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2022 Youth Rules Interpretation



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POINTS OF EMPHASIS



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



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

ROUGH AND DANGEROUS PLAY

- This continues to be a priority of the NFHS/USAL Girls' Lacrosse Rules Committee.
- With free movement, rough and dangerous play needs to be effectively managed and eliminated.
- Rough and dangerous play jeopardizes safety, impedes the flow of the game, and adversely affects the integrity of the game.
- Officials should continue to:
 - Focus on managing rough and dangerous play in the midfield.
 - Apply the rules and administer cards when appropriate for rough and dangerous play in the Critical Scoring Area.
 - Consistently recognize and administer penalties for repetitive fouls.





POINTS OF EMPHASIS

SHOOTING SPACE

- Shooting space is one of the most difficult rules to understand in girls' lacrosse.
- Official must know and apply the criteria for a shooting space violation.
 - Ball must be in the Critical Scoring Area, above the goal line extended.
 - Ball carrier must have the opportunity to shoot.
 - Defender must be within the free space between the ball carrier and goal circle.
 - Defender is not within a stick's length of an offensive player.
- Attacking player is responsible for not shooting if there is a shooting space violation.
- Shooting space is an immediate whistle.



2022 RULE CLARIFICATIONS



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



RULE CLARIFICATION

GOALKEEPER EQUIPMENT

- Paint, decals or tape are the only adornments permitted to be added to the helmet.
- **A goalkeeper MUST wear:**
 - **Shin protection that complies with padding requirements not to exceed 1 inch in thickness.**
- The Goalkeeper MAY wear:
 - A clear, molded and non-rigid eye shield.
 - **Eyeglasses, either tinted or clear.**
 - **Tinted eyewear may be worn under a legal eye shield.**





RULE CLARIFICATION

GOALKEEPER EQUIPMENT

- As required under the rules for 2021:
 - Chest protectors, designed for lacrosse, must meet the NOCSAE ND200 lacrosse standard at time of manufacture.
 - No change to this requirement in 2022.
- As requested in 2021, officials shall continue to ask during pregame meetings with coaches and captains that:
 - "Coach, do you certify that all of your teams' equipment is legal under the rules, including a legal goalkeeper chest protector?"

ND200 CERTIFIED SHOULDER PADS





RULE CLARIFICATION

PERSONAL EQUIPMENT

- Players may wear face masks that are soft and non-abrasive.
- Protective molded face masks are not permitted.





RULE CLARIFICATION

PERSONAL EQUIPMENT

- Jewelry shall not be worn by players.
 - Medic-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible.
 - Close-fitting cloth sweatbands, hair ties, and other soft, non-rigid materials may be worn on the arm.
 - Barrettes and other hair adornments that are securely fastened are legal as long as they do not endanger other players.





RULE CLARIFICATION

PERSONAL EQUIPMENT

- Head coverings may be worn for religious or cosmetic reasons.
 - Must be made of non-abrasive and soft materials.
 - Must fit securely.
 - Head coverings worn for medical reasons require state association approval.





RULE CLARIFICATION

OFFICIAL TIME-OUTS

- New rules require time-out to be taken for:
 - offside,
 - inadvertent whistle,
 - alternate possession, and
 - when there is a foul in the critical scoring area during
 - the last two minutes of each half (unless there is a 10-goal differential).

(New rules underlined.)

- Prior rules continue to require time-out to be taken for:
 - illness,
 - accident or injury,
 - issuance of a card,
 - to check a crosse, and
 - redraw (unless there is a 10-goal differential).





RULE CLARIFICATION

TEAM TIME-OUTS 12U/14U

- If a possession time-out is called:
 - Play will start on the closest dot when the ball is in the critical scoring area,
 - unless the goalkeeper has possession of the ball in the goal circle, or
 - when play will resume with a free position.
 - When the goalkeeper has possession in the goal circle:
 - play will start in the goal circle, and
 - the 10-second count will continue from the point of interruption to restart play.
 - When play resumes with a free position, the play will restart at the location of the free position.
 - No player is permitted within 4 meters of the player with the ball when play resumes.





RULE CLARIFICATION

OVERTIME PROCEDURES 12U/14U

- During overtime play, the clock stops on official time-outs and for fouls in the critical scoring area.
 - The 2022 Rules Book does not require the clock to stop on every whistle during overtime.





RULE CLARIFICATION

SUBSTITUTIONS. 12U/14U

- The new rules no longer prohibit substitutions during:
 - Injury time-out.
 - This allows players in addition to the injured player to substitute.
 - Misconduct time-out.
 - Except the player awarded the ball may not substitute.
 - Player suspension or ejection.
 - Except the player awarded ball may not substitute.
 - Redraw.





RULE CLARIFICATION

SUBSTITUTIONS

- Substitutions are now allowed:
 - During play.
 - After goals.
 - After half-time and overtime periods.
 - During possession time-outs.
 - During time-outs.
 - During player suspension or ejection.
 - During redraw.

(New rules underlined.)





RULE CLARIFICATION

BOUNDARIES – RESUMING PLAY

- To resume play when the ball has gone out of bounds: Any opponent will place the ball in their crosse and shall commence play with a self-start unless the game clock is stopped.
- When a shot or deflected shot on goal goes out of bounds, the team of the player whose body or crosse is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball.

(New rules underlined.)





RULE CLARIFICATION

BOUNDARIES – RESUMING PLAY

- The new rules removed the procedure where the goalkeeper restarts play in the goal circle when they are closest to the ball when it crosses the boundary line and goes out of bounds.
 - EXAMPLE:
 - Ball goes out of bounds, Blue goalkeeper from opposing team is closest to the ball.
 - A Blue field player restarts play – legal.
 - If goalkeeper restarts play, they must do so relative to the spot where the ball went out of bounds and not restart play from the goal circle.





RULE CLARIFICATION

BOUNDARIES – RESUMING PLAY

- To resume play when the ball has gone out of bounds:
 - Any opponent...shall commence play with a self-start unless the game clock is stopped.
 - Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds.
 - 12U/14U
 - If the player commences play from out of bound with a pass, the official shall blow the whistle and the opposing team will be awarded possession.

(New rules underlined.)





RULE CLARIFICATION

BOUNDARIES – RESUMING PLAY

- To resume play when the ball has gone out of bounds:
 - When play is resumed, all other players (crosse and feet) shall move at least 2 meters from the restart position and shall not engage the player with the ball until that player self-starts.
 - When the game clock is stopped, the official will bring the player with the ball 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be within 2 meters of the player with the ball.

(New rules underlined.)





RULE CLARIFICATION

GOALKEEPER RULES

- The goalkeeper, while inside the goal circle may reach out and bring the ball back into the goal circle provided one foot is inside the goal circle.
- When the goalkeeper is completely outside the goal circle, the goalkeeper loses all goalkeeping privileges.

(New rules underlined.)

- Not legal for goalkeeper to cover and pull ball back into goal circle if an opposing player is within playing distance and opposing player could have played the ball.
 - This continues to be a minor foul for covering.





RULE CLARIFICATION

MAJOR FOULS

- For a false start by the goalkeeper, while in the goal circle, the free position will be taken at the closest dot.
 - The goalkeeper may remain in the goal circle.
 - A defensive player is not placed behind the free position.





Ground Balls 8U/10U

- Removed the limitation on the number of players at 8U and 10U allowed to contest for a loose ground ball.



- The committee felt that no safety concerns or data supported the perpetuation of this rule and believed that player development was better served by aligning with the older rule sets.





Goalie Equipment

**Youth Goalkeepers are still
REQUIRED TO WEAR
shin guards**





Restraining Line 10U/12U

Eliminate the restraining line for small-sided play at 10U and 12U, with the intention of allowing for more player involvement, an enlarged playing area, and potentially, more passing.



This change aims to further support skill development and player enjoyment of the game.





The Crosse

For play 10U and below a lacrosse head legal for either girls or boys lacrosse is legal for play. At 10U a modified pocket depth is required.



Once a player starts at 12U and above, they can only use a girl's crosse that meets the manufacturer's specifications and meets on-field pocket and stick checks.





In Closing

“USA Lacrosse rules are grounded in the principles of player experience and safety, fair competition, the balance between offense and defense, alignment across all levels of play, and the preservation of the integrity of the game



RULE CHANGE PROPOSALS AND INTERPRETATIONS



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



RULE CHANGE PROPOSALS

INTRODUCING RULE CHANGES

APPENDIX C

- Rule change proposals shall be submitted by May 1.
- Youth Proposals may be made to:
US Lacrosse:
<https://www.usalacrosse.com/submit-rule-change>





RULE INTERPRETATIONS

RULE QUESTION AND INTERPRETATION REQUESTS

- Individuals may submit rule questions and interpretation requests to USA Lacrosse at:

girlsrules@uslacrosse.org

- Indicate:
 - Level of play (8U,10U,12U, 14U, HS)
 - Applicable Rules Book page number.
 - Applicable Rule number.



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THANK YOU



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