



US Lacrosse Women's Game 2015 Youth Rules Exam

True or False

1. One **U9** coach from each team may be on the field for the purpose of coaching, all other coaches at the U11, U13 and U15 levels must remain in their coaching area
2. At all levels, the penalty administration for a **Minor foul** (not a goal circle foul) committed by the defense inside the 12m fan will be an indirect free position on the 12m fan to the attack player nearest to the spot of the foul. Offending player will stand 4m away in the direction from which she approached before committing the foul.
3. In **U-9 and U-11** level games a player receiving a yellow or red card must leave the field and enter the penalty area for 2 or 4 minutes of elapsed playing time, she must sit or kneel, and **a substitute must take her place.**
4. **At the U-13 Level and below:** If score is being kept, possession will be taken at center by the team with fewer goals if a four or more goal differential exists unless waived by the coach of the trailing team
5. At the **U-13 level** and below, an initiated check to the head is a mandatory Yellow card. At the **U-15 full checking level** it is a mandatory Red card
6. **At all youth levels, incidental** contact with the head is not a mandatory card to the player who made the contact but may be judged as a major foul for dangerous play or a no call
7. At the **U13 and U15** level, a game that enters overtime will play as many overtime periods as necessary until there is a winner
8. At all youth levels, when the game clock runs out during the administration of an 8M free position for the attacking team, the official will continue to allow the penalty shot on goal
9. All youth levels, **Position to Check** is defined as a player having the opportunity to check her opponents crosse without fouling



10. All youth levels. During the pre-game stick check, a player wearing a small earring tells the officials that she just had her ear pierced and must not remove the earring. The correct procedure for the official to follow is to allow her to play after putting tape over the earring.
11. Running time for all youth level games means the clock will run after goals. The clock will stop for timeouts. The clock will also stop for every whistle in the last two minutes of each half unless there is a 10 goal differential.
12. The penalty for misconduct by a player or coach shall be the same as for all major fouls. In addition to awarding a free position, the official will issue a yellow or red card. Issuance of cards should be considered a warning to all.
13. At the **U15 Full Checking level** only, a player may follow through during a shot on goal and the defender marking her may reach into the goal circle to defend the shot
14. At all levels. A goal scored while the defense is offside shall count and play is resumed with a draw.
15. All levels. The player taking an **INDIRECT** free position may go to goal and shoot once the ball has been **played by another player**

Multiple Choice

16. At all levels. Officials arrive at a game and find that neither the home team nor the visiting team has balls that meet the current NOCSAE ball standard at time of manufacture. How do you proceed?
 - a. A. Because this is a safety issue, the game cannot be played and the matter shall be referred to the sponsoring authority
 - b. The visiting team is able to provide NFHS orange balls, the game may be played
 - c. If both coaches agree to play without the NOCSAE balls then the game may be played.
 - d. None of the above



17. At all levels. Before the game begins, it is discovered that the visiting team is wearing illegal uniforms. There is no time or opportunity to correct this. How do you proceed?
- The home team will have a **free position in lieu of the draw throughout the entire game**. The visiting team center will stand 4M to either side, on a 45 degree angle to the center line
 - At the start of the game the official will administer a **one-time free position** to the home team at the center. The visiting team center will stand 4M to either side, on a 45 degree angle to the center line
 - The official will administer a **throw at center** to start each half of the game; draw positioning will apply for all other players.
 - No foul**, allow the teams to play as they are, it's only a uniform violation
18. During a U13 modified checking game, a Blue defender commits a major foul against the White team following a White goal and well after the goal has been scored (not during the act of shooting), how is the penalty administered?
- Possession is given to the Goalkeeper inside the goal circle, all players move 4M away from the goal circle
 - A free position is given to the shooter on the nearest hash mark closest to where the foul occurred, she may attempt another shot on goal
 - The white team will have a free position back at center, the blue opponent will be placed 4M directly behind the White center, the White center may run, pass, or shoot.
 - The white team will have a free position back at center, the blue center will be placed 4M to either side on a 45 degree angle, the White center may run, pass or shoot
19. At all youth levels, how many coaches are allowed in the coaching area which is defined as the area from substitution box to end line? For U9 level, one of these coaches may be on the field.
- Up to six coaches
 - Two coaches
 - Four coaches
 - Three coaches
20. At all levels. Which of the following uses of electronic equipment are legal?
- The use of artificial, voice amplifier by a coach
 - An assistant coach in the press box communicating with the head coach in the coaching area by phone or head set
 - A camera inside the goal
 - All of the above



21. In a Youth Level game being played without a goalkeeper, which of the following best describes how play will be restarted if the ball comes to rest inside the goal circle but not in the goal?
- The Lead official will designate a defense player who shall be allowed to go into the goal circle to collect the ball in her crosse. This player must leave the goal circle within 10 seconds of being designated by the official. The opponents must not deliberately block her exit.
 - The Lead official will allow a defender outside the goal circle to reach into the goal circle and retrieve the ball. She will move to the 8m mark on the goal line extended and play will resume from that spot on the lead officials whistle. All other players will be 4m away.
 - Any defender may go into the goal circle and pick up the ball in her crosse and throw it out within 10 seconds of the ball entering the goal circle.
 - The Lead official will retrieve the ball from the goal circle and administer a throw between the two nearest opposing players at least 8m from the goal circle.
22. All levels. Which of the following best describes what the official should consider before making an obstruction of free space to goal (shooting space) violation call?
- Is the attack player with the ball in the critical scoring area?
 - Does the attack player with the ball have the opportunity to shoot, and the ability to complete a shot safely?
 - Is a defender in the "free space to goal" and not marking an attack player within a stick's length?
 - All of the above.
23. At the youth levels where no checking or modified checking is being played, a player with the ball may not hold the ball for more than 3 seconds when which of the following occur?
- She is closely guarded/marked
 - The defender has both hands on her stick
 - The defender is in a position to check if checking were allowed.
 - All of the above

24. During a U13 modified checking game and following a goal, a coach becomes unruly and verbally abusive toward the officials. The official issues the coach a yellow card for misconduct. How is play restarted?
- A. The coach must designate a player who must leave the field and enter the penalty area to serve the entire 2 minutes of elapsed playing time. No substitute can take her place for 2 minutes. Player positioning for the draw will apply, the center for the offending team will be placed 4M away on a 45 degree angle from the center taking the free position.
 - The coach must designate a player who must leave the field and enter the penalty area to serve the entire 4 minutes of elapsed playing time. No substitute can take her place for 4 minutes. Player positioning for the draw will apply, the center for the offending team will be placed 4M away on a 45 degree angle from the center taking the free position
 - The coach must designate a player from the bench who must enter the penalty area to serve the entire 2 minutes of elapsed playing time. Player positioning for the draw will apply. The center for the offending team will placed 4M behind the center taking the free position.
 - A yellow card to the coach serves as a warning so no players are removed from the field and no player enters the penalty area. Play is restarted with the opposing goalkeeper inside her goal circle. All other players move 4M away from the goal circle.
25. White #6 is on a scoring play just inside the 12m when she is fouled by Blue #20 but maintains possession. The Lead official raises a flag to allow the scoring play to continue. As White #6 enters the 8m arc near the center hash mark she is illegally checked by Blue #11 and loses possession of the ball. After whistling and signaling the illegal check how should the Lead official set up the free position?
- White #6 will move to the center hash mark with the ball, the spot of the most recent foul. Blue #20 will be placed 4m behind. Clear the 8m arc. All players 4m away.
 - White #6 will move to the center hash mark with the ball, the spot of the most recent foul. Blue #11 will be placed 4m behind. Clear the 8m arc. All other players 4m away.
 - White #6 will move to the spot of the first foul with the ball. Blue #20 will be placed 4m behind. Clear the lane. All players 4m away.
 - White #6 will move to the spot of the first foul with the ball. Blue #20 will be placed 4m away in the direction from which she approached. All players 4m away.