foster and promote the sport of lacrosse, as played by both men and women, in the United States, and in particular, to benefit and support the programs and activities of US Lacrosse.

US LACROSSE » CODE OF ETHICS

The US Lacrosse Code of Ethics promotes sportsmanship and character by teaching, advocating, modeling and enforcing ethical principles, while preserving the integrity of the game.

Below is a brief overview of the code:

RESPECT: individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality.

FAIRNESS: making decisions without favoritism or prejudice. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

TEAMWORK: defined as a cooperative or coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. All members of US Lacrosse should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team.

COMMUNICATION: US Lacrosse members should communicate with clarity, honesty, timeliness, and openness. Clear, honest, timely communication allows collaboration and cooperation to occur, building a stronger game and community for sport.

CONFLICT OF INTEREST: present in any instance in which the actions of an individual could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at all levels, have a duty to disclose any financial interest or personal obligation that may, actually or perceptually, affect the independence of their judgment.

LEGALITY: all members of US Lacrosse must comply with all applicable laws. US Lacrosse reserves the right to review violations of the law, which may result in revocation of organizational and/or member status.

HISTORY » MEN'S LACROSSE

With a history that spans centuries, lacrosse is the oldest sport in North America. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men. To Native Americans, lacrosse is still referred to as "The Creator's Game."

Ironically, lacrosse also served as a preparation for war. Legend tells of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest. Contestants played on a field from one to 15 miles in length, and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, documented a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by at least 48 Native American tribes scattered throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules.

New York University fielded the nation's first college team in 1877, and Philips Academy, Andover (Massachusetts), Philips Exeter Academy (New Hampshire) and the Lawrenceville School (New Jersey) were the nation's first high school teams in 1882. Today, there are more than a half million active lacrosse players in the United States that compete at the youth, high school, collegiate, professional and international levels.

http://www.uslacrosse.org/UtilityNav/AboutTheSport/History.aspx

THE GUIDE » USING THE QUADS

WHAT IS IT? A quad is US Lacrosse's exciting new way to provide everyone involved with youth lacrosse a quick understanding of the game and the rules that help make it safe, rewarding and fun.

WHEN tells you when you should expect to see what's going on

WHERE tells you where on the field it occurs

WHO describes who will be affected

WHY tells you why it's part of the game

FUNDAMENTALS

READ The four points in this section offer you a quick view to the basics of what's going on and how to execute it properly within the rules.

UNDERSTAND Presents a better understanding of the rule or component.

REFERENCE Refers to other places to learn more about a particular rule or component of youth lacrosse.

LINK Links to related pages and online subject areas will be supplied throughout the quads and guidebook.

DEVELOPMENTAL

» Highlights important modifications for different youth age groups.

» Addresses play for under 9, 11, 13 and 15 age groups.

» Highlights important modifications for different youth age groups.

» **U9** – age-specific color coded

» **U11** – age-specific color coded

» **U13** – age-specific color coded

» **U15** – age-specific color coded

PLAY SAFE

» First and foremost, lacrosse can be an exceptionally safe and healthy team activity.

» Tips on how to keep it safe, healthy and fun for everyone are listed here.

» Tips relate to the skill/rule/category being described in this quad.

» Tips are aimed at increasing everyone's awareness of ways to keep youth lacrosse safe, healthy and fun.

» The QR code to the left may be scanned with your smartphone to obtain further information online. A URL is also provided if no smartphone is available.

BOYS » YOUTH RULES GUIDE BOOK

http://www.uslacrosse.org/TopNav2Right/Rule/MensRules.aspx

VIOLATIONS OR RESPONSIBILITIES

- Section highlights potential fouls and other related rule infractions, or lists individual's responsibilities
- Major responsibilities will be listed here if no fouls apply
- Relevant foul calls will be shown here and in the arm signals section. Severity of infractions are color coded as follows:

RED STOP SIGN: personal foul

YELLOW BALL: technical foul

BEST PRACTICES

- Ways to help make the game a better experience for all involved are presented here.
- Best Practices are US Lacrosse recommendations to improve many aspects of the game.

PERSPECTIVES

This section provides interesting perspectives for the game's different participants:

- P Parents
- C Coach
- O Official

SITUATIONS QUADS

Many unique situations can arise during a game. Insight is offered on how to address these situations when they occur.

THE GUIDE » TERMS

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: contact with an opponent from the front — between the shoulders and waist — when the opponent has the ball or is within 3 yards of a loose ball. Not permitted at U9 and U11 levels.

BOX: an area drawn in both ends of the field surrounding the crease area. Also called the goal area or defensive area.

BREAKOUT: when the defending team gains possession of the ball, players spread out across the field to initiate a clear.

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

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

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.

FEED: a pass to another offensive player in an attempt to create a scoring opportunity.

FLAG/DELAYED WHISTLE: 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.

INTERFERENCE: a player can't interfere with the free movement of an opponent, except when they have the ball or both are within 3 yards of a ball in flight or a loose ball.

LOOSE BALL: a ball that is not in possession of a player is referred to as a **loose ball**. Players will attempt to gain possession by **scooping** the ball off the ground. This is a technique practiced by players and involves lowering the body and hands and using the stick like a shovel to pick up the ball. The act of gaining possession of a loose ball is called a **ground ball.** At the U9 and U11 level players must **play the ball** when competing for ground balls. While incidental contact is allowed they cannot intentionally **body check** their opponent.

THE GUIDE » TERMS

At the U13 and U15 levels, players may use the **man-ball** technique where one player uses body contact to keep his opponent away from the loose ball so that a teammate can more easily gain possession and win the **ground ball.** When using this technique players should communicate and say, **"I've got man"** (meaning he will check the opponent) and **"I've got ball"** (meaning he will scoop the ball). Once the **ground ball** is won, the player gaining possession will say **release** (telling his teammate possession has been gained and he can no longer legally check his opponent). Like transition, winning a **ground ball** can often lead to an **odd-man** situation and a scoring opportunity as the defense can be caught out of position when possession is gained.

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

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

MIDFIELD LINE: the line across the center of the field of play.

ON-THE-FLY SUB: 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/SCREEN: an offensive maneuver in which a stationary player attempts to block the path of a defender guarding another player.

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

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

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

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

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

STICK 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.

THE GUIDE » TERMS

TRANSITION: the change from offense to defense or defense to offense. This often involves **clearing,** moving the ball from your defensive half of the field to the offensive half of the field and/or **riding,** trying to prevent your opponent from getting the ball out of their defensive half. Transition often creates **odd-man** situations because the offense moves the ball forward more quickly than the defense is able to complete their transition and thus have more players in their offensive goal area than the defense for a brief period of time. When a single player moves the ball up the field ahead of the other midfielders creating a four (offensive players) vs. three (defensive players) it is called a **fast break.** Other transition situations where the offense has an advantage are often called a **slow break.**

As a team is riding or clearing you will often hear the call **middie back** or hear a coach reminding a player to **stay back** or **stay on-side.** This is terminology used to ensure a team maintains the minimum number of players at each end of the field.

At the U13 and U15 level after gaining possession in their defensive half of the field, teams are required to clear the ball (get it across the midfield line) within 20 seconds. Once they cross the midfield line they must get the ball into their offensive **goal area** within 10 seconds. When you hear a coach telling players to **"get it in"** or **"box it,"** he is reminding them of this 10-second limit and encouraging them to move into the goal area. When a team does not meet one of these timing requirements it is referred to as **failing to advance.**

The other time you will hear the **"get it in"** is from the officials. When they believe a team is stalling or not attempting to score they can tell the offensive team to **get it in and keep it in.** This means they must pass or carry the ball into their offensive goal area and then keep the ball within that area.

THE GUIDE » TERMS

FIELD POSITIONS

ATTACK (THREE PER TEAM):

Attackmen generally stay on the offensive half of the field and are often referred to as the quarterbacks of the offense. They have excellent stick skills with both hands.

MIDFIELD (THREE PER TEAM):

The work horses of the team. Midfielders play both offense and defense. Endurance, stick work and athleticism are key attributes.

DEFENSE (THREE PER TEAM):

Defensemen first and foremost defend their goal. They also participate in the clearing game. Good footwork, communication and stick skills are important.

GOALIE (ONE PER TEAM):

The last line of defense. A goalie is the leader of the defense and should direct the other players while protecting the goal from opponents shots. Good body position, hand eye coordination and communication skills are needed.

SPECIALTY POSITIONS

FOGO:

A player who takes the Faceoff and then Gets Off the field.

SSDM:

Short Stick Defensive Midfielders specialize in playing defense.

LSM:

The Long Stick Midfielder uses a long stick and replaces one regular midfielder when his team goes on defense.

DEVELOPMENTAL »

The US Lacrosse Sports Science and Safety Committee, a diverse group of professionals that specialize in a variety of disciplines within the sports medicine field, released a position paper "Boys' and Girls' Youth Lacrosse Participation Recommendations" that form the basis of this developmental section. More information about the work of the Sports Science and Safety Committee, and a complete copy of the paper, can be accessed by scanning the QR code on the following page, or by visiting the link listed.

FAIR PLAY

Although limiting aggressive play in lacrosse is necessary to protect the safety of its young players, other approaches that involve incentives for safe play may serve as an effective complement to rules. Programs like that may help to foster a greater emphasis on sportsmanship while protecting the safety of its players.

Other recommendations to maintain healthy and fair play are to not let players participate in games below their age grouping, ensure everybody plays and de-emphasize winning for fun and participation.

To ensure the all-important emphasis at the younger levels stays on skill development and team concepts, tournaments should not be played at the U9 level nor All-Star teams be created for U9 and U11 players.

NUTRITION

Children who participate in a physical activity like lacrosse while they are growing require extra attention to their energy intake requirements. Problems in this area can be exacerbated by all-day tournaments, strenuous summer camp schedules, and intense competition on very hot days. Active girls ages 9-12 will burn around 1,600 calories a day while active older girls will burn around 2,800 calories in a day.

For active children of all ages, it is paramount they eat three well-balanced meals with two snacks daily. A snack and hour-or-two before games is also recommended.

DEVELOPMENTAL »

ATHLETE

Dr. Richard Ginsburg, member of the US Lacrosse Sports Science and Safety Committee and sports psychologist at Harvard Medical School, published the 10 tips for coaching youth adapted below:

1) Have fun. Kids remain active in a sport if they are having fun. Performance improves when participants enjoy playing the game.
2) Teach sportsmanship early. Coaches must impart good values (integrity, respect, compassion, etc.) and model good behavior.
3) Kids are not mini-adults. They are a work in progress and must be treated and coached differently than adults.
4) Design age-appropriate practices. Coaches should consider the physical, psychological and cognitive abilities of youth players when developing practice plans. In addition, coaches should minimize the amount of time spent standing around during practice.
5) Define success appropriately for each age group. For pre-kindergarten and kindergarten aged kids, focus on fun and safe activity. Among elementary school aged youth, emphasize developing skills and friendships. With middle school and high school players, define and recognize individual strengths and weaknesses.
6) Provide positive feedback. Research shows that a ratio of at least 5:1 between positive and negative feedback is needed.
7) Save specialization for older kids. Research shows that an unrealistic number of hours of activity is necessary to move a person's skill set to a significantly upgraded level.
8) Avoid over-training. Ginsburg says youths should play just one sport per season, and have at least 1-2 days off per week, and a break of at least two or three months from the game. He also cautions against increases in training levels that increase the risk of injury.
9) Use appropriate equipment. Avoid ill-fitting hand-me-down equipment and make sure equipment fits properly.
10) Avoid moving kids into older age groupings based on skill level or physical development. Ginsburg says players risk injuries and social alienation when moved up.

http://www.uslacrosse.org/TopNav/NewsandMedia/PressReleases/YouthParticipationRecommendations.aspx

DEVELOPMENTAL »

OVERUSE AND BURNOUT

In 2007, the American Academy of Pediatrics (AAP) addressed the need to help prevent burnout and overuse injuries in young athletes and made the following recommendations:

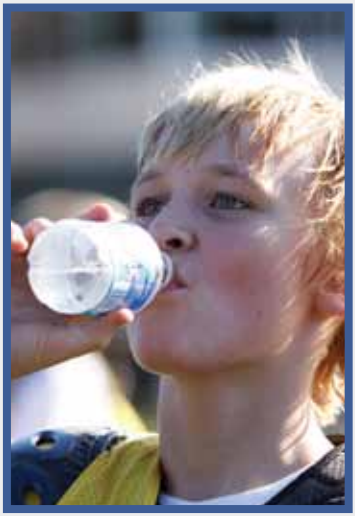
- Encourage early diversification in playing a range of sports, rather than early specialization (there's no data to support that early specialization in lacrosse leads to improved performance or greater expertise).
- Take 1-2 days off per week from competitive sports.
- Take 2-3 months away from a specific sport during the year.
- Emphasize fun, safety and sportsmanship as goals of sport.
- No sport specialization before puberty.
- Participate on only one team per season.
- Reduce excessive playing time in all day, weekend tournaments.
- Encourage participation in multiple sports throughout the year.

- Younger athletes should have 1-2 days off per week from competitive athletics and training to recover.
- Weekly training time should not increase by more than 10 percent weekly.
- Young athletes should have at least 2-3 months away from a specific sport during the year.
- Young athletes should play on only one lacrosse team during a season.

DEVELOPMENTAL »

HYDRATION

There are critical issues regarding hydration among children in sports.



First, children are more vulnerable to dehydration than adults as a function of the following:

- Children have a greater surface area--to-mass ratio than adults.
- Children lack adequately functioning sweat glands, reducing their capacity to sweat and lose heat.

Second, children who train and compete over long periods of time such as tournaments or camps on intensely hot days are particularly vulnerable to dehydration. To manage risks, the following is suggested:

- Provide longer periods of rest between matches and games.
- Attend to heat acclimatization, fluid and energy intake, proper clothing, air temperature and humidity.
- Encourage drinking between bouts of exercise and during games. Drink enough fluid so that urine color is pale throughout the day.

Thirst is not a reliable indicator of dehydration. Experts recommend that young athletes drink fluids every 15-20 minutes during physical activity.

Athletes need to drink enough fluid to replace lost fluids within 1-2 hours after exercise. At least one hour of rest is necessary to allow for enough time for proper re-hydration and snacking.

Water should be the primary source of hydration throughout the day and before exercise. Sports drinks are only recommended for children and adolescents who have participated in vigorous exercise for longer than 60 minutes.

http://www.uslacrosse.org/UtilityNav/AboutTheSport/HealthSafety/Nutrition.aspx

AGE & ELIGIBILITY » GUIDE

RULES AND GUIDELINES

US Lacrosse establishes eligibility standards in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. This goal can best be achieved by facilitating playing opportunities that seek to establish a "level playing field" among players of a similar age, size and ability.

Teams should be balanced as to physical size, cognitive, and development stages.

AGE GUIDELINES (BY AUGUST 31 PRECEDING COMPETITION YEAR)

U9	8 years old or younger as of August 31 of the previous year
U11	10 years old or younger as of August 31 of the previous year
U13	12 years old or younger as of August 31 of the previous year
U15	14 years old or younger as of August 31 of the previous year

Although possible, it is not recommended that players play up a level. Players generally may not play down a level.

Teams playing by US Lacrosse rules will be organized by age. When multiple teams exist in an age group, physical size, skill and maturity should be considered when organizing teams.

BEST PRACTICE

The US Lacrosse age appropriate rules are designed to provide an environment that fosters the development of critical skills in our youngest athletes. Body contact is introduced over time to prepare players for higher levels of play but does so in a manner that creates the best playing experience at the younger ages.

BOYS » YOUTH RULES GUIDEBOOK
http://www.nfhs.org/

YOUTH RULES » U9 AND U11

GAME MODIFICATIONS

US Lacrosse youth lacrosse rules are NFHS modifications designed to emphasize player safety, enjoyment and retention through the development of individual stick skills, team play, safety, and sportsmanship.

Rules highlighted below are modifications aimed at supporting the physical, cognitive and skill progression of each age group.

COACH: allowed on U9 field to instruct players. Keeping score is optional.

CHECKING: absolutely no body checking or one-handed stick checking allowed in U9 and U11.

FIELD: **U9** regulation or smaller rectangle with midfield line and creases if reduced players or 7v7 played.

U11 regulation preferred or smaller rectangle with midfield line and creases if reduced players or 7v7 played.

GAME TIMES: **U9** four 12-minute running time quarters or, if stop-time, 8-minute quarters. Clock stops for timeouts. No overtime unless league or tournament play mandates.

U11 four 8-minute stop-time quarters or, if running time, 12-minute quarters. No overtime unless league or tournament play mandates.

PLAYERS: 10v10 is standard, 7v7 is optional in U9 and U11.

STICKS: **U9** all sticks 37-42 inches long.

U11 short sticks 37-42 inches long. Long sticks 47-52 inches long sticks. Playing with short sticks is recommended.

EQUIPMENT: requirements same for all levels.

PENALTY ADMIN: penalties are called at all levels. U9 allows for penalties without going a man down.

STALLING: U9 and U11 final 2 minutes stalling rule is waived.

BEST PRACTICE

Head coach and administrators should establish team guidelines and a code of conduct for players/parents prior to the season.

YOUTH RULES » U13 AND U15

GAME MODIFICATIONS

The rules at the U13 and U15 levels are based on the NFHS rules for high school play. However, in keeping with the overarching emphasis and sportsmanship at the youth level, US Lacrosse expects stricter enforcement of the cross-check, illegal body check, checks involving the head and neck, unnecessary roughness, unsportsmanlike conduct and slashing than is common at the high school level.

Body checking is introduced at the U13 level. Proper technique must be taught to avoid improper and dangerous illegal body checks. To be legal, a body check should be delivered in an upright position with both hands together (side by side) on the stick and without the head or shoulders lowered for initial contact.

NO TAKE-OUT CHECKS ARE PERMITTED BY ANY PLAYER AT ANY LEVEL.

A take-out check is defined as a body check:

- where the head or shoulder is lowered with the force and intent to put the other player on the ground
- considered more aggressive or more physical than necessary to impede the advancement of the ball carrier or keep a player away from the ball
- on a player in a defenseless position, including hitting a player from his "blind side," has his head down attempting to play a loose ball, or a player who has turned his head away to receive a pass

BEST PRACTICE

Rules are written with the safety of all players being of the utmost importance. Officials have the authority to penalize any foul, unsafe play, or unacceptable behavior. Youth lacrosse should be fun and safe for everyone.

GAME » OBJECTIVES

OBJECTIVES OF THE GAME

Boys' lacrosse is a team game played by 10 players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal and to keep the other team from scoring. The team scoring the most goals wins.

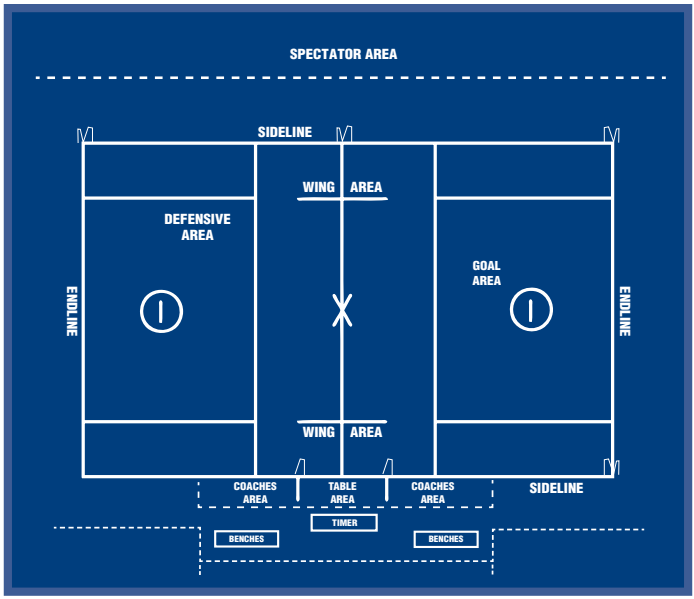
Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field. After the pre-game line-up, the game begins with a faceoff. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin and each faceoff player tries to control the ball. The players in the wing areas may run after the ball when the whistle sounds, but those in the defensive areas (attack and defense) must wait until someone gains possession or the ball crosses the restraining line, before they can join the play.

Field players must use their sticks to pass, catch and run with the ball. A player may dislodge the ball from an opponent's stick by the controlled poking and slapping of the stick of the ball carrier. A stick may also be stick checked if it is within 3 yards of a loose ball or ball in the air.

If the ball or ball carrier goes out of bounds, the other team is awarded possession. After an unsuccessful shot, the player nearest to the ball when and where it goes out gets possession. An attacking player cannot enter the crease around the goal.

The officials supervise the field play. Timekeepers and scorers assist by keeping track of game time, penalties and penalty time. Personal fouls and time-serving technical fouls will result in the penalized team playing down a man for a specified period.

FIELD » PLAYING AREA



DIMENSIONS: 110 yards long, 53 1/3-60 yards wide, with 15 yards between goal line and end line

BOX: defensive/goal area defined by box on each end of the field

MIDFIELD LINE: the center line that runs across middle of field with an X in the middle and 2 wing area lines on either side for faceoffs

GOAL CREASE: 9-foot diameter circle around the goal

SUBSTITUTION AREA: players enter game through this area

TEAM BENCH AREA: positioned between scorer's table and end line

SCORER'S/TIMER'S TABLE: score, time, penalty, and substitution area

COACHING AREA: where coaches are permitted to roam

SPECTATOR AREA: 6 yards from the sideline opposite team benches and never behind goal line

FIELD » EQUIPMENT

GOALS: 6'x6' made of pipes with net attached

REGULATION LACROSSE BALLS: white, yellow or orange, solid rubber

SCORE BOOK: used by scorekeeper to record goals, assists, etc.

GAME CLOCK: for keeping official game time

HORN: to alert officials to substitutions and end of quarters or halves

CONES: help to identify boundary lines and corners

WATER: containers with water for both teams

MEDICAL: supplies to handle most on-field incidents

AED: an automated external defibrillator (AED) is recommended to be available on site. Visit www.uslacrosse.org and click "Programs & Grants" for information on securing an AED.

EQUIPMENT » STICKS

FIELD STICK

LENGTH:	**U9**	all sticks must be 37-42”	
	U11	short stick: 37-42”	long stick: 47-52”
	U13 & UP	short stick: 40-42”	long stick: 52-72”

STRINGING: 4-5 leather or synthetic strings, 8-12 stitches or cross-lacing or mesh, max

POCKET: depth is legal when the top of ball remains above the bottom of the head’s wall when placed in the pocket of a horizontal stick

HEAD: triangular piece affixed in same plane as shaft

SHAFT: wood, composite or metal alloy

GOALIE STICK

LENGTH: 40” to 72” maximum

STRINGING: 6-7 leather and/or synthetic thongs and cross lacing should be mesh

POCKET: legal when ball moves freely in pocket and stick meets specifications outlined in the boys rule book

HEAD: extra-wide triangle in same plane as shaft

SHAFT: wood, composite or metal alloy

EQUIPMENT » UNIFORMS

UNIFORM JERSEYS AND SHORTS

With the exception of the goalie, all team members must be dressed uniformly with:

- Same colored shorts
- Jerseys of same color and design
- Clearly visible numbers of a color that contrasts the jersey color
- Sweats should be of one of the team's main solid colors
- Jewelry may not be worn except medical alert tags taped to the body
- Team members' shoes and socks need not match

GOALIE

- Goalie's jersey must be the same color as his team and bottom must be in agreement with team's predominant color (or black or grey)
- Shirt must be worn over protective equipment
- Goalies may wear football pants with or without pads

HOME AND AWAY

Home team wears light jerseys and visiting teams wears its dark colored jerseys. Home team will wear numbered pinnies or vests of a contrasting color if both teams have uniforms of similar or same colors. Player numbers must be visible to officials.

EQUIPMENT » FIELD PLAYER

BOYS » YOUTH RULES GUIDEBOOK
http://www.uslacrosse.org/TopNav2Right/Rules/MensRules/BoysRules/VideoFieldPlayerEquipment.aspx

EQUIPMENT » FIELD PLAYER

All field players must wear the following pieces of protective equipment that are professionally manufactured and not altered:

HELMET

Designed for lacrosse and meeting the NOCSAE test requirements. The helmet must have a face mask and a chin strap that is firmly attached.

MOUTHPIECE

All players must wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. It can be of any color, except white or clear and may not be altered to decrease protection.

GLOVES

Padded gloves with unaltered palms are worn for protection that are made specifically for lacrosse.

SHOULDER PADS

Shoulder pads that are made specifically for lacrosse, and in no way are altered from manufacturer's original construction.

ARM PADS

Since the arms are usually near your stick, they may be exposed to contact making arm protection vital. (Pads must be made specifically for lacrosse.)

RIB PADS

Protection for the rib cage is recommended.

PROTECTIVE CUP [not pictured]

It is highly recommended that a protective cup be worn both during games and practices.

EQUIPMENT » GOALIE

BOYS » YOUTH RULES GUIDEBOOK
http://www.uslacrosse.org/TopNav2Right/Rules/MensRules/BoysRules/VideoGoalieEquipment.aspx

EQUIPMENT » GOALIE

HELMET

Designed for lacrosse and meeting the NOCSAE test requirements. The helmet must have a face mask and both the chin pad and chin strap will be firmly attached.

THROAT PROTECTOR

A separate device designed specifically to protect the throat must be worn. Some acceptable types are attached to helmet by screws.

MOUTHPIECE

Goalies must wear a professionally manufactured intra-oral mouthpiece that must cover and protect all upper or lower teeth. It can be of any color, except white or clear and may not be altered to decrease protection.

GLOVES

Padded gloves with unaltered palms must be worn. They can't have webbing or excessively increase the size of his hands. Must be made specifically for lacrosse.

CHEST PROTECTOR

A chest protector, preferably with additional arm and shoulder protection must be worn. Must be made specifically for lacrosse.

ARM PADS

Because the goalie often leaves his crease area and is then subject to stick checks like any other player, arm pads are now required for goalies at the youth levels. Must be made specifically for lacrosse.

PROTECTIVE CUP [not pictured]

Goalies must wear a protective cup at all times.

ROLES » COACH

WHAT IS IT? The coach is a responsible adult whose job is to empower young athletes to learn and develop. Coaches should be USL trained and teach the game and important life lessons, like cooperation and teamwork.

WHEN during practices and games

WHERE at practices and games

WHO is a US Lacrosse-certified coach who knows the game and is enthusiastic and passionate about teaching the game

WHY to teach the game and make it safe and fun for all involved

FUNDAMENTALS

POSITIVE A coach must use positive reinforcement to build player confidence.

FUN Practice can be fun if the coach is creative with drills and keeps his players active.

SAFETY Players' safety is the No. 1 priority and must be foremost in all decisions.

COMMUNICATION A coach must communicate clearly and appropriately with parents, players, and officials.

DEVELOPMENTAL

- **U9 -** Coaches are permitted on the field to instruct players
- **U11 -** Coach must be in coaches box or bench area
- **U13 -** Same as U11
- **U15 -** Same as U11
- Coaches should be sure to expose young players to different positions.

PLAY SAFE

- Check your players equipment and sticks regularly to ensure they are safe and legal.
- Coaches should teach the rules of the game to their players.
- Approach official during pre-game, halftime, or timeouts for clarifications.
- Request timeouts from official.
- Make sure your players are wearing a mouthpiece properly and buckle up chin straps in games and practices.
- Coaches should ensure equal playing time for everybody.

http://www.uslacrosse.org/TopNav2Right/EducationTraining/USLCoachingEducationProgram/CEPCertification.aspx

VIOLATIONS

Like players, coaches can also receive penalties. For example:

- Unsportsmanlike behavior of any kind. Coaches should hold themselves to the highest standards of sportsmanship.
- Leaving their coaching area.
- Fail to be ready for play after a two-minute team timeout or following halftime.
- Requesting more than two timeouts per half
- » Any assistant coach addressing the officials is a foul. Only the head coach is permitted to speak with officials.

BEST PRACTICES

- » Practices should focus on technical and tactical skills, and include game-like situations.
- » Coaches should always have a whistle at practice and use it to stop and start play.

PERSPECTIVES

- **P** Cheer for everyone on the team. Leave the instruction for the coach.
- **C** The younger the player, the shorter the attention span – plan drills accordingly.
- **C** Never underestimate the power of a compliment! Praise small victories.
- **C** A flexible attitude helps when things don't go as planned.
- **O** Some coaches may not be familiar with all of the rules. Explain calls when appropriate.

SITUATIONS COACH

Coaches must assist officials in keeping a game under control, including ensuring that spectators exhibit good sportsmanship.

The head coach is responsible for all persons connected to their team or institution.

ROLES » TEAM

WHAT IS IT? Boys' lacrosse is a team sport. There are nine field players and a goalie. Because lacrosse is a fast-paced game, substitutions are frequent to allow players to rest and share playing time.

WHEN at all times

WHERE everywhere on-and-off the field

WHO a group working toward a common goal

WHY working as a team is fun, rewarding and helps build lifelong skills

FUNDAMENTALS

POSITIVITY Good teammates, coaches and parents support each other with positive comments.

FUN Organized sports are designed to keep kids active, safe, fun, and to teach valuable life lessons and skills.

ACCOUNTABLE All teammates are responsible to one another and the coach's clear directions.

COOPERATION One of the best parts of being on a team is working together to achieve shared goals.

DEVELOPMENTAL

- **U9** - Coaches may agree to 7v7 play with 2 attack, 2 defense, 2 midfielders and a goalie
- Boys develop coordination at different rates. Some players will pick up new skills more quickly.
- All players on all teams should play with their appropriate age group. If multiple teams exist within a program, teams should consider physical size, skill, and maturity when dividing players.

PLAY SAFE

- Work together in a sportsmanlike manner to accomplish all team goals.
- All team members must individually work hard to better both the team and themselves.
- Treat teammates, coaches, officials and opponents with respect at all times.
- Learn to effectively communicate with one another on and off the field.
- Players must talk with coach to ensure their role on the team is clear.
- Everyone should do their job within the team as best as they can and others will follow the example.

VIOLATIONS

Many fouls that can be considered "team" fouls involve poor sportsmanship:

- Players calling attention to themselves after a goal
- Anyone making inappropriate comments from the bench area
- Players or coaches engaging in behavior not representative of the highest standards of our sport

» Good sportsmanship is expected at all times. Officials have the authority to flag anything deemed unsportsmanlike.

SITUATIONS TEAM

In some leagues, when the game officials call for the line-up before the opening faceoff, the coaches will send all of their players (not just the starters) to the center of the field. The officials will then review equipment, safety, fair play, and any special ground rules.

BEST PRACTICES

» Set team rules, goals and expectations and make sure they are clear and understood by all team members.

» Good sportsmanlike behavior and playing with class should be celebrated, win or lose. "Compete with Class, Honor the Game!"

PERSPECTIVES

P Good teammates celebrate each other's victories, no matter how small.

P Being part of a team helps boys learn important life skills like cooperation, patience and teamwork.

C Recognize the players that might feel "left out" among teammates and find ways to bring them into the fold.

C Teach your players the value of good teamwork and convert those teachings directly to action on the field.

ROLES » PARENTS

WHAT IS IT? A child's parents are as important to their positive experience playing lacrosse as the coach and their teammates. Parents play a major role in making the game a rich and rewarding life experience for all involved, not just their child.

WHEN every day, all the time

WHERE everywhere

WHO any adult lucky enough to have their child choose to play lacrosse

WHY to help maximize the player's experience and fun

FUNDAMENTALS

UNDERSTAND Learn the game's rules by reading this guidebook, referencing it often and watching games.

ROLE MODEL Display good sportsmanship at all times to coaches, officials, and athletes.

ENCOURAGE Young athletes should be encouraged to practice and play hard at all times.

RESPECT The decisions of officials and coaches should be respected and supported.

DEVELOPMENTAL

- Be sure your child is in the correct age grouping as it is essential to his healthy physical and psychological development.
- Players grow physically from season to season. Ensure equipment is properly fitted to provide maximum protection.
- Parents should know the age appropriate rules for their son's level of play and insist he plays by them.

PLAY SAFE

- Make sure you child is hydrated and eats well at all times.
- Make sure the head coach has your emergency contact and medical information.
- Offer positive reinforcement to coaches by letting them know they're doing a good job.
- Check to be sure a medical kit and emergency contact list is available.
- Take primary responsibility for your child's health and safety before, during and after play.

RESPONSIBILITIES

- Get involved. Offer to help keep score or keep time, raise funds, organize carpooling, line field, photos, websites, etc.
- Spectators should be on the sideline opposite team benches.
- Confirm start times and game's location well in advance.
- Be your child's "home field advantage" by giving him unconditional support regardless of how he performs.
- Volunteer to be a sideline manger.

BEST PRACTICES

- Be supportive of your child by giving encouragement. Show interest in his team. Positive reinforcement promotes learning and fun.
- Research has shown that five positive statements (compliments, positive reinforcement) for each negative (criticisms, corrections) is ideal for helping athletes do their best.

PERSPECTIVES

P Let the coach coach. Refrain from giving players advice during games.

P Sit back and enjoy the game. Remember, lacrosse is played for fun.

C Hold a preseason meeting with all parents to cover roles, responsibilities and expectations, especially sportsmanship.

O Officials should stop the game and address any misconduct of parents with both head coaches.

SITUATIONS PARENTS

Parents should attend games whenever possible. If they can't, only ask about the score after first asking about their experience; did they play hard, learn anything new and helpful, and have fun?

ROLES » OFFICIALS

WHAT IS IT? Officials ensure that the game is played safely, fairly, and in accordance with the procedures recommended in the rule book. A minimum of two USL-trained officials should officiate a game.

WHEN the officials arrive at the field and until they leave

WHERE at the playing venue

WHO US Lacrosse trained official

WHY to officiate the game fairly and ensure a fun, safe game

FUNDAMENTALS

KNOWLEDGE Officials must clearly understand and be able to explain the rules of the game.

IMPARTIAL An official's calls must not give unfair advantage to either team.

USL TRAINED Officials should have successfully completed a US Lacrosse training program.

SAFETY The rules are in place to ensure player safety. Calls made by officials advocate safety concerns.

DEVELOPMENTAL

- **U9 -** At least one USL-trained official
- **U11 -** At least one USL-trained official
- **U13 -** Two USL-trained officials
- **U15 -** Two USL-trained officials
- Foul calls should be explained to players whenever possible.

PLAY SAFE

- Official should stop play immediately if the ball carrier loses any piece of required equipment.
- When two or more officials officiate a game, they work as a team to make the best calls.
- An official's arm signals indicate the calls being made.
- Officials work to ensure the game runs smoothly without delay (see delay of game fouls).
- Officials have the authority to remove any player from the game who is endangering himself or others.

BOYS » YOUTH RULES GUIDEBOOK
http://www.uslacrosse.org/TopNav2Left/Officials/MensOfficialsInformation.aspx

RESPONSIBILITIES

- Maintain the appropriate level of US Lacrosse training.
- Inform timer on length of quarters.
- Be available for questions from captains and coaches.
- Consult with game administrator and coach before making final decision to continue a game due to weather or other circumstances.
- Ensure stricter enforcement of the cross check, illegal body check, checks involving the head/neck, slashing, unnecessary roughness, and unsportsmanlike conduct rules than is common at the high school level.

SITUATIONS OFFICIALS

Before the lineup, game officials should meet with both teams to explain any special ground rules, emphasize safety and fair play, and remind players that they must be properly equipped with a mouthpiece in place.

BEST PRACTICES

- Officials need to inspect the field of play prior to the game.
- Officials will obtain verbal certification from head coaches that all players are legally equipped by rule.

PERSPECTIVES

P Officiating is difficult. It is impossible to see every infraction.

P The appropriate way to address issues with officials is through your coach or league administration, not during games.

C Teach players to be respectful of officials and their calls. Doing so yourself is a great way to accomplish this.

O On critical plays, officials may need to take a timeout to confer in order to make the best call.

ROLES » ADMINISTRATION

WHAT IS IT? The designated home team must assign a person to ensure the venue is prepared for competition and manned with officials, official timers and score keepers, and sideline managers, as needed.

WHEN before and during a game

WHERE the home team's field

WHO assigned administrator or if none, home team's coach

WHY to ensure game can proceed safely within the rules

FUNDAMENTALS

COMMUNICATION Before the game, administrator, coaches and officials should discuss shared expectations.

SAFETY Officials are responsible when conditions are unsafe due to variables like poor weather or poor field conditions.

SCORER'S TABLE Each game should have a scorer and a timekeeper at a table in the substitution area with a horn, score book, and timer.

ORGANIZATION Administrators are responsible for the details necessary to ensure the game goes smoothly.

DEVELOPMENTAL

- **U9** - Play may be reduced to 7v7 with a smaller playing field
- **U11 -** Same as U9
- At all levels the use of a sideline administrator is highly recommended.
- Administrator and/or coaches should ensure that the game officials are aware of the players' ages and appropriate rules for that level of play.

PLAY SAFE

- In case of lightning, officials are responsible for stopping play until 30 minutes from the last clap of thunder or flash of lightning.
- Coaches and officials must determine together if the field is unsafe for play.
- The field must be clearly marked and of the proper dimensions.
- A medical kit and water supplies should be readily available.
- USL recommends that an AED should always be readily available.
- Emergency contact information should be on hand at the field.

RESPONSIBILITIES

- Be present on the spectator side of the field during the game, or designate someone else to be there.
- Ensure all necessary field and sideline equipment is available, working and compliant with rules.
- Confirm start times with both teams and officials in advance.
- Sideline Administrators should work in tandem to pro actively promote spectator sportsmanship.

BEST PRACTICES

- Game should be stopped at any time if a player is exhibiting signs of injury, especially a concussion, a cut or dehydration.
- Plenty of extra balls should be available a few yards behind the end lines and at the scorer's table.

PERSPECTIVES

P Players should be supplied with plenty of water and items required for physical activity.

C Keep all emergency contact information available during games in case of injury.

C The home team is responsible for providing a scorer/ timekeeper.

O The official must ask the coach if all players are properly equipped prior to the start of the game.

SITUATIONS ADMINISTRATION

Leagues or other organizing authorities determine overtime procedures. In games not governed by such authorities, both coaches should decide on overtime procedures before the day of the game.

At no time should "Bravehearts" be used to determine the outcome of a contest.

ROLES » OFFICIAL SCORER

Unless otherwise designated by the official, the home-team scorer shall be the official scorer.

The scorer will assume the following duties:

» Keep a record of:

1. the number of goals scored and assists made by each team.

2. the name and number of the player making the score or assist, and time thereof.

3. the score and check it with the official at the end of each period.

» Keep an accurate record of the number of timeouts taken by each team and notify the nearest official immediately if either team exceeds the number allowed during each half or during a sudden-victory period.

» Keep a record of the name and number of each player to whom a penalty is assessed, the type of violation, the time and period when the foul occurred and the duration of the penalty.

» Notify the nearest official immediately should any player accumulate five minutes in personal fouls or exceed the allowable number of personal fouls (3 for U9/U11, 4 for U13/U15).

ROLES » OFFICIAL TIMEKEEPER

The official timer will be from the home team and will sit at the scorer/timer's table opposite the midfield line. The official scorer will be responsible for the following:

- Keep an accurate account of the time of each period and penalty, and inform the penalized player(s) when the penalty time has expired.
- At sites with no visible game clock and automatic horn, the timekeeper will notify the nearest official 20 seconds before the end of all periods, except 2 minutes and 20 seconds before the end of the game, and sound an air horn at the end of each period.
- Start and stop the time clock when a official sounds the whistle and at the end of each period.
- Keep an accurate record of the time of intermission between halves and notify each team four minutes before the start of the second half.
- Sound the horn which should be provided by the home team. A horn may be sounded during a stoppage of play only. The timekeeper will sound the horn once when a horn is requested by either team's coach for a regular substitution. Examples of violations for which a horn should be sounded at the next dead ball include:
  1. a player enters the field of play from the penalty area before being permitted by the rules.
  2. a player not legally in the game enters the field of play.
  3. a player legally in the game leaves the field of play and does not make an immediate effort to return.
  4. a player substituting for another deliberately delays his entry onto the field.
  5. a player entering the game as a substitute fails to comply with the rules for entering the field of play.

TIME FACTORS » TIME & SCORE

WHAT IS IT? The home team will assign a timekeeper to keep the regulation playing time and agreed upon half times. A separate scorekeeper should be assigned to keep and record the score.

WHEN all games

WHERE scorer's/timer's table between the benches at midfield line

WHO most leagues have parents volunteer to serve in these roles

WHY maintain accurate time and score

FUNDAMENTALS

SCORING Leagues can choose to not keep score at any level.

STOP TIME Start and stop clock when official sounds whistle and at the end of each period.

RUNNING TIME Clock only stops for timeouts and officials' timeouts.

OVERTIME U13 & U15 games tied after regulation play result in 4 minute sudden victory overtime periods.

DEVELOPMENTAL

» **U9 -** Four 12-minute running time periods. If stop time used, 8-minute quarters are recommended.

» **U11 -** Four 8-minute stop-time quarters. If running time, 12-minute quarters.

» **U13 -** Four 10-minute stop-time quarters. If tied at end of two 4-minute overtimes, game ends in tie.

» **U15 -** Four 10-minute stop-time quarters. If tied, unlimited 4-minute stop-time sudden victory overtimes.

PLAY SAFE

» Shorter time periods, stop time, or running time may be used. If running time is to be used, the clock will stop for all timeouts.

» The officials may keep time on field.

» In cases of high heat and/or humidity, mandatory water breaks should be added during the game.

» Scorer's table must be at least 5 yards away from the sideline to allow room for players to safely substitute.

» The box area must be kept clear of players and coaches for safety, organization and to provide timer and scorer an unobstructed view of field.

VIOLATIONS

Not properly managing time can lead to fouls. For example:

- Various delay of game calls
- **ILLEGAL TIMEOUT:** when a team requests a timeout when no timeouts remain

» If a team leaves the field and refuses to play, they forfeit the game with current score if team remaining leads or a 1-0 victory if it is behind in the score.

BEST PRACTICES

» Timer and scorekeeper should inspect all equipment they'll need prior to the start of play.

» League or organizing authority decide game length and overtime procedures in advance of games.

PERSPECTIVES

P Officials decide goals and scorekeepers record them. Remember the focus is on learning and fun, not goals and assists.

C Knowing how much time is left (and how many timeouts your team has) is an important part of managing the game.

C Players should never approach scorekeeper for stats during games.

O Communicate with scorers table prior to start of game on all appropriate game day issues.

SITUATIONS
TIME AND SCORE

A team gets 2 non-consecutive timeouts per half and 1 per overtime period.

A timeout must be taken by the official in case of illness, accident, injury, weather, and to check a stick.

GAME PLAY » FACEOFFS

WHAT IS IT? Play shall be started at the beginning of the game, each quarter/half and after each goal by placing the ball at the X at the center of the field and having one player from each team squat down with the ball between their sticks. When the whistle is blown, they compete to gain possession of the ball.

WHEN at the beginning of a game, to start each period, or after a goal

WHERE the X in the middle of field

WHO one faceoff player from each team and two teammates on either wing

WHY to give each team an equal chance to gain possession

FUNDAMENTALS

SET Faceoff midfielders meet at center X. Crouch with sticks on ground parallel to midfield line. The ball is placed between the backs of the player's stick heads.

WHISTLE On the whistle players try to gain possession of the ball.

WINGS Wing midfielders line up on wing lines and are released to participate in play as soon as the whistle blows.

POSSESSION When possession is gained, official signals "possession" releasing players in the box area.

DEVELOPMENTAL

» Excellent reaction time is crucial for faceoffs.

» The "clamp" is when a player momentarily covers the ball with his stick off the faceoff whistle. This is a basic yet very effective faceoff move.

» Wingmen should learn ways to work as a team and communicate to gain possession of the ball.

PLAY SAFE

» Wing players cannot make contact with the two players at the faceoff X because the two players facing off are often hunched over focusing on the ball which puts them in a vulnerable position.

» Attack and defensive players must remain behind defensive area line until possession is called.

» A wing player may take a position anywhere behind the wing line.

» The player taking the faceoff will often communicate with his wingmen to let them know where he hopes to draw the ball.

VIOLATIONS

- On the faceoff a player may not kick or step on his opponent's stick.
- A player may not move after "set" is called and until the whistle sounds to begin play.
- Each player's entire body must remain to the left of the throat of his stick before the whistle.
- Players sticks must be parallel and may not touch the ball.
- Player may not withhold the ball from play during a faceoff.
- Player may not grab the ball or his opponent's stick.

BEST PRACTICES

» Coaches will have faceoff players practice different techniques including clamps, reaction time drills, boxing-out drills, and ground ball drills!

» All young players should get an opportunity to practice facing off both in practice and games.

PERSPECTIVES

P Winning faceoffs is important as it can increase the number of possessions for your team.

C Work on faceoffs as a team effort, not just the responsibility of the faceoff man.

C Teach moves to counter an opponent's move and techniques.

O Pay close attention to the action at the X and strictly enforce all faceoff rules.

SITUATIONS FACEOFFS

In U9 and U11 play, any team that is four-or-more goals behind will be given the ball at the midfield line in lieu of a faceoff, unless waived by the coach of team that is losing.

GAME PLAY » OUT OF BOUNDS

WHAT IS IT? The official will stop play any time a loose ball or ball carrier touches on-or-beyond a boundary line. A player is also out of bounds if any part of his stick touches the ground on-or-beyond a boundary line.

WHEN the ball touches line or ground outside line

WHERE around the perimeter of the field

WHO any player on the field

WHY to contain the play of the game

FUNDAMENTALS

OUT OF BOUNDS Ball or player with the ball touches a boundary line or outside the boundary line.

TURNOVER The team that last touched the ball before it went out of bounds loses possession, unless it was a shot.

SHOT When a shot goes out of bounds, the team whose player is nearest the ball when is crosses the line gains possession at that spot.

RESTART Opponent restarts with ball inside the boundary at the spot ball crossed line.

DEVELOPMENTAL

- It is important to teach young players to start inside the boundary line on a restart as this is different from most other sports.
- Play on prescribed regulation size field is preferred. Coaches and officials may also agree to play on any size field available.
- Calling out of bounds in practice helps young players incorporate field awareness into their game.

PLAY SAFE

- On a restart, no player may be within 5 yards of the person in possession of the ball.
- Pushing an opponent from behind is illegal but legal pushes from the front or side may be used to force an opponent out of bounds.
- If called near the table area, official will move ball off the sideline and 5 yards into the field of play before play is resumed.
- The goalkeeper is given a maximum of five seconds to reenter the crease on any restart.

VIOLATIONS

» When a player's foot/feet are out of bounds, he may not take an active part in the game.

- A player out of bounds must come fully back in-bounds before he can participate in play.
- When a loose ball touches the boundary line or the ground outside the line it is out of bounds.

BEST PRACTICES

» Coaches will have to make their players, especially attackmen, aware of the importance of backing up shots.

» Coaches should remind their goalies to chase the ball out of bounds after a shot goes wide to beat the attackmen.

PERSPECTIVES

P Spectators must be more than 6 yards off the sideline opposite the benches and never behind the goal.

C When the ball is clearly headed out of bounds, teach your players to start moving to a more advantageous restart position.

O Make sure players get ready to play quickly before a restart in their defensive end.

SITUATIONS
OUT OF BOUNDS

A shot out of bounds can deflect off a player and still be considered a shot.

If a shot comes to rest on the field and a player then knocks it out of bounds, it will be awarded to the opponent regardless of who is closest to the spot.

GAME PLAY » OFFSIDE

WHAT IS IT? A team is considered offside when it has fewer than three players in its offensive half of the field or fewer than four players in its defensive half of the field.

WHEN usually during a transition situation

WHERE at the midfield line

WHO either the attacking or defending teams

WHY helps keep balance and spacing across the field

FUNDAMENTALS

MIDFIELD LINE Solid line in the middle of the field between goal lines and extending fully from one side of the field to the other side.

THE GOALIE The goalie may cross the midfield line like any other player as long as four defensive players stay behind the line.

COMMUNICATE Players communicate who is crossing and who is staying back when in transition around the midfield line.

HEADS UP Be aware of where you are on the field so you never mistakenly put your team offside.

DEVELOPMENTAL

- **U9 -** In 7v7 play teams must have at least three players on the defensive side and at least two players on the offensive side
- **U11 -** Same as U9 if playing 7x7
- **U13 -** Players learn to communicate and count teammates
- **U15 -** Same as U13 with advanced substitution patterns using midfield line and offside rules allowed

PLAY SAFE

A team is not offside if:

- a player is pushed over the line from behind.
- a player reaches on-or-over the midfield line.
- a player seeing that he is going to be offside instead runs out of bounds.
- it has seven players on offense and four back on defense. This would be a too many men/illegal-procedure foul.

BOYS » YOUTH RULES GUIDEBOOK
http://www.uslacrosse.org/TopNav2Right/Rules/MensRules/BoysRules/VideoOffsides.aspx

VIOLATIONS

IF a team:

- with possession goes offside, official blows whistle and awards the ball to the other team at midfield.
- is offside while the ball is loose, official will call “play on.” If the team not offside doesn’t win possession they will be awarded the ball.
- goes offside while the other team has possession, official will throw the penalty flag to create a slow whistle situation. Upon loss of possession, the team offside receives a 30-second penalty.

BEST PRACTICES

- Coaches should practice rides and clears to develop player communication and recognition during transition.
- Teach offensive and defensive players to be comfortable on both sides of the midfield line offensively and to practice making “middie-back” calls.

PERSPECTIVES

P It is usually the responsibility of the players on the opposite side of the field from the ball to stay on-side during clears.

C Educate your players and practice situations to reinforce the offside rule.

C Manage your box well to avoid offside during substitutions.

O Pay particular attention to the substitution area during potential offside situations.

SITUATIONS OFFSIDE

The offside rule creates a situation where the clearing team always has a 7-man vs. 6-man advantage. Teams will take advantage of this to create good clearing opportunities.

GAME PLAY » GOALIE PRIVILEGES

WHAT IS IT? The goal is in the center of a 9' radius circle called the crease. The goalie has special privileges while he is inside the crease.

WHEN during games and practice

WHERE the creases surrounding both goals

WHO only the goalie gets the special privileges of the crease

WHY to protect the goalie by giving him a "safe space"

FUNDAMENTALS

PRIVILEGES To keep privileges, goalie must have at least one foot inside his crease.

TIME Goalie can remain in the crease for four seconds after gaining possession of the ball.

OFFENSE Offensive players may not enter the opponent's crease at any time.

DEFENSE Defensemen can enter their own crease without ball but do not receive goalie's privileges.

DEVELOPMENTAL

- **U9 -** Goal creases must always be on the field regardless of field size
- Goalies should practice throwing passes from their crease within four seconds after making a save.
- A goalie in the crease may block or bat the ball with any part of his body but he may not grab ball.
- A goalie's stick outside the crease may be checked as long as the ball is not in his pocket.

PLAY SAFE

- An offensive player may not dive or jump into the crease.
- Defensemen must learn to cross over the back of the net without tripping.
- Goalies are required to wear arm pads and protective cup per US Lacrosse youth rules.
- Rules around the crease are designed to protect goalies from dangerous contact.
- The defensive team may not illegally push the offensive team into the crease.

VIOLATIONS

- If the offensive team has possession and a player enters the crease the official will blow the whistle and award the ball to the other team 20 yards lateral from the goal.
- If the offensive team enters the crease during a loose ball it is a “play-on” situation.
- If the offense enters the crease while the defense has possession, the official throws a flag creating a slow whistle situation and it is a 30-second penalty upon loss of possession.
- If a defensive player (including the goalie) enters the crease with the ball from outside of the crease the official will blow whistle and possession changes.

BEST PRACTICES

» The crease area is critical to both player safety and play of the game. The creases should be well marked on the field at all times.

PERSPECTIVES

P The goal crease area is the area where a great deal of activity occurs. It’s often where games are won and lost.

C All players should know all of the special rules of the crease.

C All players should be taught and drilled on how to play around the crease.

O Officials should use proper mechanics to ensure they are in position to make the tough calls around the crease.

SITUATIONS
GOAL PRIVILEGES

An attacking player may reach his stick into the crease to play a loose ball as long as no contact is made with the goalie or his stick.

GAME PLAY » SUBSTITUTIONS

WHAT IS IT? Teams may substitute for any player on the field. Players may substitute freely during a horn or dead ball. Special substitutions called "On the fly" may be made during live play by substituting one player for another with the player entering waiting until player on field exits via the table area.

WHEN at most times during game

WHERE special subs from the box, regular subs can be from the bench

WHO players from both teams

WHY to give players opportunities to play and rest

FUNDAMENTALS

THE BOX The table area is also referred to as the substitution box. Players must stay outside this area until substitution is imminent.

HORN At dead ball, horn sounds to alert the official of substitution. Teams have 20 seconds to sub.

COMMUNICATION Players and coaches must communicate to effectively perform substitutions.

MIDFIELDERS Teams will often substitute two or three midfield lines as well as multiple attackmen and defensemen throughout the game.

DEVELOPMENTAL

» A team may not have more than 10 players on the field at any time.

» At lower levels many coaches will substitute players in lines from defense to midfield to attack so all players learn to play all positions.

» At higher levels of play coaches will make use of long-stick midfielders, short-stick defenders and a faceoff specialist, leading to more situational substitutions.

PLAY SAFE

» At all times, a player in the box waiting to substitute must make way for players leaving the field.

» Players must be substituted if play is stopped due to injury or blood on his uniform, skin or personal equipment.

» At younger ages, coaches of opposing teams can work together in substituting to ensure players of similar size are matched.

» If a coach has a concern that a player may be injured, they should quickly notify the officials and substitute the player.

BOYS » YOUTH RULES GUIDEBOOK
http://www.uslacrosse.org/TopNav2Right/Rules/MensRules/BoysRules/VideoSubstitution.aspx

VIOLATIONS

- Any violation of the rules for substituting players is considered an illegal procedure or a technical foul.
- If a team commits a substitution violation while in possession of the ball the official will blow the whistle and award the ball to the other team.
- If a team commits a substitution violation while the ball is loose, it is a play-on situation.
- If a team commits a substitution violation while the other team has possession, the official will throw the flag indicating a slow whistle situation, a technical foul with a 30-second penalty.

BEST PRACTICES

- A box coach should keep track of players on the field and players ready to sub in.
- Players are not allowed to gather in the box. This is an illegal procedure penalty. Staying lined-up along the bench makes substitutions easier and more orderly.

PERSPECTIVES

P Equal playing time is strongly encouraged at the youth level.

C Teach players to be aware of the best times to substitute, especially when they are transitioning from one side of the field to the other.

O Use good mechanics so you are in good position to observe substitutions.

O Officials should quickly count players on the field after a regular substitution and prior to re-starting play.

SITUATIONS SUBSTITUTIONS

On the release of a penalty, a player will often step on the field in his offensive half to release another player waiting at the faceoff X, giving that player a shorter distance to run before getting involved in the game.

GAME PLAY » ADVANCING BALL

WHAT IS IT? In U13 and U15 play, a team that gains possession of the ball in its defensive half has 20 seconds to clear the ball beyond the midfield line. Once beyond midfield, the team has 10 seconds to advance the ball into the goal area.

WHEN a team with possession must advance ball into their offensive zone

WHERE defensive half to midfield line, and/or midfield to goal area

WHO team with possession of ball

WHY keep the game moving along

FUNDAMENTALS

GOAL AREA A box 40 yards wide and 35 yards long marked around the goal crease area.

CLEARING Transitioning the ball from the defensive half to the offensive half is called "clearing the ball."

RIDING The defending team will try to prevent their opponent from advancing the ball and create a turnover.

COMMUNICATION Advancing the ball often brings offside rules into play making communication between players key.

DEVELOPMENTAL

- **U9 -** No offensive 10-second count, defensive 20-second count, or stalling rules will be used
- **U11 -** Same as U9
- **U13 -** Offensive 10-second count, defensive 20-second count and stalling rules will be used
- **U15 -** Same as U13

PLAY SAFE

- All players should be aware of time count.
- Advancing the ball rules are necessary to keep the game moving and discourage stalling tactics.
- The easiest way to avoid stalling calls is to efficiently get the ball up field when possession is gained.
- The stalling rule is in effect for the team that is ahead during the last 2 minutes of play at the U13 and U15 levels.

VIOLATIONS

- Failure to advance the ball past the midfield line or into the goal area results in the ball being awarded to the opposition at spot of violation or 20 yards lateral from the goal.
- If officials think a team is stalling outside the goal area they will tell the team to get it in and keep it in. Team now has 10 seconds to advance the ball into goal area and then must keep the ball inside the goal area.
- If officials think a team is stalling inside the goal area they will tell the team to keep it in. Team must keep it inside goal area.

BEST PRACTICES

» Teams will have designed clearing formation in order to advance the ball efficiently.

» Teammates should "echo" the call to keep it in. They will also remind (and have a call to notify) each other of roughly how much time is left in the clear.

PERSPECTIVES

P The team with the lead must keep it in the goal area during the last two minutes of play and try to maintain possession.

C Visual and verbal reminders to "Get It In!" or "Get a Touch!" may be helpful.

C Good stick skills are critical in effectively advancing the ball in the clearing game.

O Be alert to stalling techniques during close games.

SITUATIONS
ADVANCING BALL

Any time a whistle is blown and play must be restarted, a new 10- or 20-second count will begin, including restarts following timeouts.

FOULS » STICK CHECKING

WHAT IS IT? Stick checking, an attempt to dislodge the ball from an opponent's stick or to prevent him from gaining possession is legal, but fouls often occur due to improper or uncontrolled checking technique.

WHEN a player strikes the ball carriers stick or gloved hand holding the stick

WHERE when a player has possession of the ball

WHO defender of ball carrier

WHY to prevent opponent from gaining possession or to dislodge a ball

FUNDAMENTALS

POSITION Defense is played primarily through good footwork and body position. Stick checking is secondary.

CHECKS Controlled stick checks are often called pokes and slaps.

SLASHING Checking something other than his opponents stick (or the gloved hand holding the stick) is a slash.

GLOVED HAND The gloved hand holding the stick is considered part of the stick and may be checked as a legal stick check.

DEVELOPMENTAL

- **U9, U11 & U13 -** Any one-handed check will be considered a slash, regardless if it makes contact.
- **U15 -** Slashing will be called according to NFHS rules.
- Leagues and associations may further limit checking for safety reasons.
- Older players should master the basics of poke-and-lift first.

PLAY SAFE

- Never check a player near his head, neck or back.
- A player may not ever check in an uncontrolled fashion.
- Don't swing or chop at a loose ball.
- Players may not rest a free hand on an opposing player while attempting a stick check.
- Learning to use stick checks is an important part of player development and coaches should both teach and drill it like any other skill.

VIOLATIONS

SLASHING is called when a player:

- strikes an opponent in any part of the body with stick.
- swings his stick at opponent in a vicious or reckless manner regardless of whether contact is made or not.

Slashing is a personal foul and warrants a 1-3 minute penalty based on severity and perceived intent.

Officials have the authority to remove a player from the game if they feel the slash was vicious and/or malicious.

BEST PRACTICES

- Youth coaches should focus on footwork first and then simple poke, slap and lift checks.
- Defensive players should use shorter sticks to force good foot work. This includes games for U9/U11 and in drills for U13/U15.

PERSPECTIVES

P Do not encourage overly aggressive checking during play or practice.

C Call fouls in practice to ensure your players learn proper technique and safe play.

O Keep things safe by calling a tighter game at the younger ages or to discourage overly aggressive play.

O Use the two- and three-minute slash call at your discretion when appropriate.

SITUATIONS
STICK CHECKING

While in the act of shooting or passing a player may legitimately follow through and strike another player in his natural motion. This is not a slash unless deemed malicious.

FOULS » BODY CHECKING

WHAT IS IT? Body contact is an important component of boys' lacrosse. Although body checking of any kind is forbidden at U9 and U11 levels, legal pushes and holds as well as incidental contact and "boxing out" during ground balls are acceptable.

WHEN a player intentionally contacts another player with his body

WHERE within 3 yards of loose ball

WHO a defender or a player competing for a loose ball/ball in flight

WHY to prevent advancement to the goal or gain possession of a loose ball

FUNDAMENTALS

LEGAL CHECK In U13 and U15 only, body checks should be delivered in an upright position with both hands on the stick.

SHOULDERS Player may not lower his head or shoulder to make initial contact.

LEGAL HITTING Contact must be above the waist and below the shoulders with both hands together on the stick.

INCIDENTAL CONTACT U9 and U11 players should "play the ball," during ground balls but incidental contact and "boxing out" are not considered violations.

DEVELOPMENTAL

- **U9 -** Body checking **NOT** permitted
- **U11 -** Body checking **NOT** permitted
- **U13 & U15 -** Full body checking
- Players should first learn effective body positioning.
- Defensive position shouldn't be sacrificed to initiate contact.
- Players should remain on their feet when making body contact.

PLAY SAFE

- Take-out checks are illegal and a serious offense at all levels.
- If a player about to be legally body checked turns away from the check to make it appear illegal, no foul is called. Initial contact determines whether body check is legal.
- Do not check a player from behind.
- Do not cut block or hit a player below the waist.
- Call "release" on a ground ball possession to let teammates know body contact is no longer legal.

VIOLATIONS

BODY CHECKING is a personal foul if it is:

- more than 3 yards from a loose ball.
- avoidable after opponent has passed or shot the ball.
- from the rear or below waist.
- by a player who has any part of his body, other than his feet, on the ground.
- to an opponent's head or neck, including any follow through.
- a player leading with the head or initiating contact with the head (spearing) including by the ball carrier.
- on any player in a vulnerable or defenseless position.

SITUATIONS
BODY CHECKING

A player may be removed from the game by officials for a single illegal body check if the official feels it is violent and malicious.

BEST PRACTICES

- Teaching body checking in practice is important and demonstrating proper form can begin at the younger ages so players are prepared for the next level.
- Legal body checks are delivered with two hands together on the stick, kept close to body and head up.
- Coaches should use "body dummies" or pads to effectively teach how to make body contact.

PERSPECTIVES

P Never promote or condone overly aggressive play.

P Malicious hits are illegal and very dangerous.

C Always stress proper body positioning techniques.

O Be consistent and aggressive with any call relating to body contact.

O Watch for games getting out of control and retaliation checks.

FOULS » CROSS CHECKING

WHAT IS IT? A player may not check his opponent with that part of the handle between the player's hands…either thrusting away from the body or holding it extended from the body.

WHEN defender uses the shaft of his stick against the body of an opponent

WHERE anywhere on the field

WHO usually a defensive player trying to stop or redirect an opponent

WHY dangerous and can cause injury

FUNDAMENTALS

HEAD Keep head up when playing defense to best see the opponent. Focus on the player's hips and center of his body.

HANDS Keep both hands closed and together on the stick during contact.

LEGS Bend knees and stay in a low athletic position. Make contact above waist and below shoulder with body.

FEET Move feet and use body position to angle opponent away from the goal.

DEVELOPMENTAL

» **CROSS CHECKING** is illegal at all levels of field lacrosse.

» Moving the feet and maintaining full body control is essential to good fundamental defense.

» Prior to U13 and U15 play; the need to keep both hands together on the stick when making contact with an opponent must be taught, drilled, and reinforced.

PLAY SAFE

» Never check a player near his head or neck.

» Initiate contact well below the shoulder to avoid riding up into the head and neck area.

» Play defense with both hands on your stick at all times. Hands should be close together on the stick with no exposed shaft between them.

» In addition to keeping hands together, defenders should have their bottom hand at the butt end of his stick.

VIOLATIONS

CROSS CHECK: A player may not check his opponent with his stick in a cross check position. It is considered a personal foul with offenders serving a 1-3 minute penalty depending on the severity as perceived by the official.

CROSS CHECK HOLD: When a defender applies equal pressure in cross check position. This is a technical foul with a 30-second penalty.

BEST PRACTICES

- Players should be taught proper technique for legal pushes and holds.
- Leagues should stress need for officials to consistently call cross checks and cross check holds.

PERSPECTIVES

P Might see this in professional lacrosse but it's too dangerous to allow at youth levels.

C Don't allow poor/dangerous techniques and habits to go uncorrected in practice.

O Call at all times! Use two- and three-minute penalties to deter dangerous or violent checks.

O It is legal for a player to check with his hands apart on his stick if he only makes contact with one of his hands, not the portion of the stick between his hands.

SITUATIONS
CROSS CHECKING

Players who engage in body contact while holding their hands apart on their stick risk being called for a cross check. This is especially true if they extend their arms and hands when making contact.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	PERSONAL FOULS Personal fouls are those of a serious nature and will result in a man advantage. The emphasis on safety and sportsmanship in youth lacrosse is expressed in stricter enforcement of personal fouls. Official points index finger upwards and blows whistle	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.
	ILLEGAL BODY CHECK Elbow is brought horizontal to shoulder with hand on chest and then moved up-and-down NO body checking of any kind permitted in U9 and U11 Take-out checks NOT ALLOWED at any level, ever!	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 2 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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	CROSS-CHECK Pushing the arms away from body in a parallel fashion	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.
	ILLEGAL STICK Pointing toward the illegal stick	A player may not use a stick that doesn't conform to specifications. For example, it is a: • 1-minute non-releasable penalty if a stick has too deep a pocket or weaving not firmly attached. • 3-minute non-releasable penalty for any other reason and stick is removed for balance of game.
	ILLEGAL EQUIPMENT Pointing toward the illegal equipment or where it would be on the player	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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	SLASHING Intersecting arms. One arm chopping the other, normally at face height	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.
	TRIPPING Swinging one arm at knee level	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.
	UNSPORTSMANLIKE CONDUCT Arms extended from shoulder height	**Non-releasable** - 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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	UNNECESSARY ROUGHNESS A salute motion	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.
	FOULING OUT No specific signal for foul Whistle with arm straight up or ejection motion often used	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.
	EJECTION Thumb Up, hand moves up over shoulder	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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	TECHNICAL FOULS
	TECHNICAL FOULS Technical fouls are fouls of a less serious nature and include all violations of the rules except those listed as personal or ejection fouls. Signal only if time being served. Arms placed in a "Tee" formation at chest level.	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
	CREASE VIOLATIONS Sweeping motion of the arm towards the crease	Usually from stepping into the crease while on offense.
	HOLDING Grasping a wrist with the opposite hand and using a vertical pumping motion	Numerous violations which include holding an opponent with a free hand and holding the body of an opponent with a stick.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	TECHNICAL FOULS
	ILLEGAL OFFENSIVE SCREENING One hand bent at elbow extending up and the other hand moving toward elbow	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.
	PUSHING One hand against body and other hand makes a pushing motion away from body	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.
	ILLEGAL PROCEDURE Forearms horizontal at chest level rotating around each other	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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	TECHNICAL FOULS
	CONDUCT FOUL One arm held extended from body at shoulder height	Aggressively argue or make gestures about a decision by an official.
	INTERFERENCE Hands crossed over the chest	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.
	OFFSIDE Both hands on hips	Too many players in either end of the field.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	TECHNICAL FOULS
	STALLING/DELAY OF GAME Hands clasping forearms at stomach level	A stalling violation will be called if the ball leaves the goal area after the stall warning, unless it's from a shot deflected off the goal, goalie or a or a pass that is deflected by a defensive player.
	WARDING OFF Fist near chest while moving elbow up	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.
	WITHHOLDING BALL FROM PLAY Arms extended from body with one hand covering the other	Lying or sitting on a loose ball. Clamping a ball longer than necessary to pick it up.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PROCEDURAL FOULS
	GOAL SIGNAL Turns toward center of field, arms raised and then lowered.	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.
	NO GOAL Arms extended toward the ground and swung out-and-in so that they cross each other.	Goals that are scored illegally are quickly reversed by the official. Possession is awarded to the defending team.
	TIMEOUT Turns towards the timer and crosses fully extended arms at the wrist above the head.	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.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PROCEDURAL FOULS
	DIRECTION OF POSSESSION/ DELAYED WHISTLE Arm is raised horizontally at shoulder level and pointed towards the goal of the team awarded possession	The official will indicate a change in direction when a violation dictates or that a team should play-on during a delayed whistle after a player in possession has been fouled.
	OFFENSIVE STALLING WARNING One hand vertically up and the other arm pointing towards goal	Attacking team is not making an effort to attack the goal and score.
	FAILURE TO ADVANCE Hand over head, palm down, with a tapping motion	Failure to advance the ball over the midfield line in 20 seconds or to bring the ball into the goal area within 10 seconds after crossing the midfield line can result in a turnover.

OFFICIAL » ARM SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	FOULS
	LOOSE BALL Two hands pointing down at the ground	Indicates that the ball was loose when there was a technical foul.
	PLAY-ON One hand extended above shoulder into the air	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.

OFFICIAL » EJECTION FOULS

US Lacrosse works closely with the game's officials to ensure the overarching emphasis of youth lacrosse is on player safety and sportsmanship. To that end, fouls will be called closely with dangerous and ejection fouls addressed immediately.

Being ejected from a game is the most serious penalty that can be assessed to any player, coach, or spectator. Ejection fouls include:

- deliberately striking or attempting to strike anyone
- leaving the bench during an altercation
- use of any tobacco product by player or coach
- a second non-releasable unsportsmanlike conduct foul by the same player or coach
- any action deemed flagrant misconduct by the officials

Officials have the authority to eject a player for flagrant misconduct without having to wait for a second misconduct penalty. This may even be done after the game is over as long as a official is still on site. All ejections must be noted in the scorebook at the time of the ejection and reported to assigners and league personnel so appropriate suspensions may be served.

The penalty for an ejection includes:

- a 3-minute non-releasable penalty
- suspension from the remainder of the game
- suspension from the next regularly scheduled game
- an ejected:
    - coach must leave the premises
    - spectator must leave the premises
    - player must leave the premises, if authorized school personnel can supervise them or, if not available, player is confined to the bench area and remains the responsibility of the coach until game is over

PENALTIES » ADMINISTRATION

WHAT IS IT? The penalty for fouls is a timed suspension of the offending player or awarding the ball to the team that was fouled.

WHEN a foul occurs

WHERE anywhere on or around the playing field

WHO the official indicates all players involved

WHY to keep the game safe and fair

FUNDAMENTALS

TECHNICAL FOULS Are fouls of a less serious nature than personal fouls and result in a change of possession or a 30-second penalty.

PLAY-ON On a loose ball technical foul, an offended player may be disadvantaged by stopping play so the official will signal "play-on" and hold the whistle until a situation of advantage (gained or lost) is complete.

PERSONAL FOULS Are individual infractions of a serious nature and can result in a one, two or three minute penalty.

SLOW WHISTLE When team with ball is fouled and keeps possession, official throws a flag indicating a slow whistle and play continues until possession is lost or ball leaves the goal area.

DEVELOPMENTAL

Youth lacrosse must focus on the development of stick skills, team play, and sportsmanship.

- **U9 & U11 -** No body checking of any kind is allowed
- **U13 & U15 -** Body checking is permitted, however take-out checks are never permitted

PLAY SAFE

- Take-out check – any check where a player lowers his head or shoulder with the force and intent to put the other player on the ground.
- Strict enforcement of rules like illegal body contact, unnecessary roughness, unsportsmanlike conduct and slashing is important.
- At the younger levels, rules should be tightly enforced to ensure safe play is learned early.

VIOLATIONS

- Technical fouls are for 30 seconds or a change of possession.
- Personal fouls are 1, 2, or 3 minutes, depending on perceived severity by the official.
- Personal fouls can be releasable or nonreleasable.
- Nonreleasable penalties require the full time be served.
- Releasable penalties may be ended by an opponents goal or fulfillment of time served.

BEST PRACTICES

» NFHS Rulebooks are available through US Lacrosse. Coaches and parents are encouraged to review the various personal and technical fouls.

» It is important for players to understand what to do during “slow whistles” and “flag down” situations.

PERSPECTIVES

P The rules are in place and strictly enforced to prevent injury and ensure fair play.

C Call fouls in practice. Explain why the fouls and their penalties exist so players learn to play safely.

O Be sure to apply appropriate rules for each age group.

O Be sure to explain rules to youth players if they repeatedly commit the same fouls.

SITUATIONS ADMINISTRATION

If an offensive player commits a violation during a slow whistle situation play will be stopped and penalties administered.

If a goal is scored after slow whistle on a technical foul, no penalty is given.

PENALTIES » ENFORCEMENT

WHAT IS IT? When an infraction of the rules is committed that requires a player or team to serve penalty time or incur other consequences. There are multiple rules in place to ensure fouls are penalized accurately and correctly.

WHEN before, during, after games

WHERE on field or bench areas

WHO a player or coach who violates a rule

WHY to ensure fair and safe games

FUNDAMENTALS

REPORT Any player called for a time-serving penalty must report to the penalty area immediately.

SERVE Penalized players must remain in the penalty area until timekeeper says his time has expired.

KNEEL Penalized players should sit or kneel in front of scorer's table.

GOALIE If a goalie fouls or is injured, his replacement will get one minute to warm up after entering onto the field.

DEVELOPMENTAL

» **U9 -** Penalized players leaves field for full penalty time. Team plays a sub while the player is out so neither team gets a man advantage.

» Coaches should take players aside to carefully explain calls.

» Clear, accurate communication about what penalty was called and what the consequences are, is critical to ensuring a great overall lacrosse experience.

PLAY SAFE

» Players should know designated penalties and penalty times.

» Safe play should be enforced.

» A player being released from penalty box should have remaining time counted down out loud by the timer: "3-2-1-RELEASE."

» A coach must always make sure a player knows exactly what he did wrong when serving penalty time.

» Penalty time should not be praised and corrective action should be taken for repeat offenders.

VIOLATIONS

- Penalty time begins on the whistle to resume play after the foul is administered.
- Penalty time ends when time expires or goal scored during releasable foul.
- Penalty time must be served even over periods and into overtime.
- Non-releasable penalties - like unsportsmanlike conduct - are NOT released until the full time is served, even after a goal.
- A player committing a personal foul shall serve the penalty time regardless of whether goal is scored during slow whistle.
- Deadball fouls are penalties that can occur after play stoppage.

BEST PRACTICES

- The timekeeper, and not coaches or parents, is responsible for counting down the last five seconds of a penalty.
- Communication on the field can help prevent many inadvertent penalties.

PERSPECTIVES

- **P** Penalty enforcement is in place for safety and fair play.
- **C** Treat officials with respect and encourage safe play.
- **C** Teach proper technique to minimize foul potential.
- **O** Explain calls made carefully if there seems to be confusion.
- **O** Use “CNOTE” convention to report fouls to the table: color, number, offense, time and extra info.

SITUATIONS ENFORCEMENT

Officials should remember that they are signalling penalty enforcement information to their partners, all players, coaches and table personnel.

GAME SKILLS » STICK SKILLS

WHAT IS IT? Stick skills like passing, catching, shooting and cradling, are essential in the game of lacrosse. Developing these skills both in and out of practice ensures the best playing experience.

WHEN always, lacrosse can't be played competitively without stick skills

WHERE anywhere on field

WHO all players

WHY stick skills are the fundamental building block of lacrosse

FUNDAMENTALS

CRADLING Mastering the cradling motion when carrying the ball will keep the ball in the stick and make it harder for defenders to knock it out.

PASSING Hands high at shoulder height and away. Push top hand, pull bottom hand. Follow through pointing at target.

CATCHING Opposite motion of passing allowing top hand to pull back softly as ball arrives. Top hand should be high on the stick.

SHOOTING Step towards target, point bottom elbow toward goal, and follow through with head of stick pointed toward goal.

DEVELOPMENTAL

- Passing and shooting overhand is critical in player development.
- Catching – soft hands, "snatch catching" should be discouraged.
- Practice all skills both right-handed and left-handed.
- Advanced moves build off of proper cradling and dodging mechanics.
- "Wall ball" improves skills and helps a player's important muscle memory.

PLAY SAFE

- Keep head up at all times when running, passing and catching.
- Helmets should be worn when learning to catch and throw.
- In practice drills or when out with friends always be aware of others shooting and stay out from behind the goal. Helmets and gloves should always be worn.
- Eliminating body checking at younger ages helps players develop good stick skills in a safe environment.

VIOLATIONS

- **ILLEGAL STICK:** A player cannot use a stick that doesn't conform to legal specifications.
- A player may not withhold the ball by holding the stick head against the body.
- A player may not ward off by using his free hand to push away a stick check.
- **INTERFERENCE:** When a player's team has possession of the ball, he may not interfere (check or block) with the free movement of the opposing team's players.

BEST PRACTICES

» Players should be taught proper technique and mechanics early as proficiency in handling the ball is key to enjoying the game.

» Ground balls are constant as ball skills are learned. Learning to run through the ball and scooping with the back hand lowered is essential.

PERSPECTIVES

P Encourage your player to find a wall to throw and catch against, both right-handed and left-handed.

C Fun active drills are a great way to improve stick skills in practice.

O Be aware of potentially dangerous situations like players looking up to catch a lofted pass.

O Teams with less-developed skills will likely be more physical, since the ball will be on the ground more.

SITUATIONS BALL SKILLS

Practice drills that drag on can be counter productive. Use 3-4 different drills in the allotted time period to maintain player focus and energy.

Young players will try to imitate more advanced players. Learning the fundamentals first is critical to ultimate success.

GAME SKILLS » OFFENSE

WHAT IS IT? When the team has the ball in the attacking end, the offensive players must work together to create good scoring opportunities.

WHEN the attacking team has possession of the ball

WHERE across the midfield line on the attacking side of the field

WHO the attacking team

WHY control the ball and ultimately score

FUNDAMENTALS

BALANCE The three attackmen and three middies on offense should spread out and move to create good spacing balance.

DODGING Player with the ball runs by his defender attempting to draw a slide or create a good shooting opportunity.

MOVEMENT Players move and cut without the ball to create open lanes for dodging, passing and feeding opportunities.

PATIENCE Players must move the ball and be patient when looking for scoring opportunities. "Forcing" poor shots and passes can lead to turnovers.

DEVELOPMENTAL

» Players should be taught the fundamentals of working together on offense; passing and catching, moving with and without the ball.

» Playing small-sided games in practice (3v3 or 4v4) can help develop team concepts and skills.

» Have defense practice without sticks during team offensive drills to help an offense's confidence and improve defensive footwork.

PLAY SAFE

BASIC SCORING OPPORTUNITIES

» **GIVE AND GO:** A player passes to a teammate and then cuts towards the goal looking for a return pass.

» **PICK AND ROLL:** A player sets a pick to free the ball carrier from his defender. He then turn and cuts ("rolls") to the goal for a pass.

» **DODGE AND DUMP:** The ball carrier dodges past his defender and then dumps a pass to an open teammate.

» **FEEDING CUTTERS:** Off-ball players work to create opportunities to cut towards the goal. Ball carrier then feeds them the ball for an open shot.

VIOLATIONS

- **MAN-UP OFFENSE:** When a foul occurs which results in a player serving penalty time, the attacking team gets a "man-up opportunity".
- **MAN-UP:** Also referred to as extra man offense (EMO).
  - A man-up unit usually has designed formations and plays to exploit the weaknesses of a man-down defense.

Like all other offensive situations balance and good ball movement are critical to success in man-up play.

BEST PRACTICES

- Coaches should avoid teaching "plays" and instead teach players the fundamentals of offense in different formations.
- Teams struggling to complete passes on offense should stop working on offense and go back to teaching stick skills. Teaching offense is realistic only after basic stick skills have become sound.

PERSPECTIVES

P Coaches and leagues often will enforce a "pass rule" in which the team will need a certain amount of passes before shooting.

C Encourage pride in good stick skills and offensive movement as well as goal scoring. If the stick skills and movement are there, the goals will come.

C Teach players to always look for assisted goals. An assist counts the same as a goal.

6 SITUATIONS OFFENSE

When a team is in a settled offense there should always be a player in a position behind the goal to chase an errant shot and maintain possession based on the out of bounds rules for a shot.

GAME SKILLS » DEFENSE

WHAT IS IT? Players work as a team and individually to keep offensive players from scoring. Footwork, field awareness, solid stick skills and constant communication are the keys to a strong defense.

WHEN the ball is in a team's defensive end

WHERE between the midfield line and end line behind goal

WHO 6 field players and a goalie

WHY keep opponent from scoring

FUNDAMENTALS

COMMUNICATION Defensive players must talk so they know when to support each other.

FOOTWORK All defenders should stay light on their feet and ready to move.

VISION Defenders must see the ball, the man they're defending, and always know where the goal is.

POSITIONING Players must be taught proper defensive positioning in all areas around the goal.

DEVELOPMENTAL

» **U9** - Coaches should discourage double teaming.

» Effective defensive body and stick positioning should take priority over stick and body checking at all ages.

» Players should learn man-to-man defense first. Zone defenses should be discouraged at younger ages.

» Learning team concepts in small sided situations can help player development.

PLAY SAFE

» Team defense is played with good positioning, footwork, communication and teamwork, not by swinging sticks trying to knock the ball away.

» Playing with short sticks only on the defensive end is safe and has tremendous developmental value for U9 and U11 players.

» No player should play defense with a stick that is taller than he is.

» Players should be taught how to engage their opponent and the age-appropriate rules for body checking at the same time they're taught to help or slide.

VIOLATIONS

MAN-DOWN DEFENSE

- When a team has a player serving a penalty they will typically end up playing man-down defense in their defensive half.
- Just as in other defensive situations, communication is critical to success when playing a man down.
- When playing man-down defense, defensive players are no longer guarding a single player. They must now, as a unit, guard six men with five or less defenders.

BEST PRACTICES

- A team defense should have a well-practiced slide package in place to be an effective defense and have calls to communicate with one another.
- Team defense should have common goals, like everyone staying between their man and the goal and trying to direct the man with the ball in a certain direction so that the entire defense can react properly.

PERSPECTIVES

P Sliding is not done to knock down the player with possession. It is poor form to yell "take him out" or "hit him" from the spectator areas.

C Watch for players who "ball watch" and lose sight of their man.

C Teach players the importance of good positioning and communication.

O Calling a tighter game at the younger ages helps players to develop and improves safe play and improve defending skills.

SITUATIONS DEFENSE

When a defender gets beaten by a dodging offensive player, another man will leave his man and "slide" to help stop that offensive player. The beaten defenseman will slide to an open attacker until the defense has recovered its shape so that all offensive players are again being guarded.

GAME SKILLS » GOALIE

WHAT IS IT? The designated (and properly equipped) goalie is the only player on the field that can enjoy the special privileges of the crease. The goalie is the last line of defense for his team, who stands in front of the goal to keep the other team from scoring.

WHEN games and practice

WHERE in the goal crease

WHO one player from each team

WHY to keep the other team from scoring goals

FUNDAMENTALS

GOALIE The goalie is the field general of the defense. Standing in the goal crease, he has a unique visual perspective on the field and should be vocal in letting his defense know where the ball is at all times.

EQUIPMENT Arm pads and cups are mandatory in youth play. Other optional equipment can be used as well, like hockey goalie pants, shoulder pads, shin pads, etc.

STICK The goalie stick is larger than a field stick, with an unrestricted pocket depth.

DEVELOPMENTAL

- A goalie with possession of the ball has four seconds before he must leave the crease or pass the ball.
- A goalie in the crease may block or bat the ball with his hand but may not catch it with his hand.
- When a goalie extends his stick outside the crease, it can be checked if the ball is not in it.

PLAY SAFE

- An offensive player may not dive, jump, or step into the crease.
- Players new to the goalkeeper position may wear shin pads and shoulder pads.
- Some goalies prefer to wear sweatpants, which is acceptable.
- The goalie's safety is priority. Rules are designed to protect goalies from collisions and interference.
- Play shall be suspended immediately if the goalie's stick or any other required equipment becomes broken.

VIOLATIONS

- Offensive players may not step in the crease. This violation results in a turnover or penalty.
- It is illegal to check a goalie's stick or body when he and his stick are inside the crease.
- It is interference when an offensive player makes contact with a goalie's follow through.
- A goalie can be called for slashing if his follow through on an outlet pass has malicious intent.
- Goalies will be called for unsportsmanlike conduct for intentionally moving the goal cage to prevent a shot.

BEST PRACTICES

» The safety of using required equipment is paramount. "Goalies are in a vulnerable position while focused on the ball."

» Goalies must to wear goalie specific regulation equipment [see page 31].

PERSPECTIVES

P Some coaches will require players to take turns in the goal to experience the position.

C Goalies should practice stick skills as well as learning to use angles and their bodies.

C Offensive players cannot dive or step into the crease.

R The lead official must pay special attention to whether the goalies are in-or-out of the crease, and whether they have possession or not.

SITUATIONS GOALIE

Goalie is a critical position on the team. Although not required, the goalie is often the best overall athlete. It should be stressed that giving up a goal is seldom, if ever, the sole "fault" of the goalie.

BEST PRACTICES » SAFETY

Participants in boy's lacrosse must be aware of the Official Rules. Participants are expected to play, coach, officiate and watch games according to their spirit and intent.

Emphasis is placed on safety and good sportsmanship. Everyone involved with the game must act with consideration for the safety of others.

- Players must ensure that their behavior, equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules.
- Coaches must ensure that they are teaching their players to play by the rules. Coaches should participate in continuing lacrosse-specific education and training that helps them to understand and teach new rules and address safety concerns.
- Officials must ensure fair and safe play by consistently enforcing the rules. Officials must take part in continuing lacrosse-specific education that helps them understand and interpret new rules.
- Spectators must contribute to a safe-play environment by demonstrating positive and sportsmanlike conduct. Those watching boy's lacrosse must understand and appreciate the unique rules and culture of the boy's game.

BEST PRACTICES » CONCUSSION

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

COMMON SYMPTOMS OF CONCUSSION

- » 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 may return to game play 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 must be medically cleared by an appropriate health care professional prior to resuming participation in any practice or competition.
4) After medical clearance, the decision for a player to return to play should follow a step-wise protocol. There also should be provisions for delaying a player's return based on any signs or symptoms of a concussion.
5) Return to play guidelines are subject to state regulations.

http://www.uslacrosse.org/UtilityNav/AboutTheSport/HealthSafety/ConcussionAwareness.aspx

BEST PRACTICES » BLOOD

The official US Lacrosse policy regarding the handling of blood/bleeding situations during games is as follows.

- When a player suffers a laceration or wound where oozing or bleeding occurs, the game should be stopped, and the player should be given appropriate medical treatment. The player may return to the game with the approval of medical personnel (team doctor, trainer, or other designated person with medical training). He may re-enter the game in the same half.
- If the umpire stops the game because a player is bleeding, the player must leave the game and a substitute may enter. If the umpire stops the game because an injury has occurred, the regular injury time out procedure is followed. If an injury time out has been called because of a bleeding problem, the player must leave the game, even if medical personnel/coach have not come onto the field. A substitute must enter.
- In cases where a goalie is bleeding, and is the only dressed goalie for his team, the game should be stopped. Then, the goalkeeper should be given appropriate medical treatment, and he may remain in the game.
- If there is blood on any part of a player's uniform/personal equipment, medical personnel should determine whether it has soaked through the uniform to the player's skin or is capable of being transferred to another player and a change is required. In the absence of medical personnel, the umpire(s) will make this determination. A uniform is considered saturated when blood cannot be removed. The same criteria should be applied to a player's personal equipment (stick, gloves, knee brace, etc.). If a uniform shirt is changed, the player's new number must be recorded in the score book before he re-enters the game.

BEST PRACTICES » INJURIES

Minor sprains and bruises are common in the sport of lacrosse. In addition, lacrosse players often strain hamstrings, quadriceps, and groins. Non-contact, ankle and knee ligament sprains, sustained while cutting and dodging occur frequently. Ankle sprains and knee injuries, including anterior cruciate ligament (ACL) tears can occur. And, like most athletes, lacrosse players deal with small or nagging injuries, such as shin splints, foot blisters, and abrasions.

Lacrosse is considered a "moderate risk" sport, but serious injuries can – and do – occur. For example, players occasionally suffer head and face injuries, including concussions. These types of injuries are usually the result of body-to-body or body-to-ground contact.

When a player is injured in a game or practice situation, play should be stopped and a trained medical professional should assess the player's condition. If the injury is considered minor, rest, ice, and elevation usually bring relief to the injured athlete.

For serious injuries, players may need rest and rehabilitation. Players who suffer head injuries and conditions that require surgery should return to play only when they are thoroughly cleared by a medical professional. If a player suffers a relatively minor injury, he or she may be allowed to play or practice with restrictions, depending on the condition.

In lacrosse, as in all other sports, injuries are inevitable. Still there are effective ways to reduce injuries:

- Play by the rules. Illegal or "dirty" play can result in injuries.
- Discuss goals and health concerns with your coach, trainer, parents, and health provider. Take proactive steps to prevent and treat injuries.
- Stay in shape year round. Warm up properly, drink water, and rest after games and practices.
- Wear the right equipment. Make sure it fits.
- Lacrosse leagues and organizations should prepare plans for medical situations and emergencies. Coaches, assistants, athletes and others involved in the game should be aware of these procedures.

INFECTIOUS DISEASES

Athletes and coaches are in regular, close contact with one another, which increases the risk that communicable diseases can be spread. For this reason, everyone involved in competitive lacrosse should take steps to prevent the transmission of disease.

Common ways that infections can be transmitted include coughing, sneezing, and spitting, and coming in direct, physical contact with a sick person or a contaminated object. Body-contact sports like lacrosse present many opportunities for disease to be transmitted. An on-field injury could force someone to come in contact with an ill player's blood or mucous, or an athlete or coach may touch a sick teammate while in the locker room, on the sidelines, or riding to a game.

To prevent the spread of disease, teams should develop guidelines. Proper cleaning equipment should be available at games and practices, and coaches and staff members should be trained to safely and effectively deal with wounds and injuries. In addition, rules should be set to exclude players from games and practices if they exhibit:

- a fever greater than 100.5 degrees
- vomiting
- stiff neck or headache with fever
- a rash
- irritability or lethargy
- jaundice, diarrhea, skin lesions
- drainage from the eyes or nose

In addition, players and coaches should shower and wash thoroughly after every game and practice. A strong emphasis should be placed on regular hand-washing, one of the most effective safeguards against the transmission of disease. Here are some hand-washing tips:

- Use plenty of soap and water.
- Wash the wrists, tops of hands, between fingers, under and around rings, palms, and fingernails.
- Scrub vigorously for at least 30 seconds, rinse well, dry.
- Turn off the faucet with a paper towel.

BEST PRACTICES » GENDER

POSITION STATEMENT WITH RESPECT TO GENDER CLASSIFICATIONS IN LACROSSE

OVERVIEW

The issue of gender classifications has been the subject of periodic inquiries received by US Lacrosse. The Executive Committee of the USL Board voted to adopt the following position on Gender Classification in Lacrosse in January of 2006:

A) Lacrosse as a sport encompasses two separate and distinct games, the women's game and the men's game.

B) US Lacrosse respects and supports the integrity of both the women's game and the men's game and the fact that both tradition and the rules of play for the women's game are intended to limit participation in the women's game to females and tradition and the rules of play for the men's game are intended to limit participation to males.

C) It is the position of US Lacrosse that consistent with applicable laws, participation in the game of women's lacrosse should be limited to females and participation in the game of men's lacrosse should be limited to males. US Lacrosse therefore supports separate teams for males and females, and encourages and supports development of separate programs for both genders at youth, scholastic, non-scholastic, collegiate and post collegiate levels.

BACKGROUND

The issue of gender classifications in men's lacrosse and women's lacrosse is largely determined on a state-by-state basis, and the particular facts and circumstances of each situation will largely determine the outcome. As a result, it is not possible for US Lacrosse to provide definitive guidance on this issue to local youth lacrosse organizations. It is clear that a completely private lacrosse program with no connections to the state (including cities and towns) or federal government is not subject to the equal protection laws. Therefore, if it chooses to do so, such a private program should be able to enforce gender classifications in relation to men's lacrosse and women's lacrosse.

BEST PRACTICES » EMERGENCY

US Lacrosse recommends that all organizations, facilities, teams, and coaches develop an Emergency Action Plan (EAP) that includes management of adverse weather conditions such as lightning, as well as other emergencies. Circumstances differ at different levels of lacrosse in terms of medical support, proximity to help, and training of those in charge, but at all levels an EAP is valuable to the management and outcome of emergencies.

Below is an outline that can be used to develop and provide this information on site.

1) Designate someone in charge of management of an emergency.

2) Ideally, an adult with a minimum of basic first aid training should be on site.

3) At a minimum, a basic first aid kit with materials to clean, cover, or immobilize an injured body part should be on site.

4) Make sure cell phone access is available for 911 calls. If not, have a back-up plan for making calls in case of an emergency. Have needed emergency numbers on site.

5) At the youth level, more than one adult should be present to deal with the emergency and the other team members.

   a. Number of Emergency service if not 911 _____
   b. Number of first person to begin emergency chain _____
   c. Number of back-up person to call if needed _____

6) At the youth level, a phone chain should be established to notify parents of appropriate situation.

7) Know where the closest emergency care is located and how to give directions to emergency personnel, if necessary.

8) Make sure gates are open and access to the field and the athletes is not blocked.

9) Person in charge must control the scene and initiate the EAP.

http://www.uslacrosse.org/UtilityNav/AboutTheSport/HealthSafety/RiskManagement/EmergencyPlan.aspx

BEST PRACTICES » LIGHTNING

US Lacrosse recommends following an emergency action plan (EAP) to deal with severe weather, including lightning. The EAP should include the following:

1) Individuals responsible for game management and medical issues should be designated. The umpire usually makes the call to leave the field in inclement weather, but coaches and others should provide input.

2) A person should be designated to watch the weather. If a thunderstorm is imminent, the practice/game should be suspended or postponed. If lightning is seen or thunder heard, activities should stop and everyone should seek shelter.

3) The designated "weather watcher" should consult television news, Internet, cable and satellite weather programming, lightning monitoring systems, and the National Weather Service (www.weather.gov).

4) In case of lightning, people should be moved to safe locations like buildings with grounded wiring and plumbing and vehicles, including school buses, with a hard metal roof and the windows shut

Some unsafe locations to avoid are the showers or plumbing of a building, small covered outdoor shelters, areas connected to or near light poles, towers and fences, and any location that is at the highest point in the area.

5) To reduce the chance of lightning-related injury:

- Thunder may be hard to hear, and lightning may be difficult to see.
- Cell phones and cordless phones are preferred over landlines.
- If one feels the hair on their head, neck or arms stand on end, or feel skin tingling, then a lightning strike may be imminent.
- Everyone must wait 30 minutes between the last sound of thunder and/or the last flash of lightning before resuming activity.
- Initiate emergency treatment immediately if a person is struck!

http://www.uslacrosse.org/UtilityNav/AboutTheSport/HealthSafety/RiskManagement/PositionStatementLightningPolicy.aspx

How can you COMPETE WITH CLASS and HONOR THE GAME?

- Respect your coaches, teammates, opponents, officials, and the fans.
- Compete with heart, honor, and hustle.
- Honor the traditions of the game and respect the ancestors of the sport.
- Have fun, be passionate, and adhere to the spirit of the game both on and off the field.