

"In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects **stricter enforcement** of the Cross Check, Illegal Body Check, Checks involving the Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules than is common at the High School level."

## 2022 Boys Youth Lacrosse Rules Guide

Updated March 2022

Rule	8U & 10u small field	10U Full field	12U	14U
<b>Length Of Game</b>	(4) 12 Minute running or 8 minute stop quarters	(4) 12 Minute running or 8 minute stop quarters	(4) 10 Minute Stop quarters	(4) 10 Minute Stop quarters
<b>Overtime</b>	No Overtime	No Overtime	4 Minute Overtimes -- 2 Max	4 Minute Overtimes until sudden victory
<b>Timeouts</b>	Two 2-minute timeouts per half	Two 2-minute timeouts per half	Two 2-minute timeouts per half	Two 2-minute timeouts per half
<b>Cross Specifications</b>	37" - 42" for all players. No long poles Hanging strings limited to 2" New head size - not enforced	37" - 42" for all players. No long poles Hanging strings limited to 2" New head size - not enforced	NFHS Rules  Hanging strings limited to 2" New head size - not enforced	NFHS Rules  Hanging strings limited to 2" New head size - not enforced
<b>Equipment**</b>	Goalie arm pads optional Protective cup required NO Hockey helmets	Goalie arm pads optional Protective cup required NO Hockey helmets	Goalie arm pads optional Protective cup required NO Hockey helmets	Goalie arm pads optional Protective cup required NO Hockey helmets
<b>Uniforms</b>	Game Jerseys and colors should not be strictly enforced. Home team is responsible for contrasting colors.	Game Jerseys and colors should not be strictly enforced. Home team is responsible for contrasting colors.	Game Jerseys and colors should not be strictly enforced. Home team is responsible for contrasting colors.	Game Jerseys and colors should not be strictly enforced. Home team is responsible for contrasting colors.
<b>Advancing the Ball</b>	No defense or offensive Counts Goalie: 4 second count	No defense or offensive Counts Goalie: 4 second count	Defensive: 20 second count Offensive: 10 second count Goalie: 4 second count	Defensive: 20 second count Offensive: 10 second count Goalie: 4 second count
<b>Final 2 Minutes</b>	Stalling rule will be waived	Stalling rule will be waived	During the final 2 minutes of regulation play, stalling rules are in effect for the team that is ahead by 4 goals or less. When the score differential is 5 goals or more, neither team is forced to keep the ball in the goal area unless warned to "keep it in"	During the final 2 minutes of regulation play, stalling rules are in effect for the team that is ahead by 4 goals or less. When the score differential is 5 goals or more, neither team is forced to keep the ball in the goal area unless warned to "keep it in"

<b>Rule</b>	<b>8U &amp; 10u small field</b>	<b>10U Full field</b>	<b>12U</b>	<b>14U</b>
<b>Facing Off</b> (Mercy Rule)	6 goal mercy rule The losing coach can waive it.	6 goal mercy rule The losing coach can waive it.	All NFHS rules will be followed. In 2nd half a 12 goal differential will result in running time	All NFHS rules will be followed. In 2nd half a 12 goal differential will result in running time
<b>Coach on Field</b>	1 coach allowed on the field Must stay in the wing	Coach allowed whole sideline but restricted from other teams bench area and scoring table. Not allowed on field - 30 sec technical.	Coach restricted to coaches' box Not allowed on field except for injured player, to warm up a goal keeper, or at half time. 30 second technical	Coach restricted to coaches' box Not allowed on field except for injured player, to warm up a goal keeper, or at half time. 30 second technical
<b>3 yard rule</b>	All stick checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.	All stick checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.	All stick checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.	All stick checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.
<b>Penalties &amp; Fouling Out</b>	Player leaves the field. No time serving penalties. A player who accumulates 4 personal fouls will be disqualified from the game	Enforced per NFHS rules Players serve penalty time Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game	Enforced per NFHS rules Players serve penalty time Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game	Enforced per NFHS rules Players serve penalty time Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game
<b>Slashing</b>	Any one handed stick check will be considered a slash, even if no contact. Stick checks must begin below the shoulder.	Any one handed stick check will be considered a slash, even if no contact. Stick checks must begin below the shoulder.	Any one handed stick check will be considered a slash, even if no contact. Stick checks must begin below the shoulder.	Any one handed stick check will be considered a slash, Slashes to the head or neck are full time
<b>Body Checking</b>	No body checking of any kind is allowed. Legal pushes and holds are allowed.	No body checking of any kind is allowed. Legal pushes and holds are allowed.	No body checking of any kind is allowed. Legal pushes and holds are allowed.	Body checking is permitted. To be legal a body check must be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact. <b>No body checks to a player in a defenseless position.</b>

\*\* In 2022 all goalkeepers and Field players must wear lacrosse chest protectors/shoulder pads that meet NOCSAE ND200 and contain the SEI certification mark.

\* Any Unsportsmanlike Conduct calls on a coach must be reported to Wayne Demers 603-778-8411

\* No more than 3 coaches on the sideline with the team

\* Only the head coach can communicate with the officials

<b>Rule</b>	<b>8U &amp; 10u small field</b>	<b>10U Full field</b>	<b>12U</b>	<b>14U</b>
<b>Field Size</b>	50 or 60 yards X 40 yards	Regulation size but may be adjusted -- if coaches agree	Full field Regulation size but may be adjusted -- if coaches agree	Full field Regulation size but may be adjusted -- if coaches agree
<b>Players</b>	7 versus 7 of which one must be the goalie  4x4 Goals are <b>REQUIRED</b> 6x6 Goals are not allowed	<b>Full field</b> 10 versus 10 of which one must be the goalie	10 versus 10 of which one must be the goalie Goals cannot be upside down	10 versus 10 of which one must be the goalie Goals cannot be upside down
<b>Offsides</b>	3 players on the defensive end 4 players on the offensive end	4 players on the defensive end 6 players on the offensive end	4 players on the defensive end 6 players on the offensive end	4 players on the defensive end 6 players on the offensive end
<b>Officials</b>	1 Youth -- 2 recommended	2 youth or 1 NHLOA & 1 Youth	1 NHLOA & 1 Youth	1 NHLOA & 1 Youth
<b>Substitution</b>	On the Fly	On the Fly	On the Fly	On the Fly
<b>Officials Procedures</b>	Certify the Coaches Coin Toss/Goals 4X4 Line up - starters Stick checks after the 1st & 3rd quarters Score the game/NOCSAE Ball	Certify the Coaches Coin Toss/6 X 6 Goals Line up - starters Stick checks after the 1st & 3rd quarters Score the game/NOCSAE Ball	Certify the Coaches Coin Toss/6 X 6 Goals Line up - starters Stick checks after the 1st & 3rd quarters Score the game/NOCSAE Ball	Certify the Coaches Coin Toss/6 X 6 Goals Line up - starters Stick checks after the 1st & 3rd quarters Score the game/NOCSAE Ball
<b>Face-offs</b>	Start Game after each goal Wing play allowed <b>(*From the face off, 8U and 10U short field, players are required to attempt 1 pass</b>	Start Game after each goal Wing play allowed <b>*Knee down is permitted*</b>	Start Game after each goal Wing play allowed Standing Neutral Grip	Start Game after each goal Wing play allowed Standing Neutral Grip
<b>Scrum Situation</b>	If a loose ball cannot be picked up w/3 or more players in a scrum wait approx. 4 seconds then award ball via alt possession	If a loose ball cannot be picked up w/3 or more players in a scrum wait approx. 4 seconds then award ball via alt possession	If a loose ball cannot be picked up w/3 or more players in a scrum wait approx. 4 seconds then award ball via alt possession	Same as NFHS Rules

**"Designated Defender"- A Coach must designate a starting defender to serve the Goalie's penalties if a team does not have another goalie suited up**

<b>Rule</b>	<b>8U &amp; 10u small field</b>	<b>10U Full field</b>	<b>12U</b>	<b>14U</b>
<b>Defensive Player in Crease as Goalie</b>	The 2nd and subsequent violation by team shall result in a releasable unsportsmanlike penalty served by the offending player	The 2nd and subsequent violation by team shall result in a releasable unsportsmanlike penalty served by the offending player	The 2nd and subsequent violation by team shall result in a releasable unsportsmanlike penalty served by the offending player	The 2nd and subsequent violation by team shall result in a releasable unsportsmanlike penalty served by the offending player
<b>Long Poles</b>	None allowed	None allowed	Maximum of 4	Maximum of 4

\*All stick penalties are 2-minutes non-releasable

\*Play can re-start as soon as the offensive player is ready and no team mate is within 5 yds. The defender has to get 5 yds away or give a free lane to the player with the ball.

\* If a player loses any piece of required equipment, stop play **IMMEDIATELY**, regardless of proximity of opposing players

\* No defensive player, other than a properly equipped goalie, can enter their own crease with the perceived intent of blocking a shot or acting as a goalie. Defensive players are allowed to be in or pass through the crease but never with the perceived intention of blocking a shot.

\* Failure to wear the required mouthpiece, unless it comes out during play, is now a technical foul, no fishhook - technical foul

\* **Unnecessary Roughness - 2 or 3 minute non-releasable penalty**

\* **Targeting the head - 3 min and an Ejection**

\* If the official deems that the game is out of control he/she is to stop and end the game.

If there is an issue at a game that needs further attention, please contact Wayne Demers 603-778-8411.

\* **5-Min Misconduct penalty:** A player can be assessed a 5-Min Misconduct penalty in addition to any time serving penalty.

The team will get a player back after the initial penalty time has elapsed but the player who was assessed the Misconduct will then serve 5-Min of game time