Raise Your Game™

US Lacrosse 2013 Key Youth Modifications to NFHS Rules

Rule	Level →	U-15	U-13	U-11	U-9
1-2	Field Size	Should be regulation size, but may be adjusted if BOTH coaches agree			
1-12	Spectators	Stands or Far Side w/ Limit Lines			
1-6	Crosse Length	NFHS rules	NFHS Rules	Short: 37"-42" Long: 47" - 54"	Short: 37”-42" No Long poles
1-9	Equipment	GOALIES REQUIRED TO WEAR ARM PADS AT ALL LEVELS			
1-9	Equipment	PROTECTIVE CUPS REQUIRED AT ALL LEVELS			
1-9	Jersey colors	NFHS rule on Uniform colors not strictly enforced			
1-12	Sideline Manager	Recommended	Recommended	Recommended	Recommended
3-1	Length of Game	10 minute stop quarters	10 minute stop quarters	12 min running (or 8 min stop time) qtrs.	12 min running (or 8 min stop time) qtrs.
3-1	Overtime	NFHS Rules, 4 minute sudden victory overtime periods until a winner is determined	Two 4 min sudden victory O/T periods played, then end in a tie, UNLESS tournament play requires winner determined	Ends in Tie, UNLESS tournament play requires winner determined	
3-3	Stalling - Final 2 minutes of game	Enforced	Enforced	Waived	Waived
4-3	Faceoff Mercy Rule	NFHS Rules	NFHS Rules	If team has a 4 goal lead, team that is behind will be given ball at midfield (in lieu of faceoff) until margin is under 4 goals, losing coach can waive this	
4-14,15	Advancing Ball	NFHS Rules	NFHS Rules	NO COUNTS	NO COUNTS
4-27	Officials Time outs	If player in possession loses ANY piece of required equipment, stop play IMMEDIATELY, regardless of proximity of opposing players			
4-17 5-3 6-3,9	3 YARD RULE	All legal checks, legal holds and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball			
4-34	"Get it in/Keep it in"	NFHS Rules	NFHS Rules	Waived	Waived
5-3	Illegal Body Checks	NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL (no lowering shoulder, no excessive aggression, no blindside checks, no checks against an opponent in a defenseless position)			
5-3	Body Checks	Limited body checking as permitted - Checks should be generally upright, No lowered head or shoulder checks		NO BODY CHECKING (loose ball boxing out allowed)	

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5-4	Checks to Head/Neck	Players shall NOT initiate contact to opponents head or neck with cross check or any part of his body			
5-4	Checks to Head/Neck	No player shall initiate a slash to the head/neck			
5-4	Checks to Head/Neck	No player (offensive or defensive) shall block an opponent with their head (spearing)			
5-4	PENALTY for checks to Head and Neck	1, 2 or 3 minute non-releasable foul			
5-6	Slashing	NFHS	No one-handed checks		
5-9	Unnecessary Roughness	Any penalty for Unnecessary Roughness will be NON-RELEASABLE			
5-10	Unsportsmanlike Conduct: Profanity	1st foul; 1-3 min non releasable, 2nd foul 3 min non releasable and ejection			
5-11	Fouling Out	4 PERSONAL fouls OR 5 minutes of Personal foul penalty time		3 PERSONAL fouls OR 5 minutes of Personal foul penalty time	
6-10	Stalling	NFHS Rules	NFHS Rules	2 minutes left in game - waived, BUT if official detects stall in either defensive clearing or outside the offensive goal area, can give verbal "advance the ball" and start a 5 second count to get gall in the box)	
7-1,2,3	Time serving penalties	NFHS Rules			Sub-out only but the player serves the time, team does NOT play man down
7-1,2,3	Time serving penalties - running time games	If running time is being used for games, then penalty time is running, penalty time starts on the next whistle			Sub-out only but the player serves the time, team does NOT play man down