

USATM
LACROSSE



2022 USA Lacrosse Boys' Rules and Officiating

AGENDA

- Points of Emphasis
 - Crosse Specifications
 - Protective Equipment
 - Key High School vs Youth Rules
 - Regulation Youth Rules vs Small Sided Rules
- Major Rule Changes and Clarifications for 2022
 - Score Differential
 - Facing Off
 - Contact to Faceoff Players
 - Officials Timeouts Because of Lost Equipment
 - Misconduct Fouls
 - Scoring Plays in Progress During Slow Whistle Situations

The slide features a solid red background. It is decorated with several horizontal borders of small, light-colored stars. These borders are located at the top, middle-left, middle-right, and bottom-left of the slide. The text 'POINTS OF EMPHASIS' is positioned in the bottom-right area, rendered in a large, bold, white sans-serif font.

POINTS OF EMPHASIS

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CROSSE SPECIFICATIONS

- Boys' or girls' lacrosse heads are legal for play at 10U and below.
- Regardless of which head is used, players must still meet the boys' stringing and pocket depth requirements.
- Only boys' lacrosse heads are legal for play at 12U and above.

CROSSE SPECIFICATIONS

Lacrosse Head Specifications

A HEAD DIMENSIONS

All measurements must be taken on the front face of the crosse. It shall be a minimum of 6 inches between the insides of the sidewalls at the widest point and a minimum of 10 inches from the outside edge of the crosse head to the beginning of the throat.

Note: Both Old NFHS and current NFHS/NCAA stick specifications are legal for youth lacrosse.

B SHOOTING STRINGS

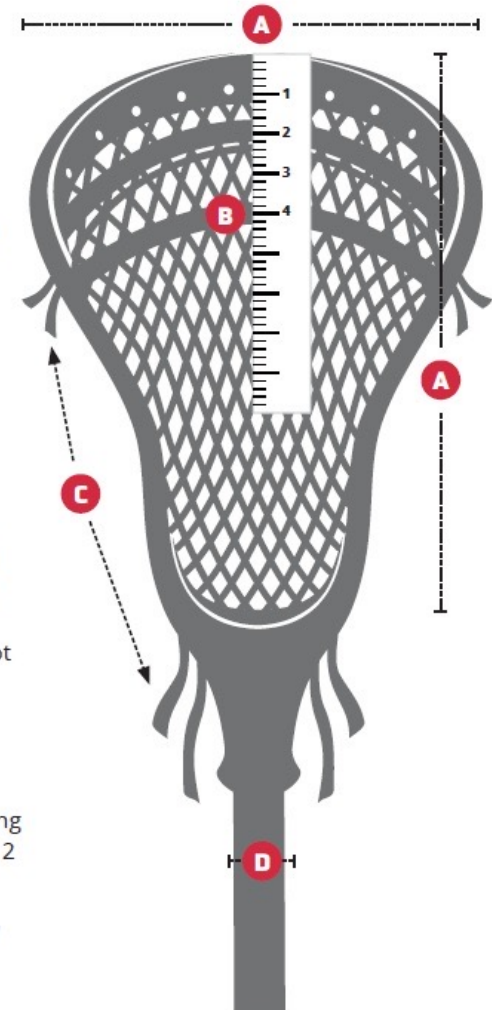
Any laces or strings must be within 4 inches of the top of the crosse head (this does not apply to goalkeepers).

C STRINGS OUTSIDE OF CROSSE

Any strings or leathers hanging off the crosse must measure 2 inches or less.

D CIRCUMFERENCE OF THE CROSSE HANDLE

No more than 3.5 inches.



POINTS OF EMPHASIS

Shoulder Pads

- Where to buy?
 - Dick's – www.dickssportinggoods.com
 - Lacrosse Unlimited – www.lacrosseunlimited.com
 - Lacrosse Monkey – www.lacrossemonkey.com
 - Universal Lacrosse – www.universallacrosse.com
 - Sportstop.com – www.sportstop.com
 - Slingitlacrosse.com – www.slingitlacrosse.com
 - Lax.com – www.lax.com
- Questions - www.usalacrosse.com/lacrosse-chest-protector-faq



POINTS OF EMPHASIS

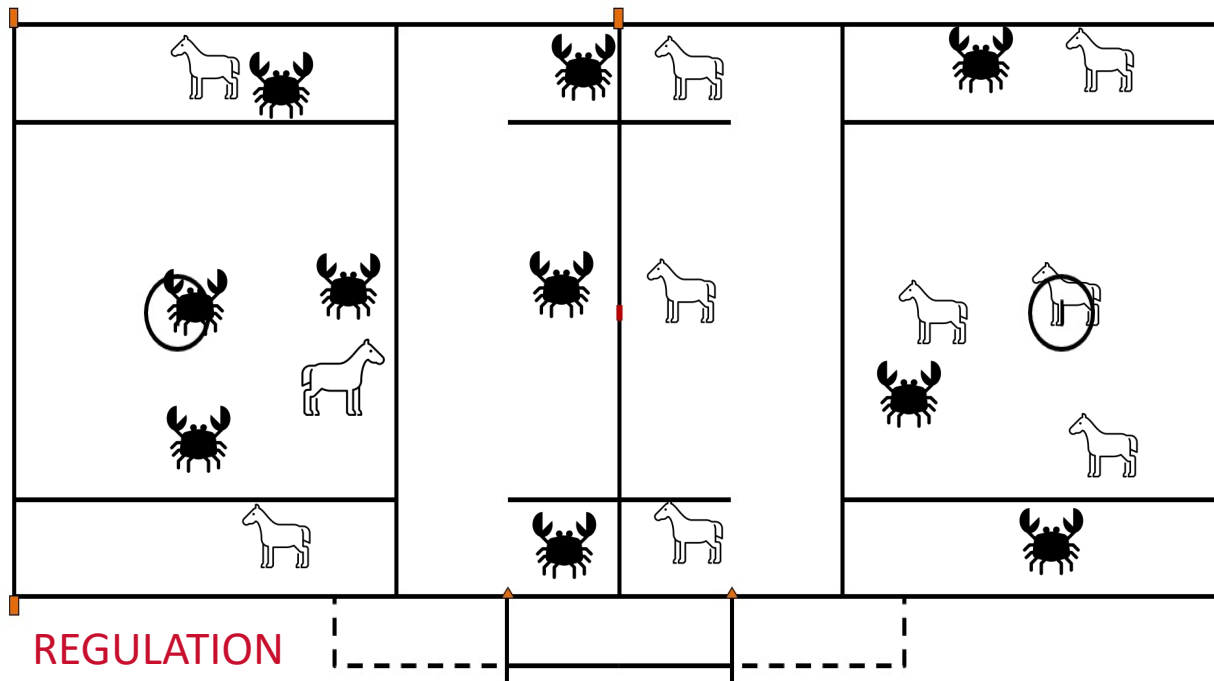
USA LACROSSE YOUTH RULES VS NFHS RULES

- No “Take Out” Body Checks
- 3-yard Contact Rule vs 5-yards Contact Rule
- Targeting Fouls are an Automatic Ejection
- One-Handed Stick Checks are an Automatic Slash
- Fouling Out = 3 Personal Fouls or 5 Minutes of Personal Foul Time
- Ball Hitting the Ground (not on a shot) Stops a Slow Whistles Situation

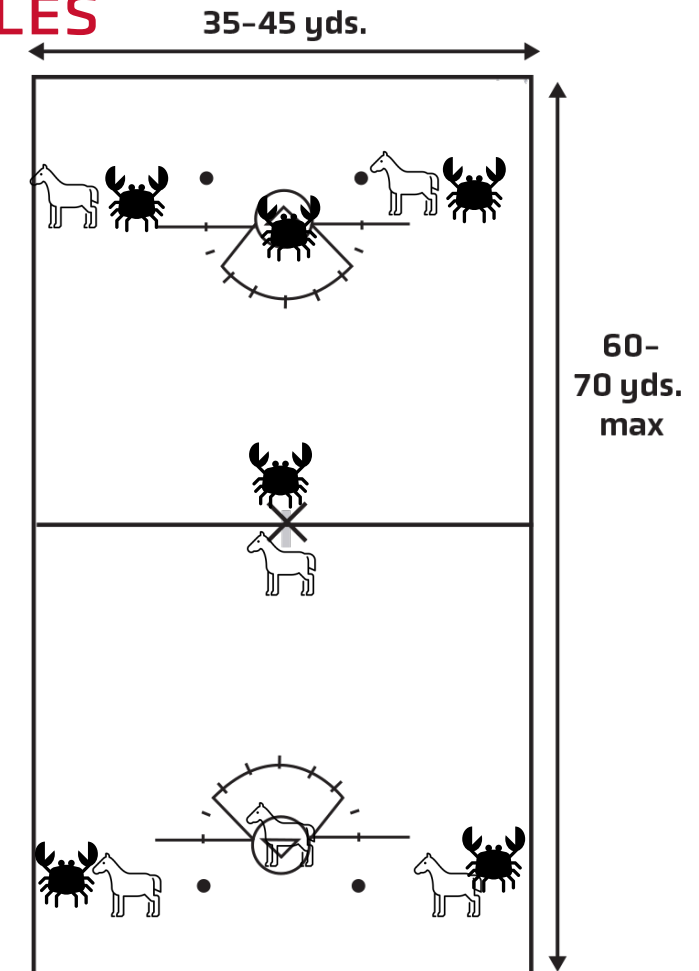
POINTS OF EMPHASIS

REGULATION YOUTH RULES VS SMALL-SIDED RULES

Insert regulation field 10v10 and small-sided 6v6



Unified Small-Sided



POINTS OF EMPHASIS

SMALL-SIDED RULES vs USA Lacrosse Youth Rules

- Players at 10U May Go to a Knee on Faceoffs
- Body Contact = Legal Holds, Legal Pushes, "Boxing Out", and Some Incidental Contact
- Stick Contact = Lift Check, Poke Check, and All Checks Made Below the Shoulder (No Wood Chopping)
- No Time Serving Penalties, Teams Play at Even Strength



MAJOR RULES CHANGES AND CLARIFICATIONS



MAJOR RULES CHANGES AND CLARIFICATIONS

RULE 3.2 SCORE DIFFERENTIAL

- Running Clocks
 - During the 2nd Half Only
 - Once the score differential reaches 12 goals (e.g., 12-0 or 15-3)
 - Running Game Time and Penalty Time
- What happens if the score falls under 12 goals again?
 - No change. The clock remains a running clock for the remainder of the game once running time starts except for team timeouts, injuries, or a period ends.
- Mercy Rule
 - During the 2nd Half Only
 - Once the score differential reaches 12 goals (e.g., 12-0 or 15-3)
 - Trailing Team's Head Coach has the option to start with possession of the ball at midfield or faceoff.
 - Once the score reverts to 6 goals or less, normal faceoff rules apply.

MAJOR RULES CHANGES AND CLARIFICATIONS

Rule 4.3 FACING OFF

- Ball is placed on the midline by officials to designate the faceoff location.
- Players must stand for the faceoff position (optional 10U).
- All fingers shall be wrapped around the crosse.
- Crosse head and gloved hands shall be touching the ground.
- Hand closer to the throat of the lacrosse head shall be in a palm-up position.
- The “Motorcycle Grip” or Moto Grip is Illegal
- Faceoff players must play the ball first.



MAJOR RULES CHANGES AND CLARIFICATIONS

RULE 4.4 CONTACT TO FACEOFF PLAYERS

When the whistle sounds to start play, the players in the wing areas are released, but must avoid checking the faceoff players battling while down in a defenseless position for control of the ball in the initial faceoff spot.

MAJOR RULES CHANGES AND CLARIFICATIONS

RULE 4.24 OFFICIALS TIMEOUTS BECAUSE OF LOST EQUIPMENT

- If a player loses any mandatory personal equipment when in a scrimmage area, is in possession of the ball, or a player is apparently injured, play shall be suspended immediately.
- If a player not in possession of the ball legally loses mandatory equipment and no other players are in the immediate vicinity, then the play may continue.
- Play shall also be immediately suspended if the goalkeeper's crosse or any other mandatory equipment becomes broken or malfunctions.

MAJOR RULES CHANGES AND CLARIFICATIONS

RULE 5.5.13 MISCONDUCT FOULS

- Misconduct penalties are only for players.
- Players cannot be given misconduct without a time-serving penalty.
- Misconduct penalty time begins after a player's technical or personal foul is released. Teams will then be playing all even.
- Misconduct penalty time is served for its entire duration.
- Misconduct penalty time does not count toward fouling out or ejections.
- As is the case with all time-serving penalties, any misconduct penalty remaining at the end of a period shall carry over into subsequent periods.

MAJOR RULES CHANGES AND CLARIFICATIONS

Rule 7.8 SCORING PLAYS IN PROGRESS DURING SLOW WHISTLE SITUATIONS

Criteria for Determining a Scoring Play in Progress

- The ball is in the attacking team's offensive half of the field.
- The ball is continuously advanced toward the goal.
- A team advancing toward the goal that takes the ball behind goal line extended is no longer advancing toward the goal.
- An in-progress scoring play can start from behind goal line extended, but once the ball is brought above goal line extended, it may not go back.
- A team is only allowed one shot attempt on goal.
- Any other reason that normally stops a slow whistle situation which in youth lacrosse includes a ball hitting the ground, except on a shot.

HAVE A GREAT SEASON

For more information about the rules,
interpretations, memos, or more resources, visit
www.usalacrosse.com/rules



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