

## 2008 US Lacrosse Rules for Youth Lacrosse

The following rules are written by the US Lacrosse Youth Council as exceptions to the National Federation of State High School Associations' (NFHS) 2008 Boys' Lacrosse Rules. All rules not modified below are to be considered standard Youth rules for the 2008 lacrosse season. Those with questions about the US Lacrosse Rules for Boys' Youth Lacrosse should contact the chairman of the US Lacrosse Youth Council Boys' Youth Rules Committee, Chase Howse, at boysyouthrules@aol.com. Please do not contact NFHS about the following rules.

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### Age Definition

*The US Lacrosse Age Eligibility Guidelines are under review at this time and may be modified in the near future. Check the US Lacrosse MDOC Resources Page for updates.*

As stated in the Bylaws of the US Lacrosse Youth Council (USLYC), eligibility for participation in U-15 events sanctioned by US Lacrosse and its Youth Council will be based on the following criteria:

Youth players will be age 15 years and under in grade 8 or below and further qualify as follows in order to participate in USLYC sanctioned youth lacrosse activities:

(a) player has not attained 15 years of age as of December 31st in the year preceding a USLYC sanctioned event; and (b) the player has not participated in any high-school program as a member of a high school freshmen, junior varsity, or varsity team.

Leagues may be organized by age or grades. Physical maturity should be considered when grouping players. If your program has enough players, the age/grade groups should play separately. The following is an example, with ages determined as of December 31st in the year preceding the USLYC sanctioned event:

### Middle School:

Senior Division: Under 15/8th grade. May have competitive divisions grouped by ability.

Junior Division: Under 13/6th and 7th grade. May have competitive divisions grouped by ability.

Note: Players 12 years old or 6th grade may have difficulty playing with 14 year olds or 8th grade boys.

### Elementary School:

Lightning Division: Under 11/4th and 5th grade. Non-competitive. Ages and grades may play together. Multiple teams within a program should be balanced.

Bantam Division: Under 9/2nd and 3rd grade. Non-competitive. Ages and grades may play together. Multiple teams within a program should be balanced.

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The following sections, covering rules exceptions, list the *existing NFHS Rule Section reference* in italics, followed by the corresponding USLYC rule section modification.

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### Rule 1 — The Game, Field & Equipment

*NFHS Rule 1, Section 1 — The Game*

*Lacrosse is played by two teams of 10 players each.*

#### Number of Players

##### RULE 1 SECTION 1.

10 players per side on the field, however games can be played with as few as 7 per side on the field if coaches agree. All USLYC sponsored events will be played with the regulation 10 players per side.

*NFHS Rule 1, Section 2 — The Field*

The lacrosse playing field shall be rectangular, 110 yards long and between 53 $\frac{1}{3}$  and 60 yards wide.

### Field

## *RULE 1 SECTION 2.*

Play on regulation size field is preferred; however the coaches and officials can agree to play on any size field available. USLYC sponsored events will be played on regulation size fields for all groups.

### *NFHS Rule 1, Section 6 — Equipment: Crosse – Dimensions*

The Crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.

### *NFHS Rule 1, Section 9 — Player Equipment*

All players are required to wear protective gloves, arm pads, shoulder pads, shoes, and jerseys.

### **Equipment**

RULE 1 SECTIONS 6 & 9. Equipment will conform to NFHS crosse dimensions and equipment requirements, including NOCSAE — approved helmets, with the following modifications:

- a. The length of the short crosse may be 37 to 40 inches for offensive players in the Lightning and Bantam Divisions and defensive players in such divisions may use a stick with a length of 37 to 72 inches.
- b. Rib pads are strongly recommended.

### *NFHS Rule 1, Section 12 — Game Administration*

#### **Game Administration - Spectators and Teams on Opposite Sides of Field**

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators, fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

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### **Responsibilities of the home team**

#### *RULE 2 SECTION 4.2*

- a. Home teams are responsible for contrasting jersey colors and will wear pinnies if needed.
- b. Sideline Managers - Each team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. See the "Boys' Youth Rules Addendum", below, for further information.

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### **Rule 3 — Time Factors**

#### *NFHS Rule 3 - Sections 1, 3 and 4 – Time Factors and Overtime*

#### **Length of Game**

#### *RULE 3 SECTION 1.*

- a. Senior and Junior Division — Four 10-minute stop-time quarters. In the event of a tie, two 4-minute sudden-victory overtime periods will be played. If after two overtime periods the score is still tied, additional sudden-victory overtime periods may be played until a winner is determined (provided time permits and coaches and officials are in agreement).
- b. Lightning and Bantam Divisions — Four 12-minute running-time quarters. In the event of a tie, one 15-minute running-time overtime period will be played, with the team in the lead at the end of the overtime declared the winner. This is **not** a sudden victory period. If the score is still tied at the end of the overtime period, the game will end as a tie.

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### **Rule 4 — Play of the Game**

The game is to be played with emphasis on the proper development of stick, team and sportsmanship skills. All divisions will follow NFHS "Play of Game" rules with the following modifications:

NFHS Rule 4, Section 3 — Facing off

### **Facing Off**

#### **RULE 4 SECTION 3**

In any game, at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.

NFHS Rule 4, Section 14 — Advancing the ball beyond the midfield line

NFHS Rule 4, Section 15 — Advancing the ball into Goal Area

### **Advancing the Ball**

#### **RULE 4 SECTION 14 & 15**

- No offensive 10-second count will be used.
- No defensive 20-second count will be used.

NFHS Rule 4, Section 28 — Team Timeouts

### **Time Out**

#### **RULE 4 SECTION 28**

Timeouts — two (2) timeouts are permitted per half. The number and length of team timeouts will be agreed upon before the game starts by the coaches and officials, particularly in running-time game situations, and will not exceed 2 minutes.

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## **Rule 5 — Personal and Ejection Fouls**

NFHS Rule 5, Section 3 — Illegal body check *NOTE: Spearing*

NFHS Rule 5, Section 3.1 — Body checking within 5 yards of a loose ball

### **Body Checking**

#### **RULE 5 SECTION 3**

Body checking is permitted in Senior and Junior Divisions; however, no take-out checks are permitted by any player. **A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.**

Players in the Junior and Senior divisions may make contact in an upright position within five yards of the ball. No body checking of any kind (including man/ball “clear the body” type pushing) is permitted in the Lightning and Bantam Division.

If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

NFHS Rule 5, Section 6 — Slashing

### **Slashing**

#### **RULE 5 SECTION 6**

Personal Foul/Slashing - For Lightning and Bantam Divisions: Any poke check making contact with an opponent (other than the gloved hand while holding the stick) will be considered a slash. Also, any one-handed check will be considered a slash for the Bantam Division.

NFHS Rule 5, Section 9 — Unsportsmanlike conduct

### **Unsportsmanlike Conduct**

#### **RULE 5 SECTION 9**

Personal fouls are to be taken seriously. In addition to the NFHS rules, any player or coach who uses derogatory or profane language (starting with “damn”) on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense a 3-minute non-releasable expulsion foul.

NFHS Rule 5, Section 11 — Ejection

### **Ejection Fouls**

#### **RULE 5 SECTION 11**

Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

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### **Rule 6 — Technical Fouls**

*NFHS Rule 3, Section 10 — Offensive stalling*

#### **Offensive Stalling**

RULE 3 SECTION 10

Offensive stalling shall be enforced for the Junior and Senior Divisions; however this rule will be waived for Lightning and Bantam Divisions.

NFHS Rule 3, Section 3 - Final two minutes of regulation play

NFHS Rule 6, Section 10 - Offensive stalling

Senior and Junior Divisions: the team with the lead must keep the ball in the goal area during the last two minutes of the game. Lightning and Bantam Divisions are excused from this rule.

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### **Rule 7 — Penalty Enforcement**

*NFHS Rule 7, Sections 1, 2 & 3*

#### **Time Serving Penalties**

RULE 7 SECTIONS 1, 2 & 3

Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

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### **Game Termination**

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans.

A game termination will be the last resort in insuring 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. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. 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 can be found at the US Lacrosse webpage referenced above. All games terminated by a US Lacrosse Official, will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

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### **Rules Changes and Modification**

a. NFHS rules and the supplemental rules are reviewed annually by USLYC Rules Committee, which may adopt any of the changes or modifications deemed necessary to ensure the safe play at all levels.

b. Any comments or suggestions by coaches or officials regarding the Rules for Boys' Youth Lacrosse must be submitted in writing before June 1 for consideration by the USLYC Boys' Youth Rules Committee. Any changes or modifications that are approved by the committee will be effective for the Boys' Youth Rules in the 2008 NFHS rules book.

c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to: Chase Howse, USLYC Boys' Youth Rules Committee - at boysyouthrules@aol.com; or to:

#### **USLYC Boys' Youth Rules Committee**

c/o US Lacrosse

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