THIRD EDITION

YOUTH RULES & BEST PRACTICES GUIDEBOOK FOR BOYS

US LACROSSE » MEN'S GAME

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Please do not contact NFHS about these rules.

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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.

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 more than 400,000 members in communities across the nation.

Mission: US Lacrosse is the national governing body of lacrosse. 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.

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.

Support Our Mission

This membership-driven resource is made possible in part by donations to the US Lacrosse Foundation, the philanthropic arm of US Lacrosse. To support the responsible growth of the sport, please consider making a donation at uslacrosse.org/donate.

USLacrosse.org/About

US LACROSSE » GOLD STICK

In order to provide the best experience possible for the youth who currently or will be playing the sport of lacrosse, the US Lacrosse Gold Stick Standards of Excellence represent the Best Practices that should be incorporated by quality youth lacrosse programs, whether they are in established, well-resourced areas or serving emerging, less resourced communities. At their best, youth sports programs provide young people with a safe environment in which to have fun, build character, learn sportsmanship and develop life skills that help them become responsible adults.

US Lacrosse is currently working with a select number of leagues throughout the country to pilot the Gold Stick Program. The seven standards for leagues in the US Lacrosse Gold Stick Program are:

1 RULES

League must adhere to all current US Lacrosse youth rules and age guidelines, have them publicly available and regularly communicated to program coaches, administrators, and parents.

2 LEAGUE ADMINISTRATION

League has current, written policies for league governance that are publicly available and regularly communicated to program administrators, coaches, parents and players through a multi-faceted communication system.

3 SAFETY AND RISK MANAGEMENT

League has written policies and plans for safety and risk management that are publicly available and regularly communicated to program coaches, administrators, and parents. Unless specifically noted, all policies are followed during all practices and games.

US LACROSSE » GOLD STICK

4 PLAYER SAFETY AND SPORTSMANSHIP

League demonstrates a commitment to the safety of their players by publishing and promoting current information related to healthy lacrosse activity. League provides a detailed, written sportsmanship policy to players, parents, coaches, officials and administrators.

5 SCREENED, TRAINED AND CERTIFIED US LACROSSE COACHES

All head coaches are NCSI background checked, trained, and at least Level 1 certified through the US Lacrosse Coaching Education Program.

6 TRAINED/CERTIFIED US LACROSSE OFFICIALS

League must require, at a minimum that all officials assigned to league games are certified by their Local Board, and hold a current on-field rating prior to any assignment to the programs contests. All contests (with the exception of U9 on a shortened field) will have a minimum of two officials assigned to each contest.

7 MEMBERSHIP

All players, coaches, officials and administrators are current US Lacrosse members.

Questions? For more information, please contact USL's sport development department at sportdevelopment@uslacrosse.org

USLacrosse.org/GoldStick

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 or side (but not a blind side check) — 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 **boxing out** 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 a timekeeper 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

GLE: goal line extended

HOLE: another name for the area outside/in front of the crease area, the imaginary box, 10 yards by 10 yards in front of the goal

SWITCH: a term used for off ball players to switch positions with their adjacent teammate in an attempt to occupy the off ball defenders during a doge from the opposite end of the set play

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

V-CUT: offense players make this movement to get their hand free and to get open. The offense player cuts into the defending player and then into open space.

SLIDE: leaving the man you are guarding to pick up another offensive player

GOALIE TALK

CHECK: tells a defender a pass is being made to an area for a potential shot, defender must be ready to clamp down or "check"

HOLD: tells a defender to hold his man where he is and not let him any closer to the goal

FIRE: commands a defender to slide

EARLY: communicating to the defense that the ball carrier is a threat

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

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

TURN: tells defender to get above the offensive player's top hip and drive him the opposite direction

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

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.

USLacrosse.org/History

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.

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/BoysRules

BOYS » YOUTH RULES

2014 RULES FOR BOYS YOUTH LACROSSE

The National Federation of State High School Associations (NFHS) 2014 Boys Lacrosse Rules Book shall govern US Lacrosse boys youth play, except as amended below. The US Lacrosse Men's Game Committee has approved these rules. Send questions about the US Lacrosse Rules for Boys Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee at boysyouthrules@uslacrosse.org. Please do not contact NFHS about the following rules.

OVERARCHING PRINCIPLE

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

2014 POINTS OF EMPHASIS

US Lacrosse endorses the points of emphasis in the 2014 NFHS Boys Lacrosse Rules, and adds the following points of emphasis for youth play:

VIOLENT COLLISIONS – Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques. However, sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit, and other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Therefore, there is no justification for deliberate and excessively violent collision by any player at any youth level, especially intentional player-to-player collisions with defenseless players (so-called "blind side" and "buddy-pass" checks), checks involving the head and/or neck, and excessive body-checks ("take-out checks").

The 2014 NFHS Rules and US Lacrosse Boys Youth Rules more clearly define such violent collisions and in many cases increase the severity of the penalties that prohibit them. US Lacrosse urges officials to apply these rules and utilize the more severe penalty options, and reminds them that body-checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly. Coaches are encouraged to coach players to avoid delivering such checks, and to support the officials when they call such penalties. All participants must work together to reduce or eliminate such violent collision from the game.

BOYS » YOUTH RULES

SPORTSMANSHIP – Unsportsmanlike conduct by coaches and/or players and/or spectators degrades the experience of youth players and erodes the integrity and appeal of the sport. Therefore, unsportsmanlike conduct will not be tolerated. Obscenities need not be used in order for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players, coaches, and spectators should exhibit the highest level of sportsmanship at all times. US Lacrosse expects officials to enforce the Unsportsmanlike Conduct rules without hesitation, and further expects coaches to promote good sportsmanship among players and anybody associated with the team, including spectators, and to support officials in maintaining an environment of civility and sportsmanship

US Lacrosse initiated the Sideline Manager and Sportsmanship Card program in an effort to invest the lacrosse community with responsibility for seeing that good sportsmanship is the rule, rather than the exception, in the sport of lacrosse. When used in conjunction with the rules, the Sportsmanship Card procedures serve as an effective deterrent to abusive behaviors. The program was created with the goal of establishing constraints that should:

1. eradicate the "unsportsmanlike behavior" that is creeping into sport,
2. strengthen sportsmanship,
3. contribute to the retention of officials, and
4. honor the game.

US Lacrosse encourages leagues and local programs to utilize the Sideline Manager and Sportsmanship Card program, details of which can be found at uslacrosse.org/sportsmanshipcard.

BOYS » YOUTH RULES

AGE AND ELIGIBILITY GUIDELINES

US Lacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. To best achieve this goal, US Lacrosse believes that leagues, associations, and other organizers of youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.

Age and Eligibility Guidelines are not considered "game-day rules" and are not enforced as game-day rules by officials. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by their league or association.

LEAGUE AND ASSOCIATION PLAY

Leagues and associations should organize competition by age, and consider physical, cognitive, and emotional maturity when grouping players. For leagues or associations in which some local programs choose to organize their teams by grade, those teams should play in the age division determined by the oldest player on their roster. Teams organized by single birth year or single grade are suggested, but if a league needs to group two years/grades together it should strive to limit the maximum age difference between players in a youth game to no more than twenty-four (24) months.

Players who are participating in any high-school level program such as a high school freshman, JV-B, junior varsity, varsity or club team should not be eligible for U15 competition in the same season. This means that a player who is age-eligible for U15 but plays on a high school level team should not concurrently play on a youth league U15 team. At other times of the year this player may be U15 eligible; for example, for summer ball or fall ball play, depending on the guidelines of the sponsoring league or organization.

The following age groupings are determined as of the August 31st preceding competition.

NOTE: Age group references used in this section are in common usage but should not be understood literally. The U15 (read: "Under 15") grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

BOYS » YOUTH RULES

U15:

All players must be 14 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U13:

All players must be 12 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U11:

All players must be 10 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U9:

All players must be 8 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, teams should consider physical size, skill, and maturity.

2014 AGE GROUPING QUICK REFERENCE TABLE

U9	Born on or after 9/1/2004
U11	Born on or after 9/1/2002
U13	Born on or after 9/1/2000
U15	Born on or after 9/1/1998

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/AgeEligibility

BOYS » YOUTH RULES

Format of the following Section: Existing NFHS Rule and Section reference, followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

RULE 1 – THE GAME, FIELD & EQUIPMENT

THE GAME - NUMBER OF PLAYERS

RULE 1 SECTION 1.

Boys youth lacrosse is played by two teams with 10 players per side on the field. However, if a governing league or association deems it necessary or desirable, for example, due to the number of available players or skill level, or if in non-league contests both coaches agree, games can be played with as few as seven (7) per side on the field.

THE FIELD - DIMENSIONS

RULE 1 SECTION 2.

Play on regulation size field is preferred; however, the coaches and officials may agree to play on any size field available. If a game is played with reduced numbers (e.g. 7 per side) it is recommended that field size be reduced as well.

THE FIELD - SPECTATOR RESTRICTIONS

RULE 1 SECTION 2, ARTICLE 11 A, B & C

- Spectators and media, including photographers, are not allowed behind the end lines except in stadium structures where permanent seats exist which are also protected by a fence or netting.
- Spectators must be on the side of the field opposite the table and bench areas or in permanent stands separated from the bench area by a barrier and/or a buffer distance such as a track.
- Where possible, limit lines will be used. Spectators and media, including photographers, are not allowed within the limit lines at any time during a contest.

If the field is laid out in a manner that does not allow spectators and media to be located as prescribed by paragraphs a, b and c of this rule, as modified here, the game official can waive one or more of these requirements.

BOYS » YOUTH RULES

THE BALL

RULE 1 SECTION 5

The ball shall be white, yellow, orange, or lime green and meet NOCSAE lacrosse ball standard. White balls shall be used unless both coaches agree prior to or during the game to use a yellow, orange, or lime green ball.

Game balls shall be supplied by the home team. NOTE: Beginning in 2014, all game balls must include labeling which states: "Meets NOCSAE Standard".

CROSSE DIMENSIONS

RULE 1 SECTION 6

US Lacrosse recommends that coaches assess players' size, strength, and skill in determining proper long crosse length for defense players, within NFHS rules. US Lacrosse further recommends that a long crosse should not be taller than the player at any youth level. Crosse dimensions will conform to NFHS or NCAA requirements, with the following modifications:

U11

The length of the crosse for field players may be 37 to 42 inches or 47 to 54 ("long crosse" for purposes of NFHS RULE 2 SECTION 1 ARTICLE 2). Many coaches find that the use of a 37 to 42 inch crosse is best for players' defensive development in the U11 Division.

U9

The length of all crosses for all field players shall be 37 to 42 inches.

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/BoysRules

BOYS » YOUTH RULES

PLAYER EQUIPMENT

RULE 1 SECTION 9

Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, shoes, and NOCSAE-approved helmets, which must be properly fitted and worn, with the following modifications:

» All goalkeepers are required to wear arm pads.

NOTE: Many coaches believe youth level goalkeepers benefit from wearing shin, knee, and thigh pads. Such pads are authorized for youth play, so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).

» A protective cup is required for all players.

NOTE: The officials are not required to inspect the wearing of a protective cup, and may rely on the coach's certification and/or a player's statement regarding satisfaction of this requirement.

» Rib pads are recommended for all players.

» Game Jerseys: The provisions of RULE 1, SECTION 9, ARTICLE 1.g need not be strictly enforced at the youth level. A team's game jerseys should have numbers centered on the front and back of sufficient size to be clearly visible by game officials anywhere on the field and opposing teams' jerseys should have contrasting dominant colors. Home teams are responsible for contrasting jersey colors and will provide and wear contrasting color numbered pinnies or pinnies that allow jersey numbers to be clearly seen, if needed. The jersey, pinnie, or an under jersey should completely cover the shoulder pads, which will help hold them in place.

» The color provisions of RULE 1, SECTION 9, ARTICLES 1 and 2 for helmets, uniform shorts, under-jerseys, compression shorts, and sweatpants need not be strictly enforced at the youth level.

GAME ADMINISTRATION - SIDELINE MANAGERS

RULE 1 SECTION 12

Add to Rule 1 Section 12: Each team should provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain, and manage the sportsmanlike behavior of spectators and fans and assist the coaches and officials in keeping spectators and media an appropriate distance from the sideline. If used, it is the responsibility of each team administration to ensure that the Sideline Manager is present and in place to perform his/her duties; however, this is not a game day rule to be enforced by the officials.

BOYS » YOUTH RULES

RULE 2 – GAME PERSONNEL

COACHES

RULE 2 SECTION 3

At the U9 level, if the coaches from both teams agree, one coach per team may be allowed on the field during play to provide instruction during the game. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or - unless agreed to by the other teams coach - members of the opposing team. Coaches are encouraged to stay wider than the face off wing lines extended to the end line and not get in the way of players or officials.

RULE 3 – TIME FACTORS

LENGTH OF GAME

RULE 3 SECTION 1

At all levels, all timing and overtime rules must be determined prior to the start of game, preferably by the governing league or association. If a league/association mandates, or if in non-league contests both coaches agree, 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.

NOTE: US Lacrosse strongly discourages the use of a "braveheart" competition - or any other means which requires, for example, one or a few players to compete against another such individual or group - to determine the winner of a game. Such "braveheart" competitions encourage reliance on … and put potentially excessive pressure on … the most physically precocious or skilled children and contradict the concepts of team play we seek to instill.

U15

Game will consist of four 10-minute stop-time quarters. In the event of a tie, 4-minute sudden-victory overtime periods will be played until a winner is determined (provided time permits and coaches and officials are in agreement). In sudden victory overtime, each team is entitled to one timeout per period.

BOYS » YOUTH RULES

U13

Game will consist of four 10-minute stop-time quarters. In the event of a tie, up to two 4-minute sudden-victory overtime periods will be played. In sudden victory overtime, each team is entitled to one timeout per period.

In the event of a tie at the end of the two regulation overtime time periods the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

U11

Game will consist of four 8-minute stop-time quarters. If running time is to be used, 12-minute running time quarters are recommended.

In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

U9

Game will consist of four 12-minute running-time quarters (clock stops only for a team timeout, an official's timeout, or an injury timeout). If stop time is to be used, 8-minute stop-time quarters are recommended.

In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

FINAL TWO MINUTES OF REGULATION PLAY

RULE 3 SECTION 3

U15 AND U13

The Final Two Minute stalling rule shall be ENFORCED for these Divisions

U11 AND U9

The Final Two Minute stalling rule shall be WAIVED for these Divisions. (This rule also modifies "Final Two Minute" provisions of RULE 4, SECTION 31.c.1)

BOYS » YOUTH RULES

RULE 4 – PLAY OF THE GAME

LINEUP

RULE 4 SECTION 2

Before the lineup, US Lacrosse strongly encourages game officials to meet with both teams, separately or together, near the team areas to explain any special ground rules, emphasize safety and fair play, and remind players that they must be properly equipped with mouthpiece in place at all times on the playing field.

Alternatively, a league, association, or other governing authority may mandate that when the game officials call for the lineup before the opening faceoff, the head coaches will send all of their players (not just the starters, as has been traditional) to the center of the field. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under NFHS Rule 4-2.

FACING OFF

RULE 4 SECTION 3

U15 AND U13

All NFHS face off rules will be followed.

U11 AND U9

At any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.

ADVANCING THE BALL

RULE 4 SECTIONS 13 & 14

U15 AND U13

The defensive 20-second count will be used.
The offensive 10-second count will be used.

U11 AND U9

The defensive 20-second count WILL NOT be used.
The offensive 10-second count WILL NOT be used.

BOYS » YOUTH RULES

SUBSTITUTION PROCEDURES

RULE 4 SECTION 21 ARTICLE 2

US Lacrosse Youth Rules NOTE—U9 & U11 Horn Substitution Option: For U9 and/or U11 play, Leagues may authorize substitutions when play has been suspended by the officials after the ball has gone out of bounds on the sidelines. For such substitutions, the timer shall sound a horn upon the request of a coach indicating to the officials that a substitution is desired. All other rules with respect to substitutions during suspension of play shall apply.

OFFICIAL'S TIME-OUTS

RULE 4 SECTION 24 ARTICLE 6

If the player in possession of the ball loses any piece of required equipment the official should stop play immediately regardless of proximity of opposing players.

TEAM TIME-OUTS

RULE 4 SECTION 25

Two (2) team timeouts - of a maximum duration of two minutes each - are permitted per team per half, unless league or association rules specify otherwise. Whenever circumstances allow, leagues and organizers should permit no fewer than two team timeouts per half. Many leagues permit teams three or more team time-outs per half to enhance instruction, safety, and opportunities for substitution.

GET IT IN/KEEP IT IN

RULE 4 SECTION 31

U11 AND U9

Section not enforced at these levels.

3- YARD RULE

All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the 5 yards specified in RULE 4 SECTION 15, Checking With Crosse; RULE 5 SECTION 3, Illegal Body Check, ARTICLE 1; RULE 6 SECTION 3, Holding, ARTICLE 3.a and d; and RULE 6 SECTION 9, Pushing. (NOTE: This change from five to three yards does not apply to a restart under RULE 4 SECTION 5, Play of the Ball Definitions, ARTICLE 1, in which no player may be closer than five yards to the player awarded the ball.)

BOYS » YOUTH RULES

RULE 5 – PERSONAL AND EJECTION FOULS

In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects 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.

ILLEGAL BODY-CHECK

RULE 5 SECTION 3

US Lacrosse calls special attention to new (2014) NFHS RULE 5 SECTION 3, ILLEGAL BODY-CHECK, ARTICLE 5, which addresses the concept of a DEFENSELESS PLAYER:

ART. 5 . … A body-check that targets a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his "blind side"; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

US Lacrosse NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.

Add the following US Lacrosse Boys Youth Rules Articles to NFHS Rule 5 Section 3:

ART. 6 … TAKE-OUT CHECK/EXCESSIVE BODY-CHECK. Take-Out Checks/ Excessive Body-Checks are prohibited at every age level. A Take-Out Check/ Excessive Body-Check is defined as:

» Any body-check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

BOYS » YOUTH RULES

» Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to: (i) any check in which a player makes contact with sufficient force and intent to knock down the opposing player; (ii) any check in which a player makes contact with sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

ART. 7 … LATE HIT. An avoidable body-check of an opponent after he has passed or shot the ball is an illegal body check.

U15 AND U13

Limited Body Checking is permitted (see RULE 5 SECTION 3, Illegal Body Check; RULE 5 SECTION 4, Checks to Head/Neck; and RULE 5 SECTION 9, Unnecessary Roughness). Note that body-checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.

U11 AND U9

No body checking of any kind is permitted.

Legal pushes (RULE 6 SECTION 9, Pushing) and holds (RULE 6 SECTION 3, Holding, ARTICLE 3) are allowed.

In all loose ball situations players should "play the ball," but incidental contact, "boxing out", or screening techniques during such play shall not be considered a violation of this rule.

If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession rule.

CHECKS INVOLVING THE HEAD/NECK

RULE 5 SECTION 4

US Lacrosse calls special attention to NFHS RULE 5 SECTION 4, CHECKS INVOLVING THE HEAD/NECK:

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

ART. 2 … A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.

ART. 3 … A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

SLASHING

RULE 5 SECTION 7

Add the following US Lacrosse Boys Youth Rules Article to NFHS Rule 5 Section 7:

ART. 4 … Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player.

NOTE: This restriction applies at all youth age levels in 2014.

BOYS » YOUTH RULES

UNNECESSARY ROUGHNESS

RULE 5 SECTION 9

US Lacrosse calls attention to the NFHS Rule 5 Section 9, UNNECESSARY ROUGHNESS, quoted below, and the US Lacrosse PENALTY modification for boys' youth lacrosse:

ART. 1 An excessively violent infraction of the rules against holding and pushing.

ART. 2 Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.

ART. 3 Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.

ART. 4 A check delivered with the gloved hand or hands may not be delivered with a punching blow.

PENALTY: Any penalty for Unnecessary Roughness shall be non-releasable.

UNSPORTSMANLIKE CONDUCT

RULE 5 SECTION 10

Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players and coaches will exhibit the highest level of sportsmanship at all times.

FOULING OUT

RULE 5 SECTION 11

Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out. For U9, a disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur.

EJECTION

RULE 5 SECTION 12

Add to NFHS Rule 5 Section 12: Any player or coach ejected from a game by a game official (Note: this does not include fouling out per Rule 5-11) shall be suspended for his next regularly scheduled game (at the time of the ejection). The second time a player or coach is ejected in the same season or tournament he will be suspended for the next two regularly scheduled games (at the time of the ejection). A third ejection in the same season or tournament will result in a suspension for the remainder of the season or tournament.

RULE 6 – TECHNICAL FOULS

STALLING

RULE 6 SECTION 10

U15 AND U13

All NFHS Stalling and Advancing the Ball rules are in effect, including Rule 4, Section 32.

U11 AND U9

ARTICLE 2. Not used at these levels. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area).

ARTICLE 3. The team with the lead NEED NOT automatically keep the ball in the goal area during the last two minutes of the game.

BOYS » YOUTH RULES

RULE 7 – PENALTY ENFORCEMENT

TIME SERVING PENALTIES

RULE 7 SECTIONS 1, 2 & 3

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

U15, U13, AND U11

Time serving penalties are enforced per NFHS rules.

U9

Offending player must leave the field and remain out of the game for the length of his penalty time but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NFHS rules.

GAME TERMINATION

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

BOYS » YOUTH RULES

RULES CHANGES AND MODIFICATION

a. NFHS rules and the supplemental rules are reviewed annually by US Lacrosse Men's Game Rules Subcommittee, which may adopt any changes or modifications deemed necessary to ensure safe play at all levels.

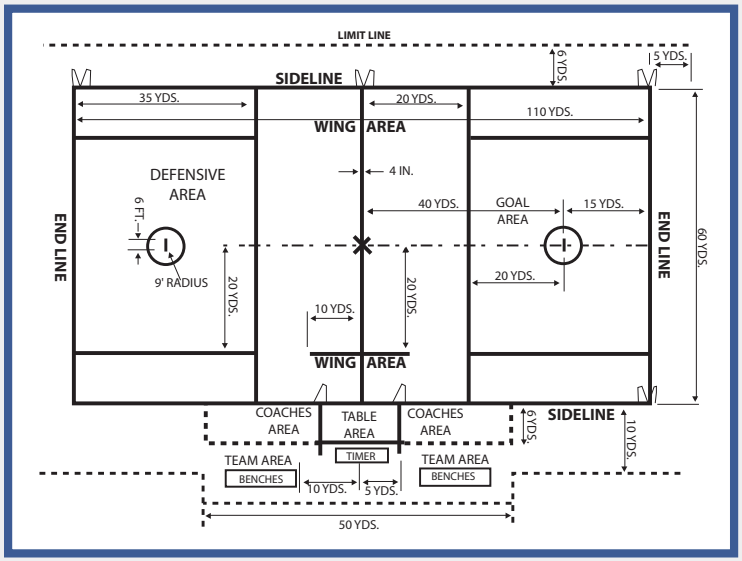
b. Coaches, officials, or other parties may submit comments or suggestions regarding the Rules for Boys' Youth Lacrosse at any time before May 20, 2014 for consideration by the USL Men's Game Rules Subcommittee. Any changes or modifications that are recommended by the Rules Subcommittee and approved by the USL Men's Game Committee will be effective for the Boys' Youth Rules in the 2015 NFHS Rules Book.

c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee, at the address below, or to boysyouthrules@uslacrosse.org. Please do not contact NFHS about these rules.

US Lacrosse Men's Game Rules Subcommitte
c/o US Lacrosse
113 W. University Parkway, Baltimore, MD 21210-3300
410-366-6735 (fax) 410-235-6882 (phone)
uslacrosse.org

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/BoysRules

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 radius 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

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/FieldDiagrams

FIELD » EQUIPMENT

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

REGULATION LACROSSE BALLS: should be white, yellow, orange or lime green and meet the current NOCSAE lacrosse ball standard.

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

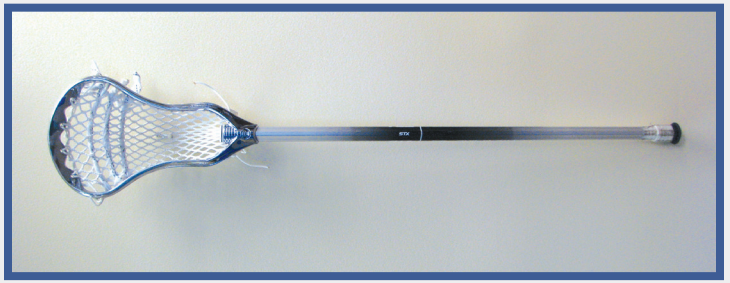
CONES: help to identify boundary lines and corners

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: 47-54"
	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

WIDTH: 6" plus

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 » FIELD PLAYER

GLOVES (REQUIRED)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2”-3” above the wrist
- Too short - cuff won’t protect wrist; too long - cuff will limit mobility

EQUIPMENT » FIELD PLAYER

HELMET (REQUIRED)

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specs
- Proper fit should be based on manufacturers’ guidelines & requirements on their website or included with helmet

RIB PADS (RECOMMENDED)

- Must cover ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing
- Tight enough to so they do not move excessively during play
- Try on rib pads prior to adding shoulder pads to ensure proper fit

PROTECTIVE CUP (REQUIRED)

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

MOUTHGUARD (REQUIRED)

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete’s mouth

SHOULDER PADS (REQUIRED)

- Covers top of shoulder, collarbone & sternum
- Shoulder caps must rest on top of shoulders
- Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads; sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play & expose player to injury

ARM PADS (REQUIRED)

- If included - straps secure comfortably for limited movement during play
- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered

EQUIPMENT » GOALIE

GOALIE GLOVES (REQUIRED)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2”-3” above the wrist
- Too short - cuff won’t protect wrist; too long - cuff will limit mobility

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/BoysEquipment

EQUIPMENT » GOALIE

MOUTHGUARD (REQUIRED)

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
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- May not be altered to decrease protection; can cut if too large for athlete’s mouth

ARM PADS (REQUIRED)

- If included - straps secure comfortably for limited movement during play
- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered

PROTECTIVE CUP (REQUIRED)

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include supporters, all-in-one briefs & combinations of both
- For goalies – pads available that integrate thigh padding with protective cup

THROAT GUARD (REQUIRED)

- Separate from helmet; attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers’ guidelines & requirements on their website or included with helmet/guard

CHEST PROTECTOR (REQUIRED)

- Covers front torso, neckline to below navel
- Body straps secured to front of pad – adjust for snug, comfortable fit
- Too tight – restricts player’s movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player’s collarbone
- Preferably includes additional arm & shoulder protection
- Must wear underneath jersey

HELMET (REQUIRED)

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specs
- Proper fit should be based on manufacturers’ guidelines & requirements on their website or included with helmet

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.

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 hand 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

A Athlete

SITUATIONS QUADS

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

OFFICIALS SIGNALS

Want to know what violation occurred? Check here for the corresponding official signal.

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 number one 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 and their protective cup properly. Buckle up chin straps in games and practices.
- Coaches should educate their players on how to make proper contact.

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. Only the head coach is permitted to speak with officials.
- Leaving their coaching area is a bench conduct foul; 30-second penalty or change of possession.
- Fail to be ready for play after a two-minute team timeout or following halftime is a delay of game; 30-second penalty or change of possession.
- Requesting more than two timeouts per half; 30-second penalty or change of possession.

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/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. A flexible attitude helps when things don't go as planned.
- **C** Never underestimate the power of a compliment! Praise small victories.
- **O** Some coaches may not be familiar with all of the rules. Explain calls when appropriate.
- **A** Ears open and ask questions if you don't understand something.

OFFICIALS SIGNALS

unsportsmanlike conduct

delay of game

illegal procedure

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 players, coaches and parents are responsible for maintaining game integrity.

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 coaches to clearly understand their role on the team.
- 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.

OFFICIALS SIGNALS

unsportsmanlike conduct

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 Teammates celebrate each other's victories, no matter how small.

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

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.

A Learn your teammates names. This will bond you together faster and let you communicate better on the field.

ROLES » PARENT

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 positively cheer for both teams.

» 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.

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) are 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 child's experience; did they play hard, learn anything new and helpful, and have fun?

ROLES » OFFICIAL

WHAT IS IT? Officials ensure that the game is played safely, fairly, and in accordance with the procedures recommended in the rule book. At least 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 two USL-trained officials
- **U11 -** At least two USL-trained officials
- **U13 -** At least two USL-trained officials
- **U15 -** At least 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 hand 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.

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.

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 correct call.

A Players should never talk to the officals, gameday captains and coaches should address officials.

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.

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 Administrators, coaches and officials need to be aware of potential unsafe conditions, such as poor weather or poor field conditions, and take appropriate action.

SCORER'S TABLE Each game should have a scorer and a timekeeper at a table with lacrosse balls, a horn, a score book and a clock.

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 manager 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

- Administrators should promote good sportsmanship for players, fans and coaches.
- In case of lightning, play should stop for 30 minutes after the last clap of thunder or flash of lightning as determined by game officials.
- If a player is injured or bleeding he should be treated immediately and a substitute must replace him.
- The field must be clearly marked and of the proper dimensions.
- Medical kit and water supplies should be available. It is also strongly recommended that an AED be in close proximity.

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/Administrators

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 positive 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. All balls must be NOCSAE certified.

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.

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.

» If league or tournament play requires a winner be determined, overtime should be played in accordance with the U15 rules.

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 6 yards away from the sideline to allow room for players to safely substitute.

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

OFFICIALS SIGNALS

delay of game

illegal procedure

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 or 4" box. Crouch with sticks on ground parallel to midfield line. The players go down together and place the back of their sticks by the ball.

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

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 body contact with the two players at the faceoff because the two players facing off are often hunched over focusing on the ball which puts them in a vulnerable position.

» 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.
- Player may not hold or pin down the crosse of his opponent.

OFFICIALS SIGNALS

illegal procedure

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.

A Faceoff players should learn several techniques and practice them repeatedly.

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 on-or-beyond a boundary line.

WHEN the ball touches the line, the ground outside the line, or a player in contact with the ground outside the 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 it 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 on either team 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 if opponent has the ball or is within 3 yards of a loose ball.

» If called near the table area, official will move ball off the sideline and 3 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 in order to beat the attackmen to the out of bounds spot.

PERSPECTIVES

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

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

O Play should be suspended immediately if there are spectators on the end line. Play should not resume until everyone is off to the side.

A Remember to line up for the restart as quickly as possible so that defenders do not have a chance to set up.

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.

OFFICIALS SIGNALS

illegal procedure

GAME PLAY » OFFSIDE

WHAT IS IT? A team is considered offside when more than 6 players are in the offensive half of the field or more than 7 players are in the 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 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 with his crosse.
- a player seeing that he is going to be offside instead runs out of bounds.
- it has seven players on defense and four on offense. This would be a too many men/illegal-procedure foul.

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, the official will stop play. 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.

OFFICIALS SIGNALS

offside

BEST PRACTICES

- Coaches should practice rides and clears to develop player communication and recognition during transition.
- Teach 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.

A As part of the clearing team, be sure to count players in the defensive end before crossing the midfield line to prevent offsides.

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 with his hand.

» A goalie's stick outside the crease may be checked as long as the ball is not in the pocket of his stick.

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.

» A defensive player may not illegally push an offensive player 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 defensive team outside the box at goal line extended.
- 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 outside the crease, the official throws a flag creating a slow whistle situation. This is a 30-second penalty upon loss of possession and a free clear.
- 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

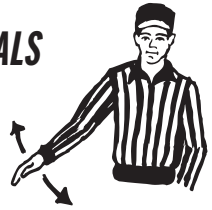
P The goal crease area is the area where a great deal of activity occurs. It's often where games are won and lost.

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.

OFFICIALS SIGNALS



crease violation

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 certain dead balls, a horn may sound 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 defenders 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.

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, and a 30-second technical foul will be assessed.

OFFICIALS SIGNALS

substitution infraction

illegal procedure

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 a proper position to observe substitutions.

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

A Always take a knee if you are in the box for a penalty or substitution.

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, thereby creating 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
- **U9 AND U11 -** referees may make a verbal "advance the ball" and start a visual 5 second hand count to advance the ball.

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 get the ball "cleared" up the field promptly 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. The offensive team must keep the ball in the box or offensive zone.

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 outside the box if violation occurred while inside the box.
- 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 their goal area. This is dependent on active play from the defense.

OFFICIALS SIGNALS

stalling

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.

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.

NOTE: FOR STICK SPECIFICATIONS, PLEASE SEE PAGE 31 OF THIS GUIDEBOOK

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.

OFFICIALS SIGNALS

illegal stick

withholding the ball

warding

interference

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.

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 turns 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.

SITUATIONS

» **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.

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.

BEST PRACTICES

» Coaches should 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.

O Adjust your positioning based on the offensive formation.

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.

SITUATIONS

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.

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.

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 defensive skills.

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, throat protector and protective cup 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 if the sweatpants are a single solid color.

» 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 35].

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.

O 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.

OFFICIALS SIGNALS

PENALTIES » OVERVIEW

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 may 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 1-3 minute penalty or in an extreme case, expulsion from the game.

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

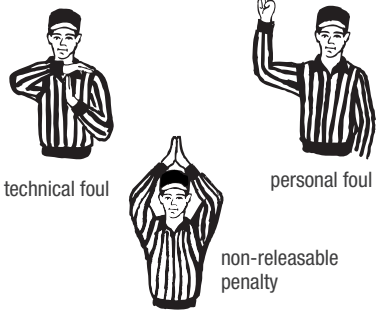
PLAY SAFE

- 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 governing 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 or perceived intent 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.

OFFICIALS SIGNALS



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.
- **O** Yell "flag down!" when throwing a flag to let everyone know you witnessed a penalty.

PENALTIES » ADMINISTRATION

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 a goal is scored and the timekeeper says his time has expired or otherwise released.

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.

ENFORCEMENT

» Penalty time begins on the whistle to resume play after the foul is administered.

» Penalty time ends when time expires or a goal is scored by the offended team 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.

» 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.

C It doesn't help help when you tell your players "good hit" after the official flagged it. Talk to the official first to see why the hit was flagged, then report to your player.

SITUATIONS ENFORCEMENT

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

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 within 3 yards

WHO opponent 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 - U15 -** Any one-handed check will be considered a slash, regardless if it makes contact.

» Leagues and associations may further limit checking for safety reasons.

» All players should master the basics of poke-and-lift first.

PLAY SAFE

» Never check a player near his head, neck or back.

» Never check in an uncontrolled fashion.

» Don't swing or chop at a loose ball.

» Players may not place 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:

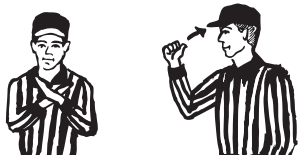
» strikes an opponent in any part of the body with stick.

» 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. Slashes to the head may result in a non-releasable foul at the discretion of the official.

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

OFFICIALS SIGNALS



slashing ejection

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.

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.

LEGAL HITTING Contact must be above the waist and below the shoulders with both hands together on the stick from the front or side - never from the back.

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

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.

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.

OFFICIALS SIGNALS

illegal body check

FOULS » CROSS CHECKING

WHAT IS IT? A player may not check his opponent with that part of the handle of the stick 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.

» 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, a defender should have his 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. If contact to head or neck the penalty will be a nonreleasable foul and may be 1-3 minutes (or expulsion).

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.

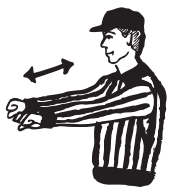
O It is legal for a player to check with his hands apart on his stick if he only makes contact with one of his hands, not the portion of the stick between his hands.

OFFICIALS SIGNALS

non-releasable penalty

cross check

OFFICIAL » HAND 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.
	**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.

OFFICIAL » HAND SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	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.
	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.

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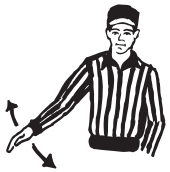
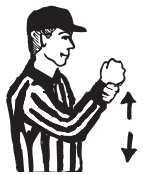
OFFICIAL » HAND SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PERSONAL FOULS
	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.
	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 fouled out from the game for serious infractions. too many personal fouls or times. (5 minutes of personal fouls, or 4 personal(U/13 and U15 or 3 personal fouls for U/9 or U/11See 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.
	NON-RELEASABLE PENALTY Two hands held together over the head	All-non releasable penalties remain in place until the full time is served. These can include illegal body check, take-out check/excessive body check, check involving the head/neck, and unnecessary roughness.

OFFICIAL » HAND 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.
	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.

OFFICIAL » HAND 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 or interferes with 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.
	OFFSIDE Both hands on hips	Too many players in either end of the field.

OFFICIAL » HAND 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.

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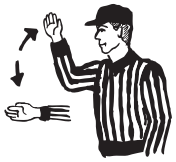
OFFICIAL » HAND SIGNALS

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.
	**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.

OFFICIAL » HAND SIGNALS

DIAGRAM	OFFICIAL'S MOTIONS	PROCEDURAL FOULS
	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.

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.

DEVELOPMENTAL » BURNOUT

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.

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.

DEVELOPMENTAL » ATHLETE

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.

tinyurl.com/76axe56

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 game.

BOYS » YOUTH RULES GUIDEBOOK
USLacrosse.org/HealthAndSafety

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.

USLacrosse.org/ConcussionAwareness

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.
- Always 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.

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.

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 referee 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!

The game is in your hands. Take good care of it.

THE KEEPER OF LACROSSE PROJECT –

a character and culture education campaign focused on preserving and promoting the values of lacrosse – empowers players with the values in which the sport was built.

Cradle The Keeper Code:

- Play in the spirit of the game
- Honor traditions
- Exhibit the virtues of honor, integrity and respect
- Encourage acts of good sportsmanship
- Value the importance of teamwork
- Own the connection to the community

Join the Keeper Project today and receive a free Keeper Kit at
uslacrosse.org/keeper

This program is funded entirely by donations to the US Lacrosse Foundation. To empower lives through lacrosse,please consider making a donation at uslacrosse.org/donate

USL » SPORTSMANSHIP

US LACROSSE MEN'S GAME SPORTSMANSHIP INITIATIVES

HELMET DECAL

As part of the USL Men's Game Sportsmanship Program, the Compete with Class-Honor the Game decal program serves as a cornerstone of sportsmanship for all participants led by coaches nationwide. This initiative creates an opportunity for coaches to promote the importance of sportsmanship and developing character by instilling core values, teaching life lessons and communicating the importance of growing the game the right way on and off the field.

OFFICIALS COIN

As part of the USL Men's Game Sportsmanship Program, the Compete with Class-Honor the Game pregame coin toss initiative serves as a cornerstone of sportsmanship for officials to promote to all participants. The coin toss is an opportunity to establish the tone of the game with leadership from both teams. This initiative will support a larger focus of the importance of sportsmanship as an integral part to the growth of player, coach and team development on and off the field.

SIDELINE MANAGER AND SPORTSMANSHIP CARD/CHILL MANAGER

US Lacrosse Sideline Managers help maintain a positive environment and issue the Sportsmanship Card as a warning to an individual coach, athlete, fan, or group of fans.

Most often, the Sportsmanship Card concept will correct unacceptable, unsportsmanlike behavior. It's also available to issue game termination as a consequence of an initial incident of or continued unsportsmanlike behavior.

Since 2005, Sideline Manager and Sportsmanship Card concept resources have been distributed to US Lacrosse chapters, coaches, program administrators, players and fans. The success of the Sideline Manager and Sportsmanship Card concepts will be as strong as the commitment of organizations and individuals that implement them.

US Lacrosse began a transition from the Sideline Manager to the adoption of a CHILL (Calm Heads Instill Life Lessons) Manager. Developed in Minnesota, the CHILL Manager is a parent responsible for monitoring and enforcing US Lacrosse's sportsmanship directives. Learn more at USLacrosse.org

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