

USA<sup>TM</sup>  
LACROSSE



BOYS LACROSSE  
YOUTH RULE BOOK

STANDARDS FOR SMALL SIDED  
AND FULL FIELD PLAY

2 0 2 6



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## Official USA Lacrosse Rules

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# USA LACROSSE RULE COMMITTEE

| NAME            | Location | Position                   |
|-----------------|----------|----------------------------|
| James Carboneau | MA       | Chair                      |
| Keith Glock     | NJ       | Member at Large            |
| Kole Dea        | AZ       | Member at Large            |
| Dan Coronel     | NV       | Member at Large            |
| Rick Lake       | PA       | National Rules Interpreter |
| Caitlin Kelley  | MD       | USA Lacrosse               |

USA Lacrosse has zero-tolerance for unsportsmanlike behavior including any language or actions that are derogatory, discriminatory, or hateful in nature. USA Lacrosse requires officials to penalize unsportsmanlike conduct with game ejection or red card. This behavior can include discrimination based on race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical, or sensory disability.

USA Lacrosse encourages organizations, leagues, and tournaments to adopt the new anti-harassment and discrimination policy found in the Appendices of this rulebook or online.

For questions, interpretations or suggestions about the USA Lacrosse rules, please contact:

Questions and Interpretations: [boysrules@usalacrosse.com](mailto:boysrules@usalacrosse.com)

**Rule Change Suggestions:** [usalacrosse.com/rules/submit-a-rule-change](http://usalacrosse.com/rules/submit-a-rule-change)

If you have questions about officiating mechanics or are interested in learning more about the USA Lacrosse Officials Education Program contact:

**USA Lacrosse Officials Education:** [officials@usalacrosse.com](mailto:officials@usalacrosse.com)



# WHO WE ARE

- More than 425,000 members nationwide
- More than 80 full-time staff members
- More than 100 volunteers serving on national boards and committees
- More than 5,000 donors to the USA Lacrosse Foundation

With a primary focus on the youth level, USA Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

## Our Impact

**Make the Sport Safer** – Since 1998, we have invested more than \$1,000,000 in funding for lacrosse-specific research to make the game safer

**Train and Certify Coaches** – More than 23,000 certified coaches

**Train and Certify Officials** – More than 10,000 certified officials

**Create Opportunities to Play** – From annual financial grants to innovative programs like Flex6 and our Physical Education program, USA Lacrosse creates tens of thousands of opportunities each year for new players to learn about the sport

**Elevate the Sport's Visibility** – Our 36 time world champion U.S. National Teams set the standard for excellence in the sport.

**Pioneer National Standards** – USA Lacrosse youth rules and the Athlete Development Model are designed to create the best experience for all participants.

### MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

### OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.



# SAFETY AND RESPONSIBILITY

The USA Lacrosse Mens Game Rule Subcommittee is responsible for reviewing and maintaining the rules of boys lacrosse for youth (14 and under) play. USA Lacrosse offers the public the opportunity to suggest rule changes to the USA Lacrosse Rule Committee through written submission by May 1 each year. Each summer, the Rule Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Boys Rule are issued under the authority of USA Lacrosse as the official rules for youth boys lacrosse.

Participants in boys lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the boys game and in compliance with the USA Lacrosse Boys Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- » Players are responsible for their behavior, sportsmanship on and off the field, and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
- » Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- » Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- » Spectators are responsible for their role in a positive and safe play environment by always demonstrating sportsmanlike conduct.



# RULE CHANGES

## NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » 1-2-12d — Requires a cone be placed at the corner of the coaches' area and the team area to clearly mark the team area
- » 1-9-1b (4 & 5) — Eliminates the restrictions on color and prohibits items attached to the tooth and mouth protector that do not support the function of protecting the teeth and/or mouth
- » 1-9-1h (3) — Modifies uniform number size on the back of the jersey by decreasing the minimum height to 8 inches – matching the minimum height requirement on the front of the jersey
- » 1-12 — Requires a working horn to be accessible at the sideline table
- » 3-5-1 & 2 (NEW) — Establishes that an interrupted game that cannot be resumed on the same day is considered complete if three quarters have elapsed while maintaining that state associations may modify game-ending procedures
- » 4-3-3e — Allows an official to assess a delay-of-game penalty if player positioning on the faceoff must be adjusted repeatedly
- » 4-8 — Clarifies that a goal is scored if the ball is or becomes loose behind the plane regardless of who caused the ball to cross the line
- » 4-18-4 PENALTY; 5-6-2 (NEW) — Reclassifies the foul for a player, other than the properly equipped goalkeeper, that enters the crease with the intent to block a shot as a personal foul for illegal equipment
- » 4-22-1c — Eliminates the five seconds awarded to a goalkeeper to re-enter the crease on any restart.  
NOTE: At Youth level only adopted for 12U and 14U levels
- » 6-3-2c — Adds hooking, lifting or pinning an opponent's body with the crosse in describing illegal actions related to holding
- » 6-5-2y — Establishes that the loss of a helmet is an illegal procedure unless it is due to direct contact to the head by an opponent
- » 7-3 — Establishes consistency in penalty administration by moving the restart to laterally outside the goal area when the ball crosses the end line before or after the penalty occurs

## YOUTH ONLY CHANGES – Rule Changes Distinct from High School

- » 10U Option to play 10 v 10
- » 10U Small Sided Fouling Out Rules and Rough Play Penalty Enforcement



## RULE COMPARISON CHART

| Category            | 6U & 8U   | 10U   | 12U   | 14U   |
|---------------------|---|---|---|---|
| FIELD SIZE          | Cross-Field   | 7v7 Cross Field<br>10v10 Full Field   | 7v7 Cross Field<br>10v10 Full Field   | Full Field  |
| CROSS LENGTH        | FP: 37"-42"<br>GK: 37"-54"<br>LP: None  | FP: 37"-42"<br>GK: 37"-54"<br>LP: 47"-54"<br>(7v7= 3 max,<br>10v10= 4 max)                              | FP: 40"-42"<br>GK: 40"-72"<br>LP: 52"-72"<br>(7v7= 3 max,<br>10v10= 4 max)  | FP: 40"-72"<br>GK: 40"-72"<br>LP: 52"-72" (4 Max)                                   |
| PLAYERS             | 4v4   | 6v6 7v7 or 10v10 (NFHS)   | 7v7 1GK 2D 2A 2M<br>10v10 NFHS  | 10V10 NFHS  |
| EQUIPMENT           | NFHS – Loss of helmet is an Illegal Procedure Technical Foul  |   |   |   |
| GAME                | 2 x 12 min Running  | 4 x 10 min Running  | 4 x 10 min Running  | 4 x 10 min Running  |
| OVERTIME            | N/A   | 10v10 ONLY see 12U  | 4 min Sudden Victory  | 4 min Sudden Victory  |
| TIMEOUTS            | None. Officials Only  | None. Officials Only  | 2 / half, 1 each OT   | 2 / half, 1 each OT   |
| SUBSTITUTIONS       | No "on the fly"   | No "on the fly"<br>except 10v10 NFHS  | NFHS  | NFHS  |
| COUNTS              | 4-sec GK only, no advance<br>GK out of crease gets 5 seconds to return.   | 4-sec GK only, no advance<br>GK out of crease gets 5 seconds to return.                                 | GK 4s +<br>20s Def Zone +<br>10s Off. Zone<br>No count for GK if outside of crease.   | GK 4s +<br>20s Def Zone +<br>10s Off. Zone<br>No count for GK if outside of crease. |
| OVER & BACK         | N/A   | @ 10v10 ONLY  | Once 10 sec count satisfied   | Once 10 sec count satisfied   |
| SCRUM               | Extended w/3 or more players, use AP  | Extended w/3 or more players, use AP  | N/A   | N/A   |
| RESTARTS            | All players must be 5 yards from ball carrier   |   | Defense can be within 5 yards, BUT must gain 5-yard separation before engaging.<br>Offensive players must be 5 yards away                             |   |
| STALLING            | N/A   | 10v10 ONLY: See 14U   | 10v10 ONLY: See 14U   | Final 2m if team ahead 1-4 goals.   |
| FACEOFFS            | No FO: Coin flip winner<br>Center X. Others on own def. half >5 yds from each other. Other team ball start 2 <sup>nd</sup> half                       | 1 FO 1 GK, 2 behind each G.L.E<br>7v7 adds 1 wing (foot on either SL). FO Neutral grip, knee down is OK | 7v7 1 FO 1 GK 2 behind each G.L.E 1 wing (foot on either sideline)<br>10v10 same as NFHS Standing Neutral Grip  | NFHS incl. Standing Neutral Grip  |
| ONE PASS RULE       | 1 attempted pass after FO possession or restart after goal  | 1 attempted pass after FO possession  | N/A   | N/A   |
| FOULING OUT         | Personals = 3X or 5-mins  |   |   |   |
| FLAG DOWN           | Stop play when ball hits ground, not a shot. OR "G.O.O.D.I.E.S"   |   |   |   |
| MAN UP OR MAN DOWN  | N/A: Player serves, team plays at full strength   | N/A: Player serves team plays full strength<br>10v10 see 12U  | Yes (3-down max)<br>All time serving fouls are Non-Releasable   | Yes (3 down max)<br>All time serving fouls Non-Releasable                           |
| OFFSIDES            | N/A   | 7v7= >4 on Off. Or >5 on Def. (exclude penalty area: never man-down)                                    | 7v7= >4 on Off. Or >5 on Def. (incl. penalty area)<br>10v10 see 14U   | >6 on Off. Or >7 on Def. (include penalty area)                                     |
| 3 YARD RULE         | Legal holds, pushes & checks must be on a player with possession or within 3 yds of a loose ball  |   |   |   |
| BODY CONTACT        | Legal Holds & Pushes, Box Out, Riding, Incidental<br>No "take-out" checks   |   | Below neck and Above waist.<br>No "take-out" checks   |   |
| CHECKING WITH CROSS | Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders.<br>No one-handed checks permitted |   | See 3-yard rule, Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders.<br>One handed OK |   |



# POINTS OF EMPHASIS FOR 2026

## Eyeshade

The USAL Boys Lacrosse Rules Committee has seen noticeable improvement in the use of properly worn eyeshade. As a reminder, eyeshade (grease or non-glare strips or stickers) shall be a solid stroke and may not include words, numbers, logos or other symbols. It should be emphasized that eyeshade which extends outside the eye socket or below the cheekbone is prohibited. A player found to be in violation of the NFHS eyeshade rule (1-10-1h) will be subject to a one-minute non-releasable personal foul for illegal equipment.

## Properly Worn Mandatory Equipment

The chinstrap shall be worn on the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). Rule 5-6: A player may not use equipment that does not conform to specifications. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul. The new wording emphasizes that the manufacturer intended chin straps to be worn securely on the chin and not under the chin.



## HIGH SCHOOL VS. YOUTH RULES

The high school and youth rules are nearly the same, however some modifications are made for safety and to benefit the development of youth athletes. The following points are some key differences that officials should know between high school and youth lacrosse.

- » No “Take Out” Body Checks
- » Time serving penalties are non-releasable
- » Targeting the Head/Neck Fouls are Automatic Ejections
- » Fouling Out is 3 personal fouls or 5 minutes of Personal Foul Penalty time
- » Youth rules use 3 yards versus 5 yards at the high school level
- » One-handed checks are a penalty at 10U and below
- » When the ball hits the ground on a flag down / Slow Whistle Situation (excluding a shot), the play is dead



# FULL FIELD PLAY

14U / 12U / OPTIONAL @ 10U

## 10U/12U BOYS' RULES MODIFICATIONS OVERVIEW

- » Some body contact allowed, but body checking is illegal
- » Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders

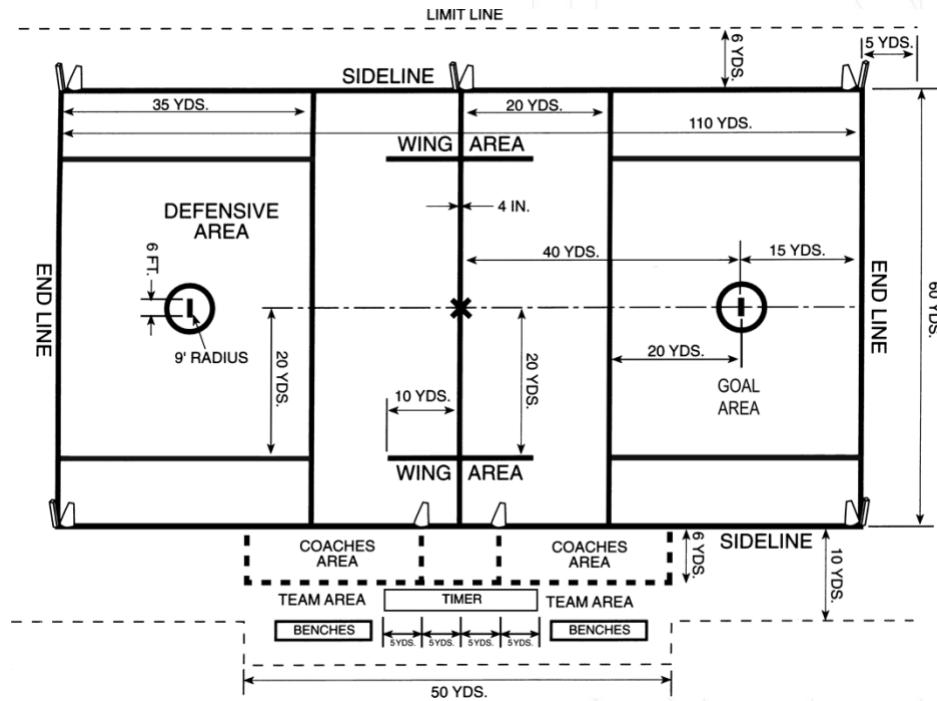
## 14U BOYS' RULES OVERVIEW

- » Full stick checking legal
- » Body checking legal
- » No 'Take-Out' body checks
- » Targeting fouls are 3-minutes non-releasable fouls with an automatic ejection
- » Player contact is legal within 3 yards of a loose ball

## RULE 1:

### THE GAME, FIELD, AND EQUIPMENT

#### THE FIELD DIAGRAM



## 1.1 – THE GAME

Two teams play the game of lacrosse. Each team is allowed a maximum of 10 players on the field at once. The purpose of the game is for each team to score by causing the ball to enter the opponent's goal and to prevent their opponent from scoring goals.

## 1.2 - LACROSSE BALLS

Lacrosse balls that meet the current NOCSAE standard shall be used in all games.

## 1.3- THE FIELD PLAYER & GOALKEEPER CROSSE

**A. Field Player Equipment** - All field players shall have and are personally responsible to wear the following required protective equipment:

1. A lacrosse helmet that meets NOCSAE standard at the time of manufacture and is SEI certified
2. A mouthpiece
3. Protective gloves designed for lacrosse.
4. Shoulder Pads designed for lacrosse that meet the NOCSAE ND200 lacrosse standard at the time of manufacture and is SEI certified
5. Athletic cleats or shoes
6. Arm pads designed for lacrosse
7. A jersey and shorts of the same color(s) as those of their teammates
8. Athletic protective cup or pelvic protector
9. A field player crosse (See Appendix B - Crosse Specifications)



**B. Goalkeeper Equipment** - All goalkeepers shall have and are personally responsible to wear the following required protective equipment:

1. A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and is SEI certified
2. A throat protector designed for lacrosse
3. Protective gloves designed for boy's lacrosse
4. Goalkeeper chest protector designed for lacrosse that meets the NOCSAE ND200 lacrosse standard at the time of manufacture and is SEI certified
5. Athletic cleats or athletic shoes
6. Athletic protective cup or pelvic protector
7. A jersey and shorts of the same color as their teammates
8. A Goalie Crosse

#### **1.4 PROHIBITED EQUIPMENT AND RELATED ITEMS**

No player shall wear equipment that is illegal or in the opinion of the officials, endangers players. All equipment must be original and unaltered from the manufacturer's design.

#### **1.5 PREGAME EQUIPMENT CERTIFICATION**

Given by the officials and to each team's head coach shall act as the team warning. Each head coach shall certify their players are wearing all of the mandatory equipment required, and the equipment is being worn appropriately.

### **RULE 2:**

#### **GAME PERSONNEL**

##### **2.1 - NUMBER OF PLAYERS**

10 players shall constitute a full team for full field lacrosse. They shall be designated as follows: 1 Goalkeeper, 3 Defense, 3 Midfield, 3 Attack. A team shall begin the game with at least 10 players and one player must be a legally equipped goalkeeper at all times. Failure to maintain 10 players and a legally equipped goalkeeper will result in a forfeit of the game. A team may have a maximum of four players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time. Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

##### **2.2 – COACHES**

The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated coaches area on the sideline.

##### **2.3 – OFFICIALS**

The officials authority begins when they arrive on the field and ends when they leave the facility where games are being played. The duties of the officials include control and jurisdiction of the timekeeper, scorers, players, substitutes,



coaches, and spectators.

USA Lacrosse recommends at least 2 certified officials on the field for 10 v 10 competition.

## **2.4 – TIMEKEEPER**

The home team shall designate a timekeeper whose duties include keeping record of the game time and penalty time.

# **RULE 3:**

## **TIME FACTORS**

### **3.1 - LENGTH OF THE GAME**

A competition will consist of four 10-minute quarters, with a 2-minute break between each period and a 5-minute half time.

### **3.2 – SCORE DIFFERENTIAL**

3.2.1 If playing stopped time, After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock. The clock will stop only during an official's timeout, team timeout, or injury timeout. In the running clock situation, all time serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. If the goal differential reverts to less than 12 goals, the running clock shall continue until the end of the game.

3.2.2 After the first half, once the goal differential reaches 6 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff.

### **3.3 - AUTOMATIC STALLING**

During the final two minutes of regulation play, automatic stalling rules will be in effect. The team that is ahead by four 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.

### **3.4 - OVERTIME**

In the event of a tie at the end of the regulation game, the game will continue to overtime. Before the start of overtime, the team captains will meet for a coin toss to with the winner of the coin toss deciding which goal they will choose to defend for the first period. In overtime periods, teams shall play four-minute periods until a team scores a goal. Once a team scores a goal, the game is over. If there are multiple overtime periods, there shall be a two-minute intermission between each period, and teams will change goals. Alternate possession remains unchanged.

### **3.5 - GAME TERMINATION**

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior or excessively rough play.

If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the fouls. It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.



## RULE 4:

### PLAY OF THE GAME

#### 4.1 - COIN TOSS

A coin-toss will be used to determine the first alternating possession or choice of goal to defend to start the game.

#### 4.2 - FACING OFF

Play shall be started with a faceoff at the center spot at the beginning of each period and after each goal is scored unless the score differential rules are in place

##### **Facing Off - Procedure:**

1. The official places the ball on the midfield line at the faceoff spot and instructs the players to prepare by saying "down."
2. Once players are down, they should move into their faceoff position as quickly as possible. Players must stand for the faceoff and remain standing until the whistle blows (10U players may kneel or stand).
3. The crosses and gloves should rest on the ground along the centerline, parallel to each other but not touching the centerline.
4. The official ensures the reverse surfaces of the crosses match evenly (top to stop) and are perpendicular to the ground.
5. Each player must have both hands on the handle of their own crosse, touching the ground. The hand closer to the throat of the head must be palm-up and may not touch the head of the crosse. Feet may not touch the crosse, and both hands and feet must be to the left of the crosse throat, behind the midline.
6. Once players are in the correct position, the official ensures the ball is centered between the crosses.
7. When satisfied with the setup, the official calls "set," steps back from the area, and starts play with a whistle. The whistle cadence will vary at each faceoff. For players with hearing impairments, accommodations will be arranged with each team's head coach before the game.
8. Upon the whistle, players must attempt to play the ball before body checking their opponent.

##### **Facing Off – Violations:**

A violation will occur if a player commits a foul before or during a faceoff. The offended team is awarded the ball on the side of the field they are attacking unless otherwise noted. The following are common examples of faceoff violations.

- » A player may not carry the ball on the back of the stick. Clamping the ball is legal, but the ball must be moved, raked, or directed within one step.
- » A player may not kick, step on, or place any body part on the opponent's crosse. It's illegal to use the crosse to hold down or pin down the opponent's crosse to the ground.
- » A player may not use their hand or fingers to play the ball. This results in an unsportsmanlike conduct penalty.
- » A player may not grab the opponent's crosse with an open hand or fingers, also resulting in an unsportsmanlike conduct penalty.



#### 4.3 - POSITIONING OF PLAYERS BEFORE A FACEOFF

Teams must position their goalkeeper and three other players behind the defensive-area line. Three players must also be behind the defensive-area line in their offensive half, and one player must be in each wing area.

When the whistle starts play, players in the wing areas are released but must avoid body-checking faceoff players who are down in a defenseless position. All other players must remain in their areas until possession is gained, the ball goes out of bounds, or a whistle stops play.

In man-down faceoff situations, there must be four players in the defensive area and three in the offensive area. If a team has three players in the penalty area, a player may leave the defensive area for the faceoff but must remain on the defensive side of the field.

The ball will be re-faced in the following situations:

- » The ball goes out of bounds in the midfield area, and officials can't determine who last touched it
- » An inadvertent whistle occurs before the ball crosses the restraining line
- » An injury occurs in the midfield area before possession has occurred
- » Simultaneous fouls of equal duration occur while the ball is loose
- » The official calls timeout before a team gains possession
- » Before possession is gained and the ball gets stuck in a player uniform or equipment other than a crosse

#### 4.4 - OUT OF BOUNDS AND BALL POSSESSION

Play stops immediately when the ball goes out of bounds or a player with possession touches the ground out of bounds. When a shot goes out of bounds, possession is awarded to the team whose player is closest to the ball's location. For other out-of-bounds situations, possession is given to the team that did not touch the ball last. If officials cannot determine who last touched the ball, alternate possession is used.

#### 4.4 - BALL CAUGHT IN CROSSE OR EQUIPMENT

4.4.1 If the ball becomes stuck in a player's crosse, play stops, and possession is awarded to the opposing team.

4.4.2 If the ball gets stuck in a player's equipment, the alternate possession rule is used. These situations do not apply to a designated goalkeeper while he is in the goal crease.

#### 4.5 GOAL SCORED

A goal is scored when a loose ball passes entirely over the goal line. A goal will be allowed if the shot is released before the period ends.

#### 4.6 GOAL NOT SCORED

A goal is not scored under the following circumstances:

- » The shot is released after the period ends
- » The shot is released before the end of the period but after the ball touches another offensive player or their equipment
- » A foul by the attacking team



- » An illegal crosse is used
- » The whistle is blown for any reason before the goal
- » An attacking player dives into the crease before the ball enters the goal

#### **4.13 - ADVANCING THE BALL OVER THE MIDLINE**

When a team gains possession of the ball in its defensive half, it must advance the ball beyond the centerline within 20 seconds, or there will be an immediate turnover. The 20-second count will continue until:

- » The opposing team gains possession
- » A player from the clearing team steps on or over the centerline with the ball
- » A loose ball crosses the centerline
- » The official blows the whistle to stop play for any reason
- » A "play-on" is called, in which case the 20-second count restarts

#### **4.14 - ADVANCING THE BALL INTO THE GOAL AREA**

Once a team has possession of the ball in its offensive half, it must advance the ball into the goal area within 10 seconds, or an immediate turnover will occur. After the ball has been successfully advanced into the goal area, the "over and back" rule applies.

##### **4.14.1 – OVER AND BACK**

If the offensive team carries, passes, propels the ball, or is legally checked into their defensive half, it results in an immediate turnover. If the offensive team is the last to touch the ball (except on a shot), it will be a "play-on" or immediate turnover.

If the ball does not touch the centerline or something beyond it, no violation has occurred. A defensive player may reach over the centerline with their crosse and bat the ball back into the offensive half without committing a violation. However, the player may not use their foot or any other body part, aside from their gloved hand wrapped around the crosse, to bat the ball. Doing so will result in a turnover.

#### **4.15 - LEGAL BODY CHECKING**

A player can only deliver a legal body check to an opponent while both players are in an upright position and the player who is delivering the check has both hands on their crosse. The body check can only contact from the shoulders to the waist, and to the front or side of their opponent. A player can body check players in possession of the ball or within three yards of a loose ball.

#### **4.16- LEGAL CHECKING WITH CROSSE/STICK CHECKING**

Checking an opponent's crosse when that opponent has possession of the ball or is within three yards of a loose ball or when the ball in flight is within three yards of the player. To be legal, a stick check must be an attempt to dislodge the ball and be delivered to an opponent's crosse, hands grasping the crosse. A player who is about to be stick checks moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the stick-check



To be a legal pick, a player must be in an upright, stationary position, and their arms and legs no further than the width of their shoulders. They shall not lean into the path of an opponent, extend hips into the opponent's path, even though the feet are stationary. A player's stick must also be located within his shoulder plane and may not impede the normal movement of his opponent.

#### **4.18 – GOAL-CREASE PRIVILEGES**

A properly equipped goalkeeper has special privileges within the goal crease, provided at least one foot remains in contact with the crease interior:

- » The goalkeeper may stop the ball with their crosse or body. They may also block or bat the ball with their hand but cannot catch it with their hand.
- » Opposing players may not contact the goalkeeper or the portion of their crosse, even if the goalkeeper does not have possession of the ball.
- » If ball is loose, the goalkeeper extends their crosse outside the crease, it may be stick-checked by an opponent, however if the goalie has possession of the ball his crosse may not be checked.
- » A goalkeeper or any player from the goalkeeper's team may receive a pass within the crease. While in possession of the ball, opposing players may not make contact with the goalkeeper or their crosse. Other players do not receive the same protections as the goalkeeper and may be checked when they have possession in the crease.

#### **4.19 – GOAL-CREASE PROHIBITIONS**

There are restrictions on movement into and out of the goal crease:

- » Offensive players may not enter the crease at any time. They may reach their stick into the crease to collect a loose ball but must avoid contacting the goalkeeper or their crosse.
- » A goalkeeper or defender may not possess the ball in the crease for more than four seconds.
- » Only a properly equipped goalkeeper may enter the crease with the intent of blocking a shot. Defensive players may enter or pass through the crease but may not block a shot. If a defensive player violates this rule, play will be stopped unless a shot is already in flight, in which case it will be allowed to finish. All violations will result in an unsportsmanlike conduct penalty.

### **RULE 5:**

#### **PERSONAL FOULS**

These fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be a 1,2-, or 3-minute non-releasable penalty depending on the official's discretion and severity of the foul.

- » CROSS-CHECK
- » ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/ NECK
- » TARGETING
- » ILLEGAL CROSSE
- » USE OF ILLEGAL EQUIPMENT
- » SLASHING



- » TRIPPING
- » UNNECESSARY ROUGHNESS
- » UNSPORTSMANLIKE CONDUCT
- » FOULING OUT
- » EJECTION
- » MISCONDUCT

NOTE: The definition for each foul is listed in Appendix A.

## RULE 6:

### TECHNICAL FOULS

These fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY: Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.

Time Serving Penalty - If a team has possession of the ball the offending player shall sit in the penalty area for 30 seconds, non-releasable.

- » CREASE VIOLATIONS/GOALKEEPER INTERFERENCE
- » HOLDING
- » ILLEGAL OFFENSIVE SCREENING
- » ILLEGAL PROCEDURE
- » CONDUCT FOUL
- » INTERFERENCE
- » PUSHING
- » WARDING OFF
- » WITHHOLDING BALL FROM PLAY
- » MISCONDUCT

NOTE: The definition for each foul is listed in Appendix A.

## RULE 7:

### PENALTY ENFORCEMENT

#### 7.1 – PROCEDURE

A player who commits a violation and must serve penalty time must:



- » Leave the field of play immediately
- » Report to the penalty area and remain there until notified by the timekeeper that they may re-enter the game. When re-entering, the player must return to the field through the substitution area
- » If the penalty time expires during a faceoff, the player may exit the penalty area only after the official has signaled possession or the ball leaves the midfield scrimmage area

## 7.2 – PENALTY TIME

The penalty clock will stop and start with the game clock. The following rules apply to determining penalty time:

- » Penalty time starts when play resumes after the penalty is called
- » Penalty time ends when the penalty period expires. If a goal is scored against the team serving the penalty, all releasable penalties end, but non-releasable penalties must be fully served
- » If penalty time expires during a faceoff, or during the dead ball time after goal is scored and the faceoff occurs, that player must wait for the faceoff to be completed (i.e. possession gained or ball crosses restraining line) to be released.
- » If multiple fouls occur, a maximum of three players from the same team can be in the penalty area at one time. The following principles apply:
  - Players already in the penalty area remain until their penalty is released
  - If fouls occurred sequentially, they are served in the order they were committed, with non-releasable penalties served first
  - If the sequence is unclear, fouls with the longest penalty time are served first, and non-releasable penalties take precedence over releasable ones

## 7.3 – DEAD-BALL FOULS

Dead-ball fouls are enforced in the order they occur. When fouls occur simultaneously during a dead ball and the sequence cannot be determined, they are treated as simultaneous fouls. If a dead-ball personal foul occurs after a goal or between periods, the offended team is awarded possession at midfield. These fouls include:

- » Unnecessary Roughness
- » Unsportsmanlike Conduct
- » Slashing
- » Illegal Body Check
- » Illegal Crosse
- » Cross-Check
- » Conduct Foul

When multiple dead-ball personal fouls result in equal penalty time for both teams, play resumes with a faceoff. If the penalty times are unequal, the team with less penalty time gains possession at midfield.

## 7.4 – SIMULTANEOUS FOULS

Simultaneous fouls happen when players from both teams commit fouls during:

- » Live play.
- » A dead ball when it's unclear which foul happened first. Note: Most live-ball fouls don't occur at exactly the same time.



If the team with possession (or entitled to possession) commits a foul during a slow whistle or play-on, the whistle blows immediately.

Penalty Time:

- a. If no play-on or flag down is in effect and all fouls are technical, they cancel each other out.
- b. If the team in possession (or entitled to possession) commits:
  - » Only technical fouls, no penalty time is served.
  - » Any personal foul, all involved players serve penalty time.

Awarding the Ball:

- a. The team with less penalty time gets the ball.
- b. If penalty times are equal or fouls cancel out:
  - » The team with possession (or entitled to it) keeps the ball.
  - » If neither team has possession, the ball is awarded by the alternate-possession rule, or a faceoff occurs if pending.
- c. The ball's position on the field will be where it was when play ended.

## SMALL SIDED PLAY

Small sided play ranges from introductory play without equipment (Flex6) to modified youth play, to Sixes (the World Lacrosse/Olympic variant). Small sided or cross field play provides a great fun introduction to the game for youth players. The fun and skill development of small sided games can meet the needs of any player from the beginner to the more experienced. These games have less than 12 players on each team on the field. In addition to fewer players, small sided play uses smaller fields or spaces and shorter games, and some different rules to optimize the game for fun and development.

Small sided play is founded on the principles of the Athlete Development Model (ADM). An approach to skill and sport development that was formally adopted by the USOPC in 2014 as official guidance for youth sports. Playing with less players on the field provides more opportunities for each player to touch the ball, be engaged in the play and assists with overall player development. The science behind ADM promotes more skill development through a more



athlete-centered experience. With less players on the field, each player is more engaged in the game, this fosters decision-making speed, creativity and mental response to game situations, a critical development piece for the player. Athlete skill development is maximized through more repetitions. ADM is a blueprint for growth through skill development and fun for the athlete, especially the pre-teen to middle and high school age player.

**Note: USA Lacrosse recommends small sided play for players and teams in the 10U, 8U and 6U brackets.**



## LIFELONG ENGAGEMENT

*Fostering a passion for the game that lasts a lifetime through participation, coaching and officiating*

# RULES FOR SMALL SIDED YOUTH PLAY

6 U U P T O 1 0 U

## GAME SUMMARY AND EQUIPMENT GAME SUMMARY, EQUIPMENT and RULES MODIFICATIONS

### 4v4 (cross field)

» No faceoff

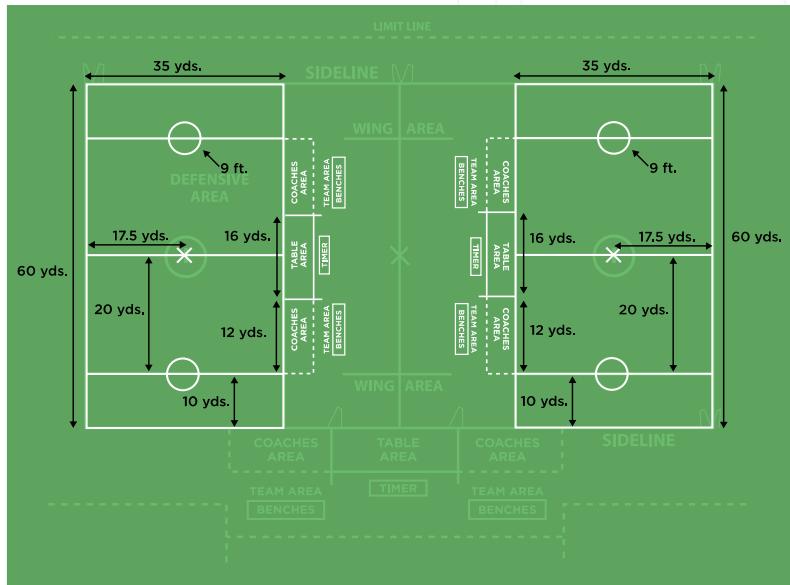
» No offside penalties, players can roam the entire field



- » Coaches can be on the field to assist and officiate
- » There must be one attempt pass before a player can shoot on goal
- » After goals, the defense is given the ball at goal line extended
- » Some body contact is allowed but body checking is illegal
- » Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- » No man down penalties, but players who commit fouls will leave the field
- » All players must be 5 yards away from the ball carrier before restarting play
- » Players may faceoff to start quarters or after goals
- » Face off players must have neutral grip (right hand in palm up position on the stick) but may have knee(s) on the ground.

## THE PLAYING AREA AND GOALS

### THE FIELD DIAGRAM



## LENGTH AND WIDTH

The maximum playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. A restraining line is not required for this level of play. Note: Flat disc cones may be used to designate the playing area if field lining is an issue.

## GOAL CREASE

The goal crease marked with flat disc cones. A goal line marking is not required. A pop-up goal crease is also permissible.

## GOALS

A 3'x3' with securely affixed netting is recommended but a HS goal is allowed.

## THE BALL

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g., tennis ball). If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard.

## THE LACROSSE STICK

Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth. Boy's field crosse specification (see Appendix B) are legal for play. Players must adhere to the pocket construction and depth testing requirements.



## NUMBER OF PLAYERS

### 4v4 Format

- » 4 players - 1 Goalkeeper and 3 Field Players
- » No Long Poles

**Note: If no goalkeepers are available or used then both teams should play with 4 field players and no goalkeepers.**

## OFFICIALS

Officials are not required for this level of play. However, if used, then only one certified official is necessary per field of play.

## TIME FACTORS

The competition will consist of two 12-minute running time halves, with a 4-minute halftime period. No overtime play.

## START OF GAME

The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first Alternating Possession.

All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot the ball off of the initial possession, there must be one attempted pass.

## RESTARTING PLAY AFTER A GOAL

**Post-Goal:** The goalkeeper or official will remove the ball from the goal, and it will be given to the team that was scored upon along the goal line extended. No restart shall take place with any player within 5 yards of the ball carrier. The whistle will be blown by the official, and play will resume. Before a team can shoot the ball off of the initial possession, there must be one attempted pass.

## NO RESTRAINING LINE OR OFFSIDE FOULS

## LEGAL CHECKING WITH CROSSE

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball.

- » Lift the bottom hand or the head of the stick, whichever is below the chest area.
- » Poke the bottom hand or the head of the stick, whichever is below the chest area.
- » Downward check initiated from below both players' shoulders.

## TIMEOUTS



There are no team timeouts at 8U or 6U.

## SCRUM SITUATIONS

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 possession shall alternate.

***Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.***



# RULES FOR $\frac{3}{4}$ FIELD SETUP OR 7 V 7 PLAY

## RECOMMENDED FORMAT FOR 10U

### GAME SUMMARY AND EQUIPMENT GAME SUMMARY, EQUIPMENT and RULES MODIFICATIONS

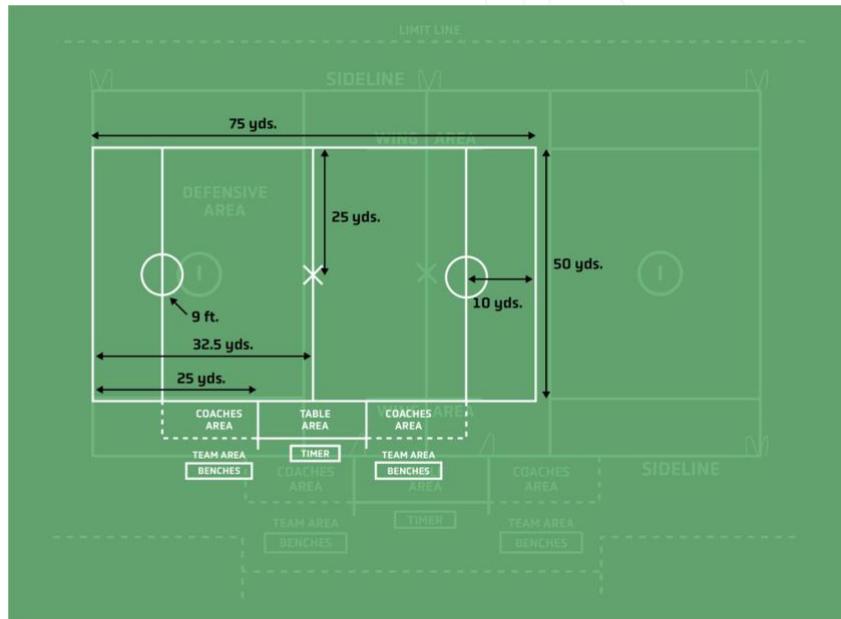
#### CHANGES FROM 6U/8U TO 10U

- »» Players on the field increase to 6 v 6 or 7 v 7
- »» Restraining line if using a  $\frac{3}{4}$  field

#### 10U BOYS' RULES OVERVIEW

- »» Faceoffs to start quarters and after goals
- »» Face off players must have neutral grip (right hand in palm up position on the stick) but may have knee(s) on the ground.
- »» Offside penalties only applicable while using 7 v 7 format.
- »» If officials are used, coaches must stay off the field
- »» There must be one attempt pass before a player can shoot on goal
- »» Some body contact allowed, but body checking is illegal
- »» Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- »» No man down penalties, but players who commit fouls will leave the field
- »» All players must be 5 yards away from the ball carrier before restarting play

## THE FIELD DIAGRAM



## GAME PERSONNEL

### NUMBER OF PLAYERS

#### 6 v 6 Format

- » 6 Players - 1 Goalkeeper and 5 Field Players
- » Max 2 Long Poles on the field (47" - 54")
- » Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home, who may serve penalties for the goalkeeper.

**Note: If no goalkeepers are available or used, then both teams should play with 5 field players and no goalkeepers.**

#### 7 v 7 Format

- » 7 Players – 1 Goalkeeper and 6 Field Players



- » Max 3 Long Poles on the field (47" - 54")
- » Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper.

## OFFICIALS

Officials are not required for this level of play. However, if used, then only one certified official is necessary per field of play.

## LENGTH OF THE GAME

A competition will consist of four 10-minute running time quarters with a 2-minute break between each quarter and 5-minute halftime.

## SCORE DIFFERENTIAL

After the first half, once the goal differential reaches 12 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff. If the score reverts to 6 goals or less, normal faceoff rules will apply.

## OVERTIME

Overtime play is not recommended at 10U.

## FACEOFF PLAYER POSITIONING

A team shall place one faceoff player at the center of the field and confine at least 2 players behind each goal line extended.

For the face off, each team's face off player, hands must be parallel to but not touching the line, head of sticks are in the upright vertical plane, the ball is lined up in the middle of the heads. Faceoff players can put a knee on the ground. The players' entire body including hands, head and feet must be to the left of the throat of the stick. The players' hand have to be fully wrapped around the lacrosse handle and touching the ground but not touching the throat. Face off players must have a neutral grip (right hand in a palm up position).

All field players are released when the whistle is blown. All goalkeepers are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained. Once possession is gained, all normal body contact rules apply. Once a team gains possession after a faceoff, there must be one attempted pass.

## OFFSIDE

### 6 v 6 Format

Offside not applicable



## 7 v 7 Format

A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.

## LEGAL CHECKING WITH CROSSE

An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal:

- » Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- » Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- » Downward check initiated from below both players' shoulders.

## TIMEOUTS

No team timeouts at 10U.

## SCRUM SITUATION

If 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.

## PENALTY ENFORCEMENT

A player who commits a violation and would normally serve penalty time must:

- » Leave the field of play immediately
- » Report to the penalty area and remain there until notified by the timekeeper that they may re-enter the game.
- » When re-entering, the player must return to the field through the substitution area.

NOTE: If a penalty would have been a multiple-minute personal foul or a non-releasable personal foul, officials must take note of that player for future reference.

## Penalty Time, Fouling Out, and Player Disqualification

**No Man Down Penalties:** In youth lacrosse, no man-down penalties will be enforced for technical fouls or personal fouls of the 1-minute releasable variety. However, officials will track players who commit personal fouls that would result in multiple minutes or non-releasable penalties at higher levels of play (e.g., 12U, 14U).

**Fouling Out:** If a player commits multiple fouls that would result in multiple minutes or non-releasable penalties a second time during the same game, that player is considered to have "fouled out" of the game. The player must leave the field immediately and may not return for the remainder of the game.

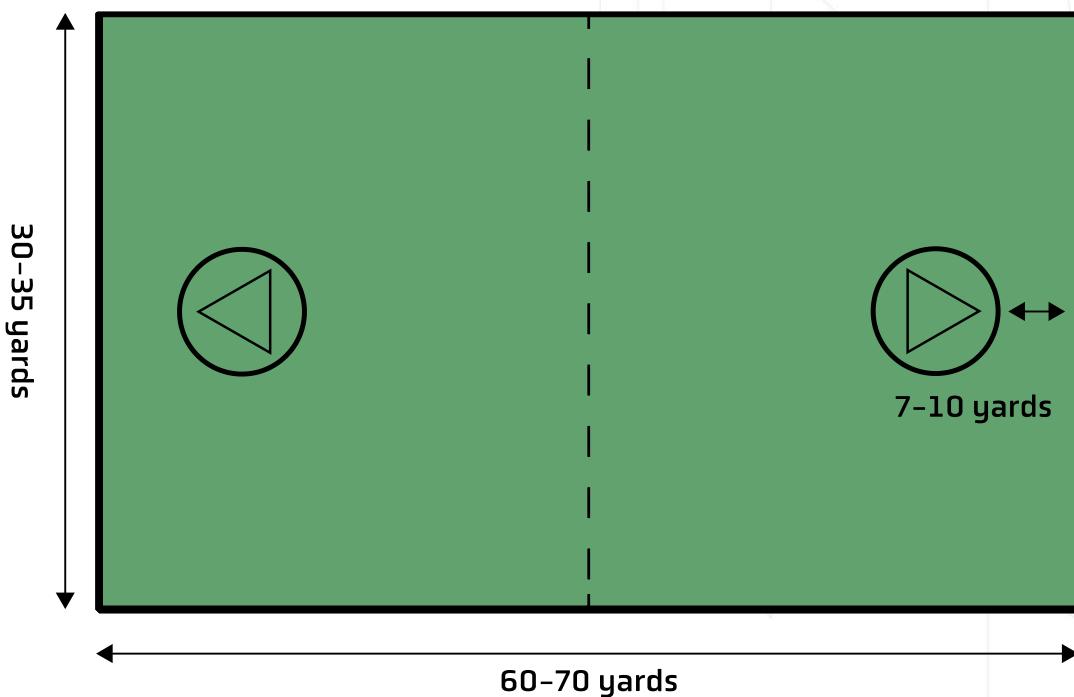
**Team Forfeit:** If a team has three players who have "fouled out" due to committing multiple-minute or non-releasable fouls, the game will be terminated, and the opposing team will be awarded a 1-0 victory.

# FLEX6 LACROSSE

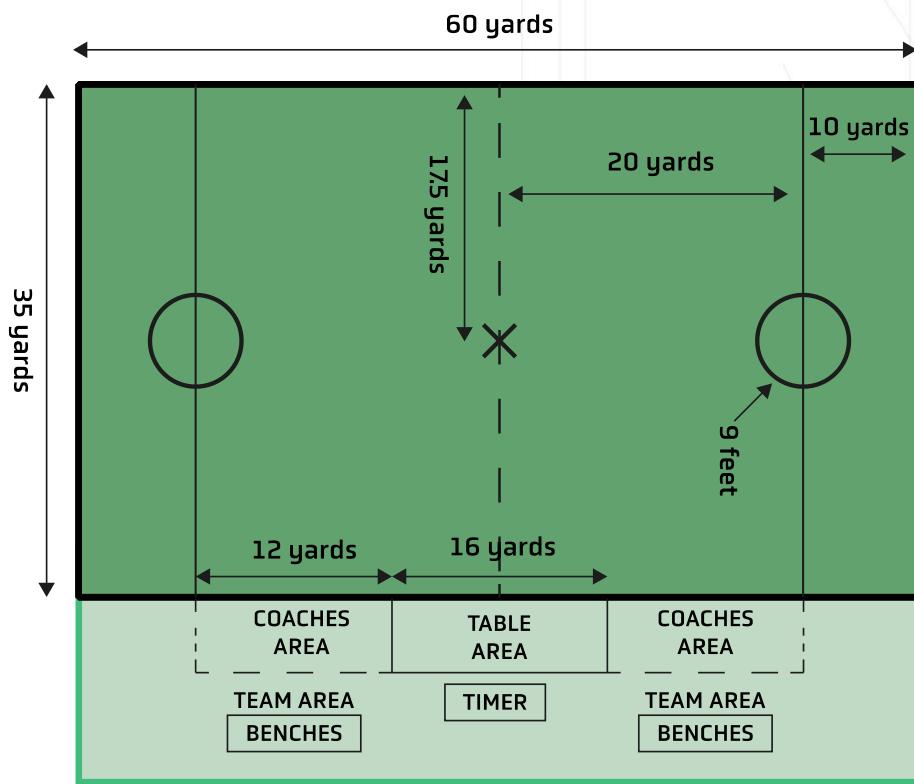
Flex6 represents the foundational small-sided game with no protective equipment needed. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about  $\frac{1}{4}$  the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

## THE GAME, PLAYING AREA AND SPACE

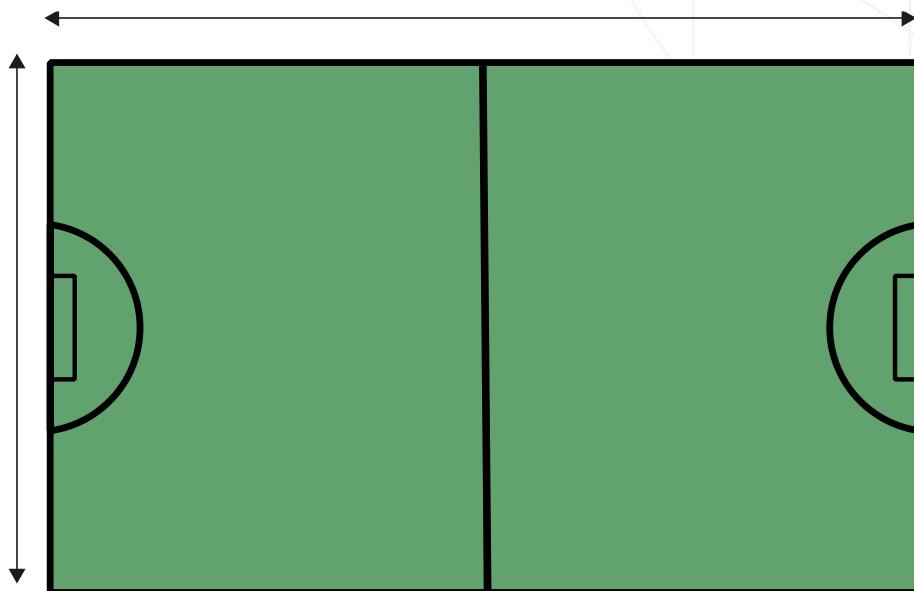
### BASIC FIELD CONFIGURATION



**Cross-Field on a Traditional Sports Field**



**Basketball or Tennis Court Configuration**





## EQUIPMENT

### **The Ball**

A soft pink/orange (aka “Pinkie”) ball or tennis ball. Do not use standard lacrosse balls.

### **The Lacrosse Stick (Crosse)**

Girls’, boys’ or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

### **Player Equipment**

A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls.

## GAME PERSONNEL

### **Number of Players**

No more than 6v6 on the field at a time.

There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.

### **Officials**

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

*For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.*

## TIME OF THE GAME

### **Length of the Game**

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

### **Overtime**

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.



## PLAY OF THE GAME

### Starting the Game and Overtime

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting. The team that loses the coin toss can choose which side they will defend first.

### Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds.

### Goal Scored

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal crease is used, the player cannot cross into the goal crease on the shot. No goal if a shot originates in the defensive half of the field.

### Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the goal crease to resume play.

### Change of Goals

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.

### Substitutions

Substitutions during play are permitted.

### Fouls

- » No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
- » No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
- » No covering the ball with your stick or body.
- » No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
- » No entering the goal crease (except to get the ball out of the goal after a shot is scored).
- » No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
- » No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
- » No dangerous follow through with the stick on a pass or shot.
- » No moving or blind picks.

**The penalty for a foul is a change of possession.**



The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length away from the player in possession of the ball; however, the player with the ball does not need to wait for this to occur.

If a player repeatedly fouls or is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

### **Violation on a Shot**

If a foul by the defense occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

### **Unsportsmanlike Conduct**

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

## **OPTIONAL MODIFICATIONS**

- » A minimum pass rule may be added before shooting.
- » Ground balls may only be contested 1v1.
- » One player stays back on defense behind the midline of the area of play.



## APPENDIX A

# DEFINITION OF TERMS

**AIRBORNE PLAYER:** A player in midair, when playing a ball, is considered to be where he last was in contact with the field.

**ASSIST:** One player passes the ball to a teammate, and it leads directly to a goal without the scorer having to dodge a defender.

**BODY CHECK:** Overt or obvious body contact made to an opponent.

**CREASE VIOLATIONS/GOALKEEPER INTERFERENCE:** When the defensive team has possession of the ball, penalties of the rules involving the crease are as follows (rather than under the general rules for technical fouls):

- If there is no flag down, any crease violation or interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow-whistle, flag-down situation
- If there is no flag down, any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to his team in its offensive side of the field at the center. If the ball is loose in the crease and the goalkeeper gains possession, the play-on is over
- If there is a flag down on a team that commits a crease violation or goalkeeper interference, it shall be an immediate whistle for the second foul whether there is possession or not and regardless of ball location. Both the initial foul and the crease violation or goalkeeper interference shall be time serving.

**CENTERLINE/MIDLINe:** The line across the center of the field of play.

**CHECKS INVOLVING THE HEAD/NECK:**

- A player shall not initiate contact with an opponent's head or neck with a cross-check or any part of his body (head, elbow, shoulder, etc.). Any follow-through from these actions that contacts the head or neck shall also be considered a violation of this rule.
- A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.
- A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

**CLEAR:** Transitioning the ball from the defensive half to the goal area.

**CONDUCT FOUL:**

- A coach shall not enter the field of play without the permission of an official, except to attend to an injured player, to warm up a goalkeeper, or during halftime.
- During play, the coaches' area is restricted to coaches. All other personnel shall stay outside the coaches' area.
- A player, coach, athletic trainer, or other people officially connected with a team shall not:
- Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
- Object, argue or gesture regarding a decision by an official.
- Commit any act considered misconduct by an official.



» **CREASE:** The circle around the goal with a radius of 9 feet into which only defensive players and their goalkeeper may enter.

» **CROSS-CHECK:** Checking an opponent with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body and running forcibly into an opponent.

» **DEFENSIVE AREA:** An area at both ends of a lacrosse field that is below the restraining lines and above the end line.

» **DODGE:** A move by the ball carrier to advance past a defender.

» **EJECTION:** A player, coach, or anyone officially connected with the team shall be ejected for:

- Deliberately striking or attempting to hit anyone or leaving the bench area during an altercation
- Second unsportsmanlike foul.
- Any action deemed by the officials to be flagrant misconduct.

» **EXTRA MAN OPPORTUNITY (EMO):** Results from an opponent's time-serving penalty. Also known as "man-up."

» **FACEOFF:** This technique is used to put the ball in play at the start of the game, each quarter, half, or after a goal is scored.

» **FOULING OUT:** Any player who accumulates three personal fouls or 5 minutes in personal foul penalty time fouls out of the game. A substitute for that player may enter the contest when the disqualified player would have been permitted to re-enter had he not fouled out.

» **GOAL LINE EXTENDED (GLE):** An imaginary line that extends beyond the goal line and continues to the sidelines.

» **HOLDING (Illegal):** A player shall not impede the movement of an opponent or his crosse under the following conditions:

- Use the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder-width apart
- Step on the crosse of an opponent.
- Hold an opponent with his crosse.
- Hold or pin an opponent's crosse against the body of the opponent with his crosse.
- Hold an opponent with his free hand that is off the crosse.
- Hold the crosse of the opponent using any part of his body.
- Use his crosse to hold or pin an opponent's crosse to the ground.

» **HOLDING (Legal):** Holding is legal under the following conditions:

- An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
- An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.
- For (a) and (b), a hold check shall be done with either closed hand, shoulder or forearm; and both hands shall be on the crosse.
- A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball
- A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
- Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.



### » **ILLEGAL BODY CHECK:**

Body checking of an opponent not in possession of the ball or within three yards of a loose ball

Body checking of an opponent from the rear, at or below the waist, or above the shoulders

Body checking of an opponent who has any part of his body other than his feet on the ground.

Body checking that targets a player in a vulnerable position, this includes but is not limited to:

- Body checking a player from his "blind side";
- Body checking a player who has his head down in an attempt to play a loose ball; and
- Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
- 

*(Note: If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the body-check)*

### » **ILLEGAL CROSSE:** A player may not use a crosse that does not conform to the required specifications

detailed in Appendix V. All stick infractions, regardless of the reason for illegality, may be corrected, and the crosse can be used later in the game.

- *Penalty: A crosse found illegal will carry a 2-minute foul.*
- *Exception: Sticks with illegal hanging string length or missing end caps are correctable without penalty. If used in the game after being warned, it shall be considered an illegal crosse.*
- *Note: The Illegal crosse rule is enforceable only at the 14U and 12U levels. At 10U and below, the crosse shall be removed from the game until corrected without penalty.*

### » **ILLEGAL OFFENSIVE SCREENING:** No offensive player shall move into and make contact with a defensive

player with the purpose of blocking a defensive player from the man he is playing, nor shall the offensive player hold his crosse rigid or extend his crosse rigid to impede the normal movements of the defensive man. If contact is made between offensive and defensive players as a result of the offensive player's setting a screen, the offensive player shall be stationary before the contact occurs, with his feet no wider than shoulder-width apart.

### » **ILLEGAL PROCEDURE:** Any action on the part of players or substitutes that do not conform with the rules of lacrosse. These fouls are technical fouls, and the following are examples of illegal procedure:

- Touching the ball – A player shall not touch the ball with his hands while it is in play. Inadvertent touching of the ball when the hand is grasping the stick is not a violation of this rule.
- Illegal actions with crosse – A player shall not:
- Throw his crosse other than at a ball, other players, or game personnel, which are all unsportsmanlike conduct fouls.
- Take part in the play of the game in any manner without his crosse when:
  - If a player loses his crosse in any legitimate way, so that repossession of the crosse would cause him to violate a rule, officials will use a slow whistle.
  - If an offensive player's crosse is in the crease and interferes with the goalkeeper's play of an attempted shot at the goal, play shall suspend immediately.
- Intentionally kick an opponent's crosse.
- Exchange his crosse with that of a teammate during live play while the ball is in either crosse.
- Avoidable lateness of team
- Entering the game from the penalty area before authorized to do so by the timekeeper under one of the following scenarios:
- The opponent of the player entering the game has possession of the ball. In this case, the player shall be returned to the penalty area to serve his unexpired time, plus an additional 30 seconds.



- The opponent of the player entering the game has possession of the ball and scores a goal. In this case, the unexpired penalty releases, and the player will not serve any additional penalties for the violation.
- The ball is loose, or the team of the player the released early has possession of the ball. In both of these cases, the officials will award the ball to the opposing team, and the player guilty of entering the game too early serves his unexpired penalty time.
- Delaying the Game – The delay of the start or restart of the game, the penalty shall apply to the in-home. Delaying the game shall be the consuming more than 20 seconds.
- Participation in the play of the game by a player out of bounds. Any player not in their specified restraining area at the time the whistle is blown to start play at the time of a faceoff.
- Failure to remain 5 yards from a player awarded the ball for a restart.
- Any violation of the rules for substituting players. Any violation of the rules relating to the goal-crease area.
- Any violation of the rules for time-outs.
- Having more than the maximum allowable number of players in the game at any time, including a player or players in the penalty area.
- Violation of the rules on positioning for a faceoff.
- If a head coach makes two or more requests for an equipment inspection in which no violations occurs. In this case, that team must take a time-out. If no time-outs remain for that half or overtime period, it will be a technical foul.
- Having more than the maximum allowable number of long crosses in the game.
- Failure of the player that lost possession of the ball to place the ball directly on the field or hand it to the nearest official during a change of possession
- Failure to advance the ball beyond the center line into the goal area within 10 seconds as required, or upon gaining possession of the ball inside the defensive half of the field, to advance the ball beyond the center line within 20 seconds.
- Failure to provide a scorebook, timing device, table, and working horn.
- Failure to have a center line that runs the entire width of the field.
- Failure to have a properly equipped designated goalkeeper on the field of play.
- When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds after the officials are ready to restart play.
- Taking a “dive” or “flopping” to deceive the official and draw a penalty.
- Failure to wear a mouthpiece (unless it comes out during play).

**INTERFERENCE:** A player shall not interfere in any manner with the free movement of an opponent, except when that opponent has possession of the ball, or both players are within 3 yards of a loose ball.

**LOOSE BALL:** When a team or player does not have possession of the ball. A ball in the air or on a pass or a shot is a loose ball at all times, including after the horn sounds to end a period.

**MAN DOWN:** A team that has fewer players on the field due to one or more penalties.

**MISCONDUCT:** At the discretion of officials, a five-minute misconduct penalty may be appended to a technical or personal foul on a player. A substitute is permitted for the player serving a misconduct penalty when that player's penalty time other than the misconduct penalty is released. A player serving a misconduct penalty shall remain in the table area for the full duration of the misconduct penalty time, regardless of the number of goals scored.

- Misconduct penalty time begins when the player's penalty time other than the misconduct penalty is released.



- Misconduct penalty time does not count toward the five minutes of personal foul time for the purposes of fouling out.
- Misconduct penalties do not count as unsportsmanlike conduct penalties for the purposes of ejection.
- 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

### » **OFFSIDE:**

- For 10v10 play, a team is offside when a team, including players in the penalty area, has more than six players in its offensive half of the field or more than seven players in its defensive half of the field.
- For 7v7 play, a team is offside when a team, including players in the penalty area, has more than four players in its offensive half of the field or more than five players in its defensive half of the field.

### » **ON-THE-FLY SUBSTITUTION:** A substitution made during live action.

### » **PICK/SCREEN:** An offensive maneuver in which a stationary and motionless player attempts to block the path of a defender guarding another player.

### » **POCKET:** The strung part of the head of the stick which holds the ball.

### » **POSSESSION:** A team or player has possession of the ball when they can perform any of the normal functions of controlling the ball (carry, cradle, pass, or shoot).

### » **PUSHING(ILlegal):** A player shall not thrust or shove an opponent from the rear.

### » **PUSHING(Legal):** A push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing is made with either closed hand, shoulder, or forearm, and both hands shall be on the crosse.

### » **RESTART:** Whenever a player has been awarded the ball for any reason, all players must be at least 5 yards away from him before play resumes.

### » **RIDE:** The defending team will try to prevent their opponent from clearing the ball, thereby creating a turnover.

### » **SCRIMMAGE AREA:** At least two opposing players within 5 yards of either a loose ball or a ball in possession.

### » **SHAFT:** The stick's handle. The shaft may be made of aluminum, wood, or composite material and is connected to the stick head.

### » **SHOT:** A ball propelled toward the goal cage by any player with the intent of scoring a goal. A shot by an attacker is only valid when the release point of the ball is parallel to or above goal line extended. Additionally, the ball can be either thrown from a crosse, kicked, or otherwise physically directed (but not with the hand). A shot or deflected shot will remain a shot until the ball comes to rest on the field of play, a player gains possession, and the ball goes out of bounds or a player causes the ball to go out of bounds.

### » **SLASHING:**

- Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether contact occurs.
- Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.
- ***NOTE: Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty.***
- Striking an opponent in any part of the body with the crosse (including its end cap), except when done by a player in the act of passing, shooting, or attempting to scoop the ball. In all situations, the player's gloved hand shall be considered part of the crosse, except when in contact with the ground.



### » **STALLING:**

- It shall be the responsibility of the team in possession to attack the goal. A team in possession of the ball and its offensive half of the field may be warned to "get it in/keep it in" if, in the judgment of the officials, they are not attacking the goal. After officials give a team the stalling warning, a stalling foul will occur if the ball leaves the goal area in any manner other than a shot on goal or last touched by the defensive team. The stalling warning remains in effect until:
  - The team in possession scores a goal.
  - A shot hits the goal pipes, the goalkeeper, or his equipment.
  - The defensive team gains possession of the ball
  - The period ends resulting in a faceoff.

### » **STICK CHECK:** Using stick-to-stick contact to try to dislodge the ball.

**TAKE-OUT CHECK:** An excessive body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

**TARGETING:** Intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. Additionally, a player shall not intentionally take aim at a player in a defenseless position.

### » **PENALTY: Three-minute penalty and ejection from the game.**

**TRIPPING:** Tripping is obstructing an opponent at or below the waist with the crosse, hands, arms, feet, or legs, by any positive primary action if the obstructing player is on his feet. When a player legally checks the crosse of an opponent, and it causes the opponent to trip over his crosse, no foul has been committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed.

### » **UNNECESSARY ROUGHNESS:**

- An excessively violent infraction of the rules against holding and pushing.
- Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.
- Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.
- A check with the gloved hand or hands delivered using a punching blow.
- A take-out check.
- 

**PENALTY: Penalty for unnecessary roughness fouls are a One, Two, or Three-minute foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.**

### » **UNSPORTSMANLIKE CONDUCT:**

- Repeatedly commit the same technical foul.
- As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.
- As a substitute, intentionally fail to comply with the rules for entering the field of play.
- A second violation for a team that has a defensive player, other than a properly equipped goalkeeper, that enters his crease with the perceived intent on blocking a shot or acting as a goalkeeper.
- A coach who is on the field and obstructs play.

### » **UNSPORTSMANLIKE CONDUCT:** No player, substitute, nonplaying member of a squad, coach or spectator shall:



- Arguing with an official regarding a call they made or attempting to influence the decision of an official.
- Use threatening, profane, or obscene language or gestures at any time during the game.
- Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
- Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff.
- Throwing a crosse at the ball, at a player, or other game personnel.

» **USE OF ILLEGAL EQUIPMENT:** A player may not use equipment that does not conform to specifications or altered in a way that compromises their protective features. The use of illegal equipment or failure to properly wear mandatory equipment is a foul.

» **WARDING OFF:** A player with possession of the ball may not use their free hand or arm to hold, push, or control the direction of an opponent's crosse or the body of an opponent applying a check. They can protect their crosse with a stationary hand, arm, or another part of his body when their opponent makes a play to check his crosse. A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check.

» **WITHHOLDING BALL FROM PLAY:** Players shall not lie on the ball, trap it with their crosse longer than is necessary to control the ball and pick it up in one continuous motion, or withhold the ball from play in any other manner.

## GOALKEEPER TERMINOLOGY

» **CHECK:** Telling defenders that a pass is being made to an area for a potential shot, the defender must be ready to clamp down on, or "check," the offensive player's stick.

» **DRIVE/PUSH:** Telling defenders, the offensive player is coming too close to the goal, and he needs to push him away from the goal.

» **MATCH-UP/NUMBER-UP:** Telling each defender to find his man and call out his number.

» **SHOT/FIRE:** Telling the defense that one of them needs to leave their position immediately and slide to assist the "hot" defender and thus double-team the attacker.

» **SLIDE:** Telling the defense that one of them need to leave their position immediately and slide to assist the "hot" defender and thus double-team the attacker

» **BREAK/CLEAR:** Telling the defense, a save was made, and the goalkeeper is looking for players to move up the field so he can pass the ball to from the crease.

## APPENDIX B

# CROSSE SPECIFICATIONS

## LACROSSE HEAD SPECIFICATIONS

### A. Head dimensions

The crosse shall not have protrusions or sharp edges. 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

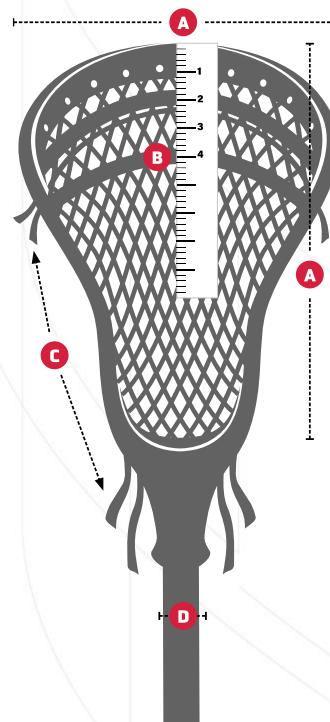
Any laces or strings must be within 4 inches of the top of the crosse head (this does not apply to goalkeepers).

### 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.



### E. POCKET CONSTRUCTION AND POCKET DEPTH TESTING

The pocket of the crosse must be completely attached to the head and the side walls, leaving no gaps larger than 1.68 inches in diameter (i.e., an American golf ball) enough for a ball to pass through it or become wedged. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalkeepers).





| AGE GROUP | MINIMUM - MAXIMUM LENGTH   |           |            |
|-----------|--|-----------|------------|
|           | Short Pole   | Long Pole | Goalkeeper |
| 6U        | Should be no more than the distance from ground to player waist. No minimum. |           |            |
| 8U        | 37" - 42"  | N/A       | 37" - 54"  |
| 10U       | 37" - 42"  | 47" - 54" | 37" - 54"  |
| 12U       | 40" - 42"  | 52" - 72" | 40" - 72"  |
| 14U       | 40" - 42"  | 52" - 72" | 40" - 72"  |

## GOALKEEPER CROSSE HEAD DIMENSIONS

All measurements must be taken on the front face of the crosse. There shall be one goalkeeper's crosse 10 to 12 inches, inside width at its widest point. The goalkeeper's crosse shall have a maximum length of 16.5 inches measured from the outside edge of the lacrosse head to the beginning of the throat. This crosse shall be used only by the required designated goalkeeper.



## APPENDIX C

# INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the summer Rules Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from USA Lacrosse ([usalacrosse.com](http://usalacrosse.com)). The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the youth rules put forth by the Rules Committee must be presented to the USA Lacrosse Boards of Directors for final approval.

## APPENDIX D

# BLOOD POLICY

### FROM THE NFHS GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

### BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.



## APPENDIX E

# LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

### PROACTIVE PLANNING

- Assign staff to monitor local weather conditions before and during events.
- Develop an evacuation plan, including identification of appropriate nearby shelters.
- Develop criteria for suspension and resumption of play:
- When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Position Statement: Lightning Policy" on the USA Lacrosse web site at [usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](http://usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)



## APPENDIX F

# CONCUSSIONS

## CONCUSSION RECOGNITION TOOL 5

To help identify concussion in children, adolescents, and adults

### RECOGNIZE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

Remember these key elements while approaching the potentially head-injured player on the field:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

### STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury, including if ANY of the following signs are observed or complaints are reported, then the player should be assessed for neck injury and safely and immediately removed from play/game/activity if no neck injury is suspected. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment if any of the following signs or symptoms are present:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state (May want to put in layman's terms for non-healthcare providers: something like "Decreasing ability to stay awake, disoriented")
- Vomiting
- Increasingly restless, agitated, or combative
- One pupil larger than the other (listed on CDC Danger Signs)

If there are no Red Flags, identification of possible concussion should proceed to the following steps.



## STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- Facial injury after head trauma

## STEP 3: SYMPTOMS

- Headache
- “Pressure in head”
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- “Don’t feel right”
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like “in a fog”

## STEP 4: MEMORY ASSESSMENT

*(in athletes older than 12 years of age)*

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- “What venue are we at today?”
- “Which half is it now?”
- “Who scored last in this game?”
- “What team did you play last week/game?”
- “Did your team win the last game?”

**Athletes with suspected concussion should:**

- Not be left alone initially (at least for the first 1-2 hours)



- Not drink alcohol
- Not use recreational/prescription drugs
- Not be sent home by themselves. They need to be with a responsible adult
- Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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## APPENDIX G

# USA LACROSSE CODE OF CONDUCT

## OVERVIEW

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago and, through the sport, they celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern sport, USA Lacrosse has partnered with the Positive Coaching Alliance to establish and promote positive coaching and good sportsmanship at all levels of lacrosse. The following Code of Conduct is included as part of the USA Lacrosse membership application to encourage and foster appropriate values in players, coaches, officials, parents and spectators, as well as those who are involved in any way with USA Lacrosse.

## CODE OF CONDUCT

USA Lacrosse believes that it should be a priority of every player, coach, team, program and league to “Honor the Game”. Players, coaches, officials, parents and spectators shall conduct themselves in a manner that “Honors the Game” and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are honesty and integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport’s development and help to assure a consistently positive experience for participants. The Code of Conduct’s components are as follows:

- » Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- » The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- » The safety and welfare of players are of primary importance.
- » Coaches must always be aware of the tremendous influence they have on their players, and shall strive to be positive role models in dealing with young people they serve.
- » Coaches shall always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, parents and spectators.
- » Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- » Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect among other participants.
- » Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should



be communicated through established channels, policies and procedures, but never on the field in public view.

- » Officials shall conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.
- » Adults involved with the sport will not permit anyone to openly or maliciously criticize, badger, harass or threaten an official.
- » Coaches, officials and players have a responsibility to know and follow the letter and spirit of the appropriate rules of play. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- » Eligibility requirements, which have been established at all levels of the sport to maximize participation, encourage fair play and promote safety, shall be followed



## APPENDIX H

# ANTI-HARASSMENT AND DISCRIMINATION POLICY AND CORRECTIVE ACTION PLAN

## TEMPLATE FOR LEAGUES AND LACROSSE ORGANIZATIONS

USA Lacrosse prohibits and will not tolerate acts of harassment, discrimination, and bullying. Harassment, discrimination or bullying means any gestures, any written, verbal or physical act, or any electronic communication, whether a single incident or a series of incidents that:

Are reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, ethnicity, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Takes place in relation to any program function or team; and that a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a player or damaging the player's property, or placing a player in reasonable fear of physical or emotional harm to his/her person or damage to his/her property.

Has the effect of insulting or demeaning any player or group of players or creates a hostile environment for the player by interfering with a player's participation or by severely or pervasively causing physical or emotional harm to the player. (N.J.S.L 18A:37-14)

This Anti-Harassment and Discrimination Policy is embedded into each participant's Code of Conduct and must be signed by all participants prior to the start of each season. The USA Lacrosse commitment to

anti-harassment is also shared publicly on our program website. We ask that all families review this policy against harassment, intimidation and bullying with their children. Together we can ensure that all children and families have a better understanding of the issue and can help make playing experiences enjoyable for all.

The Corrective Action Plan is a multi-step system designed to forgive a mistake but also protect student-athletes, provide education and firmly address chronic misbehavior. Any participant, parent, or volunteer may file a grievance when necessary. All grievances should be written and directed through the following sequence of authorities:

## CORRECTIVE ACTION PLAN FOR LEAGUE PARTICIPANTS

If a coach, parent or official is notified of participant misconduct, they should report the allegation in writing within 24 hours of the incident to the league's board of directors or leadership. Complaints may also be made in person during a game or event but should also be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification. If the accused party is from another program or league, the board or league leadership will contact the accused participant's program to share the accusations and request resolution for both parties.

After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all board members for a vote. Participants who are found guilty of violating the anti-harassment and discrimination policy will be subject to disciplinary action. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review.



If no resolution is found, an additional ethics complaint may be filed with the USA Lacrosse Ethics Advisory Subcommittee online at [usalacrosse.com/ethics-advisory-subcommittee](http://usalacrosse.com/ethics-advisory-subcommittee). The USA Lacrosse EAS seeks to develop resources and standards for the national lacrosse community, as well as investigate and manage ethical issues that arise within the organization. NOTE: All prior steps must be taken before submitting an ethics complaint with USA Lacrosse. Complaints that do not adhere to this process will not be considered.

**For minor or repeat violations of the Anti-Harassment and Discrimination Policy or expectations, these steps will be followed:**

### **STEP 1 – VERBAL WARNING**

Coach and/or board members will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated.

### **STEP 2 – GAME SUSPENSION**

The board or league leadership will suspend the offending player for a predetermined number of games depending on the severity of the incident. The player and supervising parent/adult must attend a meeting with the coach and at least one board member to discuss appropriate behavior and next steps before the player can resume playing. The player will be warned that the next offense will result in his/her expulsion from the program\*.

Participants 14 years and older will be required to complete USA Lacrosse's Cultural Competency training prior to return.

### **STEP 3 – EXPULSION**

The participant on the 3rd offense will be expelled from the league or program and no refund will be given. The board or league leadership will also document this disciplinary action in writing and forward the incident to the team coach or administrator within 24 hours of decision.

*\*These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against participants and could result in immediate game suspension or expulsion. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.*

## **CORRECTIVE ACTION POLICY FOR PARENTS AND ADULTS**

Family involvement is vital to the development of young athletes. Whether sitting in the stands, or helping as a volunteer, we want families to set a positive example. Parents and adults who do not follow the Anti- Harassment and Discrimination Policy will be subject to a Corrective Action Plan. Any parent or adult may file a grievance when necessary.

All grievances should be written and directed through the following sequence of authorities:

If a parent, coach, staff member, volunteer, official or fan is the victim of harassment, discrimination or bullying, the victim must report the allegation in writing within 24 hours to the board of directors or league leadership. Complaints may also be made in person during a game or event but should be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

If a coach or official is notified of misconduct, they are obligated to report the allegation in writing within 24 hours to the board of directors or league leadership.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification.



After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all administrators for a vote. All who are found guilty of violating the Anti-Harassment and Discrimination Policy will be subject to disciplinary action. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.

**For any violations of the Anti-Harassment and Discrimination Policy, the following steps will be taken:**

### **STEP 1 - VERBAL WARNING AND GAME SUSPENSION**

A board or league administrator will discuss undesirable conduct with the accused and stress that this behavior will not be tolerated. A board member or league administrator will meet with the team coach and/or program administrator and the accused to discuss proper behavior. The board or league leadership may also choose to suspend the accused for a certain number of games depending on the severity of the incident.

Furthermore, there will be a formal letter of reprimand given to the accused stating that the next offense will result in banishment from all program or league events\*

The accused will also be required to complete USA Lacrosse's online Cultural Competency training prior to returning.

### **STEP 2- SEASON EXPULSION**

The accused will be banned from attending all contests after a 2nd offense. The accused will then have to make a formal request to be reinstated into the league or program prior to the start of the following season.

*\*Severe situations could merit harsher sanctions and could result in immediate game suspension or expulsion. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review. If warranted, a police report may be required or strongly recommended.*

