

US Lacrosse Rules for Boys Youth Lacrosse - Highlights

May 2012

All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

	U9	U11	U13	U15
Timing	Four 12 minute running quarters or 8 minute stop-time quarters. Game ends in a tie unless league or tournament requires overtime.	Four 8 minute stop-time quarters or 12 minute running quarters. Game ends in a tie unless league or tournament requires overtime.	Four 10 minute stop-time quarters. Maximum two overtime periods unless league or tournament requires a winner.	Four 10 minute stop-time quarters. Standard NFHS 4-minute sudden-victory overtime.
Crosses	37" to 42" (all)	37" to 42" (short) 47" to 52" (long)	37" to 42" (short) 47" to 52" (long)	37" to 42" (short) 47" to 52" (long)
Players	Coaches may agree to play 7 on 7 and on a smaller field. Coaches may be on the field to instruct players.			
Equipment	All goalies must have arm pads and a cup. Officials should stop play immediately if the player with possession loses any piece of required equipment.			
Officials	At least one official. Officials should explain fouls when possible.	At least one official. Officials should explain fouls when possible.	Two officials. Officials should explain fouls when possible.	Two officials. Officials should explain fouls when possible.
Lineups	Officials should meet with both teams, separately or together, either before the game or at the pre-game lineup, to explain any special ground rules, emphasize safety and fair play, and remind players that they must be properly equipped with mouthpiece in place at all times on the playing field.			
Faceoffs	With a four goal lead, the team behind gets the ball at midfield.	With a four goal lead, the team behind gets the ball at midfield.	Standard face off	Standard face off
Counts	No 20 or 10 second counts	No 20 or 10 second counts	Standard 20 and 10 second counts	Standard 20 and 10 second counts
Loose Ball	If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession rule.			
Time Serving Penalties	<ul style="list-style-type: none"> • Player must serve his penalty time but may immediately be replaced by a substitute. • No man up situations • Award ball per NHFS rules. 	<ul style="list-style-type: none"> • Player must serve his penalty time but may immediately be replaced by a substitute. • No man up situations • Award ball per NHFS rules. 	Enforced per NFHS rules.	Enforced per NFHS rules.
Checks	No body checking of any kind.	No body checking of any kind.	Body checking permitted.	Body checking permitted.
	Stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the NFHS 5 yards but does not apply to restarts. Cross Checks, Illegal Body Checks, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct should be enforced stricter than at the high school level.			
Take-Out Checks	NO TAKE-OUT CHECKS ARE PERMITTED BY ANY PLAYER AT ANY AGE LEVEL. A take-out check is defined as: <ul style="list-style-type: none"> • Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground. • Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to checks: 			

	<ul style="list-style-type: none"> i. where a player makes contact with sufficient force and intent to knock down the opposing player; ii. where a player makes contact with sufficient force and intent to injure the opposing player; iii. made in a reckless or intimidating manner. <ul style="list-style-type: none"> • Any body check on a player in a defenseless position. This includes but is not limited to body checks: <ul style="list-style-type: none"> i. from a player’s “blind side” ii. of a player who has his head down in an attempt to play a loose ball; iii. of a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check. <p>NOTE: Game officials should be especially alert to blind side checks at all youth levels.</p>			
Slash	Any one-handed check will be considered a slash, whether or not it makes contact.	Any one-handed check will be considered a slash, whether or not it makes contact.	Any one-handed check will be considered a slash, whether or not it makes contact.	Slashing will be called per NFHS rules.
Fouling Out	<p>A player with 3 personal fouls or 5 minutes in personal foul penalty time is disqualified from the game.</p> <p>A disqualified player must leave the field but his team may replace him with a substitute. No man up situation should occur.</p>	<p>A player with 3 personal fouls or 5 minutes in personal foul penalty time is disqualified from the game.</p> <p>A substitute may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.</p>	<p>A player with 4 personal fouls or 5 minutes in personal foul penalty time is disqualified from the game.</p> <p>A substitute may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.</p>	<p>A player with 4 personal fouls or 5 minutes in personal foul penalty time is disqualified from the game.</p> <p>A substitute may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.</p>
Stalling	<p>Not used at this level</p> <p>If a team is stalling the advancement of the ball, a verbal command and a visual 5-second count to “advance the ball” will be given. If the team does not attempt to advance the ball within 5 seconds to within five yards of an opposing player, a turnover will occur.</p>	<p>Not used at this level</p> <p>If a team is stalling the advancement of the ball, a verbal command and a visual 5-second count to “advance the ball” will be given. If the team does not attempt to advance the ball within 5 seconds to within five yards of an opposing player, a turnover will occur.</p>	<p>All NFHS Stalling and Advancing the Ball rules apply.</p>	<p>All NFHS Stalling and Advancing the Ball rules apply.</p>
Final Two Minutes	Final two minute stalling rule not enforced.	Final two minute stalling rule not enforced.	Final two minute stalling rule enforced.	Final two minute stalling rule enforced.
Conduct	<p>Unsportsmanlike conduct will not be tolerated. Any player or coach who uses derogatory or profane language, whether addressing a player, coach, or official may receive a 1 to 3-minute non-releasable unsportsmanlike conduct penalty and a 3-minute non-releasable expulsion foul for the second offense.</p> <p>Any player or coach ejected from a game shall be suspended for his next regularly scheduled game. The second time a player or coach is ejected in the same season or tournament he will be suspended for the next two regularly scheduled games. A third ejection in the same season or tournament will result in a suspension for the remainder of the season or tournament.</p> <p>Officials have authority to terminate a youth game in response to flagrant unsportsmanlike acts including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators, or fans. Game termination will be the last resort in ensuring the players’ safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated.</p> <p>Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior are on the US Lacrosse Sportsmanship Card). Games terminated by an official will result in a 1-0 victory for the team that is innocent of the offense(s).</p>			