

USATM
LACROSSE



BOYS' LACROSSE
YOUTH GUIDEBOOK

STANDARDS FOR SMALL-SIDED
AND FULL FIELD PLAY

2024



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USA LACROSSE RULES COMMITTEE

NAME	POSITION	LOCATION
Rick Lake	Yardley, PA	Chair
James Carboneau	Manlius, NY	National Rules Interpreter
Blake Wahrlich	Billings, MT	Member at Large
Keith Glock	Etters, PA	Member at Large
Dan Coronel	Las Vegas, NV	Member at Large
James Weaver	Indianapolis, IN	NFHS Staff
Caitlin Kelley	Sparks, MD	USAL Staff

USA Lacrosse has zero-tolerance for unsportsmanlike behavior including any language or actions that are derogatory, discriminatory or hateful in nature. USA Lacrosse requires officials to penalize unsportsmanlike conduct with game ejection or red card. This behavior can include discrimination based on race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

USA Lacrosse encourages organizations, leagues, and tournaments to adopt the new anti-harassment and discrimination policy found in the Appendices of this rulebook or online.

For questions, interpretations or suggestions about the USA Lacrosse rules, please contact:

Questions and Interpretations: boysrules@usalacrosse.com

Rule Change Suggestions: usalacrosse.com/rules/submit-a-rule-change

If you have questions about officiating mechanics or are interested in learning more about the USA Lacrosse Officials Education Program contact:

USA Lacrosse Officials Education: officials@usalacrosse.com

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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 USA Lacrosse Foundation

With a primary focus on the youth level, USA 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 USA Lacrosse online training or in-person instructional clinics.

Train and Certify Officials – USA Lacrosse has more than 700 certified officials trainers and 350 certified officials observers to help improve the quality of officiating.

Create Opportunities to Play – USA 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 – USA Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.

Educate the Lacrosse Community – The USA Lacrosse National Convention has grown to bring more than 7,000 coaches, officials, administrators, and fans together each year.

MISSION

As the governing body of lacrosse in the United States, USA 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.



SAFETY AND RESPONSIBILITY

The USA Lacrosse Men's Game Rules Subcommittee is responsible for reviewing and maintaining the rules of boys' lacrosse for youth (14 and under) play. USA Lacrosse offers the public the opportunity to suggest rule changes to the USA Lacrosse Rules Committee through written submission by May 1 each year. Each June, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Boys' Rules are then voted on by the USA Lacrosse Board of Directors and are issued under the authority of USA Lacrosse as the official rules for youth boys' lacrosse.

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 USA Lacrosse 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 USA 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.

RULE CHANGES

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » **1-6-2** Distinguishes the field player crosse from the goalkeeper crosse specifications into a separate article.
- » **1-9-1** Specifies that certain pieces of equipment shall be worn as the manufacturer intended and shall be specifically designed for lacrosse. Additionally, clarifies that the jersey numbers shall contrast from the body of the uniform and be of a single solid color.
- » **1-9-3** Deleted, as it is more clearly defined in 4-24-7.
- » **2-2** Allows for multiple captains to be designated before the start of the contest.
- » **2-7-2** Deletes language around the responsibilities of the CBO in counting crosses. This also clarifies that the CBO should be counting the number of long crosses on the field without the need for a coach request.
- » **2-8-1** Deletes language around the CBO responsibilities under Timekeeper.
- » **3-3** Adds “get it in,” which is used during play but not specified.
- » **4-3-3** Defines what is considered an illegal body check during the faceoff and eliminates “immediately.”
- » **4-3-2, 4-6-3** Reduces the number of instances that rely on alternate possession.
- » **4-9-2, 4-9-3** Appropriately moves language from 4-9-2 into 4-9-3.
- » **4-22-1** Illegal Procedure is the more appropriate designation.
- » **4-24-11** Specifies that a player must leave the field if their helmet comes off during play and cannot return until the next dead ball after play continues.
- » **5-4-2** Gives an additional option in penalizing contact to the head/neck area that is deemed to be indirect.
- » **5-6** Eliminates unnecessary language around gloves. The altering of gloves in relation to the palms/fingers is not as the manufacturer intended and thus does not need clarifying language.
- » **6-1** Clarifies language around a penalty against a team that does not have possession of the ball.
- » **6-6-4** Adds language on conduct fouls to a more appropriate spot in the book.

YOUTH ONLY CHANGES - Rules Distinct from High School

- » **HS New Rule (5-4-2)** USAL Youth Rules will not follow the change to a one-minute penalty option at the High School level. The youth committee felt that the stronger two-minute penalty remained a better option to control play.
- » USAL Youth Rules passed an allowance of one-handed stick checks for 12U and 14U youth play. The committee felt that the penalties around slashes were in place to ensure safe play and that the allowance of one-handed checks at this 14U and 12U level was an important part of the safe progression of skills for the player.

POINTS OF EMPHASIS FOR 2024

Crosse Prohibitions

Due to current innovations in the construction of crosse design, along with stringing at the bottom of the crosse which is designed to withhold the ball from play, the NFHS Boys Lacrosse Committee felt it necessary to emphasize Rule 1-8 (Crosse Prohibitions): Additionally, per Rule 1-8, no player may use a crosse that has stringing that retards the normal and free dislodgement of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the sidewall (this prohibition does not apply to the goalkeeper's crosse). A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed. A broken crosse is considered as no crosse.

Eyeshade

The NFHS Boys Lacrosse Rules Committee has aligned with other sports to standardize the use of eyeshade. Eyeshade (grease or non-glare strips or stickers) shall be a solid stroke and may not include words, numbers, logos or other symbols. It should be emphasized that eyeshade that extends outside the eye socket or below the cheekbone is prohibited. A player found to be in violation of the eyeshade rule (1-10-1h) will be subject to a one-minute non-releasable personal foul for illegal equipment.

Properly Worn Mandatory Equipment

Athletes are often influenced by what they see at the college and professional levels. Recently, players have started to emulate what they have seen at these levels with the wearing of improper equipment. The NFHS Boys Lacrosse Rules Committee believes the safety of high school student-athletes is paramount. Therefore, an emphasis will be placed on players wearing mandatory equipment properly. This includes the wearing of helmets, arm pads, shoulder pads, and mouthpieces as the manufacturer intended. NEW: The chinstrap shall be worn under the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). Rule 5-6: A player may not use equipment that does not conform to specifications. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul.

Checks Involving the Head/Neck

The NFHS and USAL Boys Lacrosse Rules Committees continue to emphasize the safety of a player's head and neck. When the initial force of the contact is through the body of the opponent and then slides up to the head and/or neck area, this will be considered indirect contact to an opponent's head and/or neck. The result shall be a one-minute non-releasable penalty to the offending player. Players who make direct contact to an opponent's head and/or neck shall receive a two-minute non-releasable penalty. Players who make excessive or flagrant contact to an opponent's head and/or neck shall receive a three-minute non-releasable penalty and/or possible ejection.

HIGH SCHOOL VS. YOUTH RULES

The high school and youth rules are nearly the same, however some modifications are made for safety and to benefit the development of youth athletes. The following points are some key differences that officials should know between high school and youth lacrosse.

- » No "Take Out" Body Checks
- » Targeting Fouls
- » Fouling Out
- » The 3-Yard Rule
- » One-handed checks are a penalty at 10U and below
- » Slow Whistle Situations

PERSONAL and EJECTION FOULS

PERSONAL FOULS

These 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.

- » CROSS-CHECK*
- » ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/ NECK*
- » TARGETING*
- » ILLEGAL CROSSE*
- » USE OF ILLEGAL EQUIPMENT*
- » SLASHING*
- » TRIPPING*
- » UNNECESSARY ROUGHNESS*
- » UNSPORTSMANLIKE CONDUCT*
- » FOULING OUT *
- » EJECTION*
- » MISCONDUCT*

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



RULE 6: TECHNICAL FOULS

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

PENALTY: 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.

Time Serving Penalty - If a team had possession of the ball the offending player shall sit in the penalty area for 30 seconds.

- » CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*
- » HOLDING*
- » ILLEGAL OFFENSIVE SCREENING*
- » ILLEGAL PROCEDURE*
- » CONDUCT FOUL*
- » INTERFERENCE*
- » PUSHING*
- » WARDING OFF*
- » WITHHOLDING BALL FROM PLAY*
- » MISCONDUCT*

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



SMALL-SIDED PLAY

Small-sided play ranges from introductory play without equipment (Flex6) to modified youth play, to Sixes (the World Lacrosse/Olympic variant). Small-sided or cross-field play provides a great safe and fun introduction to the game for youth players. The fun and skill development of small-sided games can meet the needs of any player. These games have less than 12 players on each team on the field. In addition to fewer players, small-sided play uses smaller fields or spaces and shorter games, and some different rules to optimize the game for fun and development.

Small-sided play is founded on the principles of the Athlete Development Model (ADM). An approach to skill and sport development that was formally adopted by the USOPC in 2014 as official guidance for youth sports. Playing with less players on the field provides more opportunities for each player to touch the ball, be engaged in the play and assists with overall player development. The science behind ADM promotes more skill development in a more athlete-centered experience. More fun and more development are the end results of small-sided play. With less players on the field, each player is more engaged in play in the immediacy of the game, this fosters the decision-making speed and mental response to game situations also a critical development piece for the player. Individual skill development is maximized, with more repetitions and more experience of success. ADM is blueprint for growth through skill development and fun for the athlete, especially the pre-teen to middle and high school age player.

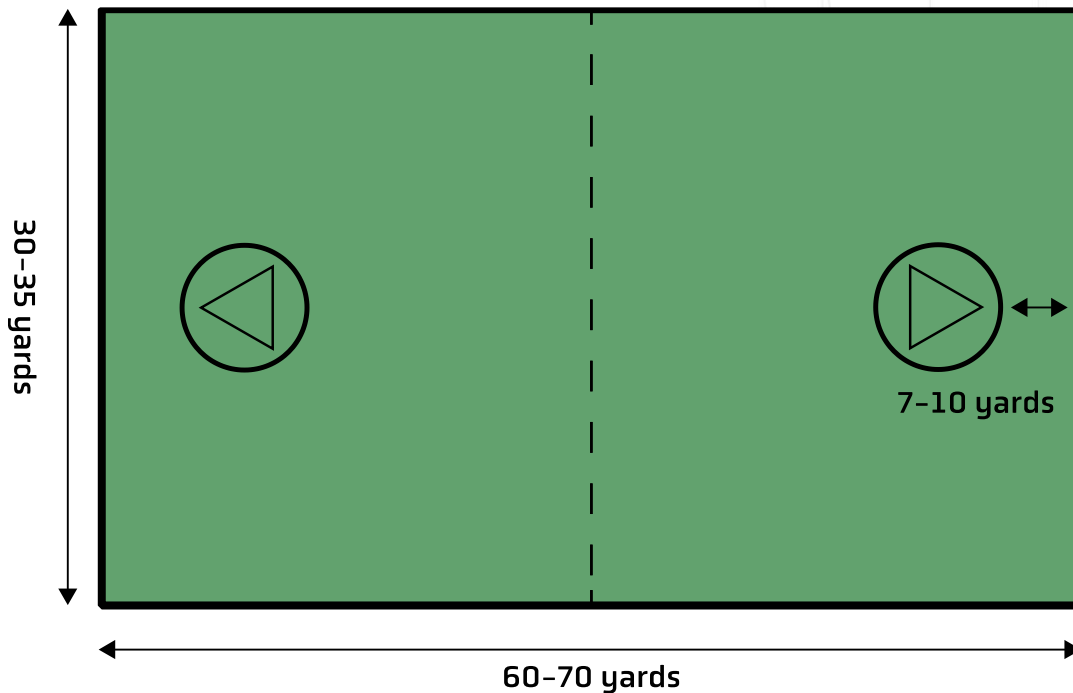
Note: USA Lacrosse recommends small-sided play for players and teams in the 10U, 8U and 6U brackets.

FLEX6 LACROSSE RULES & GUIDELINES

Flex6 represents the foundational small-sided game with no protective equipment needed. As the name suggests, Flex6 is FLEXIBLE. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

THE GAME, PLAYING AREA AND SPACE

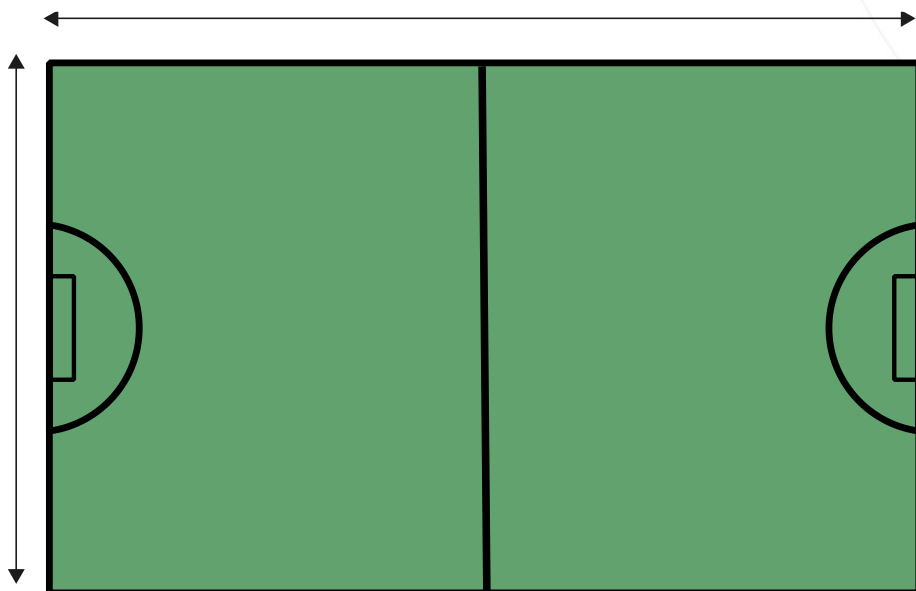
Basic Field Configuration



Cross-Field on a traditional sports field



Basketball or Tennis Court Configuration





EQUIPMENT

The Ball

A soft pink/orange (aka “Pinkie”) ball or tennis ball. Do not use standard lacrosse balls.

The Lacrosse Stick (Crosse)

Girls’, boys’ or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

Player Equipment

A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls.

GAME PERSONNEL

Number of Players

No more than 6v6 on the field at a time.

There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.

Officials

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.

TIME OF THE GAME

Length of the Game

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

Overtime

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.

PLAY OF THE GAME

Starting the Game and Overtime

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting. The team that loses the coin toss can choose which side they will defend first.

Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds.

Goal Scored

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal circle is used, the player cannot cross into the goal circle on the shot. No goal if a shot originates in the defensive half of the field.

Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the goal circle to resume play.

Change of Goals

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.

Substitutions

Substitutions during play are permitted.

Fouls

1. No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. No covering the ball with your stick or body.
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).



8. No dangerous follow through with the stick on a pass or shot.
9. No moving or blind picks.

The penalty for a foul is change of possession.

The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length away from the player in possession of the ball; however, the player with the ball does not need to wait for this to occur.

If a player repeatedly fouls or is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

Violation on a Shot

If a foul by the defense occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

Unsportsmanlike Conduct

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

OPTIONAL MODIFICATIONS

- » A minimum pass rule may be added before shooting.
- » Ground balls may only be contested 1v1.
- » One player stays back on defense behind the midline of the area of play.

SMALL SIDED YOUTH PLAY

6 U A N D 8 U

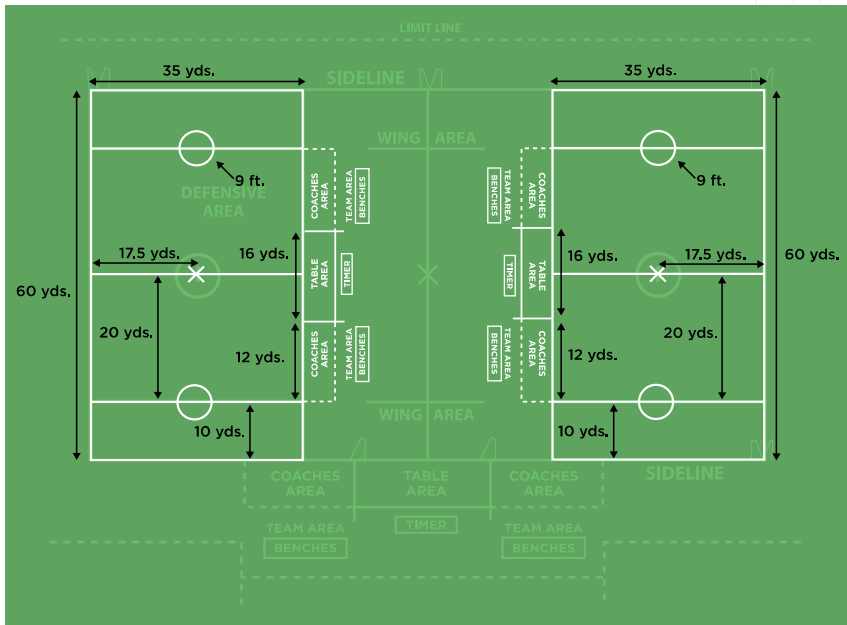
GAME SUMMARY AND EQUIPMENT GAME SUMMARY, EQUIPMENT and RULES MODIFICATIONS

4v4 (cross field)

- » 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 is 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

THE PLAYING AREA AND GOALS

The Field Diagram



LENGTH AND WIDTH

The maximum playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. An 8-meter arc and restraining line are not required for this level of play. Note: Flat disc cones may be used to designate the playing area if field lining is an issue.

GOAL CIRCLE

The goal circle marked with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

GOALS

A 3'x3' with securely affixed netting is recommended but a HS goal is allowed.

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.

THE LACROSSE STICK

Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth. A boy's field crosse specification (see Appendix B) are legal for play. Whichever stick specification is used must still adhere to the pocket construction and depth testing requirements.

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.

OFFICIALS

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

TIME FACTORS

A competition will consist of two 12-minute running time halves, with a 4-minute halftime period. No overtime play.

START OF GAME

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.

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.

RESTARTING PLAY AFTER A GOAL

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.

NO RESTRAINING LINE OR OFFSIDE FOULS

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.

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

TIMEOUTS

There are no team timeouts permitted at 8U.

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.



SMALL SIDED YOUTH PLAY

10U

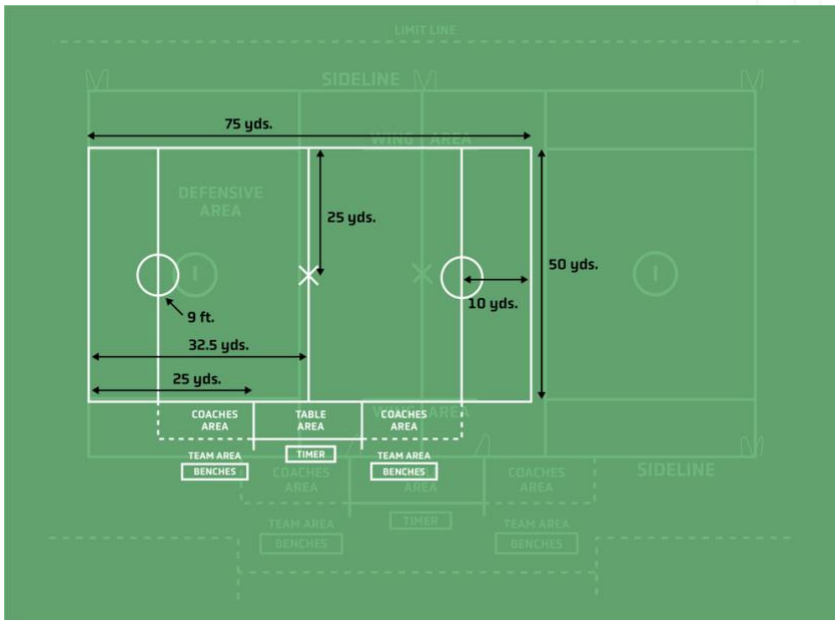
CHANGES FROM 6U/8U TO 10U

- » 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

THE FIELD DIAGRAM



GAME PERSONNEL

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.

OFFICIALS

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



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.

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 timeout, 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 goal differential reverts to less than 12 goals, the running clock shall continue until the end of the game.

After the first half, once the goal differential reaches 12 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff. If the score reverts to 6 goals or less, normal faceoff rules will apply.

OVERTIME

No overtime play at 10U.

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.

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.

LEGAL CHECKING WITH 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:

- » Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- » Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.



- » Downward check initiated from below both players' shoulders.

TIMEOUTS

No team timeouts permitted at 10U.

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.

SIXES

ADVANCED SMALL-SIDED STANDARDS

based on World Lacrosse Sixes Rules with modifications for USAL Youth Play

Highlighted USA Lacrosse Modifications for play:

- » Equipment that must be worn:
NOCSAE Lacrosse helmet and NOCSAE ND200 Lacrosse chest protection
- » **Timing:** Modifications suggested for shot clock and ball advancement for younger age sets. Outlined in the rules section below.

General Rules Overview

The Field

35-55(W) x 55-75(L)

Equipment

- » Mouthguard, Gloves, helmet w/ facemask and chinstrap, and NOCSAE ND200 chest protection are all mandatory, all other equipment is optional.
- » Goalkeeper (GK): Mouthguard, helmet w/ facemask and chinstrap, throat guard, ND200 chest protector, cup mandatory.
- » Crosses/Sticks: Short Sticks Only & and pockets may be checked during the game.

Personnel

- » Team: Up to 14 players total on roster with a minimum of 1 GK; Must have 6 (including GK) to start a game. 5 field players and 1 GK per team on the field.
- » GK required on the field at all times (GK may not cross the center line)

Timing

- » Four 8-minute quarters: Running time (change ends each quarter)
- » 2-minute break between 1st and 2nd quarter and 3rd and 4th quarter
- » 4-minute half time between 2nd and 3rd quarter
- » Sudden Victory Overtime
 - 4 minutes of stopped time until a goal is scored.

- 2-minute break between periods

Shot Clock (if available)

- » 30 second shot clock shall start when a team gains possession
- » Resets when:
 - The shot hits the GK (within the crease) or Pipe
 - Restarting after officials assess a time-serving penalty
 - Change of possession
 - After a goal is scored
 - Stopped play for a defensive injury
 - The end of a quarter unless possession is retained due to an extra player situation
 - Any loose ball technical foul by the defense

Best Practices for No Visible Shot Clock

Table personnel or official uses stopwatch for 30-second clock, calling out time in 5-second increments, sound horn at zero.

Recommended Age Modifications

AGE GROUP	SHOT CLOCK	BALL OVER MIDFIELD
5 th , 6 th	30 second	No count
7 th , 8 th	30 second	10 second
High School	30 second	10 second

Starts and Restarts

- » Each Quarter and Overtime period will begin with a draw at the center of the field.
- » Except when last quarter ended with an extra player situation, the team who ended the period with possession will be awarded possession same relative position on field to start next quarter.
- » Play starts and stops on an official's whistle (NO SELF STARTS)

- » All players must be at least 2 meters away for free positions.
- » “Penalty Dot” Area near the midfield line is used to start play after the administration of time-serving penalties.
- » Following a goal; the GK must retrieve the ball within 5 seconds; the official whistles the start and the GK has 5 seconds to clear the ball out of their crease.

Out of Bounds

- » An out of bounds ball is awarded to the team that did not cause the ball to go out of bounds, including shots on goal.
- » Note: All boundaries are whistle started; Official determines the player being awarded the ball
- » The restart takes place 2 meters in bounds.

Types of Fouls

Minor Fouls

(Green Card: 30 second time-serving penalty if the offending team does not have possession. If the offending team has possession, the penalty is a loss of possession and a whistle start at spot of the ball.)

- » Interference (with stick or body)
- » Pushing
- » Illegal Pick
- » Holding
- » Withholding the ball from play
- » Illegal actions with the stick (Contact with horizontal stick in USA is illegal)
- » Illegal action by team official (coach, trainer)
- » Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
- » Illegal Equipment
- » Offsides only on Goalie
- » Warding

Major Fouls

(Yellow Card: 1 minute time-serving penalty)

- » Illegal Body Check
- » Slashing



- » Cross-check
- » Tripping
- » Unnecessary Roughness
- » Illegal Stick
- » Unsportsmanlike Conduct
- » Illegal Crease defending

Expulsion Fouls

(Offending Player leave game & In-Home serve 2-minute time serving penalty)

- » Fighting
- » Using threatening, abusive language or misconduct towards the officials.
- » Deliberately body checking in the head, neck area or from behind.

NOTE: Penalty time shall begin once the offender is seated in the penalty area; all time serving penalties are not releasable.

Over and Back

Once a ball is in a team's offensive half of the field it cannot return to the defensive half of the field through actions of the offensive team.

- » Offensive player may bat the ball to keep it in offensive zone.
- » If the ball does touch or cross center line, there is an immediate change of possession and a quick re-start for non-offending team.
- » No violation if off of a shot, loose ball last touched by defense or a loose ball that is leaving offensive zone and defense is called for a loose ball foul (play-on).

FULL FIELD PLAY

12 U / 14 U

CHANGES FROM 10 TO 12U/14U

- » Players on the field increase to 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
- » One-handed checks are legal

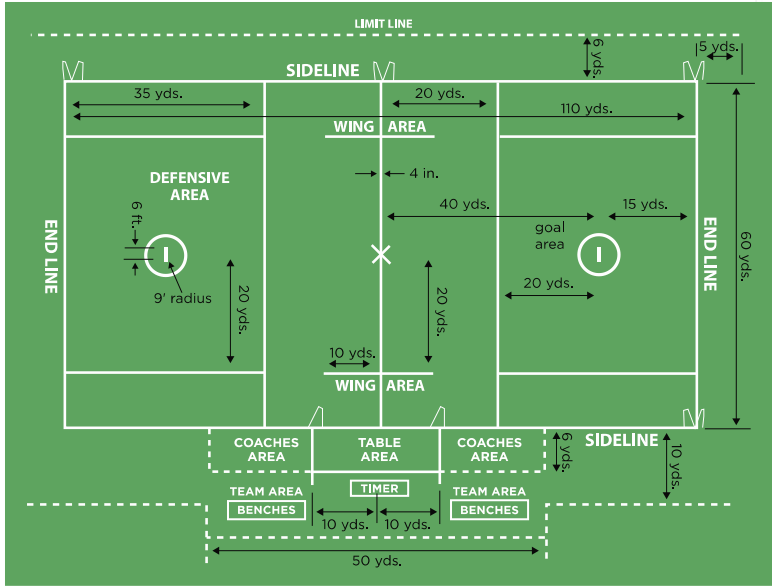
12U BOYS' RULES OVERVIEW

- » 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

14U BOYS' RULES OVERVIEW

- » Full stick checking legal
- » Body checking legal
- » No 'Take-Out' body checks
- » Targeting fouls are 3-minutes NR fouls with an automatic ejection
- » Players foul out with 3 personal fouls or 5 minutes of personal fouls
- » Player contact is legal within 3 yards of a loose ball
- » 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.

The Field Diagram



MODIFICATIONS

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 timeout, 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 goal differential reverts to less than 12 goals, the running clock shall continue until the end of the game.

After the first half, once the goal differential reaches 12 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff. If the score reverts to 6 goals or less, normal faceoff rules will apply.

APPENDIX A

DEFINITION OF TERMS

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:

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.

A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.

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:

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.

During play, the coaches' area is restricted to coaches. All other personnel shall stay outside the coaches' area.

A player, coach, athletic trainer, or other people officially connected with a team shall not:

- Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
- Object, argue or gesturing regarding a decision by an official.
- 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 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:

Use the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder-width apart
Step on the crosse of an opponent.

Hold an opponent with his crosse.

Hold or pin an opponent’s crosse against the body of the opponent with his crosse.

Hold an opponent with his free hand that is off the crosse.

Hold the crosse of the opponent using any part of his body.

Use his crosse to hold or pin an opponent’s crosse to the ground.

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

An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.

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.

A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball

A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

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:

Body checking of an opponent not in possession of the ball or within three yards of a loose ball

Body checking of an opponent from the rear, at or below the waist, or above the shoulders

Body checking of an opponent who has any part of his body other than his feet on the ground.

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 B. 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 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:

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.

Illegal actions with crosse – A player shall not:

Throw his crosse other than at a ball, other players, or game personnel, which are all unsportsmanlike conduct fouls.

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.

Intentionally kick an opponent's crosse.

Exchange his crosse with that of a teammate during live play while the ball is in either crosse.

Avoidable lateness of team

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

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.

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.

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.

Participation in the play of the game by a player out of bounds. Any player not in their specified restraining area at the time the whistle is blown to start play at the time of a faceoff.

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

Any violation of the rules for substituting players. Any violation of the rules relating to the goal-crease area.

Any violation of the rules for time-outs.

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

Violation of the rules on positioning for a faceoff.



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.

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

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

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.

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

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

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

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.

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

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

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. A ball in the air or on a pass or a shot is a loose ball at all times, including after the horn sounds to end a period.

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

MISCONDUCT: At the discretion of officials, a five-minute misconduct penalty may be appended to a technical or personal foul on a player. A substitute is permitted for the player serving a misconduct penalty when that player’s penalty time other than the misconduct penalty is released. A player serving a misconduct penalty shall remain in the table area for the full duration of the misconduct penalty time, regardless of the number of goals scored.

Misconduct penalty time begins when the player’s penalty time other than the misconduct penalty is released.

Misconduct penalty time does not count toward the five minutes of personal foul time for the purposes of fouling out.

Misconduct penalties do not count as unsportsmanlike conduct penalties for the purposes of ejection.

As is the case with all time-serving penalties, any misconduct penalty remaining at the end of a period shall carry over into subsequent periods

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:

Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether contact occurs.

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.

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.

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 minute 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:

An excessively violent infraction of the rules against holding and pushing.

Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position. 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.

A check with the gloved hand or hands delivered using a punching blow.

A take-out check.

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

UNSPORTSMANLIKE CONDUCT:

Repeatedly commit the same technical foul.

As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.

As a substitute, intentionally fail to comply with the rules for entering the field of play.

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.

A coach who is on the field and obstructs play.

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

Arguing with an official regarding a call they made or attempting to influence the decision of an official.

Use threatening, profane, or obscene language or gestures at any time during the game.

Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.

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.

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 is a 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.

APPENDIX B

CROSSE SPECIFICATIONS

LACROSSE HEAD SPECIFICATIONS

A. Head dimensions

The crosse shall not have protrusions or sharp edges. 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

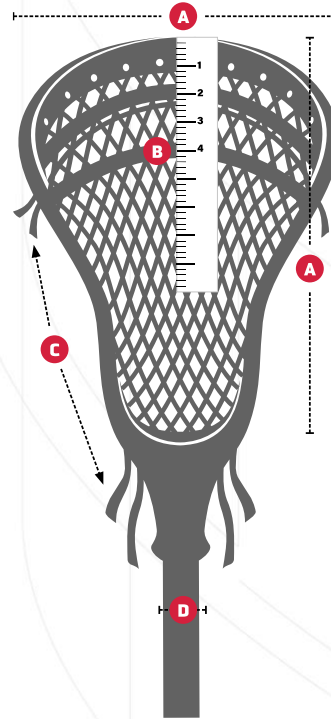
Any laces or strings must be within 4 inches of the top of the crosse head (this does not apply to goalkeepers).

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.



E. 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 larger than 1.68 inches in diameter (i.e., an American golf ball) 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).



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"

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 C

INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the summer Rules Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from USA Lacrosse (usalacrosse.com). The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the youth rules put forth by the Rules Committee must be presented to the USA Lacrosse Boards of Directors for final approval.

APPENDIX D

BLOOD POLICY

FROM THE NFHS GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- » An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- » Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.

APPENDIX E

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

- » Assign staff to monitor local weather conditions before and during events.
- » Develop an evacuation plan, including identification of appropriate nearby shelters.
- » Develop criteria for suspension and resumption of play:
- » 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.
- » 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.
- » Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- » Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the USA Lacrosse web site at [usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](https://www.usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)

APPENDIX F

CONCUSSIONS

CONCUSSION RECOGNITION TOOL 5

To help identify concussion in children, adolescents, and adults

RECOGNIZE & 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.

Remember these key elements while approaching the potentially head-injured player on the field:

- » 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.

STEP 1: RED FLAGS — CALL AN AMBULANCE

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

- » 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 (May want to put in layman's terms for non-healthcare providers: something like "Decreasing ability to stay awake, disoriented")
- » Vomiting
- » Increasingly restless, agitated, or combative
- » One pupil larger than the other (listed on CDC Danger Signs)

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

USA LACROSSE CODE OF CONDUCT

OVERVIEW

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago and, through the sport, they celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern sport, USA Lacrosse has partnered with the Positive Coaching Alliance to establish and promote positive coaching and good sportsmanship at all levels of lacrosse. The following Code of Conduct is included as part of the US Lacrosse membership application to encourage and foster appropriate values in players, coaches, officials, parents and spectators, as well as those who are involved in any way with US Lacrosse.

CODE OF CONDUCT

US Lacrosse believes that it should be a priority of every player, coach, team, program and league to “Honor the Game”. Players, coaches, officials, parents and spectators shall conduct themselves in a manner that “Honors the Game” and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are honesty and integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport’s development and help to assure a consistently positive experience for participants. The Code of Conduct’s components are as follows:

- » Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- » The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- » The safety and welfare of players are of primary importance.
- » Coaches must always be aware of the tremendous influence they have on their players, and shall strive to be positive role models in dealing with young people they serve.
- » Coaches shall always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, parents and spectators.
- » Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- » Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect among other participants.
- » Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through established channels, policies and procedures, but never on the field in public view.
- » Officials shall conduct themselves as professionals and in a manner that demonstrates courtesy and

fairness to all parties while exercising their authority on the field.

- » Adults involved with the sport will not permit anyone to openly or maliciously criticize, harass or threaten an official.
- » Coaches, officials and players have a responsibility to know and follow the letter and spirit of the appropriate rules of play. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- » Eligibility requirements, which have been established at all levels of the sport to maximize participation, encourage fair play and promote safety, shall be followed.



APPENDIX H

ANTI-HARASSMENT AND DISCRIMINATION POLICY AND CORRECTIVE ACTION PLAN

TEMPLATE FOR LEAGUES AND LACROSSE ORGANIZATIONS

USA Lacrosse prohibits and will not tolerate acts of harassment, discrimination, and bullying. Harassment, discrimination or bullying means any gestures, any written, verbal or physical act, or any electronic communication, whether a single incident or a series of incidents that:

Are reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, ethnicity, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Takes place in relation to any program function or team; and that a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a player or damaging the player's property, or placing a player in reasonable fear of physical or emotional harm to his/her person or damage to his/her property.

Has the effect of insulting or demeaning any player or group of players or creates a hostile environment for the player by interfering with a player's participation or by severely or pervasively causing physical or emotional harm to the player. (N.J.S.L 18A:37-14)

This Anti-Harassment and Discrimination Policy is embedded into each participant's Code of Conduct and must be signed by all participants prior to the start of each season. The USA Lacrosse commitment to

anti-harassment is also shared publicly on our program website. We ask that all families review this policy against harassment, intimidation and bullying with their children. Together we can ensure that all children and families have a better understanding of the issue and can help make playing experiences enjoyable for all.

The Corrective Action Plan is a multi-step system designed to forgive a mistake but also protect student-athletes, provide education and firmly address chronic misbehavior. Any participant, parent, or volunteer may file a grievance when necessary. All grievances should be written and directed through the following sequence of authorities:

CORRECTIVE ACTION PLAN FOR LEAGUE PARTICIPANTS

If a coach, parent or official is notified of participant misconduct, they should report the allegation in writing within 24 hours of the incident to the league's board of directors or leadership. Complaints may also be made in person during a game or event but should also be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification. If the accused party is from another program or league, the board or league leadership will contact the accused participant's program to share the accusations and request resolution for both parties.

After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all board members for a vote. Participants who are found guilty of violating the anti-harassment and discrimination policy will be subject to disciplinary action. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review.



If no resolution is found, an additional ethics complaint may be filed with the USA Lacrosse Ethics Advisory Subcommittee online at usalacrosse.com/ethics-advisory-subcommittee. The USA Lacrosse EAS seeks to develop resources and standards for the national lacrosse community, as well as investigate and manage ethical issues that arise within the organization. NOTE: All prior steps must be taken before submitting an ethics complaint with USA Lacrosse. Complaints that do not adhere to this process will not be considered.

For minor or repeat violations of the Anti-Harassment and Discrimination Policy or expectations, these steps will be followed:

STEP 1 – VERBAL WARNING.

Coach and/or board members will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated.

STEP 2 – GAME SUSPENSION.

The board or league leadership will suspend the offending player for a predetermined number of games depending on the severity of the incident. The player and supervising parent/adult must attend a meeting with the coach and at least one board member to discuss appropriate behavior and next steps before the player can resume playing. The player will be warned that the next offense will result in his/her expulsion from the program*.

Participants 14 years and older will be required to complete USA Lacrosse's Cultural Competency training prior to return.

STEP 3 – EXPULSION.

The participant on the 3rd offense will be expelled from the league or program and no refund will be given. The board or league leadership will also document this disciplinary action in writing and forward the incident to the team coach or administrator within 24 hours of decision.

**These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against participants and could result in immediate game suspension or expulsion. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.*

CORRECTIVE ACTION POLICY FOR PARENTS AND ADULTS

Family involvement is vital to the development of young athletes. Whether sitting in the stands, or helping as a volunteer, we want families to set a positive example. Parents and adults who do not follow the Anti-Harassment and Discrimination Policy will be subject to a Corrective Action Plan. Any parent or adult may file a grievance when necessary.

All grievances should be written and directed through the following sequence of authorities:

If a parent, coach, staff member, volunteer, official or fan is the victim of harassment, discrimination or bullying, the victim must report the allegation in writing within 24 hours to the board of directors or league leadership. Complaints may also be made in person during a game or event but should be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

If a coach or official is notified of misconduct, they are obligated to report the allegation in writing within 24 hours to the board of directors or league leadership.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification.



After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all administrators for a vote. All who are found guilty of violating the Anti-Harassment and Discrimination Policy will be subject to disciplinary action. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.

For any violations of the Anti-Harassment and Discrimination Policy, the following steps will be taken:

STEP 1 - VERBAL WARNING AND GAME SUSPENSION.

A board or league administrator will discuss undesirable conduct with the accused and stress that this behavior will not be tolerated. A board member or league administrator will meet with the team coach and/or program administrator and the accused to discuss proper behavior. The board or league leadership may also choose to suspend the accused for a certain number of games depending on the severity of the incident.

Furthermore, there will be a formal letter of reprimand given to the accused stating that the next offense will result in banishment from all program or league events*

The accused will also be required to complete USA Lacrosse's online Cultural Competency training prior to returning.

STEP 2- SEASON EXPULSION.

The accused will be banned from attending all contests after a 2nd offense. The accused will then have to make a formal request to be reinstated into the league or program prior to the start of the following season.

**Severe situations could merit harsher sanctions and could result in immediate game suspension or expulsion. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review. If warranted, a police report may be required or strongly recommended.*