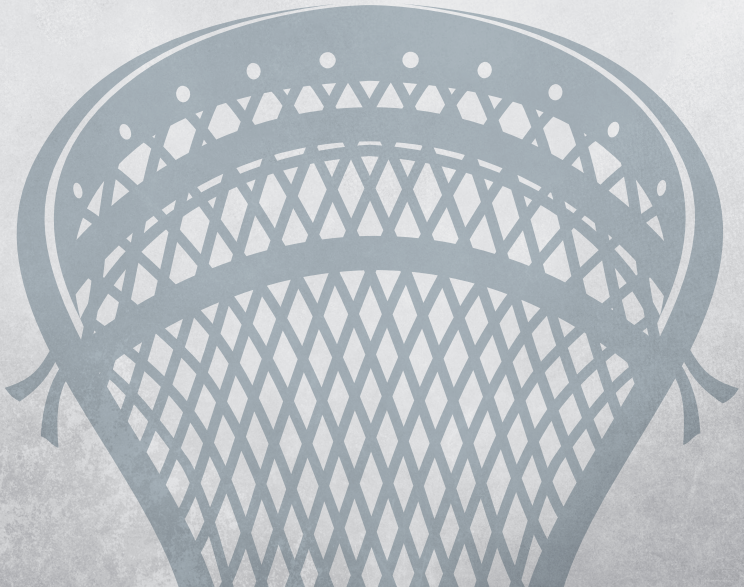
USLacrosse®

2019 YOUTH BOYS' RULEBOOK

OFFICIAL RULES FOR BOYS' LACROSSE



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US LACROSSE RULES COMMITTEE

NAME	LOCATION	POSITION
David Seidman	Yardley, PA	Chair
Tom Marechek	Baltimore, MD	Member at Large
Blake Wahrlich	Billings, MT	Member at Large
Dave Glass	Etters, PA	Member at Large
Walt Munze	Manlius, NY	National Rules Interpreter
Rick Lake	Sparks, MD	US Lacrosse Staff
*James Weaver	Indianapolis, IN	NFHS Rules Editor
*Tim Bohdan	Katy, TX	USL Volunteer Editor

**non voting member*

The Rules

US Lacrosse Rules cover both game play rules and administrative rules. Typically, administrative rules are those dealing with the parameters of the game. The game play rules are those that deal directly with the conduct of the game itself. Some administrative rules, such as shortening the length of a game, may be altered by the mutual consent of the competing teams, league, or an event. All other rules are unalterable. No game play rules may be changed by mutual consent.

The committee invites any interested parties to submit a rule-change proposal for the committee to consider at its annual meeting in June. Proposals may be submitted online at uslacrosse.org/rules/submit-a-rule-change

Those seeing interpretations of rule may contact:

Rick Lake
Men's Game Administration
rlake@uslacrosse.org
410-235-6882 ext. #195

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USLACROSSE.ORG

US LACROSSE

MISSION

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

OUR VISION

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

Who We Are

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

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

Our Impact

- **MAKE THE SPORT SAFER –** Since 1998, we have invested more than $1 in funding for lacrosse-specific research to make the game safer.
- **TRAIN AND CERTIFY COACHES –** More than 15,000 coaches annually participate in US Lacrosse online training or in-person instructional clinics.
- **TRAIN AND CERTIFY OFFICIALS –** US Lacrosse has more than 700 certified officials trainers and 350 certified officials observers to help improve the quality of officiating.
- **CREATE OPPORTUNITIES TO PLAY –** US Lacrosse awards more than $1 million annually in resources through the First Stick Program.
- **ELEVATE THE SPORT'S VISIBILITY –** Our 30-time world champion U.S. National Teams set the standard for excellence in the sport.
- **PIONEER NATIONAL STANDARDS –** US Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.
- **EDUCATE THE LACROSSE COMMUNITY –** The US Lacrosse National Convention has grown to bring more than 7,000 coaches, officials, administrators, and fans together each year.

SAFETY AND RESPONSIBILITY

The US Lacrosse Men's Game Rules Subcommittee is responsible for establishing, reviewing, maintaining, and disseminating lacrosserules. US Lacrosse offers the public the opportunity to suggest rule changes to the USL Rules Subcommittee through written submission by June 1 each year. Each June, the Rules Subcommittee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations.

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

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

2019 MAJOR RULE CHANGES

All major rule revisions are listed below but both rule revisions and clarifications appear with a screen background through this rulebook.

(Game Format) – Rule Change

1. **(All Levels) 5.5 -** "Targeting" body checks will result in a 3-minute non-releasable penalty and ejection from the game.
2. **(All Levels) 6.3 –** Holding with the portion of the crosse which is between your hands is now legal
3. **(All Levels) 6.11 -** Clarification that it is illegal for the offensive player to Ward Off their opponent to create separation and legal for a player with the ball with two hands on their crosse to contact the crosse of their opponent using their arm. -.
4. **(10U, 12U) 4.4 -** In small sided play only, all players are released from their positions on the sound of the whistle during a faceoff. However, ALL players must play the ball until possession is gained and may not contact their opponent. –
5. **(10U, 12U, 14U) 2.1.1 -** Each coach is required to name a starting defender at the beginning of a game who will serve penalties when a Goalkeeper is charged with a penalty.

2019 Points of Emphasis

SPORTSMANSHIP – Players, coaches and spectators should exhibit the highest levels of sportsmanship at all times. Violations of rules involving conduct or sportsmanship can result in time-serving penalties for violators. Communication with, and by officials, should be in a calm, professional and business-like manner

TARGETING – The creating of a "targeting" penalty aims to identify and remove the most dangerous body checks in the game with harsh penalties. The creating of new language should result in an easier identification of those fouls and a decrease in the number of dangerous checks.

LEGAL HOLDING WITH THE CROSSE – Holding with the portion of the crosse between a player's hands, known as "cross-check hold", has been a gray area for many years. By legalizing this form of contact, and setting strict guidelines for how this can be applied, should result in greater clarity within the rules of the game.

EXPERIMENTAL RULES – In order to test rules proposals submitted to US Lacrosse, the Men's Rules Subcommittee encourages leagues to try several experimental rules listed below.

- All personal fouls are non-releasable
- Extending play during the final two minutes of the game for the full duration of penalty time when the team that is ahead by one goal commits a time-serving penalty and the total penalty time is greater than the remaining game time.
- Requiring one completed pass after a faceoff
- Eliminating "get it in and keep it in" during the final two minutes of the game

RULES (NOT LISTED IN THIS RULEBOOK)

The playing rules for the 6U level are not listed in this rulebook. Instead the 6U Rules will be promulgated separately by US Lacrosse because the 6U Rules will be unisex rules used for both boys' and girls' lacrosse at the 6U level.

If you have questions, please contact US Lacrosse at the email address listed on page 1.

8U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the US Lacrosse rule set, Rules 4, 5, 6 of the 2019 NFHS rule book apply. For ease of use the sections of the numbering and sections of this rulebook align with the sections of the NFHS rulebook.

Philosophy of 8U Lacrosse

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

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

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

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

AGE AND ELIGIBILITY

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

8U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

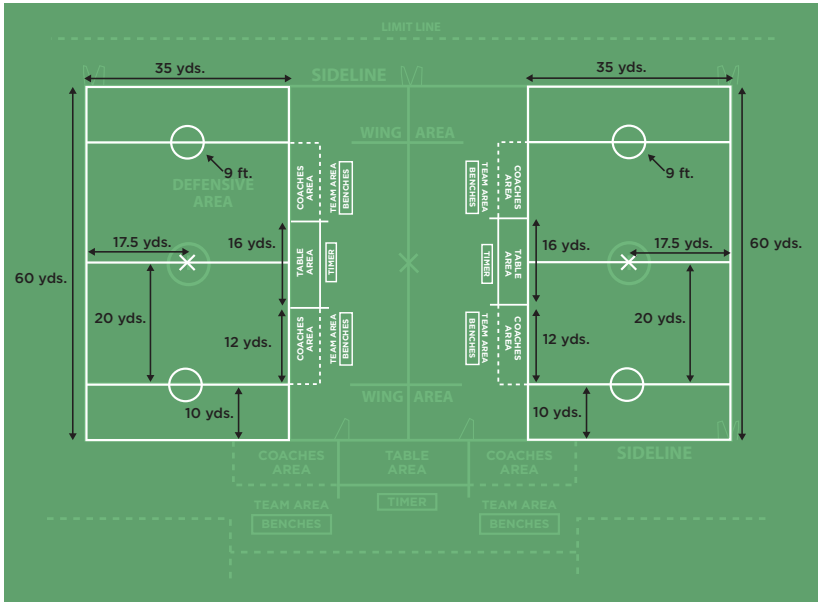
- 4 v 4 play
- 60 x 35 yard field
- 3'x3' goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required

8U BOYS' RULES OVERVIEW

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

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



Note: Spectators are not allowed immediately behind the players benches, anywhere behind the end lines, must be at least 5 yards away from the sideline, and at least 5 yards away from the end line when sitting on a sideline.

1.1 - THE GAME

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

1.2 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The center of the field shall be marked by approximately a four-inch circle, square or X. The goal creases shall be circular and painted on the field with a radius of 9 feet. Portable creases can also be used instead of painted creases.

1.3 - GOALS

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

Note: When various levels of play occur on the same field, the full-size goal specification (6' x 6' foot goal) is permissible.

1.5 - THE BALL

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g., tennis ball). Standard lacrosse balls that meet NOCSAE ND049 may be used at this level

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 - THE LACROSSE STICK

See Appendix V - Ball and Crosse Specifications

1.7 - THE GOALKEEPER CROSSE

See Appendix V - Ball and Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

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

IMAGE A

** Note: Beginning in 2022, field players must wear protectors for commotio cordis that meet the NOCSAE ND200 standard and contain an SEI certification mark.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

(1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);

(2) A throat protector designed for lacrosse;

(3) An Intra-oral mouth protector (mouth piece);

(4) Protective gloves designed for boy's lacrosse;

(5) *Goalkeeper chest protector designed for lacrosse;

(6) Athletic cleats or athletic shoes;

(7) Athletic protective cup;

(8) A jersey and shorts of the same color as their teammates.

IMAGE A

**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

4v4 Format

- 4 players - 1 Goalkeeper and 3 Field Players
- No Long Poles

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

2.3 – COACHES

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

Note: If a certified official is used, one coach per team may roam the field of play without interfering. All other coaches are restricted to their sideline and may roam the entire sideline of the field.

2.5 - OFFICIALS

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

2.7 - TIMEKEEPER

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

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

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

3.4 - OVERTIME

Overtime shall not be played at 8U.

RULE 4: Play of the Game

4.1 - COIN TOSS

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

4.2 - PLAYER LINE-UP

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

4.3 - FACING OFF

There are no faceoffs at this level of play.

4.4 - POSITIONING OF PLAYERS AND STARTING PLAY

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

4.6 - OUT OF BOUNDS AND BALL POSSESSION

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

4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT

If at any point the ball becomes stuck in a players crosse the official or coach shall stop play immediately and award the ball to the opposing team. If at any point the ball becomes stuck in a player's equipment (not the crosse), the official or coach shall stop play immediately and award the ball using the alternate possession rule.
Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.

4.9 - GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
   a. The ball makes contact with any member of the attacking team or his equipment;
   b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
3. A player from the attacking team has committed a foul.
4. The goal scorer stick is found to be illegal during regulation play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 - OFFSIDE

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

4.15 - ALLOWABLE BODY CONTACT

Examples of permitted body contact are:

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

4. Defensive positioning to redirect an opponent in possession of the ball (riding a player)
5. Incidental contact

4.16 - CHECKING WITH CROSSE

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

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

4.18 - GOAL-CREASE PRIVILEGES

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

4.21 - SUBSTITUTIONS PROCEDURES

Whole team substitutions after a goal is scored or every 1 – 3 minutes during a stoppage of play.

4.22 - RESTARTING PLAY

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

(B) After a Timeout: Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within 20 yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.

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

4.23 - CHANGE OF GOALS

Teams will not change goals between halves at 8U lacrosse

4.24 - OFFICIAL'S TIMEOUTS

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

4.25 - TIMEOUTS

There are no team timeouts permitted and the clock shall only stop in the event of injury or at the official's discretion.

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

4.32 – SCRUM OR RUCK SITUATIONS

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

Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

RULE 5: Personal and Ejection Fouls

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

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

5.2 CROSS-CHECK*
5.3 ILLEGAL BODY CHECK*
5.4 CHECKS INVOLVING THE HEAD/NECK*
5.5 TARGETING*
5.6 ILLEGAL CROSSE*
5.7 USE OF ILLEGAL EQUIPMENT*
5.8 SLASHING*
5.9 TRIPPING*

5.10 UNNECESSARY ROUGHNESS*
5.11 UNSPORTSMANLIKE CONDUCT*
5.12 FOULING OUT *
5.13 EJECTION*

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

RULE 6: Technical Fouls

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

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

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

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

RULE 7: Penalty Enforcement

7.1 - PERSONAL FOUL ENFORCEMENT PENALTY

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

7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY

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

10U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the US Lacrosse rule set, Rules 4, 5, 6 of the 2019 NFHS rule book apply. For ease of use the sections of the numbering and sections of this rulebook align with the sections of the NFHS rulebook. Please contact boysrules@uslacrosse.org US Lacrosse if you would like additional clarification.

Philosophy of 10U Lacrosse

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

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

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

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

AGE AND ELIGIBILITY

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

10U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

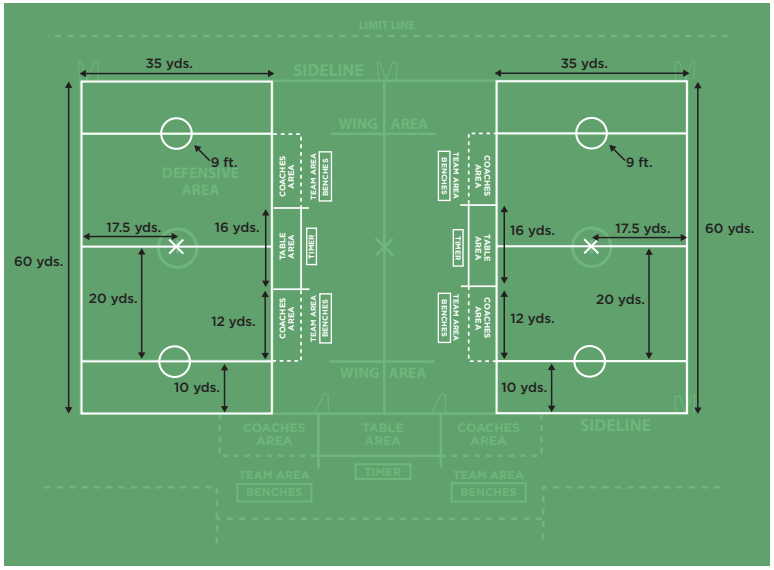
- 6 v 6 play or 7 v 7
- 60 x 35 yard
- 6' x 6' goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- No team timeouts

10U BOYS' RULES OVERVIEW

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

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



1.1 - THE GAME

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

1.2 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60 - 70 yards max in length and 35 - 45 yards in width. The center of the field shall be marked by approximately a four-inch circle, square or X. The goal creases shall be circular and painted on the field with a radius of 9' feet. Portable creases may also be used in place of painting creases.

1.3 - GOALS

A 6'x6' foot goal with securely affixed netting that will not permit the ball to pass though may be used. Programs may opt to utilize 4' x 4' feet or construct their own goals of a size up to 5' x 5' feet

1.5 THE BALL

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

Note: The preferred ball colors are white and yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 – THE CROSSE DIMENSIONS, CONSTRUCTION, PROHIBITIONS

See Appendix V - Ball and Crosse Specifications

1.7 – THE GOALKEEPER CROSSE

See Appendix V - Ball and Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

IMAGE A

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

** Note: Beginning in 2022, field players must wear protectors for commotio cordis that meet the NOCSAE ND200 standard and contain an SEI certification mark.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

(1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);

(2) A throat protector designed for lacrosse;

(3) An Intra-oral mouth protector (mouth piece);

(4) Protective gloves designed for boy's lacrosse;

(5) *Goalkeeper chest protector designed for lacrosse;

(6) Athletic cleats or athletic shoes;

(7) Athletic protective cup;

(8) A jersey and shorts of the same color as their teammates.

IMAGE A

**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

6 v 6 Format

- 6 Players - 1 Goalkeeper and 5 Field Players
- Max 2 Long Poles on the field (47" - 54")
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

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

7 v 7 Format

- 7 Players – 1 Goalkeeper and 6 Field Players
- Max 3 Long Poles on the field (47" - 54")
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

2.3 - COACHES

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

2.5 - OFFICIALS

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

2.7 - TIMEKEEPER

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

2.8 - SCORE KEEPER

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

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute running time quarters with a 2-minute break between each quarter and a 5-minute halftime.

3.2 – OVERTIME

Overtime shall not be played at 10U

RULE 4: Play of the Game

4.1 - COIN TOSS

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

4.2 - PLAYER LINE-UP

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

4.3 - FACING OFF

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

4.4 - POSITIONING OF PLAYERS AND STARTING PLAY

A team shall place one faceoff player at the center of the field and confine at least 2 players behind each goal line extended. All field players are released when the whistle is blown. All goalkeepers are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained. Once possession is gained, all normal body contact rules apply.

4.6 - OUT OF BOUNDS AND BALL POSSESSION

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

4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT

If at any point the ball becomes stuck in a player's crosse or equipment, the play shall stop immediately. Award the ball to the opposing team. If at any point the ball becomes stuck in a player's equipment (not the crosse), the official or coach shall stop play immediately and award the ball using the alternate possession rule.

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

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.

4.9 - GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
   a. The ball makes contact with any member of the attacking

team or his equipment;

b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar

3. A player from the attacking team has committed a foul.
4. The goal scorer stick is found to be illegal during regulation play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 - OFFSIDE

There is no penalty for offside when playing 6 v 6 at this level. All players are free to roam the field. However if using a 7 v 7 format then offsides is a foul.

4.15 - ALLOWABLE BODY CONTACT

Examples of permitted body contact are:

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

4.16 - CHECKING WITH CROSSE

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

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

4.18 - GOAL CREASE PRIVILEGES AND 4.19 GOAL-CREASE PROHIBITIONS

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

4.21 - SUBSTITUTIONS PROCEDURES

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

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

4.22 - RESTARTS FOLLOWING A TIMEOUT

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

4.23 - CHANGE OF GOALS

Teams will change goals between quarters at 10U lacrosse

4.24 - OFFICIAL'S TIMEOUTS

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

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

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

4.32 - SCRUM SITUATION

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

Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

RULE 5: Personal and Expulsion Fouls

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

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

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

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

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

RULE 6: Technical Fouls

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

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

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

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

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

RULE 7: Penalty Enforcement

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

7.1 - PERSONAL FOUL ENFORCEMENT PENALTY

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

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

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

7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY

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

a) Award of the ball to the offended team if the foul occurred during a loose ball situation or when the offending team had possession of the ball.

b) Suspension from the game of the offending player for 30 seconds if the foul occurred when the offended team had possession of a live ball.

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

7.8 - SLOW-WHISTLE TECHNIQUE

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

a) A goal is scored by the attacking team.
b) The ball goes out of bounds.
c) The attacking team commits a foul.
d) A player on the defending team gain possession of the ball.
e) An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
f) A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
g) The attacking team, if allowed, requests a timeout
h) The period ends.
i) When the ball hits the ground (not on a shot), the slow whistle is terminated.
j) A subsequent defensive foul is committed unless a scoring play is imminent.
k) A shot hits the goalkeeper, goal posts, or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official

RULE 8: Game Termination

See Rule 8 in 14U rules.

12U BOYS' LACROSSE

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

Philosophy of 12U Lacrosse

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

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

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

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

AGE AND ELIGIBILITY

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

12U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

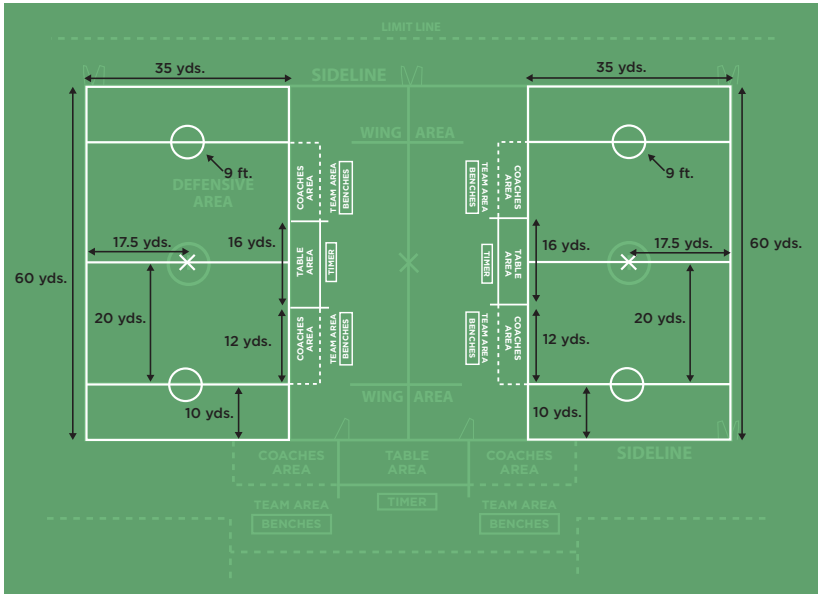
- 10 v 10 or 7 v 7
- 110 x 60 yard field (10 v 10) or 60 x 35 yard field (7 v 7)
- 6' x 6' goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- 2 Team timeouts per half

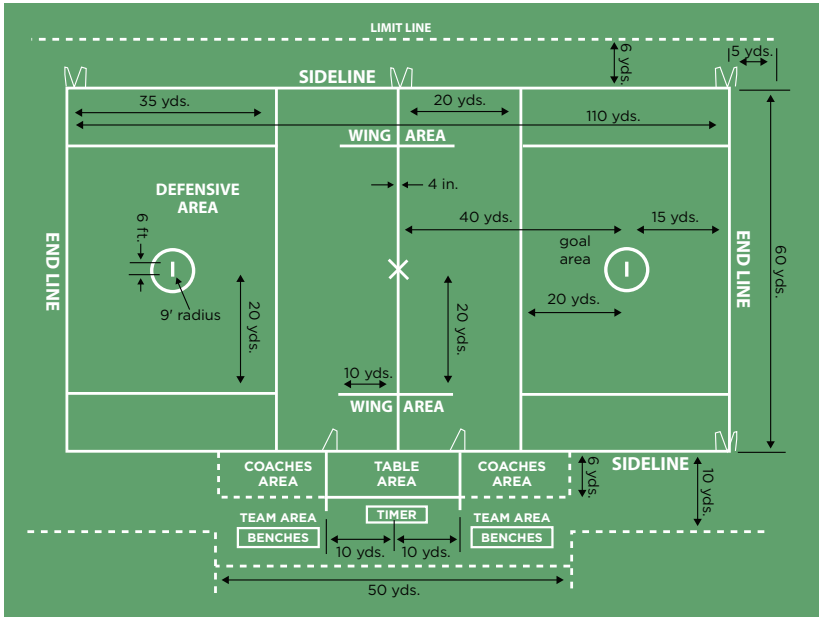
12U BOYS' RULES OVERVIEW

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

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAMS





Note: Spectators are not allowed immediately behind the players benches, anywhere behind the end lines, must be at least 5 yards away from the sideline, and at least 5 yards away from the end line when sitting on a sideline.

1.1 - THE GAME

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

1.2 - THE FIELD MEASUREMENTS

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

1.3 - GOALS

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

1.5 - THE BALL

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

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 – THE CROSSE DIMENSIONS, CONSTRUCTION, PROHIBITIONS

See Appendix V - Ball and Crosse Specifications

1.7 – THE GOALKEEPER CROSSE

See Appendix V - Ball and Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

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

** Note: Beginning in 2022, field players must wear protectors for commotio cordis that meet the NOCSAE ND200 standard and contain an SEI certification mark.*

IMAGE A

(B) Goalkeeper Equipment

All goalkeepers shall have:

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

**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

(A) 7 v 7 Format

- 7 Players - 1 Goalkeeper, 2 Defense, 2 Midfielders, and 2 Attack
- •Max 3 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 7 players and must keep a legally-equipped goalkeeper on the field at all times, or it forfeits the game.
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

(B) 10 v 10 Format

- 10 Players - 1 Goalkeeper, 3 Defense, 3 Midfielders, and 3 Attack
- Max 4 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 10 players and must keep a legally-equipped goalkeeper on the field at all times, or it forfeits the game.
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

2.3 - COACHES

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

2.5 - OFFICIALS

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

2.7 - TIMEKEEPER

The head coaches shall designate a timekeeper.

2.8 - SCORE KEEPER

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

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute stop time quarters with a 2-minute break between each quarter and a 5-minute halftime.

3.4 - OVERTIME

In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime. In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods. If the game is still tied after two overtime periods, the game is over and considered a tie, unless it is mandatory to break the tie (e.g., playoffs).

RULE 4 : Play of the Game

4.1 - COIN TOSS

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

4.2 - PLAYER LINE-UP

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

4.3 - FACING OFF

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

4.4 - POSITIONING OF PLAYERS AND STARTING PLAY FOR 7 V 7 PLAY

When a team has all of its players on the field, it shall place one faceoff player at the center of the field. One wing player shall be located in bounds with at least one foot resting on a sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponent's goal line extended.

When the whistle sounds to start play all players are released, except goalkeepers, who are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained. Once possession is gained, all normal body contact rules apply.

During the faceoff in all penalty situations, there must be three players in the defensive area and two players in the offensive area.

Exception: When a team has two players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain onside.

4.6 - OUT OF BOUNDS AND BALL POSSESSION

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

4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT

If at any point the ball becomes stuck in a players crosse or equipment, the play shall stop immediately and award the ball to the opposing team. If at any point the ball becomes stuck in a player's equipment (not the crosse), the official shall stop play immediately and award the ball using the alternate possession rule.

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

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.

4.9 - GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
    a. The ball makes contact with any member of the attacking team or his equipment;
    b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
3. A player from the attacking team has committed a foul.
4. The goal scorer stick is found to be illegal during regulation play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 - OFFSIDE

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

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

4.11 - ADVANCING THE BALL

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

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

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

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

(c) Over and Back - Once the ball has been successfully advanced into the goal area, if the offensive team carries, passes, propels, or is legally checked to its defensive half of the field, and last touched the ball (except on a shot), the result will be an immediate turnover or a play-on for the other team.

If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot of any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

4.15 - ALLOWABLE BODY CONTACT

Examples of permitted body contact are:

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

4.16 - CHECKING WITH CROSSE

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

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

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

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

4.21 - SUBSTITUTIONS PROCEDURES

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

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

4.22 - RESTARTS FOLLOWING A TIMEOUT

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

4.23 - CHANGE OF GOAL

Teams will change goals between quarters at 12U lacrosse

4.24 - OFFICIAL'S TIMEOUTS

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

4.25 - TIMEOUTS

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

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

4.31 - SCRUM SITUATION

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

Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

RULE 5: Personal and Ejection Fouls

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

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

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

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

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

RULE 6: Technical Fouls

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

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

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

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*
6.3 HOLDING*
6.4 ILLEGAL OFFENSIVE SCREENING*
6.5 ILLEGAL PROCEDURE*
6.6 CONDUCT FOUL*

6.7 INTERFERENCE*
6.8 OFFSIDE*
6.9 PUSHING*
6.10 STALLING*
6.11 WARDING OFF*
6.12 WITHHOLDING BALL FROM PLAY*

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

RULE 7: Penalty Enforcement

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

7.1 - PERSONAL FOUL ENFORCEMENT PENALTY

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

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

7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY

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

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

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

7.8 - SLOW-WHISTLE TECHNIQUE

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

a) A goal is scored by the attacking team.
b) The ball goes out of bounds.
c) The attacking team commits a foul.
d) A player on the defending team gain possession of the ball.
e) An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
f) A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
g) The attacking team, if allowed, requests a timeout
h) The period ends.
i) When the ball hits the ground (not on a shot), the slow whistle is terminated.
j) A subsequent defensive foul is committed unless a scoring play is imminent.
k) A shot hits the goalkeeper, goal posts, or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official

RULE 8: Game Termination

See Rule 8 in 14U rules.

14U BOYS' LACROSSE

Philosophy of 14U Lacrosse

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

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

AGE AND ELIGIBILITY

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

14U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

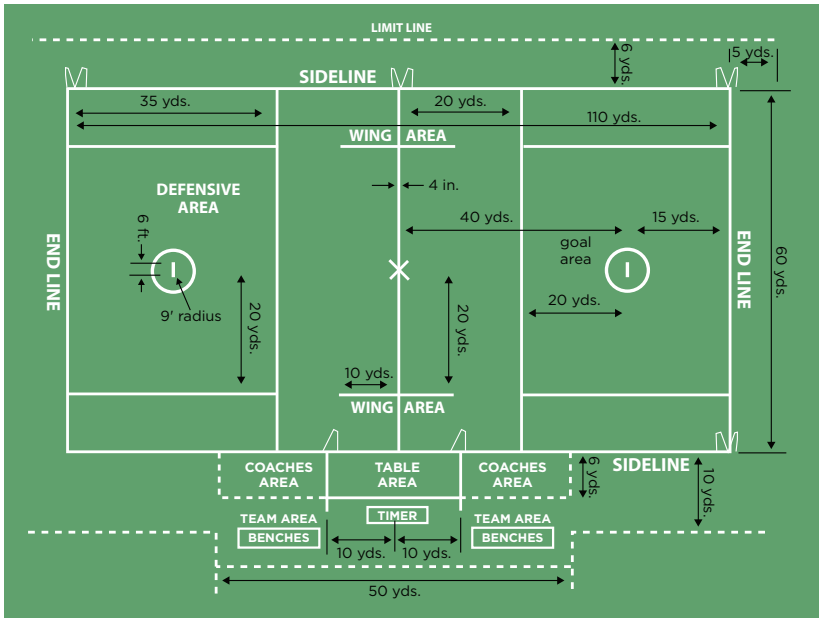
- 10 v 10
- 110 x 60 yard field
- 6' x 6' goals

14U BOYS' RULES OVERVIEW

The US Lacrosse 14U rules align with the National Federation of State High School Associations (NFHS) with some modifications for player safety. Any issues or situations that are not covered in the 14U rules default to the NFHS rule.

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



1.1 – THE GAME

Lacrosse is played by two teams, with each team allowed a maximum of 10 players on the field at once. The purpose of each team is to score goals by causing the ball to enter the goal of its opponent and prevent the other team from scoring. The ball is kept in play by being carried thrown, or batted with the crosse, or rolled or kicked in any direction, subject to the restrictions described in the following rules.

1.2 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 110 yards in length and 60 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. The long sides of the field shall be designated sidelines and the short sides of the field shall be designated end lines. A bold line shall be marked thought the center of the field from sideline to sideline. This line shall be known as the midfield line. A four-inch square or circle shall be marked at the center of the midline. All lines on the field shall be between 2 - 4 inches in width.

1.3 - GOALS

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

1.5 - THE BALL

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

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 - CROSSE DIMENSIONS

See Appendix V - Crosse Dimensions and Construction

1.7 - CROSSE CONSTRUCTION

See Appendix V - Crosse Dimensions and Construction

1.8 - CROSSE PROHIBITIONS

No player shall use a crosse that does not meet the specifications of Appendix V. A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed.

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

IMAGE A

(1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (see Image A);
(2) An Intra-oral mouth protector (mouth piece);
(3) Protective gloves designed for boys' lacrosse;
(4) Shoulder pads designed for boy's lacrosse;
(5) Athletic cleats or athletic shoes;
(6) Arm pads designed for lacrosse;

(7) A jersey and shorts of the same color(s) as those of their teammates,

(8) Athletic protective cup.

** Note: Beginning in 2022, field players must wear protectors for commotio cordis that meet the NOCSAE ND200 standard and contain an SEI certification mark.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

(1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);

IMAGE A

(2) A throat protector designed for lacrosse;

(3) An Intra-oral mouth protector (mouth piece);

(4) Protective gloves designed for boy's lacrosse;

(5) *Goalkeeper chest protector designed for lacrosse;

(6) Athletic cleats or athletic shoes;

(7) Athletic protective cup;

(8) A jersey and shorts of the same color as their teammates.

**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

1.10 - PROHIBITED EQUIPMENT AND RELATED ITEMS

No player shall wear equipment that, in the opinion of the officials, endangers that individual or other players. All equipment must be unaltered from the manufacturer's original design.

1.11 EQUIPMENT CERTIFICATION

The pregame equipment certification by the head coach shall act as the team warning. The head coach shall certify to the referee before the game that all their players are properly equipped and that all mandatory equipment will be worn properly by players.

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

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

2.3 - COACHES

The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated coach's box on the sideline.

2.5 - OFFICIALS

The officials authority begins when they arrive on the field and ends when they leave the facility where games are being played. The duties of the officials include control and jurisdiction of the timekeeper, scorers, players, substitutes, coaches, and spectators.

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

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute stop time quarters, with a 2-minute break between each quarter and a 5-minute half time. After the first half, any time the score differential reaches 12 goals or more, starting with the whistle to resume play, the clock will stop only for team timeouts, officials' timeout, or injury. Should the differential be 11 goals or less than normal play will resume.

3.3 - STALLING

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

3.4 - OVERTIME

In the event of a tie at the end of the regulation game, play shall be continued with sudden-victory overtime. Prior to the start of overtime, the team captains will meet for a coin toss to with the winner of the coin toss deciding which goal they will choose to defend for the first period. In sudden-victory overtime periods, teams shall play four minute periods until a goal is scored. Once a goal is scored the game is over. In the event that multiple periods are played, there shall be a two-minute intermission between sudden-victory periods and teams will change goals.

RULE 4: Play of the Game

4.1 - COIN TOSS

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

4.2 - PLAYER LINE-UP

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

4.3 - FACING OFF

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

Facing Off - Procedure

1. The official shall indicate to the players the spot on which the faceoff will take place and instruct the players to prepare for the faceoff by saying "down."
2. Once the players are down, they are to move into their faceoff position as quickly as possible. Players may kneel or stand as they get into position for the faceoff.
3. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to, but not touching, the center line.
4. The Official shall make certain that the reverse surfaces of the crosses match evenly (Top to Stop) and are perpendicular to the ground. Each Player must have both hands on the handle of his own crosse, touching the ground. The right hand may not touch any part of the head of the crosse. The player's feet may not touch his crosse. Both hands and both feet of each player must be to the left of the throat of his crosse and behind the midline at the start of the faceoff.
5. Once the players are in the proper position, the official shall place the ball on the ground, in between the head of each crosse, paying close attention to placing the ball in the middle of the head of each crosse.
6. Once the official is satisfied with the placement of the ball and the positioning of the players, he shall call "set", step back clear of the scrimmage area and initiate the faceoff with a whistle. The whistle cadence will vary every faceoff.

Facing Off – Violations

A violation will be called if a player commits a foul before or during a faceoff. In all cases the offended team will be awarded the ball on the side of the midline they are attacking unless otherwise noted. The following are faceoff violations

1. A player may not pick up and carry the ball on the back of his stick. It is still legal to clamp the ball with the back of the stick, but it must be moved, raked, or directed within one step.
2. A player may not trap the ball with his crosse longer than necessary for him to control the ball and pick it up with one continuous motion. A player may not withhold the ball from play in any other manner.
3. A player may not kick, step on, or place any other body part to his crosse on the crosse of the opponent. It is illegal for a faceoff player to use his crosse to hold or pin down the opponent's crosse.
4. A player may not use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.

5. A player may not grab an opponent's crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.

4.4 - POSITIONING OF OTHER PLAYERS BEFORE A FACEOFF

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

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

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

4.6 - OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds or when a player in possession of the ball touches the ground out of bounds.

On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. A shot or deflected shot remains a shot until the ball comes to rest on the field of play. When the ball goes out of bounds for any other reason other than a shot, the team that last touched the ball loses possession. When officials are unable to determine who last touched a ball, then the team entitled to alternate possession shall be given the next possession.

4.7 - BALL CAUGHT IN CROSS OR EQUIPMENT

If at any point the ball becomes stuck in a player's crosse or equipment, the play shall stop immediately with possession of the ball awarded to the opposing team. If at any point the ball becomes stuck in a player's equipment (not the crosse), the official or coach shall stop play immediately and award the ball using the alternate possession rule.

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

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.

4.9 - GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
    a. The ball makes contact with any member of the attacking team or his equipment;
    b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
3. A player from the attacking team has committed a foul.
4. The goal scorer stick is found to be illegal during regulation play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 - ADVANCING THE BALL OVER THE MIDLINE

Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds or there will be an immediate turnover. Once started, the 20-second count will continue until:

- The opposing team gains possession.
- A clearing team player in possession of the ball steps on or over the center line.

- A loose ball breaks the plane of the center line.
- The official sounds the whistle to stop play for any reason.
- A Play-on. In which case the 20-second count starts over.

4.11 - ADVANCING THE BALL INTO THE GOAL AREA

Upon the ball being possessed in a team's offensive half of the field, a team shall advance the ball into the goal area within 10 seconds or there will be an immediate turnover

Note: In 7v7 play, there is no goal area and as a result only the 20-second count must be satisfied.

4.12 – OVER AND BACK

Once the ball has been successfully advanced into the goal area, if the offensive team carries, passes, propels, or is legally checked to its defensive half of the field, and last touched the ball (except on a shot), the result will be an immediate turnover or a play-on for the other team.

If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot of any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

4.15 - BODY CHECKING

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

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

4.16 - CHECKING WITH CROSSE

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

4.17 – OFFENSIVE SCREENING/PICKS

To be a legal screen a player must be stationary, motionless, and stay within his vertical plane with a stance no wider than shoulder width apart and shall not lean into the path of an opponent or extend hips into that path, even though the feet are stationary. A player's stick must also be located within his vertical plane and may not impede the normal movement of the defensive player.

4.18. - GOAL-CREASE PRIVILEGES

A properly equipped goalkeeper has the following privileges and protections within the goal-crease, so long as he maintains continuous contact using at least one foot, with the interior of the goal crease.

1. A goalkeeper may stop or block the ball in any manner with his crosse or body while in the crease area. He may block or bat the ball away with his hand, but he may not catch the ball with his hand.
2. No opposing player may make contact with the goalkeeper or the portion of his crosse that is within the goal crease area, regardless of whether the goalkeeper has the ball in possession.
3. When the goalkeeper is in his own crease area, any portion of the goalkeeper's crosse extended outside the cylinder of the crease area, but not the goalkeepers body, is subject to being checked, except when the ball is in his crosse.
4. A goalkeeper or any player of the defending team may receive a pass while in the crease area. While in possession of the ball, no opposing player shall make contact with the goalkeeper or his crosse. However, a defending player is not entitled to any protections to a goalkeeper in possession of the ball while in the crease area.

4.19 - GOAL-CREASE PROHIBITIONS

The movement of players into and out of the goal-crease area is restricted.

1. No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball as long as they do not make contact with the goalkeeper or the goalkeeper's crosse.
2. Upon gaining possession of the ball the goalkeeper or a defender must leave the crease area within four seconds.
3. No defensive player, other than a properly equipped Goalkeeper, can enter their own crease with the perceived intent on blocking a shot or acting as a Goalkeeper. Defensive players are allowed to be in or pass through the crease to but never to block a shot. Officials will stop play as soon as they notice the situation. However, if a shot is already in flight when this is noticed, the shot will be allowed to come to its normal conclusion before the whistle blows to stop play. A conduct foul will be given to the defensive player. A second violation by the player will be enforced as releasable unsportsmanlike conduct.

4.21 - SUBSTITUTION PROCEDURES

Substitution may take place without the necessity of waiting for suspension of play by an official. Players may enter the field of play from the substitution area under the following conditions:

a. The player must be properly equipped.
b. He may not enter the substitution area until his substitution is imminent.
c. The player leaving the field of play must exit via the substitution area.
d. The substitute must wait until such player is off the field of play, and the substitute may not delay his entry onto the field.
e. A player exiting the field has the right of way over any substitute entering the field of play.
f. Substitutions may take place when play is suspended.

4.22 - RESTARTS

Once the official has signaled the ball ready for play, play shall resume within five seconds nearest to the spot of the ball when play was stopped. Play can be resumed immediately, if the ball is signaled ready for play, the player of the team awarded the ball has possession, and the officials are in position to start play. If there is a violation in the goal area and the offense is to receive the ball, then the ball will be awarded laterally outside the goal area.

4.23 - CHANGE OF GOAL

Teams will change goals between quarters.

4.24 - OFFICIAL'S TIMEOUTS

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

4.25 - TEAM TIMEOUTS

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

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

4.31 – GET IT IN/KEEP IT IN

During stalling situation and during the last two minutes remaining in a when a team is ahead by four goals or less officials will administer the get it in and keep it in command.

1. Get it in – This warning is used when the ball is outside the goal area. An official signals and verbally announces "get it in". The team must advance the ball into the goal area within 10 seconds and keep it in the goal area.
2. Keep it in – This warning is used when the ball is inside the goal area. An official signals and verbally announces "keep it in". The team must the keep the ball in the goal area.

RULE 5: Personal and Ejection Fouls

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

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

The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD/NECK are automatically 2- or 3-minute nonreleasable fouls.

The penalty for 5.5 TARGETING is an automatic 3-minute nonreleasable foul with an ejection.

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

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

RULE 6: Technical Fouls

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

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

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

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

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

RULE 7: Penalty Enforcement

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

7.1 - PROCEDURE

A player who has committed a violation of the rules and must serve penalty time shall:

1. Leave the field of play at once.
2. Report immediately to the Penalty Box and remain there until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player must enter the field of play through the substitution area.
3. If penalty time expires during a faceoff the player may exit the penalty box only after the official has signaled possession.

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

7.2 - PENALTY TIME

The penalty clock will stop and start following a goal and when play is out-of-bounds restarting on the subsequent whistle. The following rules shall apply in determining the beginning and end of penalty time:

1. Penalty time begins at such time as play is resumed after the calling of the penalty.
2. Penalty time ends when the time of the penalty has expired. If a goal is scored against the team serving penalty time, all releasable penalties will end for that team. However, all nonreleasable penalties remain in place until full time is served.

7.5 - DEAD-BALL FOULS

Dead-ball fouls are enforced in the sequence in which they occur. Fouls occurring at the same time during a dead ball (when sequence cannot be determined) shall be considered simultaneous.

Any dead ball personal foul listed below which occurs after a goal is scored or between periods will result in the offended team receiving possession at midfield. There will be NO faceoff.

1. Unnecessary Roughness
2. Unsportsmanlike Conduct
3. Slashing
4. Illegal Body Check
5. Illegal Crosse
6. Cross-Check
7. Conduct Foul

In the event where multiple dead-ball personal fouls are committed resulting in an even amount called for each team during the same dead-ball scenario; a faceoff will resume play. In the event where multiple dead-ball personal fouls are committed, resulting in an uneven amount called for each team during the same dead-ball scenario; the team which committed the least total penalty time will receive possession at midfield.

7.5 - SIMULTANEOUS FOULS

Simultaneous fouls are fouls called on two players of opposing teams during a live ball or a dead ball when sequence cannot be determined.

Penalty Time

a) If all penalties are technical fouls, no penalty time will be served by either Team.

b) If any penalty is a personal foul, all players involved will serve penalty time.

c) Any goals scored while two or more players from opposing teams are serving penalty time will only release upon full time first being served by the lesser of the penalties recorded.

Awarding of the Ball

a) When penalty time is assessed and one team incurs less total penalty time, the team shall be awarded the ball

b) When penalty time are equal or fouls cancel out

   1. If the team has possession or is entitled to possession at the time of the flag or whistle, that team shall retain possession.
   2. If neither team has possession at the time of the fouls, the ball shall be awarded be alternate possession rules. However, if a faceoff is pending after this situation, a faceoff will be held.

7.8 - SLOW-WHISTLE TECHNIQUE

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

a) A goal is scored by the attacking team.
b) The ball goes out of bounds.
c) A player on the defending team gain possession of the ball.
d) An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
e) A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
f) The attacking team commits a foul.
g) The ball is in the defensive half of the field and the team in possession fails to clear the ball into the goal area.
h) When the ball hits the ground (not on a shot), the slow whistle is terminated.
i) The defensive foul is committed during the last two minutes of regulation play with the team that is ahead unless a scoring play is imminent.
j) A shot hits the goalkeeper, goal posts, or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official.

7.10 – PLAY ON TECHNIQUE

If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until such time as the situation of advantage gained or lost has been completed.

The play-on shall have elapsed and the official shall cease to signal when:

1. In the case of a loose-ball technical-foul situation, the offended team gains possession.
2. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
3. When the offended team commits a violation or penalty.

If the offended Player gains possession of the ball, the whistle is not blown and no penalty is given. If the offended player fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot the ball was when play was suspended

RULE 8: Game Termination

Officials will have authority to terminate a boys’ youth game in response to flagrant acts of unsportsmanlike behavior, including excessively rough play. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the fouls. It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

Appendix I

LACROSSE TERMINOLOGY

AIRBORNE PLAYER: The location of a player that is airborne shall be judged as the same location they were last in contact with the field or extension of the field.

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

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

CREASE VIOLATIONS/GOALKEEPER INTERFERENCE:

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

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

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

CHECKS INVOLVING THE HEAD/NECK:

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

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

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

CLEAR: Transitioning the ball from the defensive half to the attack area half.

CONDUCT FOUL:

(1) A coach shall not enter the field of play without the permission of an official, except to attend to an injured player, to warm up a goalkeeper, or during halftime.

(2) During play, the coaches' area is restricted to coaches. All other personnel shall stay outside the coaches' area.

(3) A player, coach, athletic trainer or other person officially connected with a team shall not:

a. Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
b. Object by arguing or gesturing to a decision by an official, timekeeper, or scorekeeper.
c. Commit any act considered misconduct by an official.

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

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

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

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

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

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

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

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

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

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

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

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

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

a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.

For (a) and (b), a hold check shall be done with either closed hand, shoulder or forearm; and both hands shall be on the crosse.

c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball
d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
e. Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

ILLEGAL BODY CHECK:

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

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

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

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

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

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

The following are examples of illegal procedure:

a. Touching the ball – A player shall not touch the ball with his hands while it is in play. The exception is the goalkeeper while both he and the ball are inside the crease.
b. Illegal actions with crosse – A player shall not:
1. Throw his crosse under any circumstances.
2. Take part in the play of the game in any manner without his crosse when:
(a) If a player lose his crosse in any legal way, so that repossession of the crosse would cause him to violate a rule, the slow-whistle shall be employed by an official.
(b) Should a crosse be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at the goal, play shall be suspended immediately.
3. Intentionally kick an opponent's crosse.
4. Exchange his crosse with that of a teammate during live play while the ball is in either crosse.

c. Crosse in face of opponent – A player shall not push at, thrust or flick his crosse in the face of an opponent.
d. Avoidable lateness of team – When a team fails to appear on the field ready to play at the appointed time for the start of a contest, and this tardiness is avoidable.
e. Entering the game from the penalty area before authorized to do so by the timekeeper. The player shall be returned to the penalty area to serve his remaining time, plus 30 seconds. If the ball is loose or in possession of the player's own team, it shall be awarded to the opposing team and the player leaving the penalty area early does not have to serve an additional 30 seconds. In the event that a goal is scored by the opponent, the unexpired penalty time is nullified, and the 30-second penalty is erased.
f. Delaying the game – When it is a team delay, the penalty shall be assigned to the in-home. Delaying the game shall be the consuming of more than 20 seconds:
g. Participation in the play of the game by a player out of bounds.
h. Any player not in his restraining area at the time the whistle is blown to start play at the time of a faceoff.
i. Failure to remain 5 yards from a player awarded the ball for a restart.
j. Any violation of the rules for substituting players.
k. Any violation of the rules relating to the goal-crease area.
l. Any violation of the rules for time-outs.
m. Having more than the maximum allowable number of players in the game at any time, including a player or players in the penalty area.
n. Violation of the rules on positioning for a faceoff. Award the ball to offended team in its offensive side of the field at Center. (See Rule 7.3)
o. If a head coach makes two or more requests in which no violations are found for either counting of long crosses or inspecting any opponents' equipment, a time-out will be charged. If no time-outs remain for that half or overtime period, a technical foul will be called.
p. Having more than the maximum allowable number oflong crosses in the game.
q. Failure of the player in possession of the ball to place the ball directly on the field or hand it to the nearest official on a change of possession. An example is if the player rolls the ball away or creates a delay or disadvantage to the team being awarded the ball.
r. Failure to advance the ball beyond the center line into the goal area within 10 seconds as required, or upon gaining possession of the ball inside the defensive half of the field, to advance the ball beyond the center line within 20 seconds.
s. Failure to provide a scorebook, timing device, table and working horn.
t. Failure to have a clearly marked center line that runs the entire width of the field.

u. Failure to have a properly equipped designated goalkeeper on the field of play.
v. When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds after the officials are ready to restart play.
w. Take a dive or feign a slash to the head or body in order to deceive the official and draw a penalty.
x. Failure to wear required mouthpiece (unless it comes out during play).

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

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

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

OFFSIDE: (1) For 10v10 play, a team is considered offside when a team has (including players in the penalty area) more than 6 players in its offensive half of the field or more than 7 players in its defensive half of the field.

(2) For 7v7 play used in a 10U/12U game, a team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.

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

PASS: A pass is the movement of the ball caused by a player in possession throwing the ball to a teammate.

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

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

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

POSSESSION: A player has possession of the ball when he can perform any of the normal functions of control (carry, cradle, pass, or shoot).

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

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

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

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

RESTART: Whenever a player has been awarded the ball for any reason all players must be at least 5 yards away from him before play resumes.

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

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

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

SHOT: A shot is considered a ball propelled toward the goal by any player with the intent of scoring a goal . A shot by an attacker is only valid when the release point of the ball is parallel to or above goal line extended. Additionally, the ball can be either thrown from a crosse, kicked, or otherwise physically directed (but not with the hand). A shot or deflected shot remains a shot until the ball comes to rest on the field of play, a player gains possession, the ball goes out of bounds or a player causes the ball to go out of bounds.

SLOW WHISTLE (A FLAG IS DOWN): when a team in possession is fouled, a flag is thrown but no whistle will sound to stop play until the fouled team loses possession or ball has gone out of the attacking team's goal area.

SLASHING:

(1) Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck.

(2) Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck. NOTE: Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.

(3) Striking an opponent in any part of the body with the crosse (including its end cap), except when done by a player in the act of passing, shooting or attempting to scoop the ball. In all situations, the player's gloved hand shall be considered part of the crosse, except when in contact with a line marking.

(4) One-handed checks shall be considered a slash, whether or not it makes contact with the opposing player. If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

STALLING:

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

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

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

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

UNNECESSARY ROUGHNESS:

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

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

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

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

UNSPORTSMANLIKE CONDUCT (Releasable):

(1) Repeatedly commit the same technical foul.

(2) As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.

(3) As a substitute, deliberately fail to comply with the rules for entering the field of play.

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

UNSPORTSMANLIKE CONDUCT (Nonreleasable):

(1) Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. Tone, disruptiveness, and body language can all contribute to unsportsmanlike conduct. Players and coaches will exhibit the highest level of sportsmanship at all times. Note: US Lacrosse discourages any form of taunting which is intended to embarrass, ridicule, or demean others. This can include but is not limited to race, religion, gender, national origin, or any other basis.

(2) No player, substitute, nonplaying member of a squad, coach or spectator shall:

a*. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.

b*. Use threatening, profane or obscene language or gestures at any time during the game.

c*. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.

d. Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff. (Note: Inadvertent touching of the ball when the hand is grasping the stick on a faceoff should not be called as an unsportsmanlike conduct foul).

e. As a coach, be on the field and obstruct play.

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

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

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

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

GOALKEEPER TERMINOLOGY

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

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

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

SHOT/FIRE: tells the defense that one of them needs to leave their position immediately and slide to assist the "hot" defender and thus double-team the attacker.

SLIDE: tells the defense that one of them need to leave their posltion immediately and slide to assist the "hot" defender and thus double-team the attacker

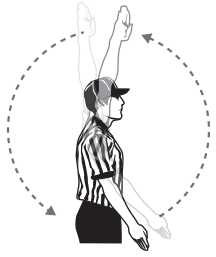
BREAK/CLEAR: tells the defense that a save has been made and the goalkeeper is looking for outlets to clear the ball out of the crease.

Appendix II

OFFICIALS SIGNALS

PROCEDURAL CALLS

BALL HAS ENTERED ATTACK AREA



BALL IN POSSESSION

DISREGARD FLAG

FACEOFF

FAILURE TO ADVANCE BALL

LOOSE BALL

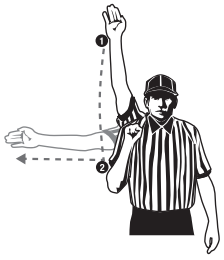
TIMEOUT

SCORE

NO SCORE

PROCEDURAL CALLS

ALTERNATE POSSESSION



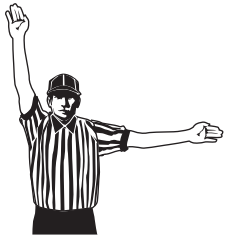
OUT OF BOUNDS

SIMULTANEOUS FOULS

NONRELEAS-ABLE PENALTY

PLAY ON OR DEAD BALL

RE-ENTRY OF THE CREASE



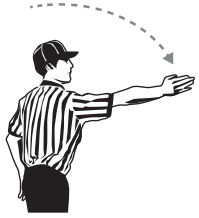
STALL WARNING/ SHOT CLOCK ON

STALL WARNING/ SHOT CLOCK OFF

TIPPED/ DEFLECTION

PROCEDURAL CALLS

INADVERTANT WHISTLE



FREE CLEAR

RESET

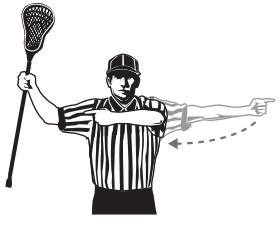
PERSONAL FOULS

PERSONAL FOUL

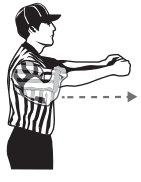
DEEP POCKETS

EJECTION FOUL

ILLEGAL BODY CHECK



ILLEGAL EQUIPMENT



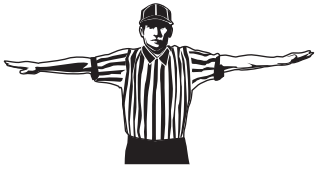
CROSS-CHECK ING

PERSONAL FOULS

SLASHING

TRIPPING

UNNECESSARY ROUGHNESS

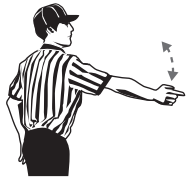


UNSPORTS-MANLIKE CONDUCT

ILLEGAL GLOVES

TECHNICAL FOULS

CONDUCT FOUL



CREASE VIOLATION

HOLDING

TECHNICAL FOULS

ILLEGAL OFFENSIVE SCREENING

ILLEGAL PROCEDURE

ILLEGAL TOUCHING OF THE BALL

INTERFERENCE

OFFSIDE

PUSHING

STALLING OR DELAY OF GAME

WARDING OFF

WITHHOLDNG BALL FROM PLAY

TECHNICAL FOUL

Appendix III

LIGHTNING POLICY

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

PROACTIVE PLANNING

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

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

Appendix IV

CONCUSSIONS

Concussion Recognition Tool 5

To help identify concussion in children, adolescents and adults

RECOGNIZE AND REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to so do.
- Do not remove a helmet or any other equipment unless trained

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(in athletes older than 12 years of age)

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours)
- Not drink alcohol
- Not use recreational/prescription drugs
- Not be sent home by themselves. They need to be with a responsible adult
- Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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Appendix V

CROSSE SPECIFICATIONS

LACROSSE HEAD SPECIFICATIONS

A HEAD DIMENSIONS

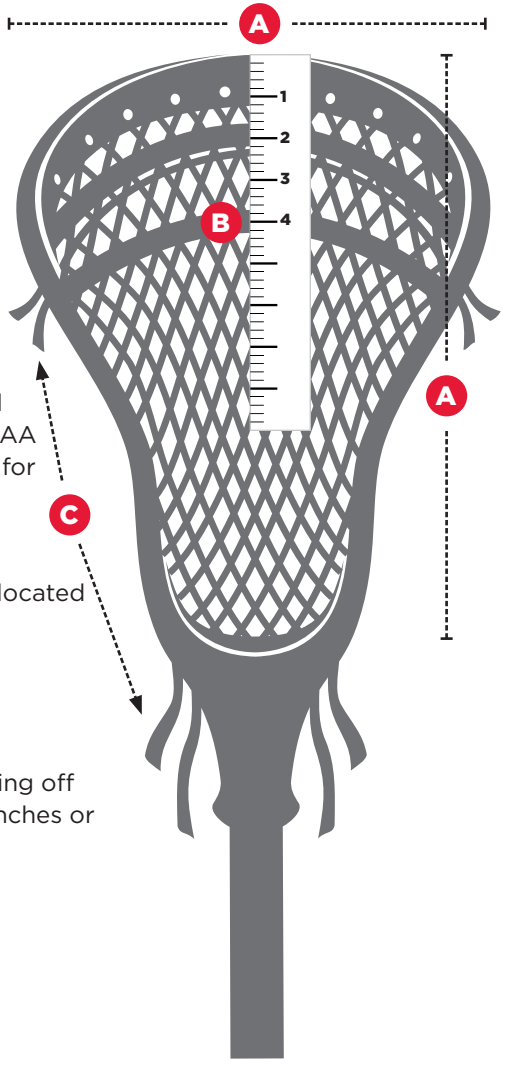
For the measurement of the front face of the head of a e crosse at its widest point, the crosse shall measure a minimum of 6 inches on the inside measurement of the sidewalls and a minimum of 10 inches from the top of the crosse head the beginning of the throat. Note: Both Old NFHS and current NFHS/NCAA stick specifications are legal for youth lacrosse.

B SHOOTING STRINGS

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

C STRINGS OUTSIDE OF CROSSE

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



POCKET DEPTH TEST AND CROSSE LENGTHS

POCKET CONSTUCTION AND POCKET DEPTH TESTING

The pocket of the crosse must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through it or become wedged. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalkeepers).

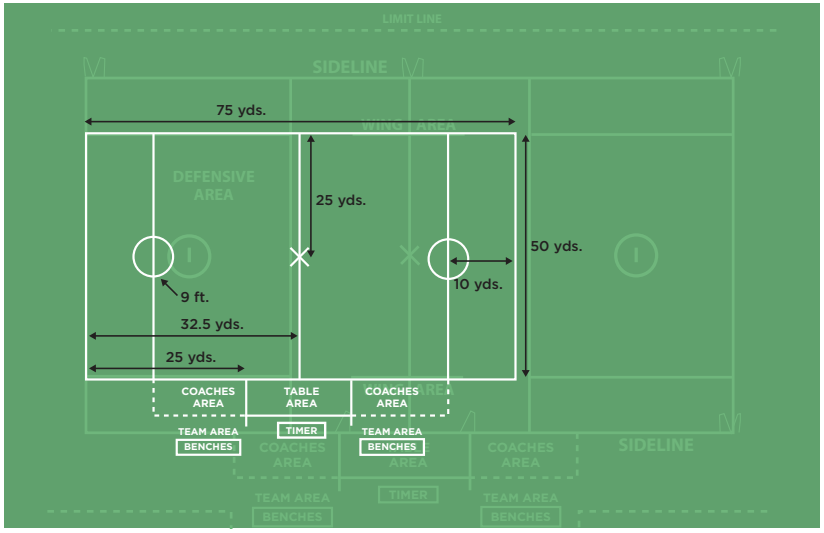
A CROSSE LENGTHS

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

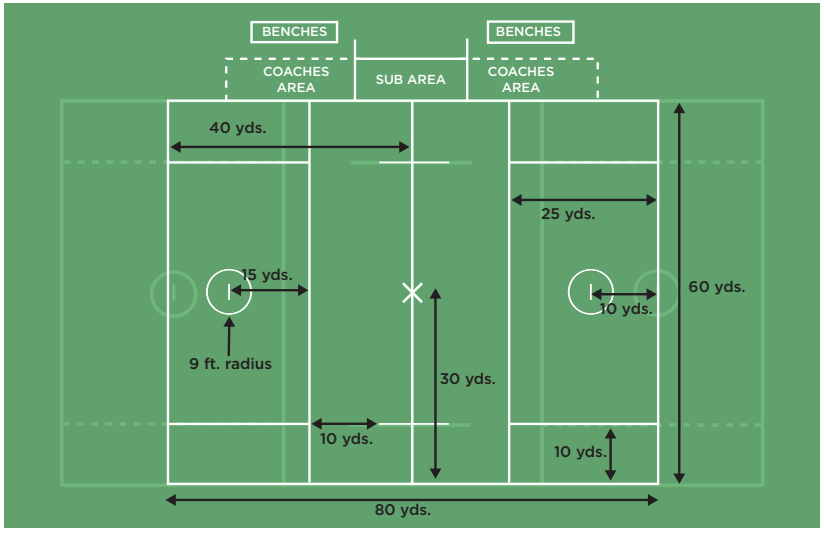
Appendix VI

ALTERNATE FIELD DIAGRAMS

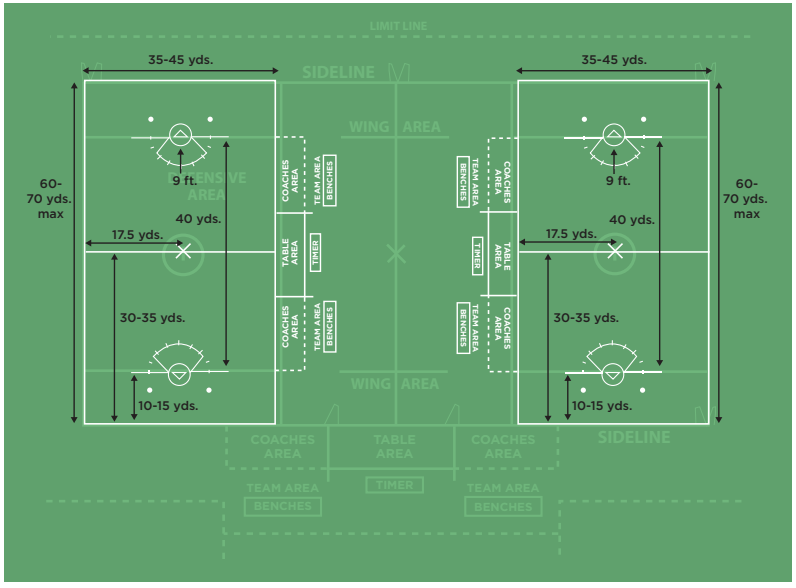
10U SHORTENED FIELD



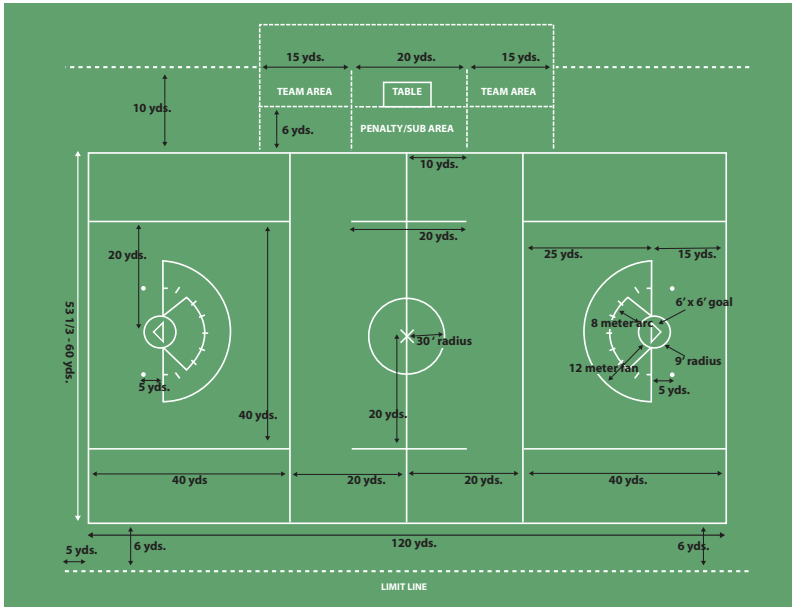
12U SHORTENED FIELD



SMALL-SIDED UNIFIED FIELD



120 YARD UNIFIED FIELD (NFHS & YOUTH



Appendix VII

EXPERIMENTAL RULES

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

Completed Pass After a Faceoff (8U, 10U and 12U)
On faceoffs, a player must complete one pass prior to shooting at or scoring a goal.

Extended Play During the Last Two Minutes (12U and 14U)

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

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

Eliminate the "Get it In and Keep It in" in Final Two Minutes

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

Notes:

Notes:

Notes:

When your family is protected, we all win.

Join Nationwide® and US Lacrosse as we team up to promote youth safety, especially the importance of concussion awareness and teen driving.

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