2020 BOYS YOUTH LACROSSE RULE CHANGES
2020 NEW RULE CHANGES
4.4 – **Required Pass Attempts** *(8U and 10U Only)*

- **10U** – 1 attempt after initial possession on a faceoff.
- **8U** – 1 attempt to start play and 1 when play resumes after a goal.

**Penalty:** The penalty for failure to attempt a pass will be a turnover.
4.5 – Running Clock
(12-goal differential – all levels)

• 14U and 12U shall be running clock if the game reaches a 12-goal differential in the second half only

• 10U and 8U are already running time game formats.
4.22 - Quick Restarts (14U and 12U Only)

- OFFENSIVE players must be 5 yards from the player restarting with the ball. (No Armadillo or Hidden Ball Plays on a Restart).

- Officials will no longer wait for DEFENSIVE players to position themselves more than 5 yards from the player in possession of the ball when restarting play.

- On All Restarts DEFENSIVE Players MUST
  - Allow the offensive ball carrier a direct path to the goal
  - Not engage the ball carrier until they have established a distance of 5 yards

Penalty: The penalty for a DEFENSIVE player engaging the ball carrier before a distance of 5 yards has been reached is a technical foul for delay of game.
GOOD RESTART OFF THE ENDLINE
BAD RESTART OFF THE ENDLINE
RESTARTS AT MIDFIELD

- When trouble happens most.
  - Over & Back Violations
  - Restart after a faceoff violations
RESTARTS AT MIDFIELD

- When trouble happens most.
  - Over & Back Violations
  - Restart after a faceoff violations
Important Restart Situations

Question 1: What happens if one or more offensive players (teammates) are within 5 yards from the player with the ball and play is restarted?

Answer: Officials should stop play, return the ball and ball carrier to the correct location and properly restart play.

Question 2: If a defensive player is within 5 yards of the ball carrier on a restart but gives the offensive player a clear path to the goal and it is the offensive player that veers into and contacts the defensive player, is it a foul?

Answer: No, since the defensive player gave the offensive player a clear path to the goal and it was the offensive player that created the contact, then there is no penalty. There should be no flag thrown by officials and play should continue as normal.

Question 3: Does the offense get a quick restart when there is a loose-ball technical foul violation in the offensive team’s attack area?

Answer: No, after any defensive foul, the offense must take the ball laterally outside the attack area before restarting play. The only time the offense can restart play in the attack area is when a shot goes out on an end line or a timeout is taken after an end line shot.

Question 4: Does the offense get a quick restart when they have possession of the ball and in close proximity to the substitution box?

Answer: No, in this case officials shall ensure that the ball carrier is at least five yards away from the sideline so that a substituting player does not interfere with the ball carrier.
4.27 - Stick Checks and Equipment Checks

14U/12U
• Officials should conduct random stick and equipment checks
• Head coaches may request specific stick checks on players

10U/8U
• Not subjected to random or specific stick checks from a coach
• Officials should notify the head coach if they notice a player with a potentially illegal stick or improper equipment.
Rule 5 and Rule 6 – Penalty time at 10U and 8U

• 10U/8U Only

• Teams always play full strength after a penalty

• The player incurring a penalty is substituted out of the game and shall sit out of the game and serve their penalty time before returning to play.
5.5 – Illegal Crosse Penalties
(All levels)

• ALL Illegal Crosse Penalties are two-minute nonreleasable personal fouls

• The crosse can be corrected for use later in the game and does not stay at the table

• It is the responsibility of the player/coach to ensure that a stick is legal before it returns to play.

• Under no circumstances will a crosse be kept at the table area.
Throwing a Crosse (All Levels)

UNSPORTSMANLIKE

• Throwing a crosse at the ball, at a player, or other game personnel.

• PENALTY: Personal Foul 1, 2, or 3 Minutes, Non Releasable.

TECHNICAL FOUL

• Throw the crosse other than at a ball, other player, or game personnel

• PENALTY: Technical Foul

• Examples:
  – Throwing the crosse at the ground
  – Bad Exchange of a crosse on the sideline.
  – Crosse thrown off the field in disgust
PART 2
2020 CLARIFICATIONS
POSSESSION

Possession = Carry, Cradle, Pass, or Shoot

Loose = No Possession
Take Out Checks (All Levels)

• 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.

• A player can only deliver legal contact in an upright position.

Penalty: Takeout Checks are penalized as Unnecessary Roughness fouls for 1, 2, or 3 minutes.
4.15 – Body Checking
Part 3
2020 Optional Experimental Rules
2020 Experimental Rules

• **Mercy Rule** - If a team is ahead by six goals or more, the head coach of the team that behind has the option to restart the game with possession a free clear on its offensive half of the field in lieu of a faceoff. This shall be communicated to the game official after the 6-goal differential is met.

• **Misconduct Fouls (Players Only)** - Officials are permitted to issue misconduct fouls on to players with a duration of 5 minutes. That player may not return to the game until their full misconduct penalty has expired.

• **Eliminate Automatic Stalling During the Final Two Minutes of Regulation**

• **Extended Play During the Last Two Minutes** - During a game with a low score differential and less than two minutes of time remaining, it is permissible to extend the length of the game for the team that is losing by the amount of penalty time being served by their opponent.

• **Prohibit Intentional Body to Body Contact During Loose Ball Situations**
Part 4

2020 Points of Emphasis
Player Safety

• Contact to Head/Neck: Shall result in a two- or three-minute non-releasable penalty. Excessive violence may result in ejection.

• Defenseless Player: Player shall not body check a player in a defenseless position. Hitting a defenseless player will result in a two to three-minute non-releasable penalty and a possible ejection.

• Targeting: When a player intentionally takes aim at an opponent’s head/neck. Targeting shall result in a three-minute non-releasable penalty and ejection.

• Targeting a Defenseless Player: Targeting a defenseless player shall result in a three-minute non-releasable penalty and ejection.
Pace of Play

- Officials shall restart play as soon as possible.

- Restarts: Play may restart with defensive player(s) within 5 yards of the ball carrier; however, the defensive player may not play the ball carrier until a distance of 5 yards has been established. Play will not resume with an offensive player(s) within 5 yards of the ball carrier.

- Particular attention should continue to be given to the definition and application of stalling rules.
Future Equipment Changes

- Effective January 1, 2021 all goalkeepers shall wear chest protectors designed for lacrosse that meets the NOCSAE ND200 standard at the time of manufacture.

- Effective January 1, 2022 all field players shall wear shoulder pads designed for lacrosse that meets the NOCSAE ND200 standard at the time of manufacture.
Corrections for the 2020 Youth Rulebook

• Pg. 16, 31 & 47 - 4.19 - GOAL-CREASE PROHIBITIONS - The movement of players into and out of the goal-crease area is restricted.
  1. No offensive player may enter the crease at any time. Offensive players can reach their stick into the crease to collect a loose ball but must not make contact with the goalkeeper or the goalkeeper’s crosse.
  2. A goalkeeper or a defender may not exceed four seconds with possession of the ball in their crease.
  3. No defensive player, other than a properly equipped goalkeeper, can enter their crease with the perceived intent on blocking a shot or acting as a goalkeeper. Defensive players are allowed to be in or pass through the crease to but never to block a shot.

• Pg. 47 & 65 – 4.22 – Quick Restarts - For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All offensive players shall be 5 yards or more away from the player in possession of the ball. On the official’s whistle, play restarts.
Part 5

NFHS VS US Lacrosse Rules
Playing Rule Differences from the High School to the 14U Youth Rules?

- Pg. 55 - 1.9 - Athletic Cup are Mandatory
- Pg. 57 - 3.1 - 4 – 10 minute Quarters
- Pg. 63 - 4.15 - No “Take Out” Body Checks
- Pg. 63 - 4.16 - One-handed stick checks are Illegal
- Pg. 67 - 5.4 - Targeting Fouls are an Automatic Ejection
- Pg. 67 - 5.11 - Players Foul Out with 3 personal fouls or 5 minutes of personal fouls
Questions?