

2017 US Lacrosse Boys Youth Rules Test

1. **At 12U, 10U & 8U, the allowable body contact at these levels are:**
 - a. Legal holds and legal pushes.
 - b. Equal pressure against an opponent to gain possession of a loose ball.
 - c. Defensive positioning to redirect an opponent in possession of the ball.
 - d. All of the above.
2. **Except for 6U which does not allow stick checking, there are two places a youth player may legally check with his crosse. Where are they?**
 - a. Crosse and shoulder.
 - b. Crosse and gloved hand holding the crosse.
 - c. Crosse and back.
 - d. Crosse and arm.
3. **At the 12U and 14U levels, a coach is only allowed to enter the lacrosse field when?**
 - a. To attend to an injured player.
 - b. To warm up a goalkeeper.
 - c. During halftime.
 - d. All of the above.
4. **If a coach is on the field of play during a live or dead ball and does not have permission from the official, the official should:**
 - a. Warn the coach to get off the field.
 - b. Call a conduct foul.
 - c. Call an unsportsmanlike conduct penalty.
 - d. All of the above could be called depending on the judgment and discretion of the official.
5. **Player A1 has possession when the official notices that defender B1's mouthguard came out of his mouth as a result of the play. What is the correct procedure?**
 - a. Stop play immediately if no scoring opportunity is imminent, and instruct B1 to put his mouthguard back in.
 - b. Technical foul. Flag-down slow whistle. Allow the free play to continue until play must be suspended. Then enforce the penalty against B1.
 - c. Personal foul. Immediate Whistle. B1 serves 1-minute nonreleasable.
 - d. Technical foul. Immediate whistle. B1 serves 30-seconds.
6. **Play at the 6U level shall be:**
 - a. 4 v 4, with goalkeepers.
 - b. 3 v 3, with no goalkeepers.
 - c. 3 v 3, with goalkeepers.
 - d. 4 v 4, with no goalkeepers.
7. **Prohibited equipment at the 6U level consists of:**
 - a. Helmets, arm pads, and shoulder pads.
 - b. Gloves, mouthguards, and arm pads.
 - c. Gloves, mouthguards, and helmets.
 - d. Shoulder pads, helmets, and mouthguards.
8. **At the 6U & 8U levels of play, personal fouls are enforced how?**

- a. At the 6U level, play will stop immediately, and the player who committed the foul is to be substituted for immediately.
- b. All personal fouls shall result in a 1, 2, or 3 minute penalty.
- c. At the 8U level, the slow-whistle-technique will be applied. After the play is stopped, the player who committed the foul is to be substituted for immediately.
- d. Both a. and c. are correct.

9. At the 6U & 8U levels of play, which type of ball is allowed?

- a. A standard lacrosse ball that meets NOCSAE standards.
- b. A soft lacrosse ball.
- c. A soft athletic ball of similar or larger diameter, such as a tennis ball.
- d. Both b. and c. are correct.

10. At the 6U, 8U & 10U levels of play, if a player other than the goalkeeper attempts to rake the ball to pick it up, the official should?

- a. Do nothing. This is allowed.
- b. As long as the player picks it up in a continuous motion, this is legal. The official should do nothing.
- c. Stop play immediately, award the ball to the other team, and explain the foul to the player.
- d. Wait and see if the other team picks up the ball. If they do, then do nothing. If the player succeeds in raking the ball, stop play and award it to the other team.

11. In an 8U game, the only type of stick check that is permitted is:

- a. Lift checks.
- b. Poke checks.
- c. Downward stick checks below both players' shoulders.
- d. All of the above are legal at the 8U level.

12. At the 8U level, all field players crosse length must be:

- a. 40" - 43"
- b. 37" - 42"
- c. 47" - 54"
- d. 42" - 72"

13. At the 6U & 8U level, after a goal is scored:

- a. The ball is placed on the ground and awarded to the team just scored upon along their goal line extended.
- b. Only at the 8U level, there is a faceoff.
- c. At the 6U & 8U levels, there is a faceoff.
- d. The ball is awarded to the team just scored upon at midfield.

14. At the 6U, 8U & 10U levels, a team is considered offside when:

- a. One of the designated defensive and offensive players goes over the midfield area.
- b. If goalkeepers are used, only when the goalkeeper goes over midfield and a player does not stay back on the team's defensive half.
- c. There is no offsides at the 6U, 8U & 10U levels.
- d. There is no offsides at the 6U & 8U levels. At the 10U level, if goalkeepers are used, only when the goalkeeper goes over midfield and a player does not stay back on the team's defensive half.

15. At the 8U & 10U level, all players are required to wear:

- a. Only a helmet, gloves, and mouthguard.

- b. A helmet, mouthguard, gloves, shoulder pads, and arm pads.
- c. A helmet, mouthguard, gloves, shoulder pads, arm pads, and a protective athletic cup.
- d. A helmet, mouthguard, gloves, arm pads, shoulder pads, and rib pads.

16. At the 10U level, the game shall be played with:

- a. 5 field players, 1 goalkeeper, and regular lacrosse balls.
- b. 6 field players, 1 goalkeeper, and regular lacrosse balls.
- c. 6 field players, no goalkeeper, and regular lacrosse balls.
- d. 7 field players, no goalkeeper, and regular lacrosse balls.

17. At the 10U level, when conducting a faceoff, all players except the faceoff players and the goalkeeper must:

- a. Be positioned below the restraining line until the whistle blows to start play.
- b. Be positioned behind goal line extended until possession is gained or the ball crosses a goal line extended.
- c. Be positioned below the restraining line until possession is gained or the ball crosses a restraining line.
- d. They can be positioned anywhere on the field as long as they are at least five yards from the faceoff players.

18. At the 6U, 8U & 10U levels of play, substitutions are permitted when:

- a. Only on an out-of-bounds on the sideline, a coach may request a horn to substitute. The team may substitute as many or few players as it wishes.
- b. When there is a dead ball situation, such as after a goal, penalty, or out-of-bounds situation. A team must substitute all field players at the same time.
- c. Only “on-the-fly” subs are permitted.
- d. Only after a goal or a penalty. A team may substitute as many or few players as it wishes.

19. At the 12U level of play, how many long crosses can one team have playing in the game at any given time?

- a. If playing 7 v 7, maximum of two players. If playing 10 v 10, maximum of four players.
- b. If playing 7 v 7, maximum of three players. If playing 10 v 10, maximum of four players.
- c. If playing 7 v 7, maximum of two players. If playing 10 v 10, maximum of three players.
- d. If playing 7 v 7, maximum of three players. If playing 10 v 10, maximum of three players.

20. At the 12U level of play, a team, playing 7 v 7 is considered offside when:

- a. It has more than four players on its offensive half, including its players in the penalty box.
- b. It has more than five players on its defensive half, including its players in the penalty box.
- c. It has more than six players on its offensive half, including its players in the penalty box.
- d. Both a. and b. are correct.

21. At the 12U and 14U levels of play, teams are permitted how many team timeouts?

- a. Two team timeouts per game.
- b. Two team timeouts per half, and one per overtime period, if applicable.
- c. One team timeout per half.
- d. Team timeouts are not permitted at any level.

22. At the 10U, 12U & 14U levels of play, personal fouls are:

- a. 1, 2, or 3 minutes releasable.
- b. 2 or 3 minutes nonreleasable for any check to the head, neck, or on a defenseless player.
- c. 3 minutes nonreleasable and expulsion from the contest for exceptionally violent personal foul.
- d. All of the above.

23. At the 10U, 12U & 14U levels of play, a player is considered to have “fouled out” after:

- a. The player has accumulated 3 personal fouls or 5 minutes in personal foul time.
- b. The player has accumulated 4 personal fouls or 5 minutes in personal foul time.
- c. The player has accumulated 3 personal fouls or 4 minutes in personal foul time.
- d. The player has accumulated 5 personal fouls or 5 minutes in personal foul time.

24. At the 14U level of play, during the last two minutes of the game, stalling rules are in effect when:

- a. Stalling rules do not apply at any youth level.
- b. When one team is ahead, by one goal or more.
- c. When one team is ahead, by 4 goals or less.
- d. When one team is ahead, by 5 goals or more.

25. Sudden victory overtime is played at which levels of play?

- a. Only 10U, 12U & 14U.
- b. Only 8U, 10U, 12U & 14U.
- c. Only 12U and 14U.
- d. Only 14U.

26. Take-out checks are prohibited at which levels of play?

- a. Take-out checks are prohibited at all levels of youth play.
- b. Only 6U, 8U, 10U & 12U. It is permitted at 14U.
- c. Only 6U, 8U, & 10U. It is permitted at 12U and 14U.
- d. Take-out checks are permitted at all levels as long as they are from the front and on the player within 3 yards of the ball.

27. Youth rules define take-out checks as:

- a. A player that lowers his head or shoulder with force and intent to put the other player on the ground.
- b. Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball.
- c. Any body-check on a player in a defenseless position.
- d. All of the above are considered take-out checks, and they are illegal at all levels.

28. Which of the following would be considered body-checking a defenseless player?

- a. Body-checking a player who has his head down in an attempt to play a loose ball.
- b. Body-checking a player from his blind side.
- c. Body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body-check.
- d. All of the above.

29. A player gets knocked to the ground, and his head contacts the ground violently. The player is injured and requires medical attention. Which of the following statements is true?

- a. The responsibility to follow concussion protocol rests with the head coach if the injury was a possible concussion.
- b. Only an appropriate health-care professional can evaluate the player and determine if a concussion has occurred and, if so, when it is appropriate for the player to return to play.
- c. After returning to play, however, should it become apparent to the official that the player needs further evaluation, the official can and should remove the player from the game for further evaluation.
- d. All of the above.

30. Which of the following statements is true regarding a possible concussion?

- a. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.
- b. Symptoms for the player may include: Confused about assignment or position; Moves clumsily; Headaches or "pressure" in head; Nausea or vomiting; Double or blurry vision; Sensitivity to light; Sensitivity to noise; Confusion; Does not "feel right" or is "feeling down;" Concentration or memory problems.
- c. Symptoms for the player may include: Appears dazed or stunned; Is unsure of game, score, or opponent; Answers questions slowly; Balance problems or dizziness; Can't recall events prior to hit or fall; Forgets an instruction; Shows mood, behavior, or personality changes; Feeling sluggish, hazy, foggy, or groggy.
- d. All of the above.