**Format of the following Section:** Existing NFHS Rule and Section reference, followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

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| --- | --- | --- |
| ***Rules*** | ***Select*** |  |
| ***Field Size*** | NFHSAlso a 120 yard Unified Girls/Boys Field is a legal |
| ***Officials*** | 2 Adults |
| ***Legal Sticks*** | NFHS Rule (40 to 42” or 52” – 72”) |
| ***Overtime Rules*** | NFHS (4 Min Quarters, 1 timeout per quarter, 1st score wins) |
| ***Timing Rules*** | 10 Minute Stop Quarters |
| ***1-Handed Checks*** | Slash |
| ***Counts (10 & 20 sec)*** | Yes, NFHS |
| ***Keep it in*** | Yes, NFHS |
| ***Stalling*** | Yes, NFHS |
| ***Time-outs*** | 2, Per Half (Stop Time) & {Clock Stops} |
| ***Body Checking*** | Limited |
| **Mercy *Rule*** | No |
| ***Goalie Penalties can in-home serve*** | No (Unless team only has 1 goalie) |
| ***Fouling out*** | 3 personal fouls OR 5 min of penalty time |

*Officials will meet with both coaches 10 minutes prior to contest for the coaches’ certification & to confirm rules*

**US Lacrosse Youth Rules Video for 2019:** http://www.uslacrosse.org/rules/boys-rules

Points of Emphasis:

* Sportsmanship: make sure to work with sideline manager (or head coach) if parents get out of control
* Violent Collisions: Especially defenseless players and excessive body-checks
* 3 yard rule for checking with cross instead of 5 yards (rule 4, section 15, NFHS book)

2019 Rule Changes Information:

* “Targeting” body checks will result in a 3-minute non-releasable penalty and possible ejection from the game
* Holding with the portion of the crosse which is between your hands is now legal
* Clarification that it is **illegal** for the offensive player to Ward Off their opponent by using their body to create separation when making **contact** to a **defensive player BODY**. It is **legal** for a player with the ball with two hands on their crosse to **contact the crosse or the glove hand of the defensive player**
* In regards to Over & Back: A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team’s offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot of any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be turnover.
* If there is a Flag Down and the Whistle hasn’t blown yet, the offensive team can leave the offensive box to run their offensive even after they satisfy the 20/10 second counts. Also the ball hitting the ground doesn’t stop play either. A second flag down with the ball being loose will result in a whistle to stop play.

Previous Rule Changes & Rule Emphasis:

* Mouthpiece violation is a technical foul
* A shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed
* A goal is good if the shot is released before the clock turns 0 and the shot my hit the ground and/or a defensive player, again it still counts
* If a stall warning is issued (and not under 2 minutes with less than four goals differential) and there is a shot, which the goalie saves or hit the pipe of the goal will end the stall warning
* A restart can start within the defensive box when the defensive gains position after a whistle. A goalie can restart in the goalie crease, must make sure 5 yards are allowed
* Change of Face Off Procedure, which includes: A violation will be called if a player picks up and carries the ball on the back of his stick. It is legal to clamp the ball with the back of the stick, but it must be moved
* Unlike High School, sub-High School games don’t require 6” of tape for the face-off players.
* Possession has to be established in the offensive box for Over & Back to be called.