



BOYS' YOUTH RULES BOOK

2020

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US LACROSSE RULES COMMITTEE

NAME	LOCATION	POSITION
David Seidman	Princeton, NJ	Chair
Tom Marechek	Bradenton, FL	Member at Large
Blake Wahrlich	Billings, MT	Member at Large
Dave Glass	Etters, PA	Member at Large
Walt Munze	Manlius, NY	National Rules Interpreter
Rick Lake	Sparks, MD	US Lacrosse Staff
James Weaver	Indianapolis, IN	NFHS Staff
Tim Bohdan	Katy, TX	USL Volunteer Editor

The Rules

US Lacrosse Rules cover both gameplay rules and administrative rules. Typically, administrative rules are those dealing with the parameters of the game. The gameplay rules are those that deal directly with the conduct of the game itself. Some administrative rules, such as shortening the length of a game, can be altered by the mutual consent of the competing teams, league, or event. All other rules are unalterable. No gameplay rules can be changed by mutual consent.

The committee invites any interested parties to submit a rule-change proposal for the committee to consider at its annual meeting in June. Proposals may be submitted online at uslacrosse.org/rules/submit-a-rule-change

Those seeking interpretations of rule may contact:

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USLACROSSE.ORG



MISSION

As the sport's national governing body, US Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.

Who We Are

- **More than 450,000 members nationwide**
- **More than 80 full-time staff members**
- **More than 300 volunteers serving on national boards and committees**
- **More than 7,000 donors to the US Lacrosse Foundation**

With a primary focus on the youth level, US Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

Our Impact

- **MAKE THE SPORT SAFER** – Since 1998, we have invested more than \$1,000,000 in funding for lacrosse-specific research to make the game safer.
- **TRAIN AND CERTIFY COACHES** – More than 15,000 coaches annually participate in US Lacrosse online training or in-person instructional clinics.
- **TRAIN AND CERTIFY OFFICIALS** – US Lacrosse has more than 700 certified officials trainers and 350 certified officials observers to help improve the quality of officiating.
- **CREATE OPPORTUNITIES TO PLAY** – US Lacrosse awards more than \$1 million annually in resources through the First Stick Program.
- **ELEVATE THE SPORT'S VISIBILITY** – Our 30-time world champion U.S. National Teams set the standard for excellence in the sport.
- **PIONEER NATIONAL STANDARDS** – US Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.
- **EDUCATE THE LACROSSE COMMUNITY** – The US Lacrosse National Convention has grown to bring more than 7,000 coaches, officials, administrators, and fans together each year.

SAFETY AND RESPONSIBILITY

The US Lacrosse Men's Game Rules Subcommittee is responsible for establishing, reviewing, maintaining, and disseminating lacrosse rules. US Lacrosse offers the public the opportunity to suggest rule changes to the USL Rules Subcommittee through written submission by June 1 each year. Each June, the Rules Subcommittee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations.

Participants in boys' lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the boys' game and in compliance with the USL Boys' Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules.
- Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.

GAME FORMATS

8U

- Players: 4 v 4
- Field Size: 60 yards x 35 yards (cross field)
- Goal Size: 4' x 4' preferred
- Equipment: Full Equipment
- Play of the Game: No faceoff, limited stick-checking, and limited body contact.

10U

- Players: 6 v 6 or 7 v 7
- Field Size: 60 yards x 35 yards (cross field)
- Goal Size: 4' x 4' preferred
- Equipment: Full Equipment
- Play of the Game: Faceoffs, limited stick-checking, and limited body contact

12U

- Players: 7 v 7 or 10 v 10
- Field Size: Cross field for 7 v 7 or Regulation Field for 10 v 10
- Goal Size: 6' x 6'
- Equipment: Full Equipment
- Play of the Game: Faceoffs, limited stick-checking, and limited body contact



14U

- Players: 10 v 10
- Field Size: Regulation Field
- Goal Size: 6' x 6'
- Equipment: Full Equipment
- Play of the Game: Faceoffs, normal stick checking rules, and body checking legal but no takeout checks.

2020 Major Rule Changes

All major rule revisions are listed below but **both rule revisions and clarifications appear with a screen background through this rulebook.**

[Game Format] – Rule Change

1. **(8U and 10U) 4.4 - The Pass Rule** - There must be one attempted pass before a player can shoot the ball off of the initial possession, and after a goal is scored at 8U. At 10U, there must be one attempted pass after a faceoff before a player can shoot the ball.
2. **(All Levels) 4.5 - Goal Differential Rule** - In the second half of a game, once the goal differential reaches 12 goals or more, the game time will revert from stop time to running time.
3. **(12U and 14U) 4.22 - Quick Restarts** - After a stoppage in play, the game can restart when the defensive player(s) are within 5 yards of the ball carrier.
4. **(8U and 10U) Rule 5 and 6 - No Man-Down Penalties** - At both 8U and 10U, teams will not play man-down or man-up. Players that commit a time serving personal or technical foul must be substituted out of the game and remain in the penalty area for the duration of their penalty time or until the opposing team scores a goal.
5. **(12U and 14U) 5.6 - Lacrosse Stick Penalties** - All stick penalties are nonreleasable and 2 minutes in duration.

2020 Points of Emphasis

PACE OF PLAY - In order to support athleticism and the growing development of athletes, US Lacrosse would like to emphasize the following points for pace of play.

1. Quick Restarts – Officials must make an effort to restart play as soon as possible. The new restart rule allows for play to resume while a defensive player is within 5 yards of the player in possession. In all cases the defensive player is required to allow the ball carrier a path to the goal and may not play the ball carrier until a minimum distance of 5 yards has been achieved.
2. Stalling – When teams are not attacking the goal, officials should recognize the indicators of when stalling should be applied. They include but are not limited to:
 - i. The offensive team is keeping the ball on its offensive half of the field, but outside of the goal area, and making no attempt to attack the goal.
 - ii. The offensive team is keeping the ball below goal line extended and making no attempt to attack the goal.
 - iii. The offensive team has possession inside its goal area, an opponent is within five yards attempting to defend, and the team with possession is making no attempt to attack the goal.

FUTURE EQUIPMENT CHANGES

1. Effective January 1, 2021, all goalkeepers shall wear chest protectors designed for lacrosse that meets the NOCSAE ND200 standard at the time of manufacture.
2. Effective January 1, 2022, all field players shall wear shoulder pads designed for lacrosse that meets the NOCSAE ND200 standard at the time of manufacture.



Although the requirement dates are not until 2021 and 2022, US Lacrosse encourages parents, coaches, and players to wear equipment that meets the new NOCSAE ND200 standard in advance of these dates.



8U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 8U Rules, the 14U Rules shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Note: The numbering system used in this rulebook matches the current NFHS Boys Lacrosse Rules Book for ease of use.

Philosophy of 8U Lacrosse

8U lacrosse is many young athletes' first experience with the sport of lacrosse. The boys entering at this point have a vast difference in their physical and cognitive development.

The focus at this level should be to help children learn and build fundamental athletic skills. Coaches, parents, and officials should model and emphasize an inclusive culture

Concerning competition at this level, coaches, parents, and officials should emphasize:

- **Fun**
- **Fundamental Skills and Simple Rules of Play**
- **Good Sportsmanship**

Age and Eligibility

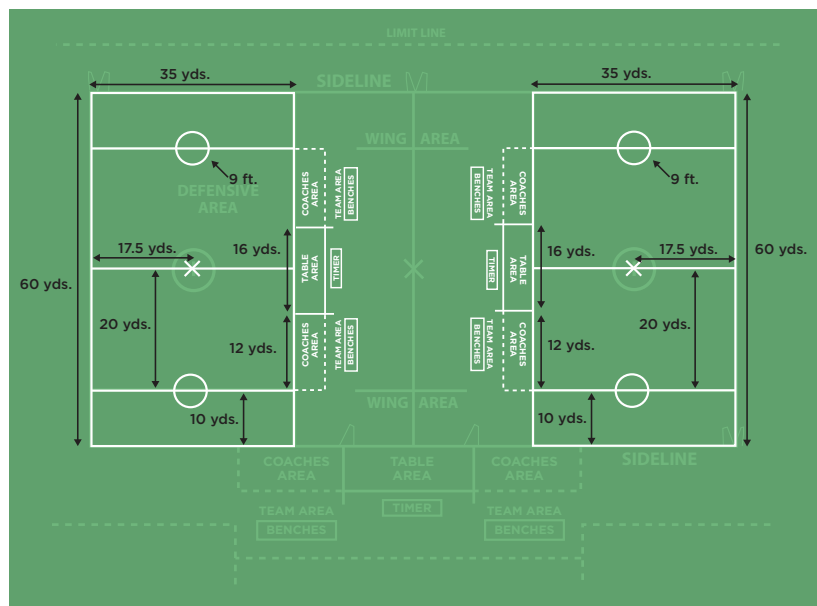
Players must be 7 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 6 years of age be permitted to play at the 8U level. Ideally, players should be playing in single age classifications.

8U BOYS' RULES OVERVIEW

- No faceoff
- No offside penalties, players can roam the entire field
- Coaches can be on the field to assist and officiate
- There must be one attempt pass before a player can shoot on goal
- After goals, the defense is given the ball at goal line extended
- Some body contact allowed but body checking is illegal
- Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- No man down penalties, but players who commit fouls will leave the field
- All players must be 5 yards away from the ball carrier before restarting play

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



Note: Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.

1.1 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60-70 yards in length and 35-45 yards in width. The center of the field shall have a four-inch circle, square, or X. The goal creases shall be circular with a radius of 9 feet. Either portable creases or painted creases can be utilized for games.

1.2 - GOALS

Goals measuring 4' x 4' from the inside measurements and securely affixed netting on it that would not allow a ball to pass through it should be used. The goal is centered in the goal crease.

Note: When various levels of play occur on the same field, the full-size goal specification (6' x 6' foot goal) is permissible.

1.5 - THE BALL

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g., tennis ball). If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard.

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 - THE FIELD PLAYER & GOALKEEPER CROSSE

See Appendix V - Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (see Image A);
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;
- (4) *Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates,
- (8) Athletic protective cup.



** Note: Beginning January 1, 2022, field players must wear shoulder pads that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);
- (2) A throat protector designed for lacrosse;
- (3) A mouthpiece;
- (4) Protective gloves designed for lacrosse;
- (5) *Goalkeeper chest protector designed for lacrosse;
- (6) Athletic cleats or athletic shoes;
- (7) Athletic protective cup;
- (8) A jersey and shorts of the same color as their teammates.

**Note: Beginning January 1, 2021, only goalkeeper chest protection designed for lacrosse that meets the NOCSAE ND200 lacrosse standard at the time of manufacture.*



1.11 - EQUIPMENT CERTIFICATION

The pregame equipment certification by the head coach shall act as the team warning. Each head coach shall certify their players are wearing all of the mandatory equipment required, and the equipment is being worn appropriately.



RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

4v4 Format

- 4 players - 1 Goalkeeper and 3 Field Players
- No Long Poles
-

Note: If no goalkeepers are available or used then both teams should play with 4 field players and no goalkeepers.

2.3 - COACHES

Each team may have one coach roaming the field to instruct ALL the players in the game and serve as officials.

2.5 - OFFICIALS

Officials are not required for this level of play. However, if used, then only one certified official is necessary per field of play.

2.8 - TIMEKEEPER

If an official is used, they shall assume all timing responsibilities. If an official is not used then, the coaches shall designate a timekeeper.

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of two 12-minute running time halves, with a 4-minute halftime period.

3.4 - OVERTIME

No overtime play at 8U.





RULE 4: Play of the Game

4.1 - COIN TOSS

Prior to the start of play the “official” will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first Alternating Possession.

4.2 - POSITIONING OF PLAYERS AND STARTING PLAY

The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. **Before a team can shoot the ball off of the initial possession, there must be one attempted pass.**

4.6 - OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal.

4.9 - GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
 - a. The ball makes contact with any member of the attacking team or his equipment;
 - b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar.
3. A player from the attacking team has committed a foul.
4. The goal scorer's crosse is found to be illegal prior to the restart of play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 - OFFSIDE

Not applicable at this age level.

4.15 - LEGAL BODY CONTACT

Examples of permitted body contact are:

1. Legal holds – Holding is permitted under the following conditions
 - a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side, as long as both hands of the holder remains on his crosse.
 - b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with closed hand, shoulder, or forearm, and both hands shall be on the crosse.
 - c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

2. Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse.
3. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent).
4. Defensive positioning to redirect an opponent in possession of the ball (riding a player).
5. Incidental contact.

4.16 – LEGAL CHECKING WITH CROSSE

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

4.18 – GOAL-CREASE PRIVILEGES

No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease to collect a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper.



No opposing player shall make contact with the goalkeeper or his crosse while he is within the goal-crease area.

4.21 – SUBSTITUTIONS PROCEDURES

It is recommended that whole team substitutions after a goal is scored or every 1 – 3 minutes during a stoppage of play.

4.22 – RESTARTING PLAY

(A) Post-Goal: The goalkeeper or official will remove the ball from the goal, and it will be given to the team that was scored upon along the goal line extended. No restart shall take place with any player within 5 yards of the ball carrier. The whistle will be blown by the official, and play will resume. **Before a team can shoot the ball off of the initial possession, there must be one attempted pass.**

(B) After a Stoppage: Restarts shall be nearest the spot where the ball was at the time the whistle was blown. No restart shall take place with any player within 5 yards of the ball carrier. If the ball is within 15 yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.

(C) To Start a New Quarter or Half: The team that is entitled to the ball via alternating possession will start with the ball at midfield. No players shall be within 5 yards of the ball carrier. **Before a team can shoot the ball off of the initial possession, there must be one attempted pass.**

4.24 – OFFICIAL'S TIMEOUTS

An official may suspend play at their discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

4.25 – TIMEOUTS

There are no team timeouts permitted at 8U.

4.32 – SCRUM SITUATIONS

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and possession shall alternate.

Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

RULE 5: Personal and Ejection Fouls

5.1 Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be a 1,2, or 3 minute penalty depending on the official's discretion and severity of the foul.

5.2 CROSS-CHECK*

5.3 ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/NECK*

5.4 TARGETING*

5.5 ILLEGAL CROSSE*

5.6 USE OF ILLEGAL EQUIPMENT*

5.7 SLASHING*

5.8 TRIPPING*

5.9 UNNECESSARY ROUGHNESS*

5.10 UNSPORTSMANLIKE CONDUCT*

5.11 FOULING OUT *

5.12 EJECTION*

*The definition for each foul is listed in Appendix I.

RULE 6: Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.

2. Time Serving Penalty - If a team had possession of the ball the offending player shall sit in the penalty area for 30 seconds or until a goal is scored by their opponent.

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*

6.3 HOLDING*

6.4 ILLEGAL OFFENSIVE SCREENING*

6.5 ILLEGAL PROCEDURE*

6.6 CONDUCT FOUL*

6.7 INTERFERENCE*

6.9 PUSHING*

6.11 WARDING OFF*

6.12 WITHHOLDING BALL FROM PLAY*

*The definition for each foul is listed in Appendix I.



RULE 7: Penalty Enforcement

7.1 – PERSONAL FOUL ENFORCEMENT PENALTY

If a personal foul is committed while the offended team has the possession of the ball, the Slow-Whistle Technique, if appropriate, will be applied. Personal fouls committed in a loose ball situation will result in an immediate stoppage of play. In both instances, the foul will be explained to the offending player who then must leave the field and enter the penalty area. In either case, a substitute will replace the offending player immediately and at no time shall either team play with fewer players than their opponent. The offending player may return when the opposing team scores a goal or their full penalty time expires.

7.2 – TECHNICAL FOUL ENFORCEMENT PENALTY

If a technical foul is committed while the offended team has possession of the ball, the Slow-Whistle Technique, if appropriate, will be applied. If a technical foul is committed during a loose ball situation, the Play On Technique, if appropriate, will be applied. Only when a team has possession of the ball, and a technical foul has been committed will the offending player leave the field and enter the penalty area. Only in the second case will a substitute replace the offending player and at no time shall either team play with fewer players than their opponent. The offending player may return when the opposing team scores a goal or their full penalty time expires.

7.8 – SLOW-WHISTLE TECHNIQUE

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until:

- a) The attacking team scores a goal.
- b) The ball goes out of bounds.
- c) A player on the defending team gains possession of the ball.
- d) The attacking team commits a foul.
- e) An injury occurs to any player and is deemed by the official to be severe enough for an immediate whistle.
- f) A player in the scrimmage area loses any required equipment or is injured.

- g) The period ends.
- h) A second defensive foul is committed unless a scoring play is imminent.
- i) The ball hits the ground (not on a shot), the slow whistle is terminated.
- j) A shot hits the goalkeeper, goal posts, or crossbar, and a rebound touches any player of either team other than the defending goalkeeper or an official.

7.10– PLAY ON TECHNIQUE

If a player commits a loose-ball, line violation, goalkeeper interference, or crease violation and the offended team may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until the situation of the advantage gained or lost has been completed.

The play-on shall have elapsed and the official shall cease to signal when:

- 1. In the case of a loose-ball technical-foul situation, the offended team gains possession.
- 2. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
- 3. When the offended team commits a violation or penalty.

If the offended team gains possession of the ball, the whistle is not blown and play continues with no penalty given. If the offended player fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot the ball was when play was suspended.



10U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 10U Rules, the 14U Rules shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Note: The numbering system used in this rulebook matches the current NFHS Boys Lacrosse Rules Book for ease of use.

Philosophy of 10U Lacrosse

10U lacrosse is the age many young athletes begin developing fundamental technical skills in lacrosse. While instilling a love and excitement of playing the environment should be inclusive for all athletes.

With respect to the competition at this level, coaches, parents, and officials should model and emphasize:

- **Fun**
- **Good Sportsmanship**
- **Trying new skills in a team setting**
- **Learning and exploring the overall play of the game**

Age and Eligibility

Player must be 9 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 8 years of age be permitted to play at the 10U level. Ideally, players should be playing in single age classifications.

CHANGES FROM 8U TO 10U

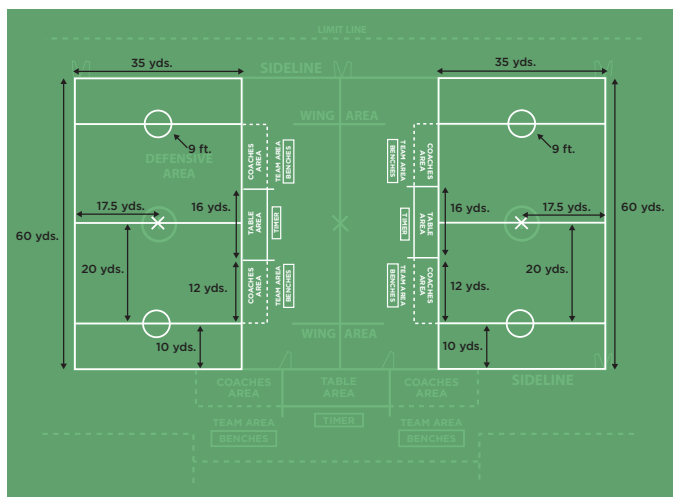
- Players on the field increase from 4 v 4 to 6 v 6 or 7 v 7
- Players will faceoff to start quarters or after goals

10U BOYS' RULES OVERVIEW

- Faceoffs to start quarters and after goals
- Offside penalties only applicable while using 7 v 7 format.
- If officials are used, coaches must stay off the field
- There must be one attempt pass before a player can shoot on goal
- Some body contact allowed, but body checking is illegal
- Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- No man down penalties, but players who commit fouls will leave the field
- All players must be 5 yards away from the ball carrier before restarting play

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAM



Note: Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.

1.1 - THE GAME

The purpose of the game is for each team to score by causing the ball to enter the opponent's goal and to prevent their opponent from scoring goals.

1.2 - THE FIELD MEASUREMENTS

The playing field shall be rectangular, 60-70 yards in length and 35-45 yards in width. The center of the field shall have a four-inch circle, square, or X. The goal creases shall be circular with a radius of 9 feet. Either portable creases or painted creases can be utilized.

1.3 - GOALS

Goals measuring 4' x 4' from the inside measurements and securely affixed netting on it that would not allow a ball to pass through it should be used. The goal is centered in the goal crease.

Note: When various levels of play occur on the same field, the full-size goal specification (6' x 6' goal) is permissible.

1.5- THE BALL

Lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 - THE FIELD PLAYER & GOALKEEPER CROSSE

See Appendix V - Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (see Image A);
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;
- (4) *Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates,
- (8) Athletic protective cup.



** Note: Beginning January 1, 2022, field players must wear shoulder pads that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);
- (2) A throat protector designed for lacrosse;
- (3) A mouthpiece;
- (4) Protective gloves designed for boy's lacrosse;
- (5) *Goalkeeper chest protector designed for lacrosse;
- (6) Athletic cleats or athletic shoes;
- (7) Athletic protective cup;
- (8) A jersey and shorts of the same color as their teammates.

**Note: Beginning January 1, 2021, only goalkeeper chest protection designed for lacrosse that meets the NOCSAE ND200 lacrosse standard at the time of manufacture.*



IMAGE A

1.11 - EQUIPMENT CERTIFICATION

The pregame equipment certification by the head coach shall act as the team warning. Each head coach shall certify their players are wearing all of the mandatory equipment required, and the equipment is being worn appropriately.

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

6 v 6 Format

- 6 Players - 1 Goalkeeper and 5 Field Players
- Max 2 Long Poles on the field (47" - 54")
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

Note: If no goalkeepers are available or used, then both teams should play with 5 field players and no goalkeepers.

7 v 7 Format

- 7 Players - 1 Goalkeeper and 6 Field Players
- Max 3 Long Poles on the field (47" - 54")
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

2.3- COACHES

If a certified official is used, coaches are restricted to their sideline and may roam the entire length of the field but not through the opposing team's bench area or the timer's/penalty area.

2.5 - OFFICIALS

Officials are not required for this level of play. However, if used, then only one certified official is necessary per field of play.

2.8 - TIMEKEEPER

If an official is used, they shall assume all timing responsibilities. If an official is not used then, the coaches shall designate a timekeeper.

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute running time quarters with a 2-minute break between each quarter and 5-minute halftime.



3.2 – SCORE DIFFERENTIAL

After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock. The clock will stop only during an official's timeout, team timeouts, or injury timeout. In the running clock situation, all time-serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. If the score reverts to less than 12 goals, the game clock switches immediately back to a stopped clock.

3.4 – OVERTIME

No overtime play at 10U.

RULE 4: Play of the Game

4.1 – COIN TOSS

A coin-toss will be used to determine first alternating possession or choice of goal.

4.3 – FACING OFF

Play shall start at the beginning of each period and after each goal with a faceoff at the center spot. The official will conduct a faceoff with one player from each team.

4.4 – POSITIONING OF PLAYERS BEFORE A FACEOFF

A team shall place one faceoff player at the center of the field and confine at least 2 players behind each goal line extended. All field players are released when the whistle is blown. All goalkeepers are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained. Once possession is gained, all normal body contact rules apply. Once a team gains possession after a faceoff, there must be one attempted pass.

4.5 – OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds for any other reason other than a shot, it is awarded to the team that did not touch the ball last. In all non-faceoff starts and restarts, all players must be at least five yards from the player starting with the ball.

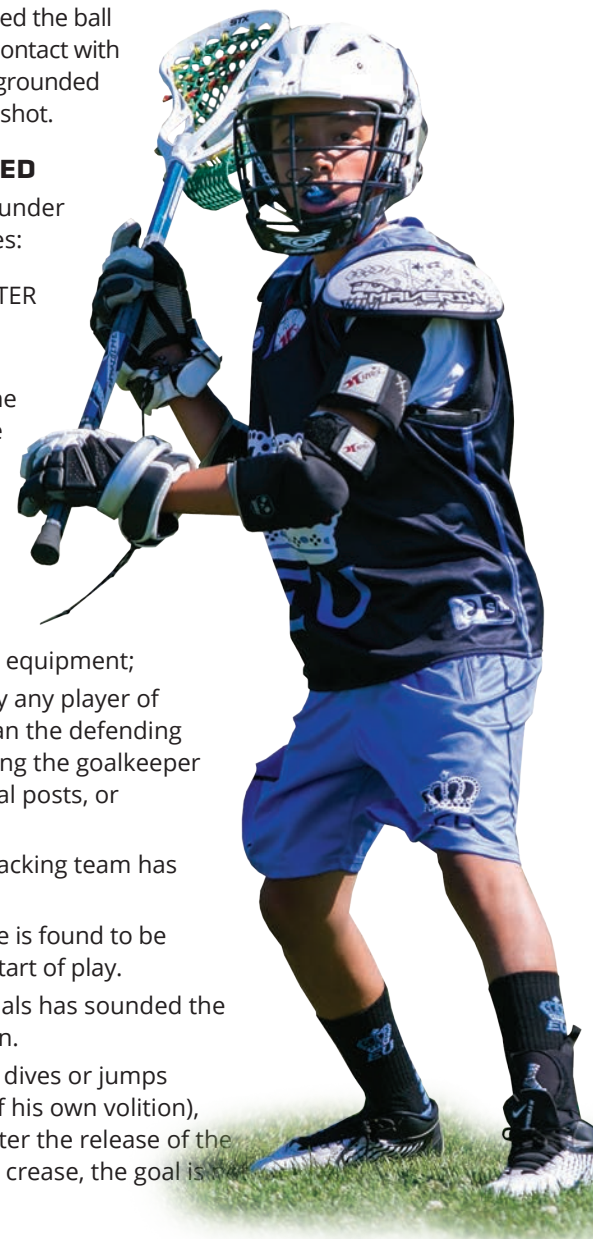
4.8 – GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.

4.9 – GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
 - a. The ball makes contact with any member of the attacking team or his equipment;
 - b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar.
3. A player from the attacking team has committed a foul.
4. The goal scorer crosse is found to be illegal prior to the restart of play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is counted.



4.10 - OFFSIDE

6 v 6 Format

- Offside not applicable

7 v 7 Format

- A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.

4.15 - LEGAL BODY CONTACT

Examples of permitted body contact are:

1. Legal holds – Holding is permitted under the following conditions
 - a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side, as long as both hands of the holder remains on his crosse.
 - b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse.
 - c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
2. Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse
3. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)
4. Defensive positioning to redirect an opponent in possession of the ball (riding a player)
5. Incidental contact

4.16 - LEGAL CHECKING WITH CROSSE

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

4.18 - GOAL-CREASE PRIVILEGES

No offensive player may enter their opponent's crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area.

4.21 - SUBSTITUTIONS PROCEDURES

It is recommended that whole team substitutions after a goal is scored or every 1 – 3 minutes during a stoppage of play.

4.22 - RESTARTING PLAY

Restarts shall be nearest the spot where the ball was at the time the whistle was blown or if the ball is within 15 yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle. **No restarts shall take place with any player within 5 yards of the ball carrier.**

4.24 - OFFICIAL'S TIMEOUTS

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

4.25 - TIMEOUTS

No team timeouts permitted at 10U.

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

4.32 - SCRUM SITUATION

In the event that a loose ball cannot be quickly picked up due to 3 or more players in a “scrum” or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

RULE 5: Personal and Expulsion Fouls

5.1 Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be a 1,2, or 3 minute penalty depending on the official's discretion and severity of the foul.

- 5.2 CROSS-CHECK*
- 5.3 ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/NECK*
- 5.4 TARGETING*
- 5.5 ILLEGAL CROSSE*
- 5.6 USE OF ILLEGAL EQUIPMENT*
- 5.7 SLASHING*
- 5.8 TRIPPING*
- 5.9 UNNECESSARY ROUGHNESS*
- 5.10 UNSPORTSMANLIKE CONDUCT*
- 5.11 FOULING OUT *
- 5.12 EJECTION*

*The definition for each foul is listed in Appendix I.

RULE 6: Technical Fouls

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

- 1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.**
- 2. Time Serving Penalty - If a team had possession of the ball, the offending player shall sit in the penalty area for 30 seconds or until a goal is scored by their opponent.**

- 6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*
- 6.3 HOLDING*
- 6.4 ILLEGAL OFFENSIVE SCREENING*
- 6.5 ILLEGAL PROCEDURE*
- 6.6 CONDUCT FOUL*
- 6.7 INTERFERENCE*
- 6.9 PUSHING*
- 6.11 WARDING OFF*
- 6.12 WITHHOLDING BALL FROM PLAY*

*The definition for each foul is listed in Appendix I.

RULE 7: Penalty Enforcement

7.1 - PERSONAL FOUL ENFORCEMENT PENALTY

If a personal foul is committed while the offended team has the possession of the ball, the Slow-Whistle Technique, if appropriate, will be applied. Personal fouls committed in a loose ball situation will result in an immediate stoppage of play. In both instances, the foul will be explained to the offending player who then must leave the field and enter the penalty area. In either case, a substitute will replace the offending player immediately and at no time shall either team play with fewer players than their opponent. The offending player may return when the opposing team scores a goal or their full penalty time expires.

7.2 - TECHNICAL FOUL ENFORCEMENT PENALTY

If a technical foul is committed while the offended team has possession of the ball, the Slow-Whistle Technique, if appropriate, will be applied. If a technical foul is committed during a loose ball situation, the Play On Technique, if appropriate, will be applied. Only when a team has possession of the ball, and a technical foul has been committed will the offending player leave the field and enter the penalty area. Only in the second case will a substitute replace the offending player and at no time shall either team play with fewer players than their opponent. The offending player may return when the opposing team scores a goal or their full penalty time expires.

7.8 - SLOW-WHISTLE TECHNIQUE

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until:

- a) The attacking team scores a goal.
- b) The ball goes out of bounds.
- c) A player on the defending team gains possession of the ball.
- d) The attacking team commits a foul.
- e) An injury occurs to any player and is deemed by the official to be severe enough for an immediate whistle.
- f) A player in the scrimmage area loses any required equipment or is injured.
- g) The period ends.
- h) A second defensive foul is committed unless a scoring play is imminent.
- i) The ball hits the ground (not on a shot), the slow whistle is terminated.
- j) A shot hits the goalkeeper, goal posts, or crossbar, and a rebound touches any player of either team other than the defending goalkeeper or an official.

7.10- PLAY ON TECHNIQUE

If a player commits a loose-ball, line violation, goalkeeper interference, or crease violation and the offended team may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until the situation of the advantage gained or lost has been completed.

The play-on shall have elapsed and the official shall cease to signal when:

1. In the case of a loose-ball technical-foul situation, the offended team gains possession.
2. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
3. When the offended team commits a violation or penalty.

If the offended team gains possession of the ball, the whistle is not blown and play continues with no penalty given. If the offended player fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot the ball was when play was suspended.





12U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 12U Rules, the 14U Rules shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Note: The numbering system used in this rulebook matches the current NFHS Boys Lacrosse Rules Book for ease of use.

Philosophy of 12U Lacrosse

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse. Athletes should have multiple opportunities to practice these skills while in an environment that is inclusive of all athletes.

With respect to the competition at this level, coaches, parents, and officials should model and emphasize:

- **FUN**
- **Good Sportsmanship**
- **Using technical skills in game situations**
- **Exploring and applying new tactical skills**

Age and Eligibility

Player must be 11 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 10 years of age be permitted to play at the 12U level. Ideally, players should be playing in single age classifications.

CHANGES FROM 10 TO 12U

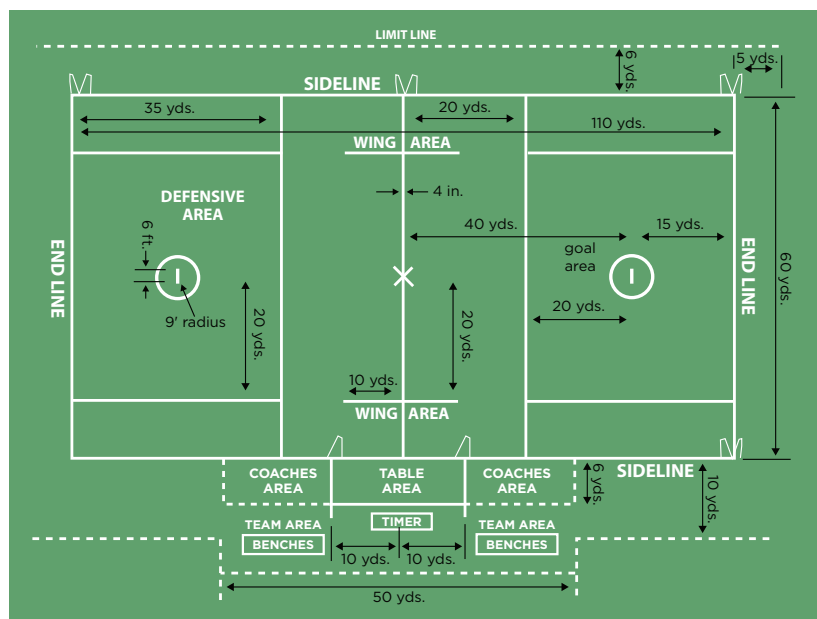
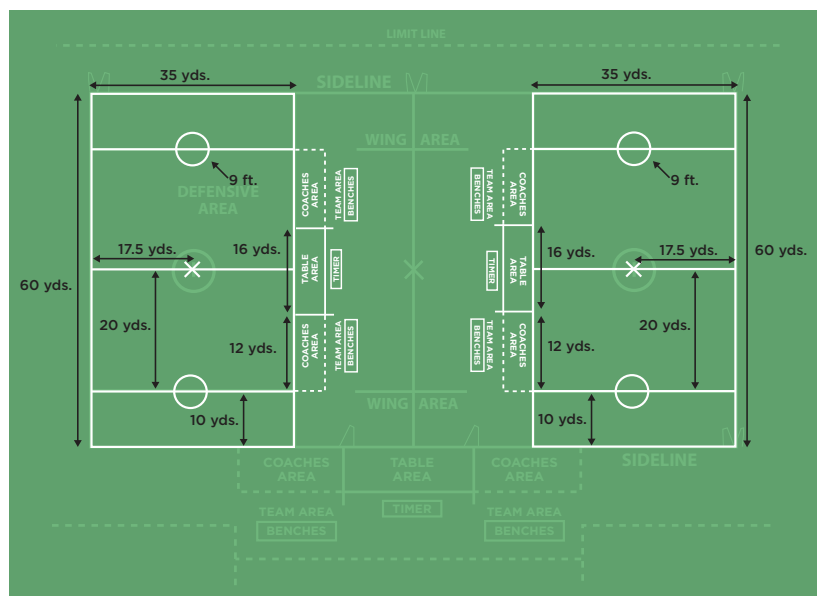
- Players on the field increase from 7 v 7 or 10 v 10
- Players playing 10 v 10 are on a regulation size field.
- Time serving penalties with man up and man down
- Pass rule is not required
- Offside is a technical foul at 7 v 7 or 10 v 10
- Faster restarts and play can start with a defender within 5 yards of the ball carrier

12U BOYS' RULES OVERVIEW

- Faceoffs to start quarters and after goals
- At least 2 officials required and coaches must stay off the field
- Some body contact allowed, but body checking is illegal
- Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- Quick Restarts

RULE 1: The Game, Field, and Equipment

THE FIELD DIAGRAMS



Note: Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.

1.1 - THE GAME

The purpose of the game is for each team to score by causing the ball to enter the opponent's goal and to prevent their opponent from scoring goals.

1.2 - THE FIELD MEASUREMENTS

A regulation playing field is used for 10 v 10 games or a small-sided field is used for 7 v 7 games. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable against the playing surface. The goal lines shall be two inches in width. The centerline shall be four inches in width. All other lines on the field shall be between 2 - 4 inches in width.

1.3 - GOALS

A 6'x6' regulation goal with securely affixed netting so the ball will not pass through it shall be used.

1.5 - THE BALL

Lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.5 - THE FIELD PLAYER & GOALKEEPER CROSSE

See Appendix V - Crosse Specifications

1.9 - PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (see Image A);
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;

- (4) *Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates,
- (8) Athletic protective cup.

** Note: Beginning January 1, 2022, field players must wear shoulder pads that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);
- (2) A throat protector designed for lacrosse;
- (3) A mouthpiece;
- (4) Protective gloves designed for boy's lacrosse;
- (5) *Goalkeeper chest protector designed for lacrosse;
- (6) Athletic cleats or athletic shoes;
- (7) Athletic protective cup;
- (8) A jersey and shorts of the same color as their teammates.



**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

1.11 - EQUIPMENT CERTIFICATION

The pregame equipment certification by the head coach shall act as the team warning. Each head coach shall certify their players are wearing all of the mandatory equipment required, and the equipment is being worn appropriately.

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

(A) 7 v 7 Format

- 7 Players - 1 Goalkeeper, 2 Defense, 2 Midfielders, and 2 Attack
- Max 3 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 7 players and must keep a legally-equipped goalkeeper on the field at all times, or it forfeits the game.
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

(B) 10 v 10 Format

- 10 Players - 1 Goalkeeper, 3 Defense, 3 Midfielders, and 3 Attack
- Max 4 Long Poles on the field (52" - 72")
- A team shall begin the game with at least 10 players and must keep a legally-equipped goalkeeper on the field at all times, or it forfeits the game.
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.



2.3 - COACHES

The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated coaches area on the sideline.

2.5 - OFFICIALS

US Lacrosse recommends at least 2 certified officials on the field for every competition.

2.8 - TIMEKEEPER

The head coach shall designate a timekeeper.

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute stop-time quarters with a 2-minute break between each quarter and 5-minute halftime.

3.2 - SCORE DIFFERENTIAL

After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock. The clock will stop only during an official's timeout, team timeouts, or injury timeout. In the running clock situation, all time-serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. If the score reverts to less than 12 goals, the game clock switches immediately back to a stopped clock.

3.4 - OVERTIME

In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime. In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods. If the game is still tied after two overtime periods, the game is over and considered a tie, unless it is mandatory to break the tie (e.g., playoffs).

RULE 4 : Play of the Game

4.1 - COIN TOSS

A coin-toss will be used to determine first alternating possession or choice of goal to defend to start the game.

4.3 - FACING OFF

Play shall be started at the beginning of each period and after each goal by facing the ball at the center spot.

4.4 - POSITIONING OF PLAYERS AND STARTING PLAY (7 V 7)

When a team has all of its players on the field, it shall place one faceoff player at the center of the field. One wing player shall be located in bounds with at least one foot resting on a sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponent's goal line extended.

When the whistle sounds to start play all players are released, except goalkeepers, who are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained. Once possession is gained, all normal body contact rules apply.

During the faceoff in all penalty situations, there must be three players in the defensive half and two players in the offensive half.

Exception: When a team has two players in the penalty area, a defender may come out of his normal faceoff position to take the faceoff but must remain onside.

4.6 - OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

4.8 - GOAL SCORED

A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot.



4.9 – GOAL NOT SCORED

A goal shall be disallowed under the following circumstances:

1. A shot is released AFTER the end of a period.
2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
 - a. The ball makes contact with any member of the attacking team or his equipment;
 - b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
3. A player from the attacking team has committed a foul.
4. The goal scorer crosse is found to be illegal prior to the restart.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

4.10 – OFFSIDE

7 v 7 Format

- A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.

10 v 10 Format

- A team is considered offside when it has more than 6 players in its offensive half of the field, including players in the penalty box, or more than 7 players in its defensive half of the field, including players in the penalty area.

4.13 – ADVANCING THE BALL

(a) Over the Midline (20 seconds) - Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds or there will be an immediate turnover.

(b) Into the Goal Area (10 seconds) - Upon the ball being possessed in a team's offensive half of the field, a team shall advance the ball into the goal area within 10 seconds or there will be an immediate turnover.

Once started, both the 20 and 10 counts will continue until:

- The opposing team gains possession.
- A clearing team player in possession of the ball steps on or over the line.
- An official sounds the whistle to stop play for any reason.
- The ball physically touches anything in the Goal Area.
- Play-on (the count starts over once the offended team gains possession of the ball)
- A loose ball crosses over the midline (20 second count only)

4.13.1 – OVER AND BACKADVANCING THE BALL

Once the ball has been successfully advanced into the goal area, if the offensive team carries, passes, propels, or is legally checked to its defensive half of the field, and last touched the ball (except on a shot), the result will be an immediate turnover or a play-on for the other team.

If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

4.15 - LEGAL BODY CONTACT

Examples of permitted body contact are:

1. Legal holds – Holding is permitted under the following conditions
 - a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side, as long as both hands of the holder remain on his crosse.
 - b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse.
 - c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
2. Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse.
3. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)
4. Defensive positioning to redirect an opponent in possession of the ball (riding a player)
5. Incidental contact

4.16 - LEGAL CHECKING WITH CROSSE

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check initiated from below both players' shoulders.

4.18 - GOAL-CREASE PRIVILEGES

No offensive player may enter their opponent's crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only players that can attempt to block a shot is a legally-equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area.

4.21 - SUBSTITUTIONS PROCEDURES

It is recommended that whole team substitutions after a goal is scored or every 1 – 3 minutes during a stoppage of play.

4.22 - RESTARTING PLAY

For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All players shall be 5 yards or more away from the player in possession of the ball. On the official's whistle, play restarts.

1) Play may restart when a defensive player is less than 5 yards from the player in possession of the ball if the defensive player:

- a. allows the player in possession of the ball a direct path to the goal, and
- b. does not defend the player in possession of the ball until the defending player reaches a distance of 5 yards from the ball carrier.

Penalty: Delay of game, technical foul.

2) Play may not restart when an offensive player is less than 5 yards from the player in possession of the ball.

3) The goalkeeper shall be given a maximum of 5 seconds to re-enter the crease on any restart.

4.23 - CHANGE OF GOAL

Teams will change goals between periods.

4.24 - OFFICIAL'S TIMEOUTS

An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

4.25 - TEAM TIMEOUTS

Teams have 2 timeouts per half and 1 per overtime period.

4.27 - ILLEGAL EQUIPMENT INSPECTION BY OFFICIALS

Any player is subject to having his stick inspected by an official upon request by the opposing team's head coach or by an official conducting a random inspection. Once the game has commenced, the head coach may request the inspection of an opposing player's stick. A full equipment inspection is conducted as part of any stick check. All requests must take place during a dead-ball situation and must refer to a specific player on the opposing team, even if the player is not on the field.

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. When play is stopped while the ball is loose and neither team is entitled to possession, possession shall alternate. The referee shall keep track of the alternating possessions.

RULE 5: Personal and Ejection Fouls

5.1 Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

5.2 CROSS-CHECK*

5.3 ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/NECK*

5.4 TARGETING*

5.5 ILLEGAL CROSSE*

5.6 USE OF ILLEGAL EQUIPMENT*

5.7 SLASHING*

5.8 TRIPPING*

5.9 UNNECESSARY ROUGHNESS*

5.10 UNSPORTSMANLIKE CONDUCT*

5.11 FOULING OUT *

5.12 EJECTION*

*The definition for each foul is listed in Appendix I.

RULE 6: Technical Fouls

6.1 Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.

2. Time Serving Penalty - If a team had possession of the ball, the offending player shall sit in the penalty area for 30 seconds or until a goal is scored by their opponent.

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*

6.3 HOLDING*

6.4 ILLEGAL OFFENSIVE SCREENING*

6.5 ILLEGAL PROCEDURE*

6.6 CONDUCT FOUL*

6.7 INTERFERENCE*

6.8 OFFSIDE*

6.9 PUSHING*

6.10 STALLING*

6.11 WARDING OFF*

6.12 WITHHOLDING BALL FROM PLAY*

*The definition for each foul is listed in Appendix I.

RULE 7: Penalty Enforcement

7.1 - PROCEDURE

A player who has committed a violation of the rules and must serve penalty time shall:

1. Leave the field of play at once.
2. Report immediately to the penalty area and remain there until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player must enter the field of play through the substitution area.
3. If penalty time expires during a faceoff, the player may exit the penalty area only after the official has signaled possession or the ball exits the midfield scrimmage area.

7.2 – PENALTY TIME

The penalty clock will stop and start following a goal and when play is out-of-bounds restarting on the subsequent whistle. The following rules shall apply in determining the beginning and end of penalty time:

1. Penalty time begins at such time as play resumes after the calling of the penalty.
2. Penalty time ends when the time of the penalty has expired. If the team scores a goal against the team serving penalty time, all releasable penalties will end for that team. However, all nonreleasable penalties remain in place until the individual serves the full penalty time.

7.5 – DEAD-BALL FOULS

Dead-ball fouls are enforced in the sequence in which they occur. Fouls occurring at the same time during a dead ball (when sequence cannot be determined) shall be considered simultaneous.

Any dead ball personal foul listed below, which occurs after a team scores a goal or between periods, will result in the offended team receiving possession at midfield.

1. Unnecessary Roughness
2. Unsportsmanlike Conduct
3. Slashing
4. Illegal Body Check
5. Illegal Crosse
6. Cross-Check
7. Conduct Foul

In the event where multiple dead-ball personal fouls are committed, resulting in an equal amount of penalty time assessed against each team during the same dead-ball scenario, a faceoff will resume play.

In the event where multiple dead-ball personal fouls are resulting in an uneven amount of penalty time, the team with less total penalty time will receive possession at midfield.

7.8 – SLOW-WHISTLE TECHNIQUE

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until:

- a) The attacking team scores a goal.
- b) The ball goes out of bounds.
- c) A player on the defending team gains possession of the ball.
- d) The attacking team commits a foul.
- e) An injury occurs to any player and is deemed by the official to be severe enough for an immediate whistle.
- f) A player in the scrimmage area loses any required equipment or is injured.
- g) The attacking team requests a team timeout.
- h) The period ends.
- i) A second defensive foul is committed unless a scoring play is imminent.
- j) The ball hits the ground (not on a shot), the slow whistle is terminated.
- k) The attacking team requests a timeout.
- l) A shot hits the goalkeeper, goal posts, or crossbar, and a rebound touches any player of either team other than the defending goalkeeper or an official.

7.10– PLAY ON TECHNIQUE

If a player commits a loose-ball, line violation, goalkeeper interference, or crease violation and the offended team may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until the situation of the advantage gained or lost has been completed.

The play-on shall have elapsed and the official shall cease to signal when:

1. In the case of a loose-ball technical-foul situation, the offended team gains possession.
2. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
3. When the offended team commits a violation or penalty.

If the offended team gains possession of the ball, the whistle is not blown and play continues with no penalty given. If the offended player fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot the ball was when play was suspended.

14U BOYS' LACROSSE

14U lacrosse is where young athletes begin emerging into a competitive environment. Athletes at this age are preparing to be competitors. With respect to the competition at this level, coaches parents, and officials should model and emphasize.

- ## CHANGES FROM 12 TO 14U

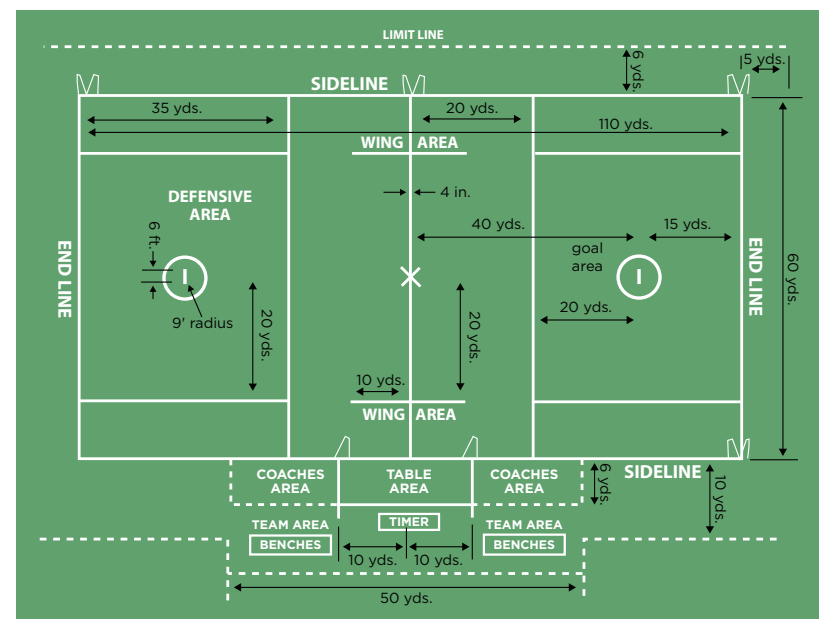
- ## 14U BOYS' RULES OVERVIEW

The US Lacrosse 14U rules align with the National Federation of State High School Associations (NFHS) with some modifications for player safety. The numbering system used in this rulebook matches the current NFHS Boys Lacrosse Rules Book for ease of use.

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Player must be 13 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 12 years of age be permitted to play at the 14U level. Ideally, players should be playing in single age classifications.

THE FIELD DIAGRAM





Note: Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.

1.1 – THE GAME

Two teams play the game of lacrosse. Each team is allowed a maximum of 10 players on the field at once. The purpose of the game is for each team to score by causing the ball to enter the opponent's goal and to prevent their opponent from scoring goals.

1.2 – THE FIELD MEASUREMENTS

The playing field shall be rectangular, 110 yards in length, and 60 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. The long sides of the field shall be designated sidelines, and the short sides of the field shall be named end lines. A bold line shall be marked through the center of the field from sideline to sideline. This line shall be known as the center line. The goal lines shall be two inches in width. The centerline shall be four inches in width. All other lines on the field shall be between 2 - 4 inches in width.

1.3 – GOALS

A 6'x 6' regulation goal with securely affixed netting so the ball will not pass through is required.

1.5 – THE BALL

Lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

Note: The preferred ball colors are white or yellow. If a ball color other than these two colors is used in a game, it must be agreed upon by both coaches before the start of the game.

1.6 – THE FIELD PLAYER & GOALKEEPER CROSSE

See Appendix V - Crosse Specifications

1.9 – PERSONAL EQUIPMENT

(A) Field Player Equipment

All field players shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (see Image A);
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;
- (4) *Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates,
- (8) Athletic protective cup.

** Note: Beginning January 1, 2022, field players must wear shoulder pads that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.*

(B) Goalkeeper Equipment

All goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A);
- (2) A throat protector designed for lacrosse;
- (3) A mouthpiece;
- (4) Protective gloves designed for boy's lacrosse;
- (5) *Goalkeeper chest protector designed for lacrosse;
- (6) Athletic cleats or athletic shoes;



- (7) Athletic protective cup;
- (8) A jersey and shorts of the same color as their teammates.

**Note: Beginning in 2021, only a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 will be legal for play and shall contain an SEI certification mark.*

1.10 - PROHIBITED EQUIPMENT AND RELATED ITEMS

No player shall wear equipment that is illegal or in the opinion of the officials, endangers players. All equipment must be original and unaltered from the manufacturer's design.

Note: Players with hard items (cast, braces, etc.) must have at least a half-inch thick of foam padding on the item. Players may not wear a tinted eye shield or visor.

1.11 - EQUIPMENT CERTIFICATION

The pregame equipment certification by the head coach shall act as the team warning. Each head coach shall certify their players are wearing all of the mandatory equipment required, and the equipment is being worn appropriately.

RULE 2: Game Personnel

2.1 - NUMBER OF PLAYERS

10 players shall constitute a full team for full field lacrosse. They shall be designated as follows: 1 Goalkeeper, 3 Defense, 3 Midfield, 3 Attack. A team shall begin the game with at least 10 players and one player must be a legally equipped goalkeeper at all times. Failure to maintain 10 players and a legally equipped goalkeeper will result in a forfeit of the game. A team may have a maximum of four players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time. Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

2.3 - COACHES

The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated coaches area on the sideline.

2.5 - OFFICIALS

The officials authority begins when they arrive on the field and ends when they leave the facility where games are being played. The duties of the officials include control and jurisdiction of the timekeeper, scorers, players, substitutes, coaches, and spectators.

US Lacrosse recommends at least 2 certified officials on the field for every competition.

2.8 - TIMEKEEPER

The head coach shall designate a timekeeper.

RULE 3: Time Factors

3.1 - LENGTH OF THE GAME

A competition will consist of four 10-minute stop-time quarters, with a 2-minute break between each period and a 5-minute half time.

3.2 - SCORE DIFFERENTIAL

After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock. The clock will stop only during an official's timeout, team timeouts, or injury timeout. In the running clock situation, all time-serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. If the score reverts to less than 12 goals, the game clock switches immediately back to a stopped clock.

3.3 - AUTOMATIC STALLING

During the final two minutes of regulation play, automatic stalling rules will be in effect. The team that is ahead by four goals or less will be warned to "Get it in/Keep it in" once the ball in possession has been brought across midfield into its respective goal area.

3.4 - OVERTIME

In the event of a tie at the end of the regulation game, the game will continue to overtime. Before the start of overtime, the team captains will

meet for a coin toss to with the winner of the coin toss deciding which goal they will choose to defend for the first period. In overtime periods, teams shall play four-minute periods until a team scores a goal. Once a team scores a goal, the game is over. If there are multiple overtime periods, there shall be a two-minute intermission between each period, and teams will change goals. Alternate possession remains unchanged.

3.5 - GAME TERMINATION

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior or excessively rough play. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the fouls. 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.

RULE 4: Play of the Game

4.1 - COIN TOSS

A coin-toss will be used to determine the first alternating possession or choice of goal to defend to start the game.

4.2 - PLAYER LINE-UP

Officials shall bring both starting line-ups to the center of the field for a player line-up. Teams shall face each other with their left shoulder toward the direction of the goal they will be defending to start the game, and the official shall explain any special ground rules, emphasize play safety, fair play, and sportsmanship.

4.3 - FACING OFF

Play shall be started with a faceoff at the center spot at the beginning of each period and after each goal is scored.

Facing Off - Procedure

1. The official shall indicate to the players the spot on which the faceoff will take place and instruct the players to prepare for the faceoff by saying "down."
2. Once the players are down, they are to move into their faceoff position as quickly as possible. Players may kneel or stand as they get into position for the faceoff.

3. The crosses and gloves shall rest on the ground along the centerline, parallel to each other up to, but not touching, the centerline.
4. The official shall make certain that the reverse surfaces of the crosses match evenly (Top to Stop) and are perpendicular to the ground. Each player must have both hands on the handle of his own crosse, touching the ground. The right hand may not touch any part of the head of the crosse. The player's feet may not touch his crosse. Both hands and both feet of each player must be to the left of the throat of his crosse and behind the midline at the start of the faceoff.
5. Once the players are in the proper position, the official shall place the ball on the ground, in between the head of each crosse, paying close attention to placing the ball in the middle of the head of each crosse.
6. Once the official is satisfied with the placement of the ball and the positioning of the players, he shall call "set", step back clear of the area and initiate the faceoff with a whistle. The whistle cadence will vary every faceoff.

Facing Off - Violations

A violation will occur if a player commits a foul before or during a faceoff. In all cases, the offended team will be awarded the ball on the side of the field they are attacking, unless otherwise noted. The following are faceoff violations.

1. A player may not pick up and carry the ball on the back of his stick. It is still legal to clamp the ball with the back of the stick, but it must be moved, raked, or directed within one step.



2. A player may not trap the ball with his crosse longer than necessary for him to control the ball and pick it up with one continuous motion. A player may not withhold the ball from play in any other manner.
3. A player may not kick, step on, or place any other body part to his crosse on the crosse of the opponent. It is illegal for a faceoff player to use his crosse to hold or pin down the opponent's crosse.
4. A player may not use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.
5. A player may not grab an opponent's crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.

4.4 - POSITIONING OF OTHER PLAYERS BEFORE A FACEOFF

When a team has all of its players on the field, it shall confine its goalkeeper and three other players behind the defensive-area line. Three players must also be behind the defensive-area line in their offensive half of the field area, and one player in each of the wing areas.

When the whistle sounds to start play, the players in the wing areas are released. All other players are confined to their areas until someone gains possession of the ball, the ball goes out of bounds, the ball crosses the defensive-area line, a whistle stops play for a time-serving foul, or the whistle restarts play after a non-time-serving foul. When any of the above events occur, the faceoff has ended.

In all man-down faceoff situations, there must be four players in the defensive area and three players in the offensive area. When a team has three players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain inside.

Before the faceoff has ended, the ball shall be re-faced in the following instances:

- 1) If the ball goes out of bounds in the midfield area and the officials cannot determine the last player to touch the ball.
- 2) An inadvertent whistle occurred before the ball crosses the restraining.
- 3) An injury occurs in the midfield area.

4) Simultaneous fouls of equal duration that occur while the ball is loose.

5) The official calls timeout before a team gains possession.

6) The ball gets stuck in a uniform or equipment other than a crosse.

4.6 - OUT OF BOUNDS AND BALL POSSESSION

Play stops immediately when a ball goes out of bounds or a player with possession of the ball touches the ground out of bounds.

When a shot goes out of bounds, possession is awarded to the team of the in-bounds player closest to the location of the ball when it went out. A shot or deflected shot remains a shot until the ball comes to rest on the field of play. When the ball goes out of bounds for any other reason other than a shot, the team that last touched the ball loses possession. When officials are unable to determine who last touched a ball, then the team entitled to alternate possession shall be given the next possession.

4.7 - BALL CAUGHT IN CROSSE OR EQUIPMENT

If the ball becomes stuck in a player's crosse, play shall stop immediately with possession of the ball awarded to the opposing team.

If the ball becomes stuck in a player's equipment, the official shall stop play immediately and award the ball using the alternate possession rule.

Note: Neither situation above applies to a designated goalkeeper if he is within his goal-crease. In this case, a defensive player shall be awarded the ball laterally outside the goal area.

4.8 - GOAL SCORED

It is a goal when a loose ball passes from the front entirely over the goal line. A goal will be allowed if the shot is released before the end of a period.

4.9 - GOAL NOT SCORED

A goal is not scored under the following circumstances:

1. A shot released AFTER the end of a period.
2. A shot released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
 - a. The ball makes contact with any member of the attacking team or his equipment;

- b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
- 3. A player from the attacking team commits a foul.
- 4. The goal scorer crosse is found to be illegal before the restart of play.
- 5. After one of the officials has sounded the whistle for any reason.
- 6. An attacking player, in possession of the ball and outside the crease, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease. An attacking player may legally score a goal and touch the crease area, provided the ball enters the goal before the contact with the crease, and his feet are grounded before, during, and after a shot.

4.13 – ADVANCING THE BALL OVER THE MIDLINE

Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds, or there will be an immediate turnover. Once started, the 20-second count will continue until:

- The opposing team gains possession.
- A clearing team player in possession of the ball steps on or over the centerline.
- A loose ball breaks the plane of the centerline.
- The official sounds the whistle to stop play for any reason.
- A play-on. In which case, the 20-second count starts over.

4.14– ADVANCING THE BALL INTO THE GOAL AREA

Once the ball is in possession in a team's offensive half of the field, a team shall advance the ball into the goal area within 10 seconds, or there will be an immediate turnover.

4.14.1 – OVER AND BACK

Once the ball has been successfully advanced into the goal area, over and back rules are applicable. If at that point the offensive team carries, passes, propels the ball, or is legally checked into their defensive half of the field, there will be an immediate turnover. Any time the offensive team is last to touch the ball (except on a shot), it will be a play on or immediate turnover.

If the ball does not touch the centerline or something over the centerline, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half. If this occurs, there is no over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body, excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

4.15 – LEGAL BODY CHECKING

A player can only deliver a legal body check to an opponent while in an upright position and with both hands on their crosse. The body check can only contact below the neck area, above the waist, and to the front or side of their opponent. A player can body check players in possession of the ball or within three yards of a loose ball.

4.16 – CHECKING WITH CROSSE/STICK CHECKING

Stick checking an opponent's crosse is only legal when a player has two hands on their crosse. Only players in possession of the ball, within three yards of a loose ball can be stick checked.

4.17 – OFFENSIVE SCREENING/LEGAL PICKS

To be a legal pick, a player must be in an upright, stationary position, and their arms and legs no further than the width of their shoulders. They shall not lean into the path of an opponent, extend hips into the opponent's path, even though the feet are stationary. A player's stick must also be located within his shoulder plane and may not impede the normal movement of his opponent.

4.18 – GOAL-CREASE PRIVILEGES

A properly equipped goalkeeper has the following privileges and protections within the goal-crease, so long as he maintains continuous contact using at least one foot with the interior of the goal crease.

1. A goalkeeper may stop the ball in any manner with his crosse or body while in the crease area. He may block or bat the ball away with his hand, but he may not catch the ball with his hand.
2. No opposing player may make contact with the goalkeeper or the portion of his crosse that is within the goal crease area, regardless of whether the goalkeeper has the ball in possession.
3. When the goalkeeper is in the crease, any portion of the goalkeeper's crosse extended outside the crease, is subject to being stick checked, except when the ball is in his crosse.

4. A goalkeeper or any player on the goalkeeper's team may receive a pass while in the crease. While in possession of the ball, no opposing player shall make contact with the goalkeeper or his crosse. Other players do not have the same protections as goalkeepers. Opposing players can check non-goalkeepers when they have the ball and are located in the crease.

4.19 - GOAL-CREASE PROHIBITIONS

The movement of players into and out of the goal-crease area is restricted.

1. No offensive player may enter the crease at any time. Offensive players can reach their stick into the crease to collect a loose ball but must not make contact with the goalkeeper or the goalkeeper's crosse.
2. A goalkeeper or a defender may not exceed four seconds with possession of the ball in their crease.
3. No defensive player, other than a properly equipped goalkeeper, can enter their crease with the perceived intent on blocking a shot or acting as a goalkeeper. Defensive players are allowed to be in or pass through the crease to but never to block a shot. Officials will stop play as soon as they notice the situation except if a ball is already in flight on a shot. If a shot is in flight, it shall be allowed to come to its natural conclusion before stopping play. A violation will result in a technical foul for a conduct foul when a defensive player that violates this rule. A subsequent violation is a personal foul that results in an unsportsmanlike conduct penalty.

4.21 - SUBSTITUTION PROCEDURES

Substitution may take place without the necessity of waiting for suspension of play by an official. Players may enter the field of play from the substitution area under the following conditions:

- a. The player must be properly equipped.
- b. He may not enter the substitution area until his substitution is imminent.
- c. The player leaving the field of play must exit via the substitution area.
- d. The substitute must wait until the player they are substituting for is off the field of play, and the player entering the game may not delay his entry on to the field.

- e. A player exiting the field has the right of way over any substitute entering the field of play.
- f. Substitutions may take place when play is suspended.

4.22 - RESTARTS

For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All players shall be 5 yards or more away from the player in possession of the ball. The player awarded the ball may start play immediately on the official's whistle.

1) Play can restart when a defensive player is less than 5 yards from the player in possession of the ball. If the defensive player:

- a. allows the player in possession of the ball a direct path to the goal, and
- b. does not defend the player in possession of the ball until the defending player reaches a distance of 5 yards from the ball carrier.

Penalty: Delay of game technical foul.

2) Play may not restart when an offensive player is less than 5 yards from the player in possession of the ball.

3) The goalkeeper shall be given a maximum of 5 seconds to re-enter the crease on any restart.

If there is a violation in the goal area and the offense is to receive the ball, then the ball will be awarded laterally outside the goal area.

4.23 - CHANGE OF GOAL

Teams will change goals between quarters.

4.24 - OFFICIAL'S TIMEOUTS

An official may suspend the game at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is injured, officials should stop the game immediately.

4.25 - TEAM TIMEOUTS

Each team is entitled to two timeouts per half and one per overtime period.

4.27 - ILLEGAL EQUIPMENT – REQUEST FOR OFFICIAL INSPECTION

Any player is subject to having his equipment inspected by an official upon request by the opposing team's head coach or by an official conducting a random inspection. Once the game has commenced, the head coach may request the inspection of an opposing player's equipment. Officials will conduct a full equipment inspection as part of any stick check. All requests must take place during a dead-ball situation and must refer to a specific player on the opposing team, even if the player is not on the field.

4.30 - ALTERNATE POSSESSION

When the officials cannot determine which team should get the ball, possession shall alternate. When play stops while the ball is loose and neither team is entitled to possession, possession shall alternate. Alternate possession remains unchanged to start overtime. The referee shall keep track of the alternating possession.

4.31 – GET IT IN/KEEP IT IN

During stalling situations and during the last two minutes remaining in a game for the team that is ahead by four goals or fewer, officials will administer the “get it in” and “keep it in” commands.

1. Get it in – This warning occurs when the ball is outside the goal area. Official signal and verbally announces, “get it in.” The team must advance the ball into the goal area within 10 seconds and keep it in the goal area.
2. Keep it in – This warning occurs when the ball is inside the goal area. Official signal and verbally announces, “keep it in.” The team must keep the ball in the goal area.

RULE 5: Personal and Ejection Fouls

5.1 Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

5.2 CROSS-CHECK*

5.3 ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/NECK*

PENALTY: The penalty for a personal foul 5.3 Illegal Body Checks to a Defenseless Player and 5.4 Checks involving the Head/Neck shall be a minimum of 2 to 3 minute nonreleasable foul, at the official's discretion.

5.4 TARGETING*

PENALTY: The penalty for 5.5 TARGETING is an automatic 3-minute nonreleasable foul with an ejection.

5.5 ILLEGAL CROSSE*

5.6 USE OF ILLEGAL EQUIPMENT*

5.7 SLASHING*

5.8 TRIPPING*

5.9 UNNECESSARY ROUGHNESS*

5.10 UNSPORTSMANLIKE CONDUCT*

5.11 FOULING OUT *

5.12 EJECTION*

*The definition for each foul is listed in Appendix I.

RULE 6: Technical Fouls

6.1 Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.

2. Time Serving Penalty - If a team had possession of the ball, the offending player shall sit in the penalty area for 30 seconds or until a goal is scored by their opponent.

EXCEPTIONS:

1. A loose-ball technical foul by Team B, followed by a personal foul by Team A during the play-on, will result in both players serving penalty time.

2. During a slow whistle, a loose-ball technical foul committed by the defensive team shall result in a time-serving penalties for all players involved.

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*

6.3 HOLDING*

6.4 ILLEGAL OFFENSIVE SCREENING*

6.5 ILLEGAL PROCEDURE*

6.6 CONDUCT FOUL*

6.7 INTERFERENCE*

6.8 OFFSIDE*

6.9 PUSHING*

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6.11 WARDING OFF*

6.12 WITHHOLDING BALL FROM PLAY*

**The definition for each foul is listed in Appendix I.*

RULE 7: Penalty Enforcement

7.1 – PROCEDURE

A player who has committed a violation of the rules and must serve penalty time shall:

1. Leave the field of play at once.
2. Report immediately to the penalty area and remain there until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player must enter the field of play through the substitution area.
3. If penalty time expires during a faceoff, the player may exit the penalty area only after the official has signaled possession or the ball exits the midfield scrimmage area.

7.2 – PENALTY TIME

The penalty clock will stop and start following a goal and when play is out-of-bounds restarting on the subsequent whistle. The following rules shall apply in determining the beginning and end of penalty time:

1. Penalty time begins at such time as play resumes after the calling of the penalty.
2. Penalty time ends when the time of the penalty has expired. If the team scores a goal against the team serving penalty time, all releasable penalties will end for that team. However, all nonreleasable penalties remain in place until the individual serves the full penalty time.

7.5 – DEAD-BALL FOULS

Dead-ball fouls are enforced in the sequence in which they occur. Fouls occurring at the same time during a dead ball (when sequence cannot be determined) shall be considered simultaneous.

Any dead ball personal foul listed below, which occurs after a team scores a goal or between periods, will result in the offended team receiving possession at midfield.

1. Unnecessary Roughness
2. Unsportsmanlike Conduct
3. Slashing
4. Illegal Body Check
5. Illegal Crosse
6. Cross-Check
7. Conduct Foul

In the event where multiple dead-ball personal fouls are committed, resulting in an equal amount of penalty time assessed against each team during the same dead-ball scenario, a faceoff will resume play.

In the event where multiple dead-ball personal fouls are resulting in an uneven amount of penalty time, the team with less total penalty time will receive possession at midfield.

7.6 – SIMULTANEOUS FOULS

Simultaneous fouls are fouls called on two players of opposing teams during a live ball or a dead ball when sequence cannot be determined.

During live play, when a loose-ball technical foul occurs by Team B, followed by a personal foul by Team A during the play-on, it will result in both players serving penalty time. During live play and slow whistle situation, a loose-ball technical foul committed by the defensive team shall result in time-serving penalties for all players involved.

Penalty Time

- a) If all penalties are technical fouls, no penalty for either team.
- b) If the team in possession of the ball, or entitled to possession, commits only technical fouls, then no penalty time will be served by that team. If the team in possession of the ball, or entitled to possession, commits a personal foul, all players involved will serve penalty time.
- c) The longest common penalty time is nonreleasable for all players serving penalty time for simultaneous fouls. Players with no nonreleasable time remaining are released any time the opposing team scores a goal.

Awarding of the Ball

- a) When penalty time occurs, the team that incurs less total penalty time gets possession of the ball.
- b) When penalty time is equal or fouls cancel out
 - 1. The team that has possession or is entitled possession at the time of the flag or whistle shall retain possession.
 - 2. If neither team has possession at the time of the flag or whistle, possession is awarded using alternate possession rules. However, if a faceoff is pending after this situation, a faceoff will be held.

7.8 – SLOW-WHISTLE TECHNIQUE

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until:

- a) The attacking team scores a goal.
- b) The ball goes out of bounds.
- c) A player on the defending team gains possession of the ball.
- d) The attacking team commits a foul.
- e) An injury occurs to any player and is deemed by the official to be severe enough for an immediate whistle.
- f) A player in the scrimmage area loses any required equipment or is injured.
- g) The attacking team requests a team timeout.
- h) The period ends.
- i) A second defensive foul is committed unless a scoring play is imminent.

- j) The ball hits the ground (not on a shot), the slow whistle is terminated.
- k) The attacking team requests a timeout.
- l) A shot hits the goalkeeper, goal posts, or crossbar, and a rebound touches any player of either team other than the defending goalkeeper or an official.

7.10 – PLAY ON TECHNIQUE

If a player commits a loose-ball, line violation, goalkeeper interference, or crease violation and the offended team may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until the situation of the advantage gained or lost has been completed.

The play-on shall have elapsed and the official shall cease to signal when:

- 1. In the case of a loose-ball technical-foul situation, the offended team gains possession.
- 2. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
- 3. When the offended team commits a violation or penalty.

If the offended team gains possession of the ball, the whistle is not blown and play continues with no penalty given. If the offended player fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot the ball was when play was suspended.

APPENDIX I

LACROSSE TERMINOLOGY

AIRBORNE PLAYER: A player in midair, when playing a ball, is considered to be where he last was in contact with the field.

ASSIST: One player passes the ball to a teammate, and it leads directly to a goal without the scorer having to dodge a defender.

BODY CHECK: Overt or obvious body contact made to an opponent.

CREASE VIOLATIONS/GOALKEEPER INTERFERENCE: When the defensive team has possession of the ball, penalties of the rules involving the crease are as follows (rather than under the general rules for technical fouls):

a. If there is no flag down, any crease violation or interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow-whistle, flag-down situation

b. If there is no flag down, any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to his team in its offensive side of the field at the center. If the ball is loose in the crease and the goalkeeper gains possession, the play-on is over

c. If there is a flag down on a team that commits a crease violation or goalkeeper interference, it shall be an immediate whistle for the second foul whether there is possession or not and regardless of ball location. Both the initial foul and the crease violation or goalkeeper interference shall be time serving.

CENTERLINE/MIDLINE: The line across the center of the field of play.

CHECKS INVOLVING THE HEAD/NECK:

- (1) A player shall not initiate contact with an opponent's head or neck with a cross-check or any part of his body (head, elbow, shoulder, etc.). Any follow-through from these actions that contacts the head or neck shall also be considered a violation of this rule.

- (2) A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.
- (3) A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

CLEAR: Transitioning the ball from the defensive half to the goal area.

CONDUCT FOUL:

- (1) A coach shall not enter the field of play without the permission of an official, except to attend to an injured player, to warm up a goalkeeper, or during halftime.
- (2) During play, the coaches' area is restricted to coaches. All other personnel shall stay outside the coaches' area.
- (3) A player, coach, athletic trainer, or other people officially connected with a team shall not:
 - a. Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
 - b. Object, argue or gesturing regarding a decision by an official.
 - c. Commit any act considered misconduct by an official.

CREASE: The circle around the goal with a radius of 9 feet into which only defensive players and their goalkeeper may enter.

CROSS-CHECK: Checking an opponent with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body and running forcibly into an opponent.

DEFENSIVE AREA: An area at both ends of a lacrosse field the is below the restraining lines and above the end line.

DODGE: A move by the ball carrier to advance past a defender.

EJECTION: A player, coach, or anyone officially connected with the team shall be ejected for:

- a. Deliberately striking or attempting to hit anyone or leaving the bench area during an altercation
- b. Second nonreleasable, unsportsmanlike foul.
- c. Any action deemed by the officials to be flagrant misconduct.

EXTRA MAN OPPORTUNITY (EMO): Results from an opponent's time-serving penalty. Also known as "man-up."

FACEOFF: This technique is used to put the ball in play at the start of the game, each quarter, half, or after a goal is scored.

FOULING OUT: Any player who accumulates three personal fouls or 5 minutes in personal foul penalty time fouls out of the game. A substitute for that player may enter the contest when the disqualified player would have been permitted to re-enter had he not fouled out.

GOAL LINE EXTENDED (GLE): An imaginary line that extends beyond the goal line and continues to the sidelines.

HOLDING (Illegal): A player shall not impede the movement of an opponent or his crosse under the following conditions:

- a. Use the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder-width apart
- b. Step on the crosse of an opponent.
- c. Hold an opponent with his crosse.
- d. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
- e. Hold an opponent with his free hand that is off the crosse.
- f. Hold the crosse of the opponent using any part of his body.
- g. Use his crosse to hold or pin an opponent's crosse to the ground.

HOLDING (Legal): Holding is legal under the following conditions:

- a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
- b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.

For (a) and (b), a hold check shall be done with either closed hand, shoulder or forearm; and both hands shall be on the crosse.

- c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball
- d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

- e. Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

ILLEGAL BODY CHECK:

- (1) Body checking of an opponent not in possession of the ball or within three yards of a loose ball
- (2) Body checking of an opponent from the rear, at or below the waist, or above the shoulders
- (3) Body checking of an opponent who has any part of his body other than his feet on the ground.
- (4) (4) Body checking that targets a player in a vulnerable position, this includes but is not limited to:
 - (A) Body checking a player from his "blind side";
 - (B) Body checking a player who has his head down in an attempt to play a loose ball; and
 - (C) Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

(Note: If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the body-check)

ILLEGAL CROSSE: A player may not use a crosse that does not conform to the required specifications detailed in Appendix V. All stick infractions, regardless of the reason for illegality, may be corrected, and the crosse can be used later in the game.

Penalty: A crosse found illegal will carry a 2-minute nonreleasable foul.

Exception: Sticks with illegal hanging string length or missing end caps are correctable without penalty. If used in the game after being warned, it shall be considered an illegal crosse.

Note: The Illegal crosse rule is enforceable only at the 14U and 12U levels. At 10U and below, the crosse shall be removed from the game until corrected without penalty.

ILLEGAL OFFENSIVE SCREENING: No offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing, nor shall the offensive player hold his crosse rigid or extend his crosse rigid to impede the normal movements of the defensive man. If contact is made between offensive and defensive players as a result of the offensive player's setting a screen, the offensive player shall be stationary before the contact occurs, with his feet no wider than shoulder-width apart.

ILLEGAL PROCEDURE: Any action on the part of players or substitutes that do not conform with the rules of lacrosse. These fouls are technical fouls, and the following are examples of illegal procedure:.

The following are examples of illegal procedure:

a. Touching the ball – A player shall not touch the ball with his hands while it is in play. Inadvertent touching of the ball when the hand is grasping the stick is not a violation of this rule.

b. Illegal actions with crosse – A player shall not:

1. Throw his crosse other than at a ball, other players, or game personnel, which are all unsportsmanlike conduct fouls.
2. Take part in the play of the game in any manner without his crosse when:
 - (a) If a player loses his crosse in any legitimate way, so that repossession of the crosse would cause him to violate a rule, officials will use a slow whistle.
 - (b) If an offensive player's crosse is in the crease and interferes with the goalkeeper's play of an attempted shot at the goal, play shall suspend immediately.
3. Intentionally kick an opponent's crosse.
4. Exchange his crosse with that of a teammate during live play while the ball is in either crosse.

c. Avoidable lateness of team

d. Entering the game from the penalty area before authorized to do so by the timekeeper under one of the following scenarios:

1. The opponent of the player entering the game has possession of the ball. In this case, the player shall be returned to the penalty area to serve his unexpired time, plus an additional 30 seconds.

2. The opponent of the player entering the game has possession of the ball and scores a goal. In this case, the unexpired penalty releases, and the player will not serve any additional penalties for the violation.

3. The ball is loose, or the team of the player the released early has possession of the ball. In both of these cases, the officials will award the ball to the opposing team, and the player guilty of entering the game too early serves his unexpired penalty time.

e. Delaying the Game – The delay of the start or restart of the game, the penalty shall apply to the in-home. Delaying the game shall be the consuming more than 20 seconds.

f. Participation in the play of the game by a player out of bounds.

g. Any player not in their specified restraining area at the time the whistle is blown to start play at the time of a faceoff.

h. Failure to remain 5 yards from a player awarded the ball for a restart.

i. Any violation of the rules for substituting players.

j. Any violation of the rules relating to the goal-crease area.

k. Any violation of the rules for time-outs.

l. Having more than the maximum allowable number of players in the game at any time, including a player or players in the penalty area.

m. Violation of the rules on positioning for a faceoff.

n. If a head coach makes two or more requests for an equipment inspection in which no violations occurs. In this case, that team must take a time-out. If no time-outs remain for that half or overtime period, it will be a technical foul.

o. Having more than the maximum allowable number of long crosses in the game.

p. Failure of the player that lost possession of the ball to place the ball directly on the field or hand it to the nearest official during a change of possession

q. Failure to advance the ball beyond the center line into the goal area within 10 seconds as required, or upon gaining possession of the ball inside the defensive half of the field, to advance the ball beyond the center line within 20 seconds.

r. Failure to provide a scorebook, timing device, table, and working horn.

s. Failure to have a center line that runs the entire width of the field.

t. Failure to have a properly equipped designated goalkeeper on the field of play.

u. When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds after the officials are ready to restart play.

v. Taking a “dive” or “flopping” to deceive the official and draw a penalty.

w. Failure to wear a mouthpiece (unless it comes out during play).

x. Loss of Required Equipment – If a player loses a piece of the mandatory equipment in the scrimmage area.

1. If the ball is loose. Immediately stop play and award the ball via Alternate Possession rules

2. If the offense has possession of the ball and an offensive player loses a piece of equipment. Immediately stop play, instruct the player to put on their equipment, and restart the game with the offense in possession closest to where the play was whistled dead.

3. If the defensive player loses a piece of equipment and continues to participate in the game while the offense has the ball. Immediately, Stop play, flag down for technical foul for illegal procedure.

INTERFERENCE: A player shall not interfere in any manner with the free movement of an opponent, except when that opponent has possession of the ball, or both players are within 3 yards of a loose ball.

LOOSE BALL: When a team or player does not have possession of the ball.

MAN DOWN: A team that has fewer players on the field due to one or more penalties.

OFFSIDE:

(1) For 10v10 play, a team is offside when a team, including players in the penalty area, has more than six players in its offensive half of the field or more than seven players in its defensive half of the field.

(2) For 7v7 play, a team is offside when a team, including players in the penalty area, has more than four players in its offensive half of the field or more than five players in its defensive half of the field.

ON-THE-FLY SUBSTITUTION: A substitution made during live action.

PICK/SCREEN: An offensive maneuver in which a stationary and motionless player attempts to block the path of a defender guarding another player.

POCKET: The strung part of the head of the stick which holds the ball.

POSSESSION: A team or player has possession of the ball when they can perform any of the normal functions of controlling the ball (carry, cradle, pass, or shoot).

PUSHING(Illegal): A player shall not thrust or shove an opponent from the rear.

PUSHING(Legal): A push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing is made with either closed hand, shoulder, or forearm, and both hands shall be on the crosse.

RESTART: Whenever a player has been awarded the ball for any reason, all players must be at least 5 yards away from him before play resumes.

RIDE: The defending team will try to prevent their opponent from clearing the ball, thereby creating a turnover.

SCRIMMAGE AREA: At least two opposing players within 5 yards of either a loose ball or a ball in possession.

SHAFT: The stick’s handle. The shaft, may be made of aluminum, wood, or composite material and is connected to the stick head.

SHOT: A ball propelled toward the goal cage by any player with the intent of scoring a goal. A shot by an attacker is only valid when the release point of the ball is parallel to or above goal line extended. Additionally, the ball can be either thrown from a crosse, kicked, or otherwise physically directed (but not with the hand). A shot or deflected shot will remain a shot until the ball comes to rest on the field of play, a player gains possession, and the ball goes out of bounds or a player causes the ball to go out of bounds.

SLASHING:

- (1) Swinging a crosse at an opponent’s crosse or body with deliberate viciousness or reckless abandon, regardless of whether contact occurs.

- (2) Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.

NOTE: Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.

- (3) Striking an opponent in any part of the body with the crosse (including its end cap), except when done by a player in the act of passing, shooting, or attempting to scoop the ball. In all situations, the player's gloved hand shall be considered part of the crosse, except when in contact with the ground.
- (4) One-handed checks shall be considered a slash, whether or not it makes contact with the opposing player. If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

STALLING:

(1) It shall be the responsibility of the team in possession to attack the goal. A team in possession of the ball and its offensive half of the field may be warned to "get it in/keep it in" if, in the judgment of the officials, they are not attacking the goal. After officials give a team the stalling warning, a stalling foul will occur if the ball leaves the goal area in any manner other than a shot on goal or last touched by the defensive team. The stalling warning remains in effect until:

- (A) The team in possession scores a goal.
- (B) A shot hits the goal pipes, the goalkeeper, or his equipment.
- (C) The defensive team gains possession of the ball
- (D) The period ends resulting in a faceoff.

STICK CHECK: Using stick-to-stick contact to try to dislodge the ball.

TAKE-OUT CHECK: An excessive body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

TARGETING: Intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. Additionally, a player shall not intentionally take aim at a player in a defenseless position.

PENALTY: Three minutes, nonreleasable penalty and ejection from the game.

TRIPPING: Tripping is obstructing an opponent at or below the waist with the crosse, hands, arms, feet, or legs, by any positive primary action if the obstructing player is on his feet. When a player legally checks the crosse of an opponent, and it causes the opponent to trip over his crosse, no foul has been committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed.

UNNECESSARY ROUGHNESS:

- (1) An excessively violent infraction of the rules against holding and pushing.
- (2) Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.
- (3) Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.
- (4) A check with the gloved hand or hands delivered using a punching blow.
- (5) A take-out check.

PENALTY: Penalty for unnecessary roughness fouls are a One-, Two-, or Three-minute nonreleasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

UNSPORTSMANLIKE CONDUCT (Releasable):

- (1) Repeatedly commit the same technical foul.
- (2) As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.
- (3) As a substitute, intentionally fail to comply with the rules for entering the field of play.

- (4) A second violation for a team that has a defensive player, other than a properly equipped goalkeeper, that enters his crease with the perceived intent on blocking a shot or acting as a goalkeeper.
- (5) A coach who is on the field and obstructs play.

UNSPORTSMANLIKE CONDUCT (Nonreleasable): No player, substitute, nonplaying member of a squad, coach or spectator shall:

1. Arguing with an official regarding a call they made or attempting to influence the decision of an official.
2. Use threatening, profane, or obscene language or gestures at any time during the game.
3. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
4. Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff.
5. Throwing a crosse at the ball, at a player, or other game personnel.

USE OF ILLEGAL EQUIPMENT: A player may not use equipment that does not conform to specifications or altered in a way that compromises their protective features. The use of illegal equipment or failure to properly wear mandatory equipment will be a nonreleasable foul.

WARDING OFF: A player with possession of the ball may not use their free hand or arm to hold, push, or control the direction of an opponent's crosse or the body of an opponent applying a check. They can protect their crosse with a stationary hand, arm, or another part of his body when their opponent makes a play to check his crosse. A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check.

WITHHOLDING BALL FROM PLAY: Players shall not lie on the ball, trap it with their crosse longer than is necessary to control the ball and pick it up in one continuous motion, or withhold the ball from play in any other manner.

GOALKEEPER TERMINOLOGY

CHECK: Telling defenders that a pass is being made to an area for a potential shot, the defender must be ready to clamp down on, or "check," the offensive player's stick.

DRIVE/PUSH: Telling defenders, the offensive player is coming too close to the goal, and he needs to push him away from the goal.

MATCH-UP/NUMBER-UP: Telling each defender to find his man and call out his number.

SHOT/FIRE: Telling the defense that one of them needs to leave their position immediately and slide to assist the "hot" defender and thus double-team the attacker.

SLIDE: Telling the defense that one of them need to leave their position immediately and slide to assist the "hot" defender and thus double-team the attacker.

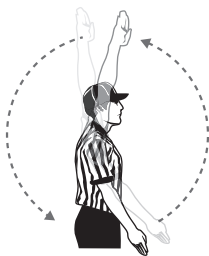
BREAK/CLEAR: Telling the defense, a save was made, and the goalkeeper is looking for players to move up the field so he can pass the ball to from the crease.

OFFICIALS SIGNALS

PROCEDURAL CALLS



BALL HAS ENTERED ATTACK AREA



BALL IN POSSESSION



DISREGARD FLAG



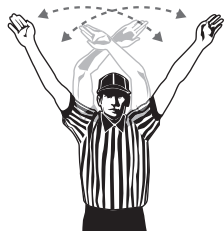
FACEOFF



FAILURE TO ADVANCE BALL



LOOSE BALL



TIMEOUT



SCORE

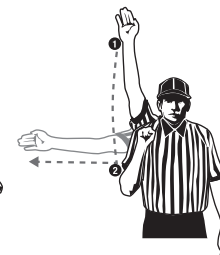


NO SCORE

PROCEDURAL CALLS



ALTERNATE POSSESSION



OUT OF BOUNDS



SIMULTANEOUS FOULS



NONRELEASABLE PENALTY



PLAY ON OR DEAD BALL



RE-ENTRY OF THE CREASE



STALL WARNING



STALL WARNING OFF

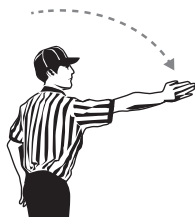


TIPPED/ DEFLECTION

PROCEDURAL CALLS



**INADVERTANT
WHISTLE**



FREE CLEAR



RESET

PERSONAL FOULS



**PERSONAL
FOUL**



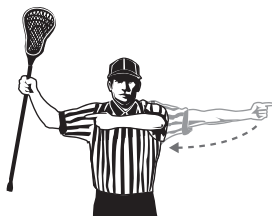
DEEP POCKET



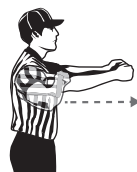
EJECTION FOUL



**ILLEGAL BODY
CHECK**



**ILLEGAL
EQUIPMENT**



**CROSS-
CHECKING**

PERSONAL FOULS



SLASHING



TRIPPING



**UNNECESSARY
ROUGHNESS**

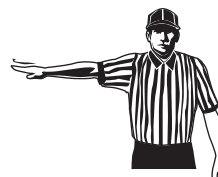


**UNSPORTS-
MANLIKE
CONDUCT**



ILLEGAL GLOVES

TECHNICAL FOULS



CONDUCT FOUL



**CREASE
VIOLATION**



HOLDING



**ILLEGAL
OFFENSIVE
SCREENING**



**ILLEGAL
PROCEDURE**



**ILLEGAL
TOUCHING OF THE
BALL**



INTERFERENCE



OFFSIDE



PUSHING



**STALLING
OR DELAY OF
GAME**



WARDING OFF



**WITHOLDING
BALL FROM PLAY**



30 SECONDS

Appendix III

LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the US Lacrosse web site at uslacrosse.org/safety/risk-management-emergency-plans/position-statement-on-lightning-policy

Appendix IV

CONCUSSIONS

Concussion Recognition Tool 5

To help identify concussion in children, adolescents and adults

RECOGNIZE AND REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

- | | |
|-------------------------|----------------------------|
| • Headache | • “Don’t feel right” |
| • “Pressure in head” | • More emotional |
| • Balance problems | • More Irritable |
| • Nausea or vomiting | • Sadness |
| • Drowsiness | • Nervous or anxious |
| • Dizziness | • Neck Pain |
| • Blurred vision | • Difficulty concentrating |
| • Sensitivity to light | • Difficulty remembering |
| • Sensitivity to noise | • Feeling slowed down |
| • Fatigue or low energy | • Feeling like “in a fog” |

STEP 4: MEMORY ASSESSMENT

(in athletes older than 12 years of age)

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours)
- Not drink alcohol
- Not use recreational/prescription drugs
- Not be sent home by themselves. They need to be with a responsible adult
- Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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Appendix V

CROSSE SPECIFICATIONS

Lacrosse Head Specifications

A HEAD DIMENSIONS

All measurements must be taken on the front face of the crosse. It shall be a minimum of 6 inches between the insides of the sidewalls at the widest point and a minimum of 10 inches from the outside edge of the crosse head to the beginning of the throat.

Note: Both Old NFHS and current NFHS/NCAA stick specifications are legal for youth lacrosse.

B SHOOTING STRINGS

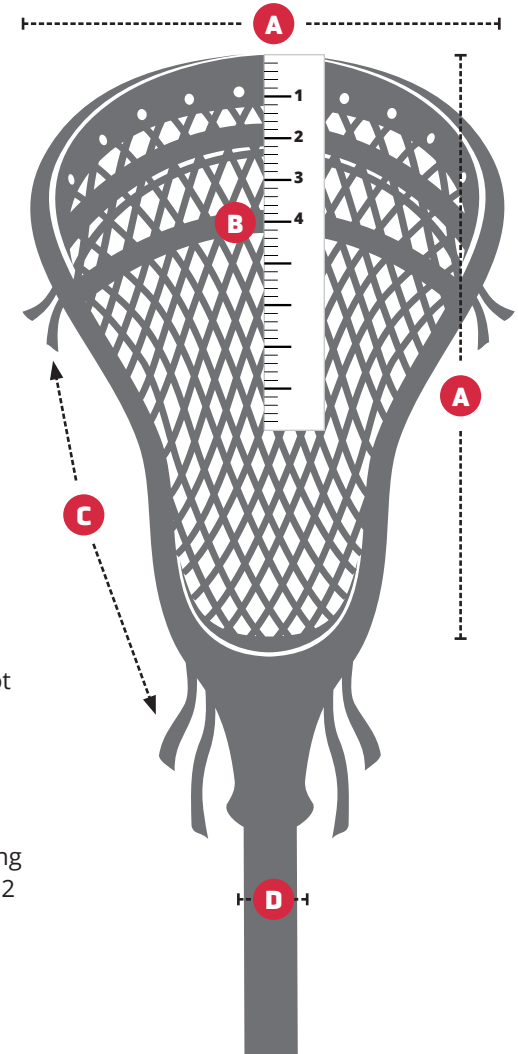
Any laces or strings must be within 4 inches of the top of the crosse head (this does not apply to goalkeepers).

C STRINGS OUTSIDE OF CROSSE

Any strings or leathers hanging off the crosse must measure 2 inches or less.

D CIRCUMFERENCE OF THE CROSSE HANDLE

No more than 3.5 inches.



POCKET CONSTRUCTION AND POCKET DEPTH TESTING

The pocket of the crosse must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through it or become wedged. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalkeepers).

E CROSSE LENGTH



AGE GROUP	MINIMUM - MAXIMUM LENGTH		
	SHORT POLE	LONG POLE	GOALKEEPER
6U	Should be no more than the distance from ground to player waist. No minimum.		
8U	37" - 42"	N/A	37" - 54"
10U	37" - 42"	47" - 54"	37" - 54"
12U	40" - 42"	52" - 72"	40" - 72"
14U	40" - 42"	52" - 72"	40" - 72"

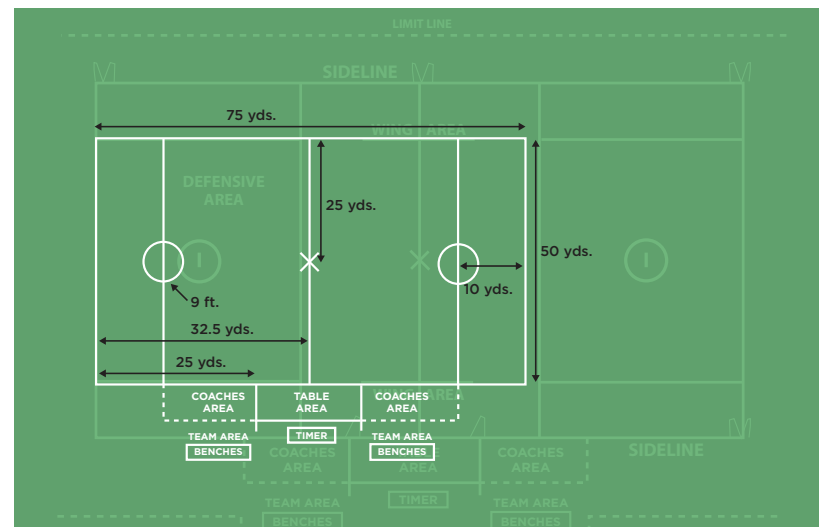
F GOALKEEPER CROSSE HEAD DIMENSIONS

All measurements must be taken on the front face of the crosse. There shall be one goalkeeper's crosse 10 to 12 inches, inside width at its widest point. The goalkeeper's crosse shall have a maximum length of 16.5 inches measured from the outside edge of the lacrosse head to the beginning of the throat. This crosse shall be used only by the required designated goalkeeper.

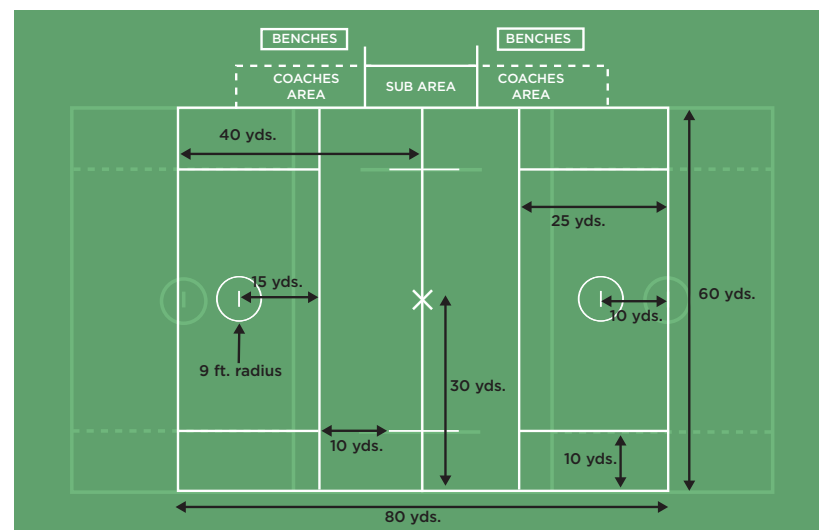
Appendix VI

ALTERNATE FIELD DIAGRAMS

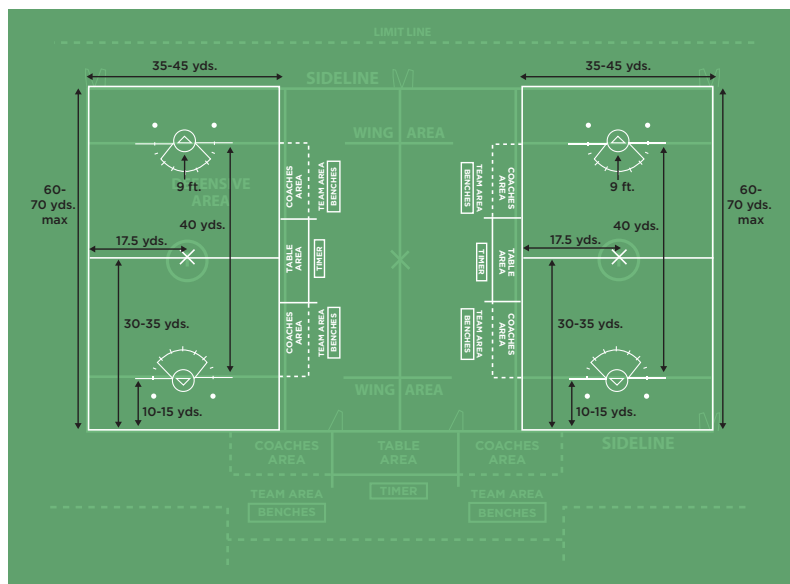
10U Shortened Field



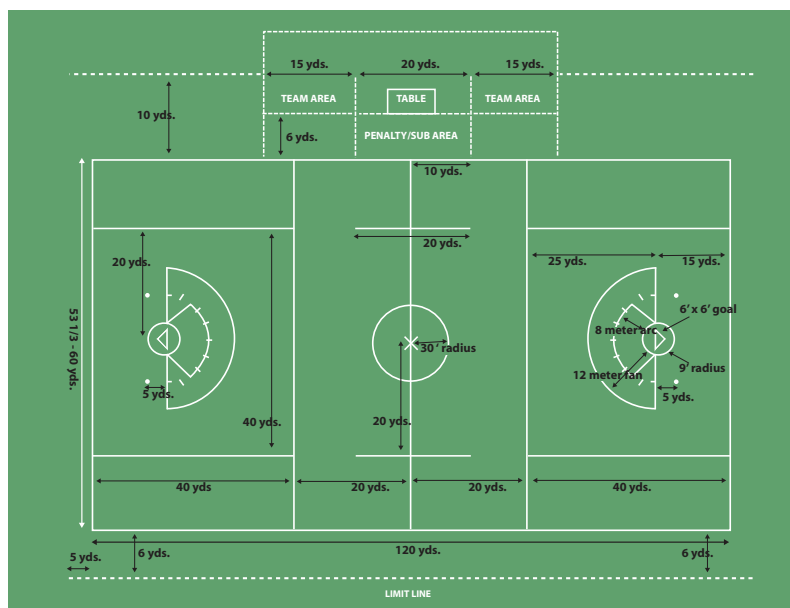
12U Shortened Field



Small-Sided Unified Field



120 Yard Unified Field – NFHS & Youth



Appendix VII

EXPERIMENTAL RULES

In order to test rule proposals that have been submitted to US Lacrosse, the Men's Rules Subcommittee is encouraging leagues and tournaments to try out the following experimental rules.

Extended Play During the Last Two Minutes (12U and 14U)

During a game with a low score differential and less than two minutes of time remaining, it is permissible to extend the length of the game for the team that is losing by the amount of penalty time being served by their opponent.

Eliminate the "Get it In and Keep It in" in Final Two Minutes

Eliminate the automatic get it in and keep it in procedure during the last two minutes of play and allow officials to determine when play is being stalled by using the existing rules of play.

Misconduct Fouls (Players Only)

Officials are permitted to issue misconduct fouls on players (5 Mins). A substitute player is allowed to replace a player serving a misconduct penalty immediately. That player may not return to the game until their full misconduct penalty has expired. If a player has a time serving foul in addition to a misconduct penalty, his teams in-home shall serve the time serving foul.

Prohibit Intentional Body to Body Contact During Loose Ball Situations

While the ball is loose on the ground, all players are required to play the ball and may not contact opposing players with body to body contact. Violations would result in a stoppage of play and possession awarded to the team entitled to possession.

Mercy Rule

If a team is ahead by six goals or more, the head coach of the team that behind has the option to restart the game with possession a free clear on its offensive half of the field in lieu of a faceoff. This shall be communicated to the game official after the 6-goal differential is met.

ZERO TOLERANCE

OF UNSPORTSMANLIKE BEHAVIOR

US Lacrosse advocates the adoption of a zero-tolerance policy to ensure a more rewarding lacrosse experience for all participants. Zero tolerance disallows complacency regarding unsportsmanlike behavior for coaches, officials, spectators, or players.

US Lacrosse encourages officials to penalize unsportsmanlike conduct from any constituent ranging from arguing calls, threatening individuals, profane or obscene language, belittling individuals, teams other participants, or any other behavior which seeks to intimidate or degrade others.



10U BOYS' YOUTH GAME ZERO TOLERANCE QUICK REFERENCE CARD (2020)

FIELD SIZE	CROSSE LENGTHS	(FP) 37' - 42" (GK) 37' - 54" (LP) 47' - 54' (3 max)
PLAYERS (6v6 OR 7v7)	GOAL SIZE	6' x 6'
FIELD PLAYER EQUIPMENT	GOALKEEPER EQUIPMENT	SEE 14U
LENGTH	OVERTIME	None
TIMEOUTS	COUNTS	4-sec GK only; no advance
FACEOFFS	SUBSTITUTION	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)
SCRUM	FOULING OUT	Extended w/3 or more players, use A/P
ADVANCING	STALLING	Not Used
OFFSIDES	3-YARD RULE	6v6 - none 7v7 - yes; >4 on offense, or >5 on defense (incl. penalty box)
ALLOWABLE BODY CONTACT (4.15)	Checking with Crosse (4.16)	A. Legal Holds B. Legal Pushes C. Boxing Out D. Riding E. Incidental
ILLEGAL BODY CHECKS	CHECKS TO HEAD/ NECK	Defenseless 2-3 NR, possible ejection
INTENTIONAL TARGETING	EJECTION PENALTY	Ejection +3 min NR for head/neck/defenseless 3 min NR (player) + leave 1 min NR (coach) + leave



12U BOYS' YOUTH GAME ZERO TOLERANCE QUICK REFERENCE CARD (2020)

FIELD SIZE	CROSSE LENGTHS	(FP) 40' - 42" (LP) 52' - 72" (3 max 7v7) (GK) 40' - 72"
PLAYERS (7v7 OR 10v10)	GOAL SIZE	6' x 6'
FIELD PLAYER EQUIPMENT	GOALKEEPER EQUIPMENT	SEE 14U
LENGTH	OVERTIME	4' sudden victory, switch
TIMEOUTS	COUNTS	GK 4 + 20s Def. + 10s Off.
FACEOFFS (7v7)	SUBSTITUTION	Full team sub after goals or every 1-3 mins during dead-ball
SCRUM	FOULING OUT	Personals = 3x or 5-mins
ADVANCING	STALLING	10 v 10 only see 14U Rules
OFFSIDES (7v7)	3-YARD RULE	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT (4.15)	CHECKING WITH CROSSE (4.16)	Lifepoke bottom hand or head of stick below chest area, OR downward check initiated below BOTH players' shoulders, no one-handed
ILLEGAL BODY CHECKS	CHECKS TO HEAD/NECK	2-3 NR, possible ejection
INTENTIONAL TARGETING	EJECTION PENALTY	3 min NR (player) + leave 1 min NR (coach) + leave



14U BOYS' YOUTH GAME
ZERO TOLERANCE QUICK REFERENCE CARD (2020)



8U BOYS' YOUTH GAME
ZERO TOLERANCE QUICK REFERENCE CARD [2020]

FIELD SIZE	Full field	CROSSE LENGTHS	(FP) 40'- 42" (GK) 52'- 72" (4 max) (LP) 40'- 72"
PLAYERS (10v10)	Same as NFHS	GOAL SIZE	6' x 6'
FIELD PLAYER EQUIPMENT	NOC SAE helmet, mouth guard, shoulder pads, arm pads, gloves shoes/ cleats, protective cup	GOALKEEPER EQUIPMENT	NOC SAE helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup
LENGTH	4x10' Running, 5' Half	OVERTIME	4' sudden victory, switch
TIMEOUTS	2 per H, OT (each team)	COUNTS	GK 4 + 20s Def. + 10s Off.
FACEDOFFS	Same as NFHS	SUBSTITUTION	Same as NFHS
SCRUM	N/A	FOULING OUT	Personals = 3X or 5-mins
ADVANCING	20s Def. + 10s Off. + over/back if after clear	STALLING	Final 2m: Get it in, keep it in = team allowed 1-4 goals
OFFSIDES (10v10)	>5 players in off; half >7 players in def; half (incl. penalty box)	3-YARD RULE	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT [4.15]	2 hands on stick below neck and above waist (See 3-yard rule)	Checking with Crosse [4.16]	2 hands on stick (See 3-yard rule)
ILLEGAL BODY CHECKS	Defenseless 2-3 NR, possible ejection	CHECKS TO HEAD/ NECK	2-3 NR, possible ejection
INTENTIONAL TARGETING	Ejection + 3 min NR for head/neck/defenseless	EJECTION PENALTY	3 min NR (player) + leave 1 min NR (coach) + leave

FIELD SIZE	L: 60-70 yds W: 35-45 yds (Cross-Field)	CROSSE LENGTHS	(FP) 37" - 42" (GK) 37" - 54" (LP) (None)
PLAYERS [4v4]	1 GK, 3 field	GOAL SIZE	3' x 3' (preferred) 6' x 6' (allowable)
FIELD PLAYER EQUIPMENT	See 14U	GOALKEEPER EQUIPMENT	SEE 14U
LENGTH	2x12' Running, 4' Half	OVERTIME	None
TIMEOUTS	None. Officials only	COUNTS	4-sec GK only; no advance
FACEDOFFS	No FO; Coin flip winner center-X. Others on own def. half >5 yds from each other. Other team ball start 2nd half.	SUBSTITUTION	Full team sub after goals or every 1-3 mins during dead-ball; no "on-the-fly"
SCRUM	Extended w/3 or more players, use A/P	FOULING OUT	Personals = 3x or 5-mins
ADVANCING	Not used	STALLING	Not used
OFFSIDES	None	3-YARD RULE	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT (4.15)	A. Legal Holds B. Legal Pushes C. Boxing Out D. Riding E. Incidental	CHECKING WITH CROSSE (4.16)	Lift/poke bottom hand or head of stick below chest area, OR downward check initiated below BOTH players' shoulders; no one-handed
ILLEGAL BODY CHECKS	Defenseless 2-3 NR; possible ejection	CHECKS TO HEAD/NECK	2-3 NR; possible ejection
INTENTIONAL TARGETING	Ejection +3 min NR for head/neck/defenseless	EJECTION PENALTY	3 min NR (player) + leave 1 min NR (coach) + leave

Notes:

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