

Crosse Length	NFHS	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Faceoff Mercy Rule	None
Equipment	All players must wear protective cups	Slashing	NFHS
Length of Game	10 min. stop qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	NFHS	Unsportsman-like	NFHS
Stalling	Enforced	Advancing Ball	NFHS
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Body Checks	Limited body checking – Checks should be generally upright
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full time)	Fouling Out	4 personal fouls or 5 minutes of penalty time

The youth game is to be called tighter than a high school game



U13

fold here

Crosse Length	Short 37" – 42"	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full-time)
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	12 min. running or 8 min. stop time qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	No OT – unless tournament requires a winner	Unsportsmanlike	NFHS
Stalling	Waived	Advancing Ball	No counts
Faceoff Mercy Rule	4 goal lead, team that is behind will be given ball. Losing coach may waive this	Body Checks	NO BODY CHECKING (Loose ball boxing out permitted)
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Fouling Out	3 personal fouls or 5 minutes of penalty time

The youth game is to be called tighter than a high school game



U11

fold here

Crosse Length	NFHS	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Faceoff Mercy Rule	None
Equipment	All players must wear protective cups	Slashing	NFHS
Length of Game	10 min. stop qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	NFHS	Unsportsman-like	NFHS
Stalling	Enforced	Advancing Ball	NFHS
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Body Checks	Limited body checking – Checks should be generally upright
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full time)	Fouling Out	4 personal fouls or 5 minutes of penalty time

U15



The youth game is to be called tighter than a high school game

Crosse Length	Short 37" – 42"	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full-time)
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	12 min. running or 8 min. stop time qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	No OT – unless tournament requires a winner	Unsportsmanlike	NFHS
Stalling	Waived	Advancing Ball	No counts
Faceoff Mercy Rule	4 goal lead, team that is behind will be given ball. Losing coach may waive this	Body Checks	NO BODY CHECKING (Loose ball boxing out permitted)
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	Sub-out only but the player serves the time, team does not play man down
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Fouling Out	3 personal fouls or 5 minutes of penalty time

U9



The youth game is to be called tighter than a high school game