

WMDUSLAX FALLBALL BOYS' YOUTH RULES

U7 Scoopers	U9	U11	U13	U15
Players: 5v5 with no goalie Field Size: 60 yards by 35-40 yards (cross field) (40 yds between goals) Equipment: Sticks, mouthguard, eyewear and soft ball Goal Size: 6 feet by 6 feet (Triangle Option) Fouls: For major fouls, player leaves field for a brief time; team does not play short	Players: 5v5 with no goalie Field Size: 60 yards by 35-40 yards (40 yds between goals) Equipment: Full equipment, NOCSAE lacrosse ball Goal Size: 6 feet by 6 feet (Triangle Option) Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.	Players: 7v7 includes goalie Field Size: 70 yards by 40-50 yards (50 Yds between Goals) Equipment: Full equipment, NOCSAE lacrosse ball Goal Size: 6 feet by 6 feet Penalties: Time-serving penalties.	Players: 7v7 includes goalie Field Size: 70 yards by 40-50 yards (50 Yds between Goals) Equipment: Full equipment, NOCSAE lacrosse ball Goal Size: 6 feet by 6 feet Penalties: Time-serving penalties.	Players: 7v7 includes goalie Field Size: 70 yards by 40-50 yards (50 Yds between Goals) Equipment: Full equipment, NOCSAE lacrosse ball Goal Size: 6 feet by 6 feet Penalties: Time-serving penalties.
Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: a) positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) b) defensive positioning to redirect an opponent c) incidental contact	Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: a.) legal holds b.) legal pushes c.) positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) d.) defensive positioning to redirect an opponent e.) incidental contact	Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: a.) legal holds b.) legal pushes c.) positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) d.) defensive positioning to redirect an opponent e.) incidental contact	Body Checking: Limited body checking is permitted. However body checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.	Body Checking: Limited body checking is permitted. However body checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.
Traditional lineup for faceoff/draw at start of game & halftime. After a goal the defense is given the ball for a clear No score is kept No Stick Checking One pass rule before shooting Teams must play 1v1 defense Coaches on the field, no officials	Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area. (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area. (c) Downward check initiated below the shoulders of both players.	Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area. (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area. (c) Downward check initiated below the shoulders of both players.	Stick Checking: 2016 US Lacrosse stick checking rules will still apply which includes a rule prohibiting one-handed stick checks.	Stick Checking: 2016 US Lacrosse stick checking rules will still apply which includes a rule prohibiting one-handed stick checks.
2017 US Lacrosse 6U Boys Youth Rules shall apply except as modified above	2017 US Lacrosse 8U Boys Youth Rules shall apply except as modified above	2017 US Lacrosse 10U Boys Youth Rules shall apply except as modified above	2017 US Lacrosse 12U Boys Youth Rules shall apply except as modified above	2017 US Lacrosse 14U Boys Youth Rules shall apply except as modified above

<https://www.uslacrosse.org/blog/us-lacrosse-announces-new-boys-youth-rules>

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2017-boys-youth-rules.pdf>