

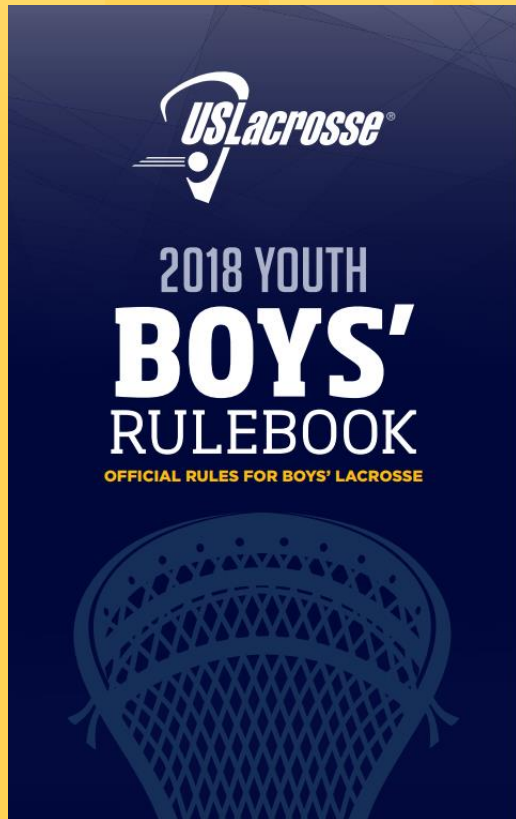


## 2018 Youth Rules Interpretation





## 2018 US Lacrosse Rules Books and Video



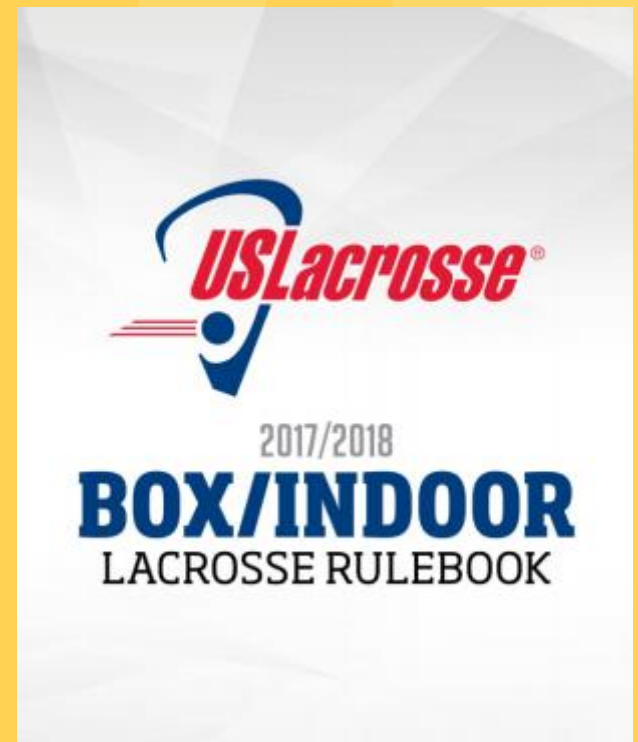
- 2018 Boys' Rulebook online:  
<https://www.uslacrosse.org/rules/boys-rules>
- 2018 US Lacrosse Youth Boys' Rules Interpretation Video: <https://youtu.be/FN2aK9Rle0k>





## Other Resources at US Lacrosse

- Box / Indoor Lacrosse Rules
- Player Age and Eligibility
- Men's Game Statistics Guide
- Field Diagrams
- Equipment Fitting Guide
- <https://www.uslacrosse.org/rules/boys-rules>





# Why are Rule Changes Made?

- Player Safety
- Fairness (Advantage vs Disadvantage)
- Maintain the Traditions of the Sport
- Accessibility and Growth of the Game
- Ease of Use





# US Lacrosse Rules Philosophy

- US Lacrosse (USL) and the National Federation of High School (NFHS) continue to maintain a collaborative relationship for the annual revision of playing rules. USL rules governs youth play (14U and below) and the NFHS rules govern play for varsity competition among athletes of high school age from (15 – 18 years of age).
- Where possible US Lacrosse is committed to maintain continuity between rules set but acknowledge there are a need to develop age appropriate rules that focus on the developmental needs and safety of youth athletes.



# 2018 Points of Emphasis

1. Sportsmanship
2. Stick Checks to the Head
3. Mouth Guards
4. Age Appropriate Rules
5. Experimental Rules





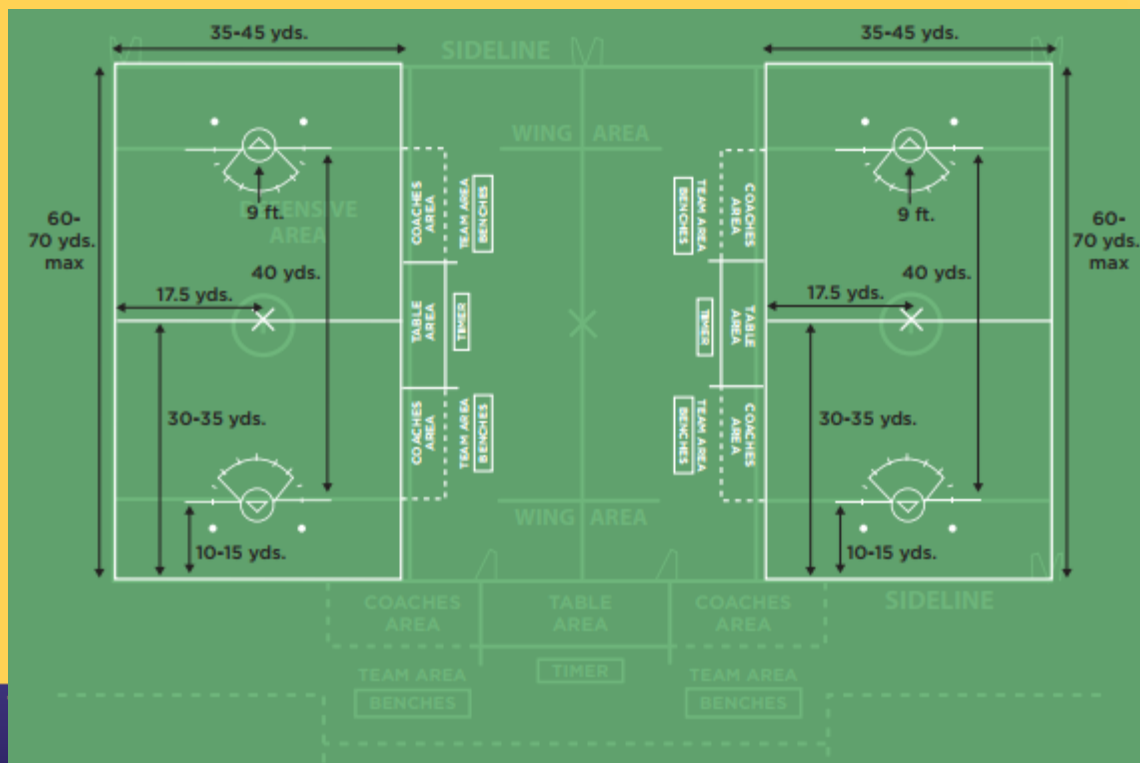
# 2018 Rule Changes





# Rule 1: Time Game, Field and Equipment

1.2.1 The Unified Small Sided Field Diagram is now an allowable alternative to the existing boys' 60 x 35 yard field







## Rule 3: Time Factors

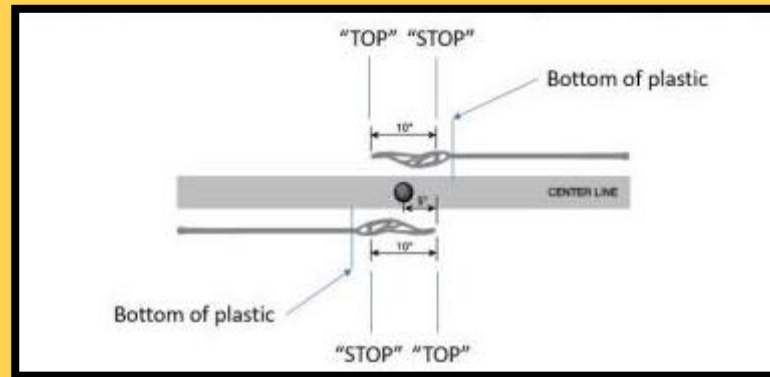
3.3 Automatic Stall Warning (14U and 12U) - During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead by 4 goals or less will be warned to "Get it in/keep it in" once the ball in possession has been brought across midfield into its respective goal area.





## Rule 4: Play of the Game

4.3 Facing Off (if applicable) – The official shall make certain that the reverse surfaces of the crosses match evenly in that the top of one head lines up with the throat of the other and are perpendicular to the ground.



4.8.1 Goal Not Scored - When the shot was released after time had expired in a period.



## Rule 4: Play of the Game

### 4.11 Advancing the Ball (14U and 12U)

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

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

Additionally, once the 10-second count has been satisfied and an offensive team carries, passes or propels the ball over the midline (except on a shot it will result in an immediate turnover).



## Rule 4: Play of the Game

### 4.15 Body Checking –

To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight. In all cases a body check shall be below the neck, above the waist, and delivered to the front or side of an opponent.

*Note: Any 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 should be penalized as an illegal body check.*



## Rule 4: Play of the Game

### 4.32 Scrum Situation (6U – 12U) –

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

*Note: Officials should give approximately 4 seconds for players to pick up the ball*





# Rule 5: Personal Fouls

## 5.7 Slashing

*(2) Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck. NOTE: Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.*



# Rule 5: Personal Fouls

## 5.10 – Unsportsmanlike Conduct

Releasable - A second violation for a team that has a defensive player, other than a properly equipped goalkeeper, that enters his own crease with the perceived intent on blocking a shot or acting as a goalkeeper.

Non Releasable - No player, substitute, nonplaying member of a squad, coach or spectator shall display unsportsmanlike behavior. If a spectator is verbally abusive;

1. Officials shall ask the Head Coaches to address the spectator in question to correct their behavior.
2. If the conduct by the spectator continues the team associated with the offending spectator shall be assessed a 1 minute non-releasable unsportsmanlike penalty (Spectators can be asked to leave if the behavior is excessive)
3. If continued unsportsmanlike behavior continues or a spectator refuses to leave, it can result in the termination of the remainder of the game.



# Rule 6: Technical Fouls

6.10 Stalling will remain in effect until:

- A Goal is scored
- Shot hits the goal pipes
- Shot hits the goalie or their equipment
- The defensive team gains possession
- The period ends resulting in a faceoff

~~6.13 Raking the Ball: At no time may a field player use the ball of his crosse to cover or rake the ball backwards. They may only use a forward scooping motion to attempt to gain possession of the ball. (Note: Raking the ball is only a technical foul at 6U, 8U, and 10U)~~







# Rule 7: Penalty Enforcement

7.8 Slow Whistle Technique – If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, make the verbal signal “flag down” and withhold his whistle until:

- A goal is scored by the attacking team or the ball becomes grounded
- The ball goes out of bounds or ~~out of the box~~
- An offensive player commits a penalty
- A Defending team gain possession of the ball.
- There is an injury in the scrimmage Area
- The end of the period



## 2018 Clarifications

- At 6U the only required equipment is a stick, matching shirt for teammates, and shoes. Eyewear and gloves are optional
- Non-traditional synthetic material manufactured for lacrosse are permitted provided it meets all other specification of a legal crosse.
- Maximum Number of Long Poles Clarified
  - 6U - none
  - 8U - none
  - 10U - 2 Long Poles Max (47" - 54")
  - 12U (7 v 7) - 3 Long Poles Max (52" – 72")
  - 12U and 14U - 4 Long Poles Max (52" – 72")
- Adjustable telescoping handles are illegal. All other handles cannot be altered on the field of play or the player will receive a one minute unsportsmanlike penalty.



**Rule Interpretations, Clarifications, Or Equipment Issues:**  
[boysrules@uslacrosse.org](mailto:boysrules@uslacrosse.org)

**Submit a Rule Change for 2019:**  
<https://www.uslacrosse.org/rules/submit-a-rule-change>

