



**US LACROSSE
WOMEN'S GAME OFFICIALS SUB-COMMITTEE
2012 YOUTH EXAM**

For Officials 18 and under or Adults who intend to only work Youth games

Based on the 2012 Official Rules for Girls and Women's Lacrosse and 2012 Girl's Youth Lacrosse Rules

TRUE or FALSE

1. Eleven field players and a goalkeeper are involved in a **U-15/U-13/U-11** level game being played on a regulation field.
2. **At the U-13 Level and below:** When a four goal differential exists in the game score, play will be restarted after a goal by giving possession at center to the trailing team, unless this has been waived by the trailing coach. The player taking possession may run or pass, but may not shoot until another player has played the ball.
3. Any incidental crosse to head contact or contact initiated by the attacker should not be carded.
4. In order to stop the umpire's 3 second count for the attack holding the ball, the ball carrier must move the stick into an uncheckable position away from the defender who is closely marking her and has both hands on her crosse.
5. **U-11 and U-9** level games, being played on a modified field with 7 players, will not remove a player from the field for a card and will not play short.
6. The 10 second count to clear the ball from the goal circle does not begin until the goalkeeper picks up the ball and places the ball in her crosse while within the goal circle.
7. A major foul by the defense in the 8M arc that causes the attack to immediately lose possession results in a FP for the attack on the nearest hash mark to the spot of the foul, offending player 4m behind and the 8m arc is cleared and all players are 4m away.
8. During an injury substitution, the substitute may exchange positions with another player on the field.
9. An **indirect** FP for a goal circle foul by the defense is taken out to either side of the goal at the 12m fan on the goal line extended with the offending player (other than the goalkeeper) 4m directly behind the FP (further from the goal circle).
10. The Head Coach must verbally certify to the umpires prior to the start of the game that all equipment is legal under the US Lacrosse Rules, including eye protection that meets the most recent ASTM Specification Standard and that the goalkeeper helmets meet the NOCSAE standards for lacrosse.
11. Games played with 12 players at the **U-15, U-13 and U-11** level will be required to remove a player when a card is administered. The player receiving a yellow card must leave the field for 2 minutes of elapsed

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- playing time during which her team will play down one player and will play short below both their offensive and defensive restraining lines.
12. A goalkeeper who is **grounded** outside the goal circle may reach out with her crosse and bring the ball back into the goal circle.
 13. At **all youth levels** no deputy will be allowed.
 14. During the pre-game check, a player wearing a small earring tells the officials that she just had her ear pierced and must not remove the earring. The correct procedure for the official to follow is to allow her to play after putting tape over the earring.
 15. The umpire should raise a flag when a defender is “obstructing the free space to goal” to allow the attack to complete the scoring play.
 16. To be considered closely marking an attacker, the defender must be “within a stick’s length”.
 17. The levels of play at the youth level shall now correspond to ages **U-15, U-13, U-11 and U-9**. It is recommended that Middle School/ Junior High players, regardless of age, play U-13 modified checking.
 18. When a ball goes out of bounds during play (not on a shot), the opponent of the team that caused the ball to go out, will be awarded the ball on the restart, 4m inside the boundary where it went out. All players will maintain relative positioning to the ball carrier and give her 1m of space.
 19. Time out may be requested by the Head Coach or any player on the field after a goal is scored or during a dead ball situation by the team in possession.
 20. During the draw the umpire will place the ball in the upper third of each head at its widest point and on the whistle the players will draw up.
 21. **U-11** level may play with 7 field players on a modified field with a goalkeeper being optional.
 22. Checking the crosse is a major foul in all levels of youth play.
 23. All field markings are required at the **U-15** and **U-13** level.
 24. The **U-15** and **U-13** levels will play a maximum of 25 minute running halves, and the **U-11** and **U-9** levels will play a maximum of 20 minute running halves.
 25. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.
 26. Time out is taken and a card must be issued for a slash, a check to the head, dangerous propelling, and dangerous follow-through.
 27. When **U-11** and **U-9 levels** play with 7 players they will play on a field 60-70 yards in length and between 30-40 yards wide. Field needs to include the following field markings: goal circle and goal line, 8m arc and a center line.

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28. Coaches at **all youth levels** are allowed on the field for the purpose of instructing players.
29. A team must have five players behind the restraining line when the ball is in their offensive end and four players behind the restraining line when the ball is in their defensive end.
30. All fouls may be classified as major, minor, goal circle, team, or misconduct.

MULTIPLE CHOICE – There is one correct response.

31. Which of the following best describes the criteria which must exist to make a call against the defense for the **obstruction of the free space to goal**?
 - A. The attack player with the ball in the critical scoring area (CSA) and is looking to pass to a teammate.
 - B. The attack player with the ball in the critical scoring area (CSA) is looking to shoot and is very closely marked.
 - C. The attack player with the ball in the critical scoring area (CSA) is looking to shoot, has the opportunity to shoot, and a defender in the free space to goal is not within a stick's length of the player with the ball or one of the attack players teammates.
 - D. The attack player with the ball is in the critical scoring area (CSA) with her back to the goal.
32. Which of the following is true regarding the field player crosse allowed in a **U-11** or **U-9** game?
 - A. All players may use a regulation crosse (35.5" to 43.25") with a regulation pocket.
 - B. All players may use a regulation crosse (35.5" to 43.25") with a modified pocket.
 - C. All players may use a regulation crosse (35.5" to 43.25") with a modified pocket, and it may be cut to fit comfortably along the length of the player's arm.
 - D. All of the above.
33. In a Youth level game being played without a goalkeeper, when an 8m free position is awarded, which of the following best describes what a player awarded an 8m FP may do after the umpire whistles to restart play?
 - A. The player may run or pass, but may not shoot until the ball has been **played** by another player.
 - B. The player must complete three passes before going to goal.
 - C. The player may run, pass or shoot.
 - D. The player must complete two passes before going to goal.
34. Which of the following best describes the protective equipment **required** for a goalkeeper at the youth level?
 - A. She must wear a helmet with a facemask that meets NOCSAE standards, and has a properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, and a chest protector.



- B. She must wear a helmet with a facemask that meets NOCSAE standards, and has a properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, abdominal and pelvic protection, and padding on the shins and thighs.
- C. She must wear a helmet with a facemask that meets NOCSAE standards, and has a properly secured chinstrap, a separate throat protector, a chest protector, and padding on the shins and thighs.
- D. She must wear a helmet with a facemask that meets NOCSAE standards, and has a properly secured chinstrap, a separate throat protector, padded gloves, and a chest protector.
35. When an indirect FP is awarded at the youth level which of the following best describes the actions the player with the ball may execute after the umpire whistles to start play?
- A. Player must carry the ball back to the restraining line and reenter their attacking end of the field prior to shooting.
- B. Player may run, pass or shoot.
- C. Player may run or pass, but may not shoot. Ball must be passed to a teammate.
- D. Player must complete three passes before shooting on goal.
36. Which of the following situations is a violation of the **three-second in the 8m arc** rule?
- A. A defender marking a non-ball opponent **within a stick's length** for more than 3 seconds.
- B. A defender is double-teaming the player with the ball **within a stick's length** for more than 3 seconds.
- C. A defender is standing in the 8m arc for more than 3 seconds and is not marking an attack player within a stick's length, and the attack has the ball between the restraining lines.
- D. A defender remains in the 8m arc for more than 3 seconds, and is not marking an attack player within a stick's length, or marking the player positioned directly behind the goal, while the attack is in possession of the ball below the restraining line in their attacking end.
37. Which of the following is the correct placement of players for a free position for a defensive pushing foul, that occurs in the CSA but outside the 8m arc, and causes the attack to immediately lose possession of the ball?
- A. The FP will be taken on the spot of the foul and the offending player will be placed 4m behind. All player's bodies and crosses must be cleared from the penalty lane relative to their position at the time of the whistle, and everyone must be 4m away. If goalkeeper was in the penalty lane she may clear back into goal circle.
- B. All players stand where they were when the whistle blew. Player fouled will move to the hash mark nearest the foul. Offending player will be placed 4m behind and all players will be cleared from the 8m arc and will move 4m away from the FP. Goalkeeper may return to the goal circle.
- C. The FP will be taken on the 12m fan nearest to the spot of the foul, and the offending player will be positioned on the 8m in front of the FP. All other players will be moved 4m away. This will be an indirect FP.
- D. The FP will be taken on the spot of the foul. All players will be moved 4m away.



38. What is the correct penalty administration when the attack completes a shot on goal and breaks the plane of the goal circle with her crosse or body in a **U-13 level game or below**?
- A. The defense will be awarded a FP on the 8m arc, and the offending player will be placed 4m behind. All others must be 4m away.
 - B. The defense will be awarded a FP on the 12m fan, and the offending player will be placed 4m behind. All others 4m away.
 - C. The goalkeeper will be awarded a FP within the goal circle, and the offending player, and all other players, will be moved 4m away from the goal circle.
 - D. The goalkeeper will be awarded a FP within the goal circle and the offending player will be placed 4m behind the goal circle.
39. White attack #10 is standing right near the sideline in her attacking end of the field. There are no defenders near her. Her teammate passes her the ball and she misplays the ball, and then uses her foot to keep the ball from going out of bounds. The nearest defensive player is Blue #22 who is standing between the 8m arc and the 12m fan. After whistling for a body ball violation, how will the umpires set up the FP?
- A. Blue #22 will be awarded the FP 4m inside the boundary near the spot of the foul. The offending player will be placed 4m behind for the major foul.
 - B. Blue #22 will be awarded the FP 4m inside the boundary near the spot of the foul. The offending player will be 4m away, within the field of play closer to the sideline for the minor foul.
 - C. Blue #22 will be awarded the FP at the spot of the foul. The offending player will be allowed to remain within 1m of the FP.
 - D. As no defender was near the spot of the foul the umpire will award the ball to the goalkeeper within her goal circle.
40. Blue takes a shot on goal. The shot misses and is rolling toward the end line. Blue #3 and White #6 are equally near the ball when it goes out of bounds. How will the umpire restart play? (**Rule 5 Section 12**)
- A. Award the FP to the goalkeeper in her goal circle as umpire could not determine which player was closest to the ball when it went out of bounds.
 - B. Award a FP to White 4m inside the boundary, as Blue caused the ball to go out.
 - C. Award a throw between Blue # 3 and White #6, 4 m inside the boundary near where the ball went out. All other players must be 4m away.
 - D. Award a throw between 2 opposing players above the goal line extended.
41. When setting up a FP for a major foul the umpire should place the offending player 4m behind the FP in relationship to:
- A. The sideline and the spot of the foul.
 - B. The restraining line and the spot of the foul.
 - C. The center line and the spot of the foul.
 - D. The center of the goal line and the spot of the foul.



42. **U-15** and **U-13** level games may end in a tie, but if overtime is to be utilized which of the following overtime procedures will the umpires follow?
- A. Teams will have **5 minute rest** and coin toss (visitors call) for choice of end. A **maximum of two 3 minute** sudden victory periods of running clock overtime will be played. Clock will stop at the end of 3 minutes for the teams to switch ends with no coaching. Restart with a draw. First team to score wins.
 - B. Teams will rest for **5 minute rest** and coin toss (home team call) for choice of end. A **maximum of four 3 minute** sudden victory periods of running clock overtime will be played. Clock will stop at the end of each 3 minute period for the teams to switch ends with no coaching. Restart with a draw. First team to score wins.
 - C. Teams will have **5 minute rest** and coin toss (visitors call) for choice of end. A **maximum of two 5 minute** sudden victory periods of running clock overtime will be played. Clock will stop at the end of 5 minutes for the teams to switch ends with no coaching. Restart with a draw. First team to score wins.
 - D. Teams will have **3 minute rest** and coin toss (visitors call) for choice of end. A **maximum of two 3 minute** sudden victory periods of running clock overtime will be played. Clock will stop at the end of 3 minutes for the teams to switch ends with no coaching. Restart with a draw. First team to score wins.
43. In a **U-15** and **U-13** game which of the following best describes the number of time outs each team is allowed?
- A. Each team is permitted 1 time out per half. No time out in overtime.
 - B. Each team is permitted 2 time outs per game and 1 time out in overtime.
 - C. Each team permitted 1 time out per game and 1 time out in overtime.
 - D. Each team is permitted 2 time outs per game. No time out in overtime.
44. Which of the following best describes the field markings needed for a **U-9** game?
- A. Regulation field with all markings.
 - B. Regulation field with all the markings, or a field 60-70 yards in length and 30-40 yards wide, with a goal circle, goal line, 8m arc and center line.
 - C. A field of 60-70 yards in length and 30-40 yards wide with a goal circle, goal line, 8m arc and center line.
 - D. A field of 70-80 yards in length and 40-50 yards wide with a goal circle, goal line, 8m arc and center line.
45. White #6 is on a scoring play just inside the 12 m when she is fouled by Blue #20 but maintains possession. The lead umpire raises a flag to allow the scoring play to continue. As White #6 enters the 8m arc near the center hash mark she is illegally checked by Blue #11 and loses possession of the ball. After whistling and signaling the illegal check how should the umpire set up the free position?
- A. White #6 will move to the center hash mark with the ball. Blue #20 will be placed 4m behind. Clear the 8m arc. All players 4m away.

- B. White #6 will move to the center hash mark with the ball. Blue #11 will be placed 4m behind. Clear the 8m arc. All players 4m away.
- C. White #6 will move to the spot of the first foul with the ball. Blue #20 will be placed 4m behind. Clear the lane. All players 4m away.
- D. White #6 will move to the spot of the first foul with the ball. Blue #20 will be placed 4m away in the direction from which she approached. All players 4m away.
46. At the **U-13 and below** level, any **defender initiated check to the head** will be a mandatory yellow card. If this occurs **at midfield**, which of the following best describes how the FP will be administered?
Note: Games played with 7 players will play short, but do not have a restraining line on the field.
- A. Whistle. Call Time out. Administer **yellow card** to offending player and **remove her** from the field for **2 minutes** to team bench with **no sub**. Team will play short below both restraining lines for duration of penalty time. Set up a **FP to attack** player fouled. All other players 4m away.
- B. Whistle. Call Time out. Administer **red card** to offending player and **remove her** from the field for **remainder of the game**. **Allow a sub** to replace her. Set up a **FP to attack** player fouled with **sub 4m behind**. All other players 4m away.
- C. Whistle. Call Time out. Administer **yellow card** to offending player and **remove her** from the field for **3 minutes** to team bench with **no sub**. Team will play short below both restraining lines for duration of penalty time. Set up a **FP to attack** player fouled. All other players 4m away.
- D. Whistle. Call Time out. Administer **yellow card** to offending player and **remove her** from the field for **2 minutes** to team bench, **allow a sub** to replace her. Set up a **FP to attack** player fouled with **sub 4m behind**. All other players 4m away.
47. In a **U-11** or **U-9** game being played without a goalkeeper, a shot goes into the goal circle, and comes to a rest, but does not go into the goal. Which of the following best describes how the umpire will continue play?
- A. A defense player designated by the umpire shall be allowed to go into the goal circle to collect the ball after it has come to a rest. She will be directed to stand on the 12m fan at the goal line extended and all players will give her 4m of clear space. On the whistle she may run or pass, but may not shoot until another player has played the ball.
- B. Umpire will allow any defender in the vicinity to reach into goal circle from outside and retrieve the ball and continue play.
- C. A defense player designated by the umpire shall be allowed to go into the goal circle to collect the ball after it has come to a rest. She must leave goal circle with the ball within 10 seconds of ball entering circle. The opposing team may not block her exit from the goal circle.
- D. Umpire will collect the ball from the goal circle and administer a throw between the two closest players to the goal circle.
48. A goal is **not** scored in which of the following situations?
- A. The ball enters the goal prior to the whistle or horn at the end of the half or game.
- B. Goalkeeper drops the ball while within her goal circle and the ball rolls over the goal line.
- C. The ball enters the goal after deflecting off the crosse of a defensive player.



- D. Umpire rules the shot as dangerous.
49. Which of the following constitutes a delay of game penalty?
- A. Failure to stand when the whistle blows
 - B. Failure to move 4 meters away from a free position
 - C. Any type of behavior which in the umpire's opinion amounts to delay.
 - D. All of the above.
50. White team has received a card for a slash and is playing short a player for 2 minutes. Blue attack has the ball in the CSA above the goal line extended in their offensive end of the field. Trail umpire discovers the White team only has 3 defenders and their goalkeeper behind their defensive restraining line. After raising a hand above her head to signal offside on White, what other procedures should the umpires follow to restart play? Note: Teams are playing with 12 players on a regulation field.
- A. Whistle. Signal offside White. **Correct the offside.** Set up **FP** for **Blue** at the **top of the 12m fan**. Place nearest **White player** to the ball **4m behind FP**. **All other** players move **4m away**. **Clear the penalty lane**.
 - B. Continue to hold giving the White team a chance to correct the offside positioning.
 - C. Whistle. Signal offside White. **Correct the offside.** Set up **FP** for **Blue** at the **spot of the ball**. Place nearest **White player** **4m behind FP**. **All others** players move **4m away**.
 - D. Whistle. Signal offside White. **Correct the offside.** Set up **FP** for **Blue** at the **top of the 8m arc**. Place nearest **White player** to the ball **4m behind FP**. **All other** players move **4m away**. **Clear the 8m arc**.