

2012 WASHINGTON STATE YOUTH RULES – ALL REGIONS

2012 USLax Youth Rules Translations & Best Practices

3-4 (U-11)

5-6 (U-13)

7-8 (U-15)

Play of Game

7-8 (U-15) – 20 second clear to mid and 10 seconds to attacking area; just the first time into attack.

Stick/Body Checking

A. 3-4 and 5-6 (U-11 & 13) - Absolutely no body checking or one-handed checking (slash).

B. 7-8 (U-15 & above) - No take-out checks at any level (head or shoulder is lowered with intent to put other player on the ground, over-aggressive or unnecessary check to impede advancement of the ball carrier or to keep a player from getting to the ball, hit on a player in a defenseless position, e.g. head down attempting to play a loose ball).

Stick Length

3-4 (U-11)

37-42"

5-6 (U-13)

Short- 37-42"

Long- 47-52"

7-8 (U-15 & Above)

40-42"

52-72"

Final 2 Minutes

3-4 & 5-6 (U-11&U13)

Stalling rule is waived

Uniforms

- Jersey/Shirt must cover shoulder pads. If pinnies are used, must wear t-shirt over shoulder pads.
 - Goalies may wear football pants with pads. Goalies must wear throat protector, chest protector and arm pads.
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3-Yard Rule

3-4 & 5-6 (U-11 & U13) - no stick checking, legal holding or legal pushing allowed more than three yards from a loose ball or ball in flight.

NFHS Rules Apply Otherwise