

2018 CONNY Youth Rules – Officials Quick Reference Guide

	Bantams (8-U)	Lightning (10-U)	Junior (12-U)	Senior (14-U)
Crosse Lengths				
Short	37" - 42" (USL)	37" - 42" (USL)	40" - 42" (NFHS)	40" - 42" (NFHS)
Long	Not Permitted	Not Permitted (CONNY)	52" - 72" (NFHS)	52" - 72" (NFHS)
Goalie	37" - 54" (USL)	37" - 54" (USL)	40" - 72" (NFHS)	40" - 72" (NFHS)
# of Poles	N/A	N/A	4	4
Field size / # of players	Cross-field / Small Sided #s local option	Cross-field / 8v8 (not less than 4 + GK)	10v10	10v10
Game Lengths	2 (halves) x 12 Mins running	4 X 10 Mins running (CONNY)	4 X 10 Mins stop	4 X 10 Mins stop
Scrum (ball not moving)	Kill & use AP	Kill & use AP	N/A	N/A
Offsides	NONE	>6 D end; >5 O end	NFHS	NFHS
Technical fouls	No time served + No EMO	No time served + No EMO	NFHS	NFHS
Personal fouls	Player out until next sub. No EMO	Player serves but No EMO	NFHS	NFHS
Goalie Penalties	***** In home serves unless USC or 2+ mins of PF time during single play *****			
Goalie Counts	NFHS (but slow)	NFHS	NFHS	NFHS
20 & 10 Counts (*may need timers)	N/A	N/A	N/A	*Yes (if both agree)
Face-Off (Initial/Goal scored)	Coin toss wins pos. / 5 yds Lateral	NFHS GLE is restraining line keeper can be in crease above GLE	NFHS	NFHS
Stick Checks/Slashing (any touch on the head = Slash)	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	NFHS (but no one-handers)
Body Contact (3 yd Rule)	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	NFHS (but 3yd Rule)
Over & Back	N/A	N/A	Yes	Yes
Time Outs	NONE	NONE	3 per half	NFHS
Coaches on Field	One (1)	NO	NO	NO
Equipment	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)
Substitutions	Whole team	Rotational (e.g. 8 in - 8 out) (No "on the fly")	Horns on side/end lines (10 yd sub. box)	Horns on side/end lines (10 yd sub. box)
Overtime (reg season only)	** Score not kept **	None (tie is a tie)	NFHS	NFHS
Mercy Rule - Face-off	N/A	***** 6 or more goals award (if coach wants – no face) (but not Tournament) *****		
Stalling	***** If not advancing – warn and give 5 second count *****			
Final 2 Minutes	N/A	N/A	NFHS	NFHS
Fouling Out	No DQ – coaches monitor	3 PFs OR 5mins in PF Time	3 PFs OR 5mins in PF Time	3 PFs OR 5mins in PF Time

References: USL 2018 Youth Boys Lacrosse Rules Book ** If a rule or mechanic is not modified for youth then follow NFHS Rules**
Complete CONNY rules on: <http://connylacrosse.org> Documents Tab (2018 CONNY Rules and Regulations and Rules of Play)