

2018 BLA Boys Youth Lacrosse Rules Sheet

- **Equipment:**

- All goalkeepers **MUST** wear a throat protector made for lacrosse.
- A protective cup is required for all players, but will NOT be checked.
- mouth guard

- **Game Administration:**

- All game balls must have “Meets NOCSAE Standard” on them.
- Officials payments will be split between HOME and VISITING teams.
- Home Teams **Must** have a scorebook at every level.
- Balls must be placed on the end line, sideline and scorer’s tables.

- **Penalties:**

- *Slashing (Rule 5.7): “Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck will be called a slash”.*
- At youth level, any one-handed check, regardless of contact, will be a **SLASH**.
- 3 personal fouls or 5 total minutes of personal foul penalty time = foul out.
- 3 yard rule for contact. (Body-Checking at 14U **ONLY**, **pushing** at any age.)

GOALIE EQUIPMENT & GAME TERMINATION

- All goalies shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A), (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates. Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads). Baseball shin guards and hockey breezers are ok.
- **RULE 8: Game Termination:** Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, or spectators. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s).

10U

- Time: 8 minute running quarters (No OT).
- 6 on 6 (1 goalie, 5 field players).
- The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width.
- Offsides will be enforced. Team must keep 3 players restrained on their defensive half of the field.
- Face-offs will be between 1 player from each team.
- Stick checks: Only lifts, poke and downward check initiated below the shoulders.
- Pushing allowed, but **NO Body Checking of any kind.**
- **NEW: 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.**
- **NEW: On faceoffs, a player must complete one pass prior to shooting at or scoring a goal.**
- Offending player must leave field for full penalty time, but no man advantage for play.
- 1 time out/half.
- All sticks will be between 37-42 inches.
- Counts: Only 4 second goalie count.
- Any one-handed check will be a SLASH.
- No visual score will be kept. Official will keep score, and “awarded possession” will be offered if a team is down by 6+ goals.
- Referee Fees: \$45 total for 1 referee (\$22.50 from each team)

12U

- Time: 10 minute stop quarters. One 4 minute sudden victory period will be played.
- Full field 10 v 10 (3 attack, 3 midfield, 3 defense, 1 goalie).
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cup required.
- 2 timeouts/half.
- **NO BODYCHECKING**
- Counts: 4 second goalie count, 20 second defensive count (advancing over midline) and offensive 10 second count (into the goal area). Over and back is enforced. “Scrum rule” is enforced (see 10U).
- Pushing allowed, but **NO Body Checking of any kind**
- Any one-handed check will be a SLASH
- **No longsticks**. All sticks are to be between 40-42 inches (BLA rule).
- Referee Fees: \$90 total for 2 referees (\$45/ref). If only one referee is present, \$70 (\$35/team) is due him/her.

14U

- Time: 10 minute stop quarters. One 4 minute sudden victory period will be played.
- Full field 10 v 10 (3 attack, 3 midfield, 3 defense, 1 goalie).
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required.
- 2 timeouts/half.
- **Minimal Body-checking**: No take-out checks. To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight.
- Counts: 4 second goalie count, 20 second defensive count (advancing over midline) and offensive 10 second count (into the goal area). Over and back is enforced.
- During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead by 4 goals or less will be warned to “Get it in/keep it in” once the ball in possession has been brought across midfield into its respective goal area.
- Any one-handed check will be a SLASH.
- Referee Fees: \$90 total for 2 referees (\$45/ref). If only one referee is present, \$70 (\$35/team) is due him/her.

FIELD DIAGRAM

