



*NFHS Rule 1, Section 6 — Equipment: Crosse - Dimensions*

*The Crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.*

*NFHS Rule 1, Section 9 — Player Equipment*

*All players are required to wear protective gloves, arm pads, shoulder pads, shoes, and jerseys.*

**Equipment**

RULE 1 SECTIONS 6 & 9.

Equipment will conform to NFHS crosse dimensions and equipment requirements, including NOCSAE — approved helmets, with the following modifications:

- a. The length of the short crosse may be 37 to 40 inches for offensive players in the Lightning and Bantam Divisions and defensive players in such divisions may use a stick with a length of 37 to 72 inches.
- b. Rib pads are strongly recommended.

*NFHS Rule 1, Section 12 — Game Administration*

**Game Administration - Spectators and Teams on Opposite Sides of Field**

RULE 1 SECTION 12.

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators, fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

**Rule 2 - Game Personnel**

*NFHS Rule 2, Section 4 — Home Team's Responsibility*

**Responsibilities of the home team**

RULE 2 SECTION 4.2

- a. Home teams are responsible for contrasting jersey colors and will wear pinnies if needed.
- b. Sideline Managers - Each team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. See the "Boys' Youth Rules Addendum", below, for further information.

**Rule 3 - Time Factors and Scoring**

- a. Senior & Junior Division- Four quarters, 10 minute stop clock, and sudden victory 4 minute overtime periods will be utilized.
- b. Lightning and Bantam Divisions- four quarters, 12 minute running clock, and one overtime running clock period of 15 minutes, no sudden victory.
- c. Overtime- in the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined; provided time permits and coaches and officials are in agreement.

*National Federation of State High School Associations  
Rule 3 - Sections 1, 3 and 4*

d. Timeouts-two (2) timeouts are permitted per half.

*National Federation of State High School Associations  
Rule 3, Section 28 - Team timeouts*

## **Rule 4 - Play of the Game**

The game is to be played with emphasis on the proper development of stick, team, and sportsmanship skills:

a. All divisions will follow NFHS rules with the following exception:

No 20- or 10-second count

*National Federation of State High School Associations  
Rule 4, Section 14 - Advancing the ball beyond the defensive-area line  
Rule 4, Section 15 - Advancing the ball into the goal area*

b. Youth Division. Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division, where there are no time-serving penalties; instead the player must be substituted and the ball awarded to the other team at the point of the infraction.

*National Federation of State High School Associations  
Rule 7, Sections 1,2, &3*

In any game and at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.

*National Federation of State High School Associations  
Rule 4, Section 3 - Facing off*

## **Rule 5 - Personal and Expulsion Fouls**

*NFHS Rule 5, Section 3 — Illegal body check NOTE: Spearing  
NFHS Rule 5, Section 3.1 — Body checking within 5 yards of a loose ball*

### **Body Checking** RULE 5 SECTION 3

Body checking is permitted in Senior and Junior Divisions; however, no take-out checks are permitted by any player. A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

Players in the Junior and Senior divisions may make contact in an upright position within five yards of the ball. No body checking of any kind (including man/ball "clear the body" type pushing) is permitted in the Lightning and Bantam Division. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

*National Federation of State High School Associations  
Rule 5, Section 3 - Illegal body check NOTE: Spearing  
Rule 5, Section 3/1 - Body checking within 5 yards of a loose ball*

NFHS Rule 5, Section 6 — Slashing

### **Slashing** RULE 5 SECTION 6

Personal Foul/Slashing - For Lightning and Bantam Divisions: Any poke check making contact with an opponent (other than the gloved hand while holding the stick) will be considered a slash. Also, any one-handed check will be considered a slash for the Bantam Division.

*NFHA Rule 5, Section 9 — Unsportsmanlike conduct*

### **Unsportsmanlike Conduct**

#### **RULE 5 SECTION 9**

Personal fouls are to be taken seriously. In addition to the NFHA rules, any player or coach who uses derogatory or profane language (starting with "damn") on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense a 3-minute non-releasable expulsion foul.

*NFHA Rule 5, Section 11 — Ejection*

### **Ejection Fouls**

#### **RULE 5 SECTION 11**

Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

## **Rule 6 - Technical Fouls**

*NFHA Rule 3, Section 10 — Offensive stalling*

### **Offensive Stalling**

#### **RULE 3 SECTION 10**

Offensive stalling shall be enforced for the Junior and Senior Divisions; however this rule will be waived for Lightning and Bantam Divisions.

*NFHA Rule 3, Section 3 - Final two minutes of regulation play*

*NFHA Rule 6, Section 10 - Offensive stalling*

Senior and Junior Divisions: the team with the lead must keep the ball in the goal area during the last two minutes of the game. Lightning and Bantam Divisions are excused from this rule.

## **Rule 7 - Penalty Enforcement**

*NFHA Rule 7, Sections 1, 2 & 3*

### **Time Serving Penalties**

#### **RULE 7 SECTIONS 1, 2 & 3**

Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

### **Game Termination**

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans. See the "Boys' Youth Rules Addendum, below, for further information.

## **Boys' Youth Rules Addendum**

The US Lacrosse Youth Council has endorsed the addition of the following guidelines intended to address the issues of proper conduct both on and off the field at boys' youth lacrosse events. These guidelines are designed to support the kind of environment for our youth athletes that will keep them playing lacrosse and provide them with such a positive experience that they will remain in the game and later give back to the sport as coaches, officials, and parents who encourage their own children to play. The guidelines are considered fully in force for the 2008 lacrosse season, and US Lacrosse is supporting them with training and expert resources found at the US Lacrosse Web site at <http://www.uslacrosse.org/official/sportsmanshipcard.phtml>.

Guideline 1 — Game Administration (Refers to Rule 1-12)

### **Spectators and Teams on Opposite Sides of Field**

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators, fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

Guideline 2 — Game Personnel [Refers to Rule 2-11]

### **Sideline Managers**

Each youth lacrosse team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. These adults would be responsible for insuring that the spectators and fans support the athletes, coaches and officials in a positive manner and refrain from behavior not in conformity with the US Lacrosse Code of Conduct. The Sideline Managers will receive training prior to these contests by reviewing the document "Sideline Manager Job Description" provided by US Lacrosse and the US Lacrosse - Positive Coaching Alliance, available online at: <http://www.uslacrosse.org/official/sportsmanshipcard.phtml>, or by requesting a paper copy of this document through their local US Lacrosse Chapter. Sideline managers will introduce themselves to the officials prior to the coin toss, and follow those procedures outlined in the Sideline Manager Job Description, found at the referenced US Lacrosse website location. Sideline Managers will notify an unruly fan or spectator that unsportsmanlike behavior may lead to ejection and/or a game cancellation by the officials, under Game Termination - Guideline 4.

Guideline 3 — Game Personnel [Refers to Rule 1-12]

### **Auxiliary Officials**

Each youth lacrosse team will be asked provide one adult who will be trained as an Auxiliary Youth Official. In the event that one or both of the scheduled officials does not appear to perform officiating duties, the Auxiliary Official(s) would be asked to referee the game. The Auxiliary Official could be an active parent attending his or her child's game or another adult affiliated with the organization or town hosting the event. The Auxiliary Official will have completed US Lacrosse Level 1 Officials Training for boys'/men's lacrosse and have active membership status in US Lacrosse as an official, **but will not be assigned a schedule of league games.**

Guideline 4 — Game Personnel [Refers to Rule 7-14]

### **Game Termination**

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans. A game termination will be the last resort in insuring the players' safety and preserving the integrity of the game. **If possible**, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at the US Lacrosse webpage referenced above. All games terminated by a US Lacrosse Official, will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

Courtesy of US Lacrosse- [www.uslacrosse.org](http://www.uslacrosse.org)