

2023 WALOA-NVYLL Boys' Youth Update & Rules Overview

John Uberti

Commissioner for Youth
Officiating Operations



How do we know what the rules are?

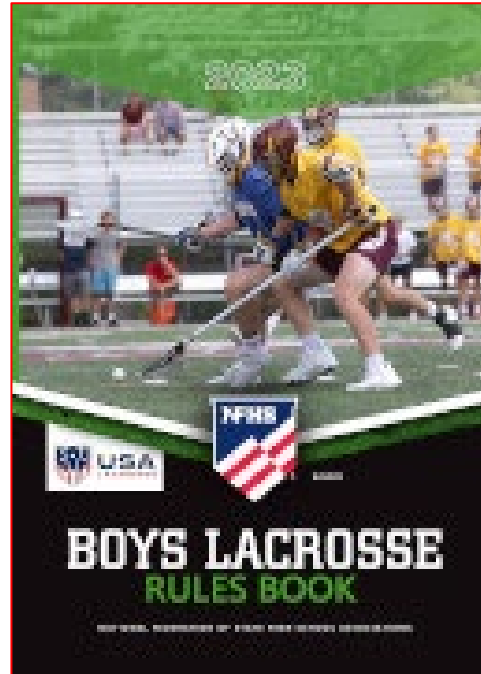


- The league tells us.



NVYLL League Operational Rules & Regulations

- NVYLL League Operational Rules and Regulations (Spring 2023):
 - *“The National Federation of High School Associations (NFHS) Boys Lacrosse Rules book and US Lacrosse 2023 14U youth rules shall govern NVYLL boys’ youth play, except as amended below.”*
 - *“...NFHS Rules for Boys shall apply to all scheduled league games unless amended by US Lacrosse Youth Council (USLYC) and/or these NVYLL Rules.”*



The rules of the game are designed to do two things – promote fair play and keep players safe.



2023 NFHS Rule Changes



RULE 1-2-1 CONTINUOUS SIDELINES AND END LINES:

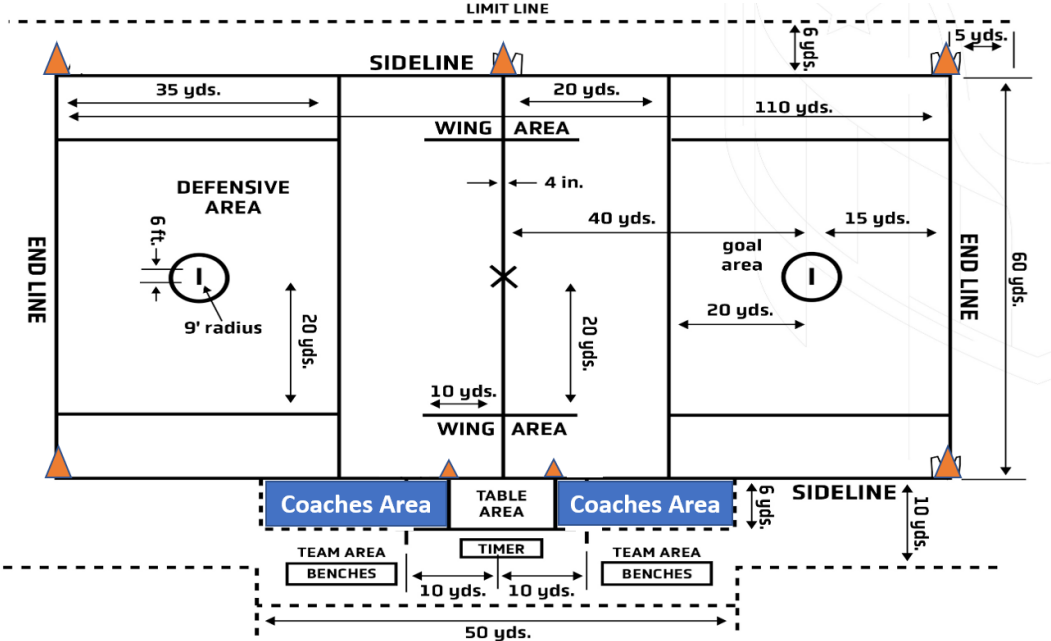
PENALTY: Failure to have a clearly marked center line that runs the entire width of the field, and continuous sidelines and end lines is an illegal procedure assessed against the home team.

RESULT: No faceoff and the away team take the first possession

RULE 1-2-7&8 THE SUBSTITUTION AREA AND COACHES BOX:

The substitution area has been narrowed by five yards on either side of the midline and is bounded by the coaches area.

Note: A field diagram memo will be posted by the NFHS and on the USAL Rules page.





2023 NFHS Rule Changes



RULE 1-7-1 UPDATES TO POCKET REQUIREMENTS: The pocket/net shall be completely attached to the head and the side walls, leaving no gaps larger than 1.68 inches in diameter (i.e., an American golf ball)

RULE 1-8-1 PROHIBITED CROSSE PROTRUSIONS: The crosse shall not have protrusions or sharp edges.





2023 NFHS Rule Changes



RULE 1-9-1 FOOTWEAR

Shoes shall be worn which are designed for the sport of lacrosse. Metal spikes are not permitted.

1.9.1 SITUATION C: Once the game has begun, A1 is discovered wearing non-conforming shoes with metal spikes. **RULING:** One-minute, non-releasable penalty on A1.



2023 NFHS Rule Changes



RULE 4-3-1 CLARIFICATION OF FACEOFF EXCEPTIONS

ART. 1 . . . Play shall be started at the beginning of each period and after each goal by facing the ball at the Center.

EXCEPTIONS:

- Player-advantage or a flag down, creating a player advantage.
- Player or team commits a foul before any faceoff.
- Player at any faceoff delays resumption of play.
- Player moves the crosse or body after “set” is said, gaining an advantage.

Review New Situations K – N for clarification on where play restarts



2023 NFHS Rule Changes



4.24.1 GOALIES OUTSIDE OF THE CREASE

ART. 1 . . . An official may suspend play at the official's discretion. If a player loses any mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately. A goalkeeper, when outside the crease, is treated like a field player. If the official discovers a player who is apparently bleeding, has an open wound, or has any blood on the uniform, such player shall be considered an injured player.

ART. 8 . . . Play shall be suspended immediately if the goalkeeper's stick or any other mandatory goalkeeper's equipment becomes broken in the crease.



2023 NFHS Rule Changes



6-10-2 STALLING, STALL WARNING IN EFFECT

ART. 2 . . . The stall warning remains in effect until a goal is scored; a shot is taken above the goal-line extended hits the goal pipes, goalkeeper, or his equipment; the defensive team gains possession of the ball; or the period ends resulting in a faceoff. After the team has been warned, stalling shall be called if the ball leaves the goal area in any manner other than as a result of a shot or a touch by the defending team.



2023 NFHS Rule Changes



RULE 7-2H RELEASE OF PENALTIES DURING A RUNNING CLOCK

H. During running time, penalty time will start with the whistle resuming play after the penalty is administered. If there is time remaining on a non-releasable penalty when a goal is scored, the earliest the penalty will release is when the ensuing faceoff has been completed



2023 USAL Youth Rule Changes



THERE IS ONLY ONE USA LACROSSE RULE CHANGE AND NVYLL VOTED NOT TO ADOPT

USA Boys Youth Lacrosse RULE 7-2-B,C,D,E,F,G, ELIMINATED RELEASABLE PENALTY ADMINISTRATION AND MADE ALL NON-RELEASEABLE

FOR NVYLL 2023 SEASON, ADMINISTER PENALTIES PER NFHS
RULE 7-2-B,C,D,E,F,G,

and

NVYLL Spring 2023 Operational Rules and Regulations

OBTW, Game Time is Running and PENALTY TIME is START-STOP

NFHS-USA Lacrosse 14U Rule Differences



- All rules are the same as those used in the NFHS rulebook with the following exceptions.
 - No one-handed stick checks are allowed.
 - Limited body checking is allowed of a player in possession, within 3 yards of a loose ball, or to a player within 3 yards of a ball in flight. To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse.

Take out checks are NEVER allowed.

An 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

- Goalkeepers are not required to wear arm pads at any age level.
- Twelve (12) minute running-time quarters.
- The game clock will start and stop on all whistles during the last two (2) minutes of games and during the last two (2) minutes of any overtime period, except when the 12-goal rule applies.
- There shall be one 4-minute “sudden victory” period for any tie game. If no goal is scored the game will end in a tie. In the playoffs, as many sudden-victory overtime periods will be played as necessary until a winner is determined.

12U



- 12U AAA/AA/A
 - All rules are the same as those used in 14U Division.
- 12U B/C
 - Stalling and advancement rules are not enforced at these levels. There is no over and back enforcement.

10U Full Field & Modified Field



10U FULL FIELD: All rules are the same as those used in 12U B/C with the following exceptions:

- 10 minute running time quarters.
- The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and for playoff games the last two (2) minutes of any overtime period, except in the case when the 6 goal rule applies.
- Long poles are permitted in 10U FF Division only. Crosse lengths may be between 47 and 72 inches.
- **No body checking is allowed. Legal holds, incidental contact and equal force body contact are allowed.**
- **SCRUM SITUATION** In the event that a loose ball cannot be quickly picked up due to 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.
- No overtime for regular season
- 10U and 8U games shall require normal, on-the-fly substitutions through the box. Officials shall allow time for young players to make a “normal substitution” through the “box” when the ball goes out-of-bounds on the sideline.
- NVYLL permitting fast restarts at 10U **FULL FIELD ONLY**

10U MODIFIED FIELD: All rules are the same as those used in 10U Full Field division with the following exceptions:

- The 10U Modified Field shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end line and mid-field line. Fields may be set up to run across half of an NFHS full size regulation field. Creases will be designated 5 yards from each endline.
- Teams will be limited to 7 players on the field at a time (7 v 7). The 7 players will be 2 attack, 2 midfielders, 2 defensemen and a goalie. To remain on-sides, a team must have a total of 3 players in the defensive end and two players in the offensive end of the field.
- On a face-off, attack and defense players shall stay behind the Goal Line Extended (GLE) until an official declares possession.
- 2-Pass rule is in effect anywhere on the field by any player, including the goalie. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once two passes are completed or attempted, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred, after which the 2-pass count starts over. If a goal is scored without two pass attempts, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. A change of possession is considered to have occurred if the goalie has made a save and the goalie or any defender has obtained control of the ball. A penalty does not reset the count.
- Players serve time-serving penalties but may be replaced with another player on the field while serving the penalty. **When a foul is committed, on the re-start it becomes a 3-on-2 fast break from midfield. One (1) non-offending midfielder begins five (5) yards ahead of the midfield line. All other midfield players (defense and offense) begin behind the midline and outside rule remains in effect. Attack and defense players are allowed to position themselves to execute/defend fast break. The two-pass rule is automatically considered satisfied. All players released on a SINGLE whistle.**
- Timeouts are limited to two (2) per game - one for each half.

8U



All rules are the same as those used in 10U MODIFIED FIELD division with the following exceptions:

- No scores are reported. No standings are kept. No playoffs will be held. This is a noncompetitive division devoted to player development.
- Teams have the option to play with a goalie or without one, but may not use a shooting barrier in place of a goalie. When playing without a goalie, the team may not add an additional field player.
- One (1) coach per team shall be allowed on the field along the team sideline. Coaches on the field are not permitted to cross the midfield line and may never cross in front of opposing team bench. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or – unless agreed to by the other teams coach - members of the opposing team.
- The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10 minute quarters.
- Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.



2023 USAL Youth Points of Emphasis



Crosse Specifications

Starting in January of 2022[2023] at the 10U level and below, a boys' field crosse specification or girls' field crosse specification is legal for play. However, regardless of which stick is used, players must still adhere to the pocket construction and depth testing requirements for boys' lacrosse.

The illegal crosse rules are only enforceable for players 12U and older. At 10U and below, any illegal crosse should be removed from the game until it is corrected and no time serving penalty should be given to a player.

Faceoffs

Players shall stand as they get into position for the face off and must remain standing. Upon the whistle, each player must attempt to play the ball first before body checking their opponent.

A. When the whistle sounds to start play, the players in the wing area shall be released, but must avoid checking the faceoff players battling for control of the ball in the initial faceoff spot.

B. Defenseless Player: Player shall not body-check a player in a defenseless position. Hitting a defenseless player will result in a two-to three-minute non-releasable penalty or ejection.

Player Safety

The following points are some key differences between high school and youth lacrosse.

- No "Take Out" Body Checks
- Targeting Fouls
- Fouling Out
- The 3-Yard Rule
- One-handed Stick Checks are a Penalty
- Slow Whistle Situations
- Proper fit and wear of the helmet

Equipment & Uniform Changes

Protective Equipment

1. Protective Cups - As a reminder, protective cups or pelvic protectors are required equipment. It is a player's responsibility to wear the right equipment. Officials will not verify if players are wearing a protective cup or pelvic protector during an equipment check.
2. Effective January 1, 2022, all field players shall wear shoulder pads designed for lacrosse that meets the NOCSAE ND200 standard and are certified by SEI.

Rules Related to Bench Conduct



Coaches, Rule 2, Section 3

- The head coach shall act in a courteous manner and also shall endeavor in every way to achieve the same from team members.
- The head coach also shall be in control of and be responsible for the actions of any and all people officially connected with his or her institution.
- Coaches shall assist the officials in keeping the game under control.
- Only the head coach will communicate with the officials.

Unsportsmanlike Conduct, Rule 5, Section 10

No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:

- Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
- Use threatening, profane or obscene language or gestures at any time before, during or after the game.
- Bait or call undue attention to oneself, or commit any other act considered unsportsmanlike by the officials.

Tobacco, Rule 5, Section 12

Team personnel shall be ejected from a game for tobacco use that occurs between the time the officials take jurisdiction and the end of the game.

Conduct Foul, Rule 6, Section 6

- A coach shall not enter the field of play without the permission of an official, except to attend to an injured player or to warm up a goalkeeper, or during halftime.
- A player, coach, athletic trainer or other person officially connected with a team shall not:
 - Leave the team area and/or coaches area on his side of the field.
 - Object by arguing or gesturing to a decision by an official, timekeeper or scorekeeper
 - Commit any act considered misconduct by an official

How can we start on time? Or “Hey Ref, the clock is running!”



- Home Club have a field commissioner, timekeeper, (two are better than one) and score keeper
- Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.
- “Good day, Coach. Do you verify all your players are legally equipped by rule **for the equipment that is under your responsibility?**”
- Know the **NUMBER** of your:
 - Captain(s)
 - In Home
 - Defensive Player to serve penalty for Goalie
- Coin Toss with Captain(s) for first alternate possession or goal to defend (It would be helpful if your Captain knew what he's going to choose **BEFORE** he comes out for the Coin Toss)
- If there is a pre-game discussion about facing off, we'll meet the FO players at the Face Off “X”
- Line Up at start of game, left shoulder towards GOAL you are DEFENDING.



AAA-MMM-DDD-G

G-DDD-MMM-AAA



Communication Regarding Officiating and Officials



- Questions, comments, complaints, etc. should be directed to the Youth Commissioner. Coaches and club commissioners should not contact game officials directly.
- Some communication is best handled between the NVYLL Chair and the Youth Commissioner, rather than between Coaches and Club Commissioners and the Youth Commissioner.
- Coaches are encouraged to submit boys officials evaluation forms; these are on the NVYLL website, under the Forms tab.
- These forms are viewed by the Youth Commissioner; issues raised may be discussed with officials, but the source of the information is not provided.



All you really need to know...

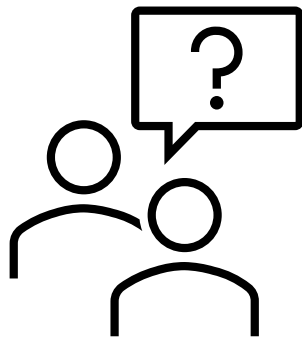
- Nine NFHS/USA Lacrosse rule changes, one NVYLL rule modification, and one NVYLL exception for the 2023 season.
- We'll officiate every contest, even if it turns into a mixed team 7 v 7
- Consult the **2023 NVYLL Rules Quick Reference** for age and skill level rule differences (TBP on WALOA and NVYLL Website). **Keep a copy with you and discuss it with the Coaches prior to the start of the game.**

2022 NVYLL Rules Quick Reference						
	8U		10U		12U	
	Modified Field	Modified Field	Full Field	B/C	A	
Game Time	4x10-minute quarters			4x12-minute quarters		
Clock	running			running, start/stop during last 2 min and 0:30		
Tie-Breaker	none during regular season			1x4-min Sudden Death		
Time-outs	1 per half		2 per half			
Advancement	n/a					
Over and Back	n/a					
Pass attempt	2 anywhere (includes goalie)					
Fast Restart allowed?	No. (5-yd separation required)					
Long poles	none		None		up to 4	
Crosse Length	37"-42"		None		40"-42", 52"-72"	
Stalling				During game + last 2 min (lead of 4 goals or less)		
Slashing				Whether or not contact is made		
Checking				Limited Body Checks - 3 yards (No Takeout Checks)		
Targeting	"T... non-releasable penalty and ejection from the game. See definition below.					
Goalkeeper Penalty	Be... nominate a starting defender to serve any time-serving penalty on the GK.					
Time-serving penalty	...w...			Player serves penalty and team is man-down.		
Req'd Equipment				Goalkeeper NOT required to wear arm pads at any age		
Mercy Rule	7v7 (no score)		6 goals or more		12 goals or more	
Other	7v7 (2-2-2-GK)					
	1 coach on the field					
	no score posted					
	no playoffs					
	GK optional (no hector)					

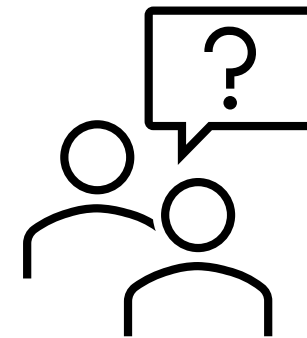
UPDATE POSTED TO NVYLL AND WALOA WEBSITE NLT MARCH 1st

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WALOA Points of Contact



**John Uberti, Commissioner for Youth
Officiating Operations**
john.uberti@waloa.org
(910) 797-5107



Rob Broxton, Youth Assigner
rob.broxton@waloa.org
(540) 220-7538

WALOA

Washington Area Lacrosse Officials Association

Are all you're players legally equipped by rule?

BOYS' FIELD PLAYER EQUIPMENT

Required Equipment

- 1. HELMET**
 - Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified
- 2. FIELD PLAYERS CROSSE (Stick)**
 - Short Crosse - 40-42"
 - Long Crosse - 52-72"
 - 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).
- 3. GLOVES**
 - Hand must be fully inserted in glove
- 4. SHOES**
 - Athletic cleats or athletic shoes
- 5. PROTECTIVE CUP**
 - Fitted for comfort & protection
 - Garments to improve comfort include: supporters, all-in-one briefs & combinations of both
- 6. ARM PADS**
 - Elbow should be properly & completely covered
- 7. SHOULDER PADS**
 - Covers top of shoulder, collarbone & sternum
 - Should fit comfortably; adjust by loosening/tightening straps
 - NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022
- 8. MOUTHGUARD**
 - Must be visible color other than clear or white
 - Self-molding (from manufacturers) or custom-molded (from dentist)

Optional Equipment

- 9. RIB PADS (NOT SHOWN)**
 - Covers the ribs and kidneys; adjust by loosening/tightening straps
 - Should fit comfortably, not restricting breathing

- ### Goalie Specific
- NOCSAE ND200 CHEST PROTECTOR**
- Covers front torso, neckline to below navel
 - Body straps must be secured to the front of pad
 - adjust for a snug, comfortable fit
- THROAT GUARD**
- Separate from helmet & required for goalies
 - Attach with snaps/screws/other fasteners
 - Proper fit for helmet & guard

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