**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:

|  |  |
| --- | --- |
| ***Rules*** | ***Select*** |
| ***Field Size*** | NHFS |
| ***Officials*** | 2 Adult |
| ***Legal Sticks*** | NFHS40 to 42” or 52” – 72” |
| ***Overtime Rules*** | NFHS |
| ***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 2018:** 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)

2018 Rule Changes Information:

* A 120 Unified Girls/Boys Field is a legal Field Option
* New Crosse: minimum of 6” at the top and minimum of 3” for pocket (see diagram to the right)
* Pockets of nontraditional synthetic materials manufactured for lacrosse are permitted
* 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 goal
* 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

Previous Rule Changes & Rule Emphasis:

* Mouthpiece violation is a technical foul
* Check’s to the head and Bodying Checking to include defenseless position
	+ Either penalty is 2-3 minutes non-releasable
* 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 Faceoff 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.
* ALL shooting strings must be within 4” of the top of the stick. No U or V stringing are allowed.