

2018 Minnesota Boys Youth Rules

Last updated January 31, 2018

The US Lacrosse 2018 Youth Boys Rulebook shall govern US Lacrosse boys youth play, except as amended below for Minnesota youth play. The 2018 NFHS Boys Lacrosse Rulebook covers all situations not specified in the US Lacrosse rules or in this document. The major organizations overseeing boys youth lacrosse in Minnesota have agreed to use the following modifications to the US Lacrosse boys youth rules.

When these rules were discussed, none of the major organizations in Minnesota were planning to sponsor 6U games. Thus, the Minnesota Youth Rules do not include any modifications for 6U play. Please refer to the US Lacrosse youth rules for 6U play.

US Lacrosse rules (or, in some cases, NFHS rules that apply to youth) will be printed in black text. Any modifications specific to Minnesota will be printed in blue text. Significant changes from 2017 rules will be highlighted in gray.

Throughout these rules, the term “sponsoring authority” refers to the league, tournament, or organization responsible for the games in question.

Points of Emphasis

Legal stick checking. For 14U, high school rules for stick checking apply except that: (1) the player being checked must have the ball or be within 3 yards of a loose ball (2) any one-handed check is a slash *even if there is no contact made* (3) contact of any degree made to an opponent’s head while actively making a stick check is a slashing penalty.

The US Lacrosse stick-checking rules for 8U, 10U, and 12U are much more restrictive than in the past. The rule for those levels reads:

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.*
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.*
- (c) Downward check initiated from below both players’ shoulders.*

Other than a poke check, any check that is directed toward the body is a slash for these levels of play regardless of contact. In addition, any check blow with the stick that contacts an opponent’s body anywhere other than the gloved hand on the stick is a slash regardless of whether points (a)–(c) are followed.

Contact of any degree made to an opponent’s head while actively making a stick check is a slashing penalty. Stick contact to the head or neck could be a two-minute or three-minute non-releasable penalty per NFHS Rule 5-4.

Note: If long crosses are used—they are optional for 10U (restricted lengths), 12U, and 14U—coaches must pay special attention to teaching proper stick checking for this level: a downward check may only be initiated from below the shoulders of *both* the player applying *and* the player receiving the check, and that can be difficult to execute with a long stick.

Body Checking: Body checking of any kind is illegal in 8U, 10U, and 12U. Body checking is only allowed in 14U when both players are completely upright and the force applied is not sufficient to put the opponent on the ground. A “take-out” or “excessive” body check—where the player making the check lowers his head or shoulder and hits with the force and intent to put the opponent on the ground—is considered “excessive” and results in a minimum 2-minute non-releasable penalty at all levels, and often a 3-minute non-releasable penalty or an ejection at the 12U and lower levels.

Officials are encouraged to elevate the length of penalties for excessively violent contact after the first offense by a team. In particular, a second “take-out” or “excessive” body check by the same player

should generally be a 3:00 NR penalty (which would foul the player out, since the first penalty had to be at least 2:00) or an ejection foul.

Sportsmanship: The point of youth lacrosse is for players to have fun and to learn to play lacrosse. Game officials are usually new and learning to officiate, and unsportsmanlike conduct discourages people from becoming or continuing as officials. Coaches, players, and spectators should exhibit the highest level of sportsmanship toward each other and toward officials at all times. Coaches are expected to focus on teaching fundamental lacrosse and not on influencing the officials or exploiting loopholes in the rules in an effort to win games. Coaches are asked to address poor spectator behavior without the officials needing to ask (by rule, if the officials do ask, the coaches are required to deal with spectator behavior issues, up to and including ejecting spectators from the venue).

Obscenities need not be used in order for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. US Lacrosse expects officials to enforce the unsportsmanlike conduct rules without hesitation.

Spectator behavior: If there are problems with spectator behavior, officials may stop the game until the situation has been resolved to the officials' satisfaction **or** they may terminate the game immediately if they feel the situation warrants it. In the case where it is clear that the problem spectators are associated with one team, that team's head coach must correct the situation or unsportsmanlike conduct penalties may be assessed against that team's head coach.

Safety: Every youth lacrosse program should do its best to provide a safe environment at practices and games for everyone involved, including—but not limited to—ensuring that fields are safe, ensuring that all prescribed protective gear fits properly and is worn at all appropriate times, having protocols in place for dangerous weather, and ensuring that players are instructed on how to play the game safely and non-violently.

Quick Reference Rules Guide

Visit www.umloa.org/documents/ to download a quick reference guide that reflects the Minnesota rules modifications at each level of play.

Rules Changes and Modifications

Suggestions for US Lacrosse Rules

For suggestions regarding the US Lacrosse Boys Youth Rules:

- a. The US Lacrosse Men's Game Rules Subcommittee reviews the NFHS rules and the supplemental rules annually and may adopt any changes or modifications deemed necessary to provide for safe play, or are desirable to improve the quality of the players' experience or development.
- b. Coaches, officials, or other parties may submit comments or suggestions regarding the Rules for Boys' Youth Lacrosse at any time before **May 20, 2018** for consideration by the USL Men's Game Rules Subcommittee. Any changes or modifications that are recommended by the Rules Subcommittee and approved by the US Lacrosse Men's Game Committee will be effective for the Boys' Youth Rules in the 2018 NFHS Rules Book.
- c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee, at this address:

US Lacrosse
Men's Game Rules Subcommittee
113 W. University Parkway
Baltimore, MD 21210-3300

or to boysyouthrules@uslacrosse.org. Please do not contact the NFHS about these rules.

Suggestions for Minnesota Youth Rules Modifications

To make comments on the Minnesota modifications to the rules, please do not contact the NFHS or US Lacrosse. Questions and comments may be directed to:

Matt Dempsey
Director of Officials, Youth Lacrosse Minnesota
mnlaxref@gmail.com

or

Harold Buck
Director of Officials, Great Northern Lacrosse League
lacrosse@yourassignment.net

Rules for ALL levels of Minnesota boys youth play (other than 6U)

No body contact or stick contact of any kind is legal unless the player being contacted has possession of the ball or is within 3 yards of a loose ball. Violations could be penalized as a technical foul (interference, push, hold) or a personal foul (illegal body check, unnecessary roughness).

Subject to the above rule and the rulebook rules, all levels of play allow limited holding, pushing, and man-ball boxing out.

All players must wear protective cups (verified by each team's coaches and not officials).

Games can be terminated by officials for reasons including but not limited to flagrant USC, rough play, and encouragement of rough play by coaches and spectators.

Tape or paint on shaft for faceoff players is not required. Players taking faceoffs may not touch the plastic portion of the head with their glove.

Rules regarding stick heads have not changed for youth lacrosse. Heads may meet the 2017 or 2018 NFHS rules. To simplify inspections, the minimum head width at the widest point, inside measurement, will be 6.0". The "template test" will not be used to measure throat width in any youth games.

Officials are to immediately stop play for any player losing protective gear in a scrimmage area. A player intentionally losing protective gear to stop play will be assessed a non-releasable unsportsmanlike conduct penalty.

Rib pads are recommended but not required.

A player fouls out with 5 minutes of personal foul penalties or 3 separate personal fouls.

No one-handed stick checks are allowed. Violations are penalized as slashing.

Contact of any degree made to an opponent's head while actively making a stick check is a slashing penalty.

Arm pads recommended for goalies but are no longer required for goalies at any level.

Goalkeeper shin/knee/thigh pads are recommended but not required; if used, they are not allowed to significantly increase blocking area.

Sideline managers are now covered by sponsoring authority rules and not Minnesota Youth Rules.

The full-team lineup is now done only through 12U; only starters line up for 14U games.

The coin toss now conducted for all levels of play (any player can be used for the coin toss for 8U; captain(s) for 10U and higher).

There are no mercy rules at any levels of youth play. However, coaches are strongly discouraged from running the score up against any team once a clear winning margin has been established.

At least one coach for each team—not necessarily the head coach—must be at least 18 years old and meet all league or tournament training requirements for a coach or the game will be forfeited. Once a game starts, if for any reason a team no longer has at least one coach who is at least 18 years old and who meets league or tournament requirements, the game is a forfeit.

The "No backup goalie" rule is in effect for 10U, 12U, and 14U (see Appendix 1).

The default timing for all levels is 4 x 12-min. running-time quarters, with teams getting 1 timeout per half. Shorter times can be used, but if the total game time is 32 minutes or less then teams do not get any timeouts.

There is no overtime in regular-season games. For tournaments, the sponsoring authority must specify an overtime and/or tiebreaking procedure in advance involving at least 4 players per team.

There is no 20-second clear rule at any level of play.

Visible numbers are required of front and back for 10U, 12U, and 14U (they are recommended for 8U and required if there will be officials). If a team does not have legal jerseys, a technical foul is assessed to start the game and the officials must report issue to the sponsoring authority.

Officials will not measure sticks during equipment inspections unless there is a Level 2 official working the game. Measurements will then only be checked for a coach-requested check where the coach requests that the stick be measured.

Shooting strings may not be more than 4” from the scoop. These will be visually inspected at all levels, with any obvious inverted U or V stringing considered illegal. Shooting strings will not be measured a Level 2 official is working the game and a coach makes a specific request to do so.

Practice goals are legal at all levels provided there are no holes or gaps in the net and provided they will not tip over during play.

Eye shade (grease or non-glare strips or stickers) that is not a solid stroke (or includes words, numbers, logos or other symbols within the eye shade) is prohibited. SITUATION: A1 has eye shade (grease or non-glare strips or stickers) that is (a) a solid stroke; (b) includes words, numbers, logos or other symbols; or (c) extends outside the eye socket or below the cheek bone. RULING: (a) legal; (b) and (c) illegal. In (b) and (c), A1 must adjust the eye shade before returning to play.

Body checking of any kind is illegal in 8U, 10U, and 12U. Body checking is only allowed in 14U when both players are completely upright and the force applied is not sufficient to put the opponent on the ground. A “take-out” or “excessive” body check—where the player making the check lowers his head or shoulder and hits with the force and intent to put the opponent on the ground—is considered “excessive” and results in a minimum 2-minute non-releasable penalty at all levels, and often a 3-minute non-releasable penalty or an ejection at the 12U and lower levels. Officials are encouraged to elevate the length of penalties for excessively violent contact after the first offense by a team. In particular, a second “take-out” or “excessive” body check by the same player should generally be a 3:00 NR penalty (which would foul the player out, since the first penalty had to be at least 2:00) or an ejection foul.

The following situations have been approved by US Lacrosse and apply to 12U and under games with restricted stick checking:

Situation 1: In a 12U or lower game, player A1 has possession and carries his entire stick above his shoulders in a non-lacrosse fashion so that no one can legally check his stick under the rules for that level of play. **Ruling:** The first time it happens in the game, the officials should stop the game and explain to the players and coaches that we don't do that in lacrosse. If it happens again, the officials will call withholding and award possession to the opposing team. Continued violations may result in a releasable unsportsmanlike conduct foul for repeatedly committing the same technical foul.

Situation 2: In a 12U or lower game, player A1 is preparing to shoot or pass and has both hands and his stick above shoulder height, which according to the wording in the rule book makes any check to the stick or gloves illegal. **Ruling:** If it is not possible to initiate a lift or poke check that makes contact below the chest of the player in possession or a downward check that starts below shoulder height for both players, the defensive player may (1) hold his stick in a blocking or covering position in front of A1's stick to interfere with the shot or pass or (2) execute a well-controlled lift or poke to the bottom hand even if the contact is above A1's chest provided the check is not violent and contacts only the stick or the gloved hand on the stick.

The following issues are decided by the sponsoring authority

The sponsoring authority will determine rules regarding **sideline managers** and shall be responsible for ensuring those rules are followed.

The sponsoring authority will specify who is responsible for supplying **game balls** for each game and for replenishing sideline and end line balls when needed during the game. If this is not specified, it becomes the responsibility of the home team.

The sponsoring authority will specify the length of **automatic suspensions** for coach and player ejections. There must be a suspension of *at least one full game*—not including any portion of the game the coach or player was ejected from—for any ejection at any level of play in any league or tournament situation; for youth games, longer suspensions are common. The length of suspension may be increase if the ejected party does not leave the field in a timely manner or continues the unacceptable behavior after being ejected.

Each team must have the minimum number of players to field a full team—including a legally equipped goalkeeper for 10U and higher—and a qualified head coach, in order for any game to start. The **length of time before a forfeit is declared** will be a league or tournament rule (typically 10 minutes). If the game is forfeited, a scrimmage may be played using players from either or both teams, with rule variations permitted as agreed upon by coaches and officials as long as no safety rules are modified and as long as officials believe the scrimmage can be conducted safely.

Eligibility requirements for players and requirements for head and assistant coaches will be determined by the sponsoring authority. Individual associations may impose additional and/or stricter requirements. Game officials do not enforce these requirements but may be used as a credible witness if a violation is brought to the attention of the sponsoring authority.

Age groups

The US Lacrosse age groups for 2018 are:

Date of Birth	Age Group
Born 9/1/2009 through 8/31/2011	8U
Born 9/1/2007 through 8/31/2009	10U
Born 9/1/2005 through 8/31/2007	12U
Born 9/1/2003 through 8/31/2005	14U

Individual leagues or tournaments may alter these dates, either for all players or on a case-by-case basis, as long as the policies are clearly stated to all participating teams. Any variations from these birth dates must be approved by the sponsoring authority **before** the athlete in question plays any league or tournament games—and preferably before practices—or forfeits and other sanctions may result per sponsoring authority policies.

Rules for 8U

US Lacrosse 8U rules apply with the modifications listed below **along with the rules for all levels of Minnesota boys youth play listed earlier.**

Field:

A small field will be used. No midfield line is required.

The crease circles can be marked with paint, soccer discs, or foldable creases.

See the US Lacrosse 2018 Youth Boys Rulebook for field diagrams and possible field setups using existing regulation fields.

Any situation that would normally result in the offensive team starting in the alley will result in the offensive team starting 1 yard in from the sideline instead.

Goals:

Preferred size is 3'x3'. **If no such goal is available, a standard goal flipped to a triangle may be used instead.**

Officials and coaches:

Coaches may officiate 8U games. If desired, one or two officials may be used.

If no officials are used, coaches can be anywhere on the field or sideline and will assume responsibility for officiating the game.

If at least one official is used, coaches are allowed anywhere along the bench-side sideline but not on the field of play.

Squad size and offside:

5v5 (no goalie). (Fewer players can be used if a team does not have enough players at any point since score will not be kept.)

No offside rule.

Starting play:

There will be no faceoffs at this level. The team winning the coin toss will be awarded possession to start the game. The other team gets first alternate possession and choice of goal to defend in the first and third quarters.

After goals, the goal scorer **must** substitute out of the game immediately, and other players on both teams **may** substitute. The scored-upon team is awarded possession anywhere along the GLE (Goal Line Extended). Players may be anywhere on the field for the restart as long as no player is within 5 yards of the player in possession. Play may be restarted as soon as substitutions are completed.

Each quarter starts with a team awarded possession at midfield based on alternate possession unless there is a flag down at the end of a quarter or a foul between quarters (in which case the opposing team is awarded possession to start the period, with no change in alternate possession). (Note: Since there are no time-serving penalties, possession can never carry over from one quarter to the next based only on one team having possession when the period ends.)

Equipment:

No long crosses are permitted. All sticks must be between 37" and 42".

A soft lacrosse ball (or other similar size and weight soft ball) may be used but is not required in Minnesota; if a soft ball is not used, a NOCSAE lacrosse ball must be used instead.

Substitution:

Substitution will be done differently from what is described in the US Lacrosse rules:

- When a goal is scored, the goal scorer **must** substitute out of the game unless a team has the minimum number of players. Other players **may** substitute after a goal. Play will resume when substitution is complete.
- At the start of a period or after a goal, penalty, or officials timeout, coaches should be striving to complete substitutions within 20 seconds, and teams could potentially be called for delay of game if they are taking more than 20 seconds and significantly longer than their opponents.
- Whole- or partial-team substitution allowed at other dead balls (coach must notify official during live-ball play that he wants to substitute on the next dead ball **or** notify the official during a dead ball before the official restarts play; teams will have 20 seconds to substitute).
- The head coach of team in possession may get a stoppage of play during any live ball in order to complete substitutions by yelling "sub timeout!" to the officials **provided** that his or her team is in no danger of losing the ball at the time of the request (e.g., if player A1 is being aggressively double-teamed by B1 and B2, Coach A may not call for a sub timeout).
- Officials should stop play after 2 minutes or so if there have been no chances for substitution and if there is no imminent scoring opportunity.
- Otherwise, substitution is allowed during live play according to standard NFHS rules.

Substitution should be done so that all players get roughly equal playing time.

Equipment inspections:

Officials routine inspections: When trained officials are assigned to the game, they should inspect the protective gear, check stick for end cap, visually inspect shooting strings, and visually inspect the rest of the stick for one player from each team at least once per half. If the visual inspection indicates an obvious problem the official will check pocket depth and rollout, and if the stick is illegal it is removed from the game until corrected. There are no equipment penalties assessed at this level, but a player with missing or illegal protective gear may not return until he is wearing all of the proper protective gear and he has a stick that meets specifications. If a player is found to have missing or illegal protective equipment or an illegal stick, possession will be awarded to the opposing team. There will be no routine inspections if coaches are officiating the game.

Coach-requested inspections: None.

Other rules:

No score will be kept.

No time-serving penalties. Flag-down slow-whistle procedure is still used. A penalized player must leave the game and can't return until the next substitution point. Teams do not play man-down.

Very limited stick checking (see Points of Emphasis).

No body checking.

Raking/covering the ball is illegal (change-of-possession technical).

As with every level of boys lacrosse play, no defensive player (other than a properly equipped goalkeeper, which are not allowed in 8U), can enter his own crease with the perceived intent on blocking a shot or acting as a goalkeeper.

Scrum ball rule: If 3 or more players are near the ball and no player can pick up the ball within 4 seconds, the ball is awarded by alternate possession.

Optional: 8U three-pass rule. (See Appendix 2). Note: This rule **will** be used for all YLM games and **will not** be used for any GNLL games. This is a league-level or tournament-level decision for other games; the default is that the rule will **not** be used unless specified by the league or tournament.

Rules for 10U

US Lacrosse 10U rules apply with the modifications listed below **along with the rules for all levels of Minnesota boys youth play listed earlier.**

Field:

A small field will be used. The crease circles can be marked with paint, soccer discs, or foldable creases. The center line can be marked with cones for 10U rather than with paint.

See the US Lacrosse 2018 Youth Boys Rulebook for field diagrams and possible field setups using existing regulation fields.

Any situation that would normally result in the offensive team starting in the alley will result in the offensive team starting 1 yard in from the sideline instead.

Goals:

Allowable sizes are 6'x6', 5'x5', or 4'x4'. Whatever size is provided by the home team, host site, or tournament will be used. However, both goals must be the same size.

Officials and coaches:

Two officials are preferred, but in some situations one official may be used.

Coaches are allowed anywhere on sideline *except* in table area or opponent's coaching box/bench area.

Squad size and offside:

Seven players per team (2 attack, 2 midfield, 2 defense, 1 goalie).

A team is offside if it has *more than* 4 players in its offensive end or 5 players in its defensive end. In many cases, only cones will mark the center line and not a painted line; officials will only make the call for offside if it is clear there are too many players clearly past the cone(s).

If, due to injuries, penalties, disqualifications, ejections, or other reasons, a team is unable to put at least 5 players on the field (including a legally equipped goalkeeper), that team forfeits the game.

The penalty stacking rule will come into effect for 10U when there are more than 2 players from the same team assessed penalties at the same time (rather than 3 as in 12U and higher levels).

Equipment

Up to 2 long crosses (other than the goalkeeper's crosse) between 47" and 54" are allowed on the field at once. These are optional; all players may use short crosses if desired. The recommendation is that no long crosse be taller than the player using it.

Short sticks must be between 37" and 42".

Goalie sticks must be between 37" and 54".

Faceoffs:

On faceoff, each team must have a goalkeeper in its crease, 2 players behind the GLE in its offensive end, and 2 players behind the GLE in its defensive end. One midfielder from each team faces off, and one midfielder from each team stands with one foot on the sideline to the left of their face-off player and between the two cones designating the sub area (note that there will be no cones marking this on the far sideline, but the midfielder on that side should be able to see the bench-side sub-area cones).

Midfielders are released on the whistle; attack, defense, and goalkeepers are restrained until the faceoff is over.

If a team is down one player on a face-off, the wing area must be left empty. If a team is down two players, the wing area and one spot behind that team's defensive-end GLE must be left empty.

Substitution:

Substitution will be done differently from what is described in the US Lacrosse rules:

- When a goal is scored, the goal scorer **must** substitute out of the game unless a team has the minimum number of players. Other players **may** substitute after a goal. Play will resume when substitution is complete and teams are ready for the ensuing face-off, if any.
- At the start of a period or after a goal, penalty, or officials timeout, coaches should be striving to complete substitutions within 20 seconds, and teams could potentially be called for delay of game if they are taking more than 20 seconds and significantly longer than their opponents.
- Whole- or partial-team substitution allowed at other dead balls (coach must notify official during live-ball play that he wants to substitute on the next dead ball **or** notify the official during a dead ball before the official restarts play; teams will have 20 seconds to substitute).
- The head coach of team in possession may get a stoppage of play during any live ball in order to complete substitutions by yelling "sub timeout!" to the officials **provided** that his or her team is in no danger of losing the ball at the time of the request (e.g., if player A1 is being aggressively double-teamed by B1 and B2, Coach A may not call for a sub timeout).
- Officials should stop play after 2 minutes or so if there have been no chances for substitution and if there is no imminent scoring opportunity.
- Otherwise, substitution is allowed during live play according to standard NFHS rules.

Substitution should be done so that all players get roughly equal playing time.

Equipment inspections:

Officials routine inspections: At least once per half, the officials will check protective gear, check the stick for an end cap, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. If the stick has a deep pocket, it must be removed from the game until corrected (no penalty). If the stick is illegal for any other reason, the stick is removed from the game but no penalty is assessed.

Coach-requested inspections: Allowed subject to NFHS rules. Such inspections will be conducted the same as routine inspections, except there will be a penalty for a deep pocket (1:00 NR; stick can return if adjusted) or otherwise illegal stick (3:00 NR; stick is removed from the game). In addition, measurements are subject to inspection if there is a Level 2 official working the game and if the coach specifies that measurements should be checked. Note: Level 1 officials may check the length of long sticks to ensure they are in the 47" to 54" range.

Other rules:

Score will be kept.

Raking/covering the ball is illegal (change-of-possession technical). *Exceptions:* goalkeeper in his crease; during the initial phase of the faceoff.

Very limited stick checking (see Points of Emphasis).

No body checking.

Scrum ball rule: If 3 or more players are near the ball and no player can pick up the ball within 4 seconds, the ball is awarded by alternate possession.

Optional: 10U two-pass rule. (See Appendix 3). **Note: This rule will be used for all YLM games and will not be used for any GNLL games. This is a league-level or tournament-level decision for other games; the default is that the rule will not be used unless specified by the league or tournament.**

Rules for 12U

US Lacrosse 12U rules apply with the modifications listed below **along with the rules for all levels of Minnesota boys youth play listed earlier.**

Squad size and offside

Ten players per team, including the goalkeeper. Normal offside rules apply

Officials and coaches:

Two officials will normally be used, but 3 could be used in some circumstances upon request.

Coaches are restricted to coaches' area with exceptions defined in NFHS rules.

Field:

Full field (110 yards by [53 \$\frac{1}{3}\$ –60 yards wide](#)) with midline.

Equipment

Short sticks must be between 40" and 42". Goalkeeper sticks must be between 40" and 72". The recommendation is that no long crosse be taller than the player using it. [Up to 4 long crosses, 52"–72" long](#), may be on the field at once.

Substitution:

[Standard NFHS substitution rules will be used.](#)

Equipment inspections:

Officials routine inspections: At least once per half, the officials will check protective gear, check the stick for an end cap, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. There will be a penalty for a deep pocket (1:00 NR; stick can return if adjusted) or otherwise illegal stick (3:00 NR; stick is removed from the game).

Coach-requested inspections: Allowed subject to NFHS rules. They will be conducted the same as routine inspections for this level. In addition, measurements are subject to inspection if there is a Level 2 official working the game and if the coach specifies that measurements should be checked.

Other rules:

[Score will be kept.](#)

Very limited stick checking (see Points of Emphasis).

No body checking.

The offensive 10-second count and over-and-back rules will apply, [but the 20-second clearing timer will not be used.](#)

[“Get-it-in/keep-it-in” stalling rules apply.](#)

Rules for 14U

US Lacrosse 14U rules apply with the modifications listed below **along with the rules for all levels** of Minnesota boys youth play listed earlier.

Squad size and offside

Ten players per team, including a goalkeeper. Normal offside rules apply

Officials and coaches:

Two officials will normally be used, but 3 could be used in some circumstances upon request.

Coaches are restricted to coaches' area with exceptions defined in NFHS rules.

Field:

Full field (110 yards by 53 1/3–60 yards wide)

Equipment:

Up to 4 long crosses, 52"–72" long, may be on the field at once. The recommendation is that no long crosse be taller than the player using it.

Short sticks must be between 40" and 42".

Goalkeeper sticks must be between 40" and 72".

Equipment inspections:

Officials routine inspections: At least once per half, the officials will check protective gear, check stick for end cap, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. There will be a penalty for a deep pocket (1:00 NR; stick can return if adjusted) or otherwise illegal stick (3:00 NR; stick is removed from the game).

Coach-requested inspections: Allowed subject to NFHS rules. They will be conducted the same as routine inspections for this level. In addition, measurements are subject to inspection if there is a Level 2 official working the game and if the coach specifies that measurements should be checked.

Body checking:

Body checking is only allowed in 14U when both players are completely upright and the force applied is not sufficient to put the opponent on the ground. A "take-out" or "excessive" body check—where the player making the check lowers his head or shoulder and hits with the force and intent to put an opponent on the ground—is deemed "excessive" and results in a minimum 2-minute non-releasable penalty.

Note that, for example, a shoulder-to-chest body check that knocks the opponent down and which would be perfectly legal in a high-school game is considered excessive and would result in at least a 2-minute non-releasable penalty at the 14U level.

Other rules:

The offensive 10-second count and over-and-back rules will apply, **but the 20-second clearing timer will not be used.**

"Get-it-in/keep-it-in" stalling rules apply.

Appendix 1: Penalties involving the goalkeeper (“no backup goalie” rule)

Teams are strongly urged to have two goalkeepers dressed for every game **or** to have another player wearing a chest protector (who can quickly take over for the goalkeeper by taking his goalie stick and helmet with throat protector). Alternately, if they can quickly put a chest protector on another player (placing it over the game jersey is acceptable in this situation) and have that player ready legally equipped to play goalie within the allotted time, that is also acceptable.

If a team does not have a second goalkeeper available to immediately take the field, a defender from the offending team will serve the penalty. The defender will be chosen by the offending team's head coach and must have been on the field when the penalty occurred. When a defender serves the penalty in place of the goalkeeper, the penalty time is doubled and is non-releasable.

For the purposes of this rule, “immediately ready” means that the replacement goalkeeper must be in the goal and ready to play within 20 seconds after the penalty is reported to the table. The penalized team may call a timeout to gain additional time if they have a timeout remaining.

ATTN: Under NFHS/US Lacrosse rules a goalkeeper who enters a game due to an injury or penalty is allowed up to 1:00 warm-up. The warm-up time begins after the goalkeeper is dressed and ready. The warm-up time *cannot* be used to extend the time allotted above to have the back-up goalkeeper dressed and ready to play.

Appendix 2: Optional 8U Three-Pass Rule

Refer to sponsoring authority to determine whether this rule applies in the league or tournament in which your team is competing. The word “Optional” refers to a league-level or tournament-level decision; coaches are **not** free to choose whether or not the rule will be enforced and may **not** ask officials to enforce this rule in a league or tournament that does not use this rule. **Note: This rule will be used for all YLM games and will not be used for any GNLL games; check with the league or tournament rules for other games. The default is that the rule will not be used.**

a. The offensive team is prohibited from shooting until it has been declared “hot” by attempting three passes. The passes need not be completed.

b. Dropping the ball from one stick into another or placing it directly into a teammate’s stick does **not** count as a “pass.” A “flip” pass with an upward vertical component does count as a pass. Otherwise, to count as a “pass,” the officials must believe it looks like an actual pass and not an attempt to subvert the spirit of the rule.

c. At least one of the three passes must terminate in the offensive end of the field (regardless of where the passes originated). There may be more than two (attempted) passes that terminate in the defensive end and they may occur before or after the one that terminates in the offensive end.

d. The official(s) will declare a team hot when it has attempted three passes without the opposing team gaining possession. The official(s) will verbally count “One!” once the team gains possession after the first pass attempt and raise a hand with their index finger up. The official(s) will count “Two!” and show two fingers after the team gains possession after a second attempted pass. When the team gains possession after the third attempted pass, the official(s) shall call “Hot!” and point toward the goal. If the opposing team gains possession before a team becomes hot, the official(s) will call and signal “Reset!”.

e. Once declared “hot,” the offense remains hot until the defense gains possession (in which case the official(s) will call and signal “Reset!”), a goal is scored, or the period ends and possession is awarded according to alternating possession. A dropped ball or ball checked out of a player’s stick does not reset the count.

f. It is a technical foul on the offense if they shoot and are not hot. A “shot” is clearly defined in the NFHS rulebook as “a ball propelled toward the goal by an offensive player, either by being thrown from a crosse, kicked or otherwise physically directed.” For purposes of the three-pass rule, a shot need not be a shot on goal. If the offense is not hot and a ball that is not directed at the goal by the offense goes in it shall still be considered a goal for the offense. Some examples of this are a pass by the defensive team that enters the goal or a pass by the offense that is deflected by the defense and enters the goal. By definition it is a shot when an offensive player kicks the ball toward the net and that would be a technical foul under this rule (and no goal if it enters the goal) if the offensive team is not hot.

Appendix 3: Optional 10U Two-Pass Rule

Refer to sponsoring authority to determine whether this rule applies in the league or tournament in which your team is competing. The word “Optional” refers to a league-level or tournament-level decision; coaches are **not** free to choose whether or not the rule will be enforced and may **not** ask officials to enforce this rule in a league or tournament that does not use this rule. **Note:** This rule **will** be used for all YLM games and **will not** be used for any GNLL games; check with the league or tournament rules for other games. The default is that the rule will not be used.

a. The offensive team is prohibited from shooting until it has been declared “hot” by completing two consecutive passes. Officials will declare a team hot when it has completed two passes without the ball touching the ground. Officials will verbally count “One!” on the first complete pass and raise a hand with their index finger up. Upon completion of the second pass, the officials will verbally say “Hot!” (or “Two!”) and briefly point in the direction of play. If the ball touches the ground after the first pass, the officials will verbally call “Reset!” and give the reset signal (circling one hand in the air) and start the process over.

b. Dropping the ball from one stick into another or placing it directly into a teammate’s stick does **not** count as a “pass.” A “flip” pass with an upward vertical component does count as a pass. Otherwise, to count as a “pass,” the officials must believe it looks like an actual pass and not an attempt to subvert the spirit of the rule.

c. Passes to and from the Goalkeeper count toward the two passes, but **at least one of the passes must originate in the offensive half of the field.** A team may complete additional passes in the defensive half of the field, but the officials will repeat “One!” to indicate that the team is not yet hot. Since in most cases there will not be a painted midline, the official will use his or her judgment based on the cones to determine whether the player is making the pass from the offensive end.

d. Once declared “hot,” the offense remains hot until the defense gains possession, a goal is scored, or the period ends resulting in a faceoff.

e. It is a technical foul on the offense if they shoot and are not hot. A “shot” is clearly defined in the NFHS rulebook as “a ball propelled toward the goal by an offensive player, either by being thrown from a crosse, kicked or otherwise physically directed.” For purposes of the two-pass rule, a shot need not be a shot on goal. If the offense is not hot and a ball that is not directed at the goal by the offense goes in it shall still be considered a goal for that team. Some examples of this are a pass by the defensive team that enters the goal or a pass by the offense that is deflected by the defense and enters the goal. By definition it is a shot when an offensive player kicks the ball toward the net and that would be a technical foul under this rule (and no goal if it enters the goal) if the offensive team is not hot.

f. The goalkeeper may not leave the crease and defend an opposing player when the opposing team has possession and the opposing team is **not** hot. This shall be penalized as a team conduct foul (technical). The in-home shall serve the penalty time. Repeated violations shall be escalated to a releasable unsportsmanlike conduct foul (personal) under Rule 5 Section 10 Article 1e. **Note:** The goalkeeper may leave the crease to contest a loose ball at any time.