

USATM
LACROSSE



2024 GIRLS' NHYLA YOUTH
LACROSSE RULES
INTERPRETATION



POINTS OF EMPHASIS

SPORTSMANSHIP

- Sportsmanship includes a commitment by all participants to fair and ethical play, respect for opponents, and goodwill towards others.
- Coaches, players, officials, game administrators and spectators are expected to demonstrate good sportsmanship.
- Officials should use effective communications and game management to discourage poor sportsmanship.
- Misconduct penalties should be considered when necessary to hold individuals responsible for unsportsmanlike conduct.
- Sportsmanship is a team effort that includes everyone at the event.

POINTS OF EMPHASIS

STICK TO BODY CONTACT

- Legal and safe use of the crosse is essential to minimize risk and to preserve girls' lacrosse as a game which allows players to play with limited protective equipment.
- Coaches must teach proper and legal stick skills.
- Players must not initiate illegal stick-to-body contact by using the stick to hit, push or displace an opponent.
- Officials must recognize, call and penalize illegal stick-to-body contact as required by the rules.
- Legal defensive stick positioning is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock positions.
- Illegal stick-to-body contact occurs when a defender contacts an opponent's body with a stick held in a horizontal position, regardless of who initiated contact. This is a major foul and should be called by officials.
- Proper coaching, appropriate play, and diligent officiating regarding legal use of the stick will minimize risk and maintain the integrity of girls' lacrosse.



POINTS OF EMPHASIS

DANGEROUS PLAY IN THE 8-METER ARC

- There is high potential for dangerous play and injuries within the 8-meter arc because of:
 - players' proximity,
 - the speed of players moving into and through the 8-meter arc,
 - aggressive actions by attack players and defenders, and
 - shots being taken.
- Players can play safely in this area by:
 - maintaining control of their stick and body,
 - avoiding illegal stick-to-body contact,
 - shooting safely, and
 - not pushing opponents.
- Officials must be in the proper position to effectively officiate play in the 8-meter arc. They must know and concentrate on their area of responsibility.
- Officials must always be watchful for dangerous follow-through, dangerous propelling, and dangerous shots that heighten the risk of injury to defenders and goalkeepers.
- Controlled and safe play in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the integrity of the game.



USLAX RULE CHANGES



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NO RULE CHANGE: Please Note

YOUTH ONLY CHANGES - Rules Distinct from High School



» **Self-Start (5-4-1)** USAL Youth Rules will continue to require a player to momentarily pause when self-starting for appropriate skill development and game management.

Momentary pause - Settled Stance:
Both feet stationary, on the ground, with
the ball in the head of the crosse



RULE CHANGE

YOUTH ONLY CHANGES - Rules Distinct from High School

» **10-1r** USAL Youth Rules prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.

Note – Prohibits stick to body contact initiated by the defense

Rule Intent: To promote safe play and develop proper defensive skills.

Point of Emphasis: Legal and safe stick to body contact is identified as a point of emphasis for 2024 in the USA Lacrosse Youth Guidebook and NFHS Girls Lacrosse

See Rule Clarification list on Website for examples of stick to body contact



RULE CHANGE

GOALKEEPER EQUIPMENT – THIGH PADDING

- Goalkeeper thigh padding shall be shorts or pants manufactured with integrated protective padding.
- 2-6 ART 1...The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a tooth and mouth protector, a chest protector and padding on the thighs... **Thigh padding shall be shorts or pants manufactured with integrated protective padding.**

Note: *Youth goalies must also wear Shin Protection*



RULE CHANGE

PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS

2-7-1

- Tooth and mouth protector requirements have been revised to align with other NFHS sports.
- Tooth and mouth protectors may be clear, any color, and have graphics.



LEGAL TOOTH AND MOUTH PROTECTORS

2024 GIRLS' HIGH SCHOOL LACROSSE RULES

RULE CHANGE

PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS
NOT LEGAL

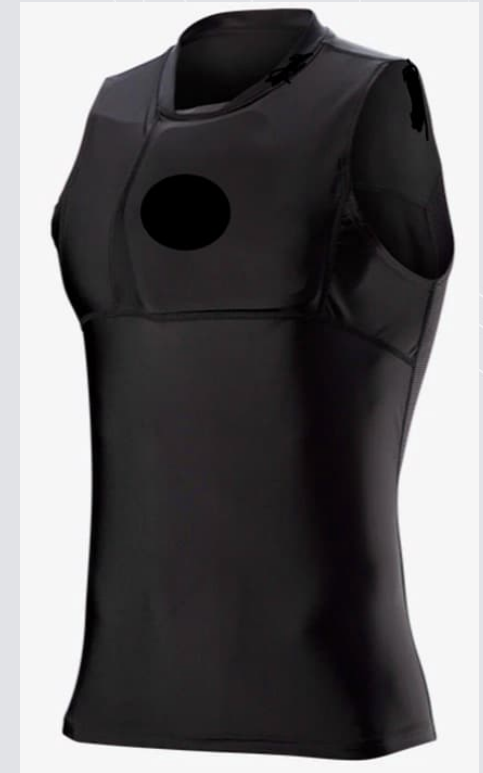


RULE CHANGE

PERSONAL EQUIPMENT – COMPRESSION SHIRTS

2-7-4 NOTE, 2-9-5

- Field players may wear compression shirts that meet NOCSAE ND200 standard. Compression shirts are not required to meet the color restrictions of visible undergarments.
- 2-7-4 NOTE: Hard and unyielding items (guards, casts, braces, splints, etc.)
...Compression shirts that meet the NOCSAE ND200 lacrosse standard at the time of manufacture are permissible.



Time Factors

Playing Time

All age groups
4 quarters x 12 minutes each

ALL RUNNING TIME, EXCEPT FOR 14U

- **LAST 2 MINUTES OF QUARTER 2 AND 4**

Halftime and Quarter Breaks

- Halftime is up to 5 minutes; may be less if agreed upon by the coaches prior to the game.
- There is a 2-minute break between Quarter 1 and 2 & Quarter 3 and 4. Players must change ends to begin each quarter.

Clock Stops

- When official signals timeout
- **NOT** After each goal signal, - youth is running time.
- During overtime for Fouls in the CSA. OT for only for **12U & 14U**



RULE CHANGE

DURATION OF PLAY – PLAYING TIME

U14 Only –

- clock is to be stopped on the official's whistle and arm signal when there is a foul called in the critical scoring area during the last two minutes of **the second and fourth quarters**
- If a team is leading by 10 or more goals, the clock will continue to run after goals and when there is a foul called in the critical scoring area during the last two minutes of **the second and fourth quarter**. If time runs out prior to the complete administration of a free position then it shall not be administered



Official Game

SUSPENDED / INTERRUPTED GAMES

4-4-1: ...A game is considered legal and complete if 75 percent of playing time has elapsed...

4-4-2: ...If a suspended game (one in which less than 75 percent of playing time has elapsed) is replayed on another day, it must be played from the point of interruption.

4-4-3 NOTE: If 75 percent of the playing time has elapsed and the game is tied, this would then follow NHYLA Rules

RESTARTING PLAY – SELF-START

5-4-2: Following a whistle blown for an offensive foul inside the critical scoring area, a player awarded the free position in the player's defensive end shall take the free position at the spot of the foul



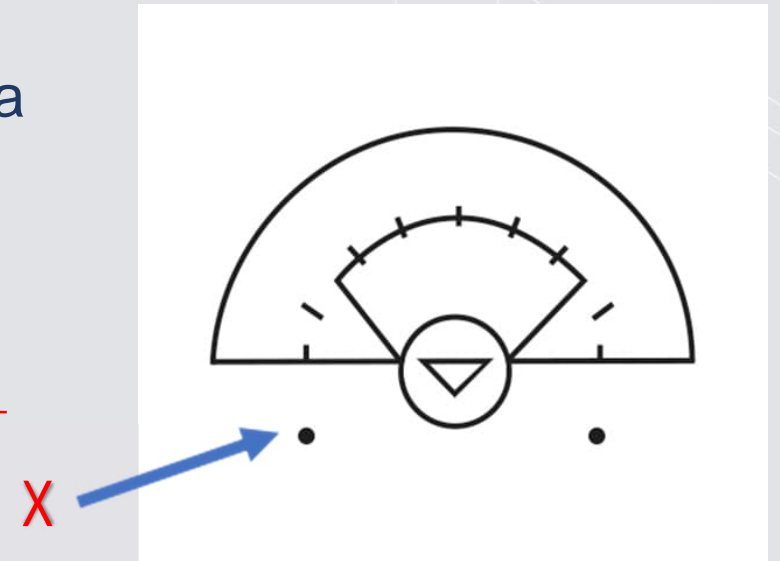
RULE CHANGE

MAJOR FOULS – THREE SECONDS

10-1y

- For a three-second violation, when the ball is outside the critical scoring area and below the goal line extended, the free position is awarded at the closest dot.
- 10-1y PENALTIES: When the defense is called for a three-second violation, the free position will be awarded based on the spot of the ball when the violation occurred....

5. When the ball is outside the critical scoring area and below the goal line extended, the free position will be awarded at the closest dot.



Special NHYLA Rules Changes and Reminders



[USALACROSSE.COM/LAXCON](https://www.usalacrosse.com/laxcon)

NHYLA Special

Rule - Head coach must provide a roster to opposing coach before the start of the game

Penalty - Offending team plays down 1 player for 1st half of the game.

Officiating the Rule

- Rosters must be exchanged before the game starts.
- Exchange can be hard copy or electronic.
- Add to coaches meeting - ask if the rosters have been exchange.
 - Yes - all is good
 - No – tell them to take care and exchange rosters
 - No, I can't or will not – assess the penalty



NHYLA Special

Rule - Pass Rule (only applies to 8U, 10U, and 12U. Does not apply to 14U) –

One attempted pass is required after the ball and the ball carrier completely cross their respective offensive restraining line before a shot can be taken at the goal. An additional pass is not required until the ball leaves the offensive side of the field beyond the restraining line.

Penalty - If a shot is taken before the pass is attempted, it is considered a goal circle violation and the ball is awarded to the goal keeper in the goal circle with offender behind.

Officiating the Rule

Hand offs” are not sufficient to be considered a pass in girls 8U, 10U and 12U. A pass or attempted pass is the exchange of the ball through the air from one teammate’s crosse to another teammate’s crosse. A handoff where the ball is dropped from one crosse into another or a roll to a teammate/open space doesn’t constitute a pass.

NHYLA Special

Rule - Pass Rule 8U Clarification

Pass Rule – once the pass rule is satisfied, the team can shoot on goal.

Example =

- *White team has ball and can shoot*
- If the defensive team (blue team) gains possession and clears the ball past the restraining line, this is a reset and when the white team gets the ball again they will need one pass before they can shoot.
- If the defensive team (blue team) gains possession and DOES NOT clear the ball past the restraining line before the white team gets the ball, the white team can shoot on goal.

8U – Same as above except:

- White team shoots and scores. The score is considered a reset.
- Blue gets the ball on the goal line extended (no draw)
- If the white team gains possession the pass rule applies and the white team must have one pass before they can shoot on goal.



Ground Balls 8U/10U

NHYLA Rule Change

- 1 – Scrum rule is eliminated.
- 2 – both 8U and 10U are allowed to kick the ball



NHYLA Special

Mercy Rule

- Team that is behind by 6 or more goals will get the ball at the center. No draw.
- Whistle Start
- Position for draw does not apply

8U only –
When behind by 6 or more
goals- pass rule does not apply



NHYLA Special

8U, 10U, 12U, 14U

Rule – *End of Quarter / End of Game*

the horn blows to end the quarter or game, and the official has already awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3-second time limit from the whistle

Officiating the rule

- Continue to administer the 8m Free Position. Player may only go directly to goal.
- Passing ends the possession.



NHYLA Special

Rule - Any coach, player or individual ejected from a game must be reported

Officiating the rule:

Reported ejection needs to be reported by the umpire to GirlsVP@NHILA.org by the end of the day of day when the game is played.

Report needs to include –

- Team - Town and Age Group
- Player number
- Reason for ejection
- If coach – need to advise Town and Age Group.



Reminders

Some of the most common question and reminders

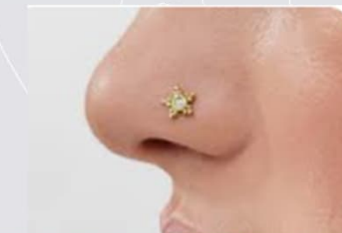


[USALACROSSE.COM/LAXCON](https://www.usalacrosse.com/laxcon)

Jewelry

Shall not be worn by players.

- Earrings ARE NOT ALLOWED. Tape applied to earring does NOT make them legal.



Medic-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible



Optional Personal Equipment

ONE LINE ONLY



All of these are LEGAL



RULE CLARIFICATION

- Coaches
- All Levels –
- 3 coaches on the team bench maximum.
Must all adults.
- 8U Only
- May have one “Parent Helper” in place of one of the 3 coaches



Review: Transitional Checking

Only for 14U Transitional Checking

Can Check OUTSIDE of the 12 INCH Sphere
NO LONGER 7 INCH – MAJOR FOUL

NOT ILLEGAL to CRADLE inside the 12 inch (a ruler) sphere, but it is in the 7 inch sphere

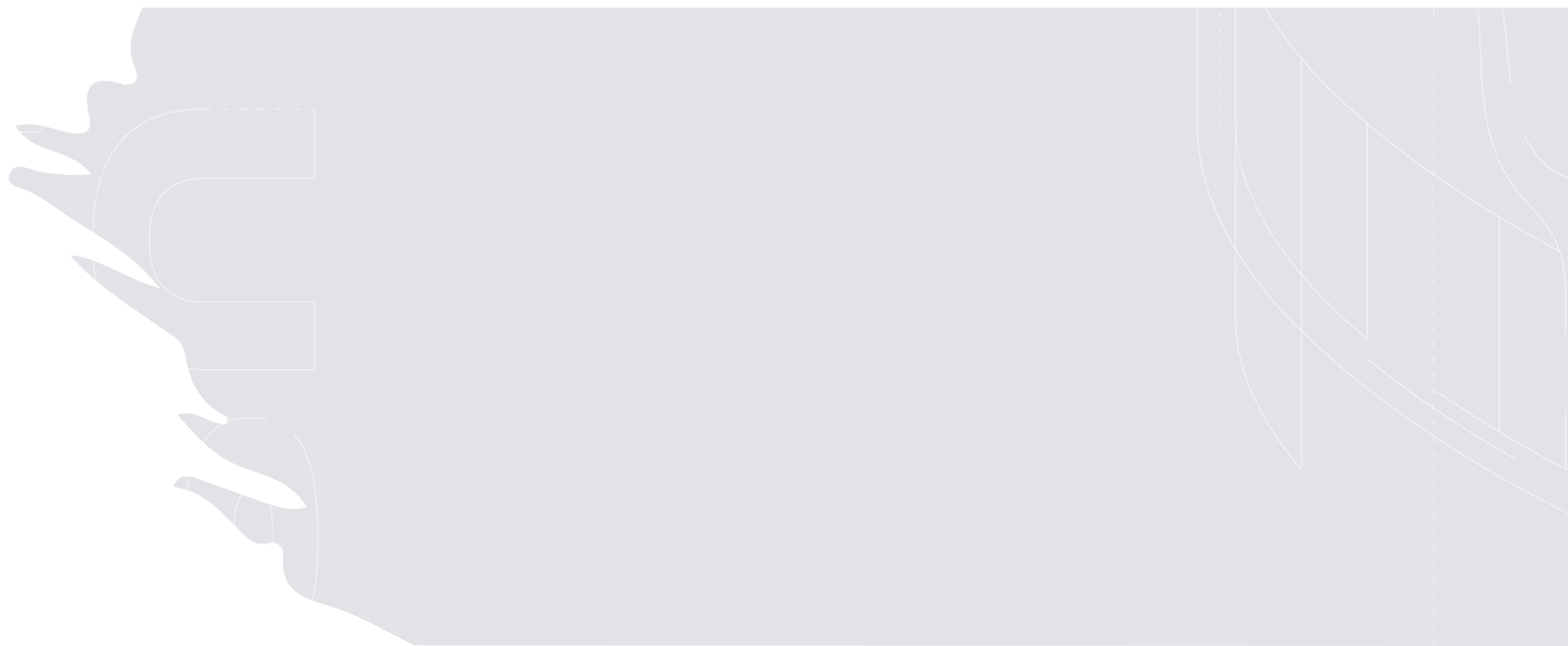


Review: MODIFIED CHECKING

Only for U12 – 3 Second Defense still Applies
MAJOR FOUL

Is an attempt to dislodge the ball from an opponent's crosse in which the checking crosse movement solely occurs **BELOW THE SHOULDERS** of the player with the ball.

The check must be down and away from the body. The penalty is an illegal check and is a **MAJOR FOUL**.



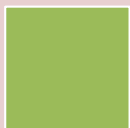
Review: 3 SECOND GOOD DEFENSE



Only for U8, U10 , and U12



Is when a player with the ball holds the ball for more than (3) three seconds while closely guarded/marked – MAJOR FOUL



A player may not hold the ball for more than 3 seconds, when they are closely guarded, the defense has both hands on their stick, and the defense is in a position to legally check if it were legal.



THINGS TO REMEMBER ABOUT YOUTH OFFICIALS...

- Youth officials are only 2 years or 3 years older than the players you are coaching.
- Youth officials are someone's child. How would you want your child spoken to?
- The **MAIN** reason why youth officials do not return is because of coaches and fans **BEHAVIORS** during a game.
- Youth officials are going to call the basic calls, they are learning.
- Remember nobody is perfect we all make mistakes it's how we learn just like the players, coaches, and officials.
- Players don't get every goal, save every goal, catch every ball, but we still **ENCOURAGE**.
- There are 24 players on the field it is impossible to watch everyone and everything in a fast pace game, especially when you are learning

THANK YOU



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