
Youth Rules Refresher

Bret Bailey, Trainer

Potomac Lacrosse Officials Association (PLOA)

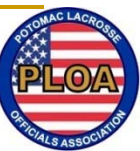
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February 27, 2011



Agenda

- Hierarchy of Rules
- NFHS 2011 Rule Changes
- PLOA 2011 points of Emphasis
- Age Group Specific Rules
- Top 5 Misunderstood Calls
- Frequently Asked Questions
- Audience Questions

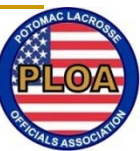


NOTE

This briefing is based on Northern Virginia Youth Lacrosse League (NVYLL) rules.

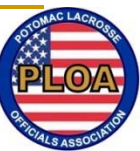
Other local leagues have similar (but not identical) sets of rules.

Please consult your league rules for specifics.



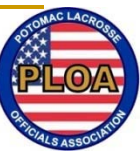
Hierarchy of Rules

- Base Rule Set: NFHS
- Modified By: US Lacrosse Rules for Youth Lacrosse
 - Page 86 of 2011 NFHS book
- NVYLL Exceptions: Appendix #2
 - <http://www.nvyll.org>
 - NVYLL Documents → Spring 2011 Rules → Scroll to Appendix #2



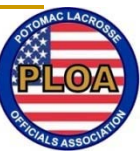
NFHS 2011 Rule Changes

- **Rule 1-2-1 (Center Line at Midfield)**
 - A bold white line shall be marked through the center of the field perpendicular to the sideline (solid or shadow line through logos)
 - Need to know the exact location of the centerline
- **Rule 1-9-1 (Contrasting Colored Piping)**
 - Eliminates contrasting colored yokes but permits 1/8-inch contrasting colored piping
 - Eliminates confusion caused by contrasting colored yokes



NFHS 2011 Rule Changes

- **Rule 4-28-7 (Clarification on Concussions)**
 - ❑ Player exhibiting signs, symptoms or behavior consistent with a concussion shall be immediately removed from the game
 - ❑ Player shall not return to play until cleared by an appropriate health-care professional
 - This time-out is an official's time-out
- **Rule 5-3-4 (Illegal Body Check)**
 - ❑ Checks to the head shall be assessed a one- to three-minute non-releasable foul
 - ❑ Affects Articles 4, 5 & 6

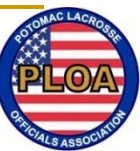


NFHS 2011 Rule Changes

- **Rule 5-3-4 (Illegal Body Check)**
 - Goal is to remove all contact with and to the head from the game
 - Officials urged to make this call
 - Coaches are reminded to teach players that contact to the head is not part of the game

NFHS 2011 Editorial Changes

- Rule 1-9-1g-2 (Side Inserts/Trim)
 - Clarifies size and location of uniform side inserts/trim
- Rule 1-10-1b (Injury Padding)
 - Clarifies padding of braces, casts, etc.
 - No padding for unaltered ankle or knee braces
- Rule 1-11-1 (Coach's Certification)
 - Clarifies certification of coaches by officials
 - *“Coach, are all of your players legally equipped by rule?”*

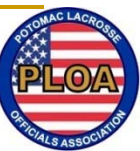


NFHS 2011 Editorial Changes

- **Rule 2-7-2f (Number of Players On Field)**
 - Clarifies too many or too few players is a penalty
- **Rule 4-3-5 (Hearing Impaired)**
 - Accommodation for hearing impaired during face-off
- **Rule 4-21-2 (Goalie Loss of Crosse & Ball)**
 - Ball shall be awarded to defense laterally outside goal area
- **Rule 5-6-3 (Slash to Body)**
 - Includes any part of the body except gloves

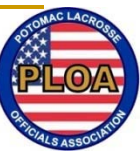
NFHS 2011 Editorial Changes

- **Rule 6-5-2b-3 (Kicking Opponent's Crosse)**
 - Clarifies that it is a violation to kick an opponent's crosse



PLOA 2011 Points of Emphasis

- **Concussion Prevention**
 - ❑ Contact to an opponent's head and player leading with his helmet will result in maximum penalty
- **Bench Area Protocol (*Harpole Precedent*)**
 - ❑ Coaches to remain in coach's area at all times
 - ❑ No coaches permitted on field including timeouts
- **Sportsmanship**
 - ❑ Officials to take all necessary measures to eliminate inappropriate conduct



Age Group Specific Rules

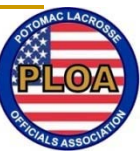
- U-17
 - Running time (except last 2 min. of Q4 & O/T)
 - Penalty time starts/stops on the whistle
 - Mercy rule
 - Technical clarifications
 - No more than 1 O/T period
- U-15A/B: Essentially same as U-17
- U-15C: Same as U-15A/B Except...
 - No advancement

Age Group Specific Rules (cont.)

- U-13A: Same as U-15C except...
 - 12 minute quarters (*new for 2011*)
 - Advancement (*new for 2011*)
 - Goalie arm pads
- U-13B/C: Same as U-13A except...
 - No advancement
- U-11A: Same as U-13 except...
 - Modified crosse length (36"-42", 42"-60")
 - Max 3 long poles

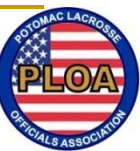
Age Group Specific Rules (cont.)

- U-11A: Same as U-13/C except...
 - Upright Body Checking (no take-out check)
 - Intent – not result
 - No O/T
- U-11B/C: Same as U-11A except...
 - Stalling not enforced last 2 minutes
 - Officials' Control of the Game
 - Stick check control
 - No body checks
 - A/P used to move game along



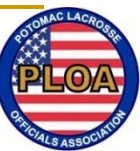
Age Group Specific Rules (cont.)

- U-11B/C: Same as U-11A except...
 - 1-Pass attempt on offensive end before goal
 - No long poles
- U-9 Full: Same as U-11B/C except...
 - One Coach on Field
 - Restraining to midfield line, wing to sideline
 - Scores not kept
 - No man-down after penalty (sub him out)



Age Group Specific Rules (cont.)

- U-9 Full: Same as U-11B/C except...
 - 1 T/O limit per half
 - Running clock all game
- U-9 Modified: Same as U-9 Full except...
 - Half-size field
 - 8 v 8 (2A, 3M, 2D, GK)
 - **2-Pass attempts anywhere** on field
 - Goalie optional, but no 'Hector'



Top 5 Misunderstood Calls

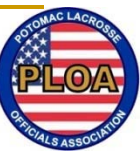
#5 Play On

#4 Push

#3 Warding Off

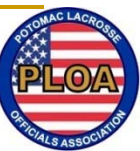
#2 Illegal Offensive Screen

#1 Unnecessary Roughness



Frequently Asked Questions

- What's an 'In-Home'?
 - Starting attackman; serves bench, coach, and some goalie penalties
- Does it matter who's the 'Head' Coach?
 - Yes! (certification, speak to the officials, control of fans)
- When may I make 'Regular' Substitutions?
 - Sideline (not endline) out-of-bounds: ref w/2 hands up, call for a horn
 - Following a goal
 - Before a Time-Serving Penalty (not possession change)
- What's a Double Horn?
 - May be requested on a dead ball only
 - It's used to...
 - request clarification on rule application (but not on judgment)
 - report a player left early from penalty box (timekeeper only)
 - point out a suspected issue (clock not running, request equip. check)
 - T/O or Illegal procedure may result if abused



Audience Questions

Bret Bailey
Andy Woods

