



2024 Boys Lacrosse league Rules

Kidsports follows US lacrosse and High School lacrosse rules with some of the following modifications.
See full US lacrosse youth boys 2024 rule book here:
<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-boys-youth-guidebook.pdf>

3rd/4th (U10)boys:

- 6v6
- 6 Players - 1 Goalkeeper and 5 Field Players
- Max 2 Long Poles on the field

10U BOYS' RULES OVERVIEW

- Faceoffs to start quarters
- No Offside.
- 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 5 yards away from the ball carrier before restarting play

Officials:

- There will be 1 field monitor/official that will help coaches manage the game. Coach will also be on the field with players to instruct/manage the game.

Timekeeper

- The head coaches shall designate a timekeeper or they will keep time.

Score Keeper

- No visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.

Length of Game

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

Overtime

- Overtime shall not be played at 10U

Play of the Game

- COIN TOSS
 - A coin-toss will be used to determine first alternating possession or choice of goal.
- PLAYER LINE-UP
 - Before the start of play the official/coaches shall bring all the players on both teams in lines facing each other at the center of the field, and explain any special ground rules, emphasize safety, fair play, and sportsmanship. After the lineup, all the players other than the starters will return to their team areas.

- FACING OFF
 - Play shall start at the beginning of each period with a faceoff at the center spot. There will be no Face off after goals.
 - After goals, the defense is given the ball at goal line extended.

- POSITIONING OF PLAYERS AND STARTING PLAY
 - A team shall place one faceoff player at the center of the field and confine at least 2 players behind each goal line extended. 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.

- OUT OF BOUNDS AND BALL POSSESSION
 - Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last. In all non-faceoff starts and restarts, all players must be at least five yards from the player starting with the ball.

- GOAL SCORED
 - There must be one attempt pass before a player can shoot on goal
 - A goal is scored when a loose ball passes completely over the goal line. An attacking player may touch the crease area after legally scoring a goal provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during, and after a shot
 - After a goal is scored, the play starts with the Goalkeeper. Offensive players must move back ten yards from the GLE (goal line extended). The game shall restart at the sounding of the whistle.

- GOAL NOT SCORED: A goal shall be disallowed under the following circumstances:
 - A shot is released AFTER the end of a period.
 - A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period;
 - The ball makes contact with any member of the attacking team or his equipment;
 - he ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar
 - A player from the attacking team has committed a foul.
 - The goal scorer stick is found to be illegal during regulation play.
 - After one of the officials has sounded the whistle for any reason.
 - If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

- OFFSIDE
 - There is no penalty for offside when playing 6 v 6 at this level. All players are free to roam the field.

- Substitution

- Substitution is unlimited and the substitution procedure should be the same as HS Lacrosse rules i.e. substitute any time during play, after goals, and between quarters.

ALLOWABLE BODY CONTACT: Examples of permitted body contact are:

- Legal holds – Holding is permitted 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 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.
- Legal pushes – A legal 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 shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse
- Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)
- Defensive positioning to redirect an opponent in possession of the ball (riding a player)
- Incidental contact

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. 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.

GOAL CREASE PRIVILEGES

- No offensive player may enter their opponent's crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area.

TIMEOUTS – Each team gets one timeout per game

SCRUM SITUATION

- In the event that a loose ball cannot be quickly picked up due to three 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.
- Note: Officials should give approximately 4 seconds for players to pick up a contested loose ball.

Penalty Enforcement

- PERSONAL FOUL ENFORCEMENT PENALTY
 - If a personal foul is committed while the offended team is in possession of the ball, the Slow-Whistle Technique will be applied, if appropriate, after which the foul will be explained to the offending player who then must leave the field.
 - Personal fouls committed in a loose ball situation or when the offending team is in possession of the ball will result in an immediate stoppage of play, with the foul being explained to the player who then must leave the field.
 - In either case, a substitute will replace the offending player immediately. At no time shall either team play with fewer players than their opponent.
 - The offending player may return on when the coach deems appropriate
- TECHNICAL FOUL ENFORCEMENT PENALTY
 - Technical fouls committed in a loose ball situation or when the offending team is in possession of the ball will result in an immediate stoppage of play, with the foul being explained to the offending player and the ball awarded to the offended team.
 - If the offended team is in possession of the ball, the Slow-Whistle Technique will be applied, if appropriate, after which the foul will be explained to the offending player and the ball awarded to the offended team, unless a goal has been scored.
- Personal and Ejection Fouls
 - Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, Kidsports expects strict enforcement of the Cross-Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.
 - **PENALTY:** The penalty for a personal foul shall be a stoppage of play, with the foul being explained to the player who then must leave the field. The offending player may return on when the coach deems appropriate.
 - CROSS-CHECK*
 - ILLEGAL BODY CHECK*
 - CHECKS INVOLVING THE HEAD/NECK*
 - TARGETING*
 - ILLEGAL CROSSE*
 - USE OF ILLEGAL EQUIPMENT*
 - SLASHING*
 - TRIPPING*
 - UNNECESSARY ROUGHNESS*
 - UNSPORTSMANLIKE CONDUCT*

*The definition for each foul is listed in Appendix I of US Lacrosse rule book

- Technical Fouls: Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.
 - PENALTY: The penalty for a technical foul shall be a stoppage of play and possession awarded to the offended team.
 - CREASE VIOLATIONS/GOALKEEPER INTERFERENCE*
 - HOLDING*
 - ILLEGAL OFFENSIVE SCREENING*
 - ILLEGAL PROCEDURE*
 - CONDUCT FOUL*
 - INTERFERENCE*
 - PUSHING*
 - WARDING OFF*
 - WITHHOLDING BALL FROM PLAY*

**The definition for each foul is listed in Appendix I of US Lacrosse rule book

5th/6th (U12)

12U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 7v7 (1 Goalkeeper, 2 Defense, 2 Midfielders, and 2 Attack)
- 6' goals
- Max 2 Long Poles on the field (47" - 54")
- 2 X 25 min running clock halves
- 1 timeout per half
- Time serving penalties with man up and man down
- Pass rule is not required Offside is a technical foul
- Faster restarts and play can start with a defender within 5 yards of the ball carrier

12U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- Faceoffs with 1 player releasing from wing area for each team
- Offsides is a technical foul at this age level
- (52" - 72")
- A team shall begin the game with at least 7 players and must keep a legally-equipped goalkeeper on the field at all times

COACHES

- Coaches are not permitted on the field of play at 12U. They shall stay confined to their designated coach's box on the sideline.

OFFICIALS

- Games will have officials assigned

TIMEKEEPER

- The head coaches shall designate a timekeeper.

SCORE KEEPER

- No visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.

OVERTIME

- There is no overtime

PLAYER LINE-UP

- Before the start of play the official shall bring all the players on both teams in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules, emphasize safety, fair play, and sportsmanship. After the lineup, all the players other than the starters will return to their team areas.

FACING OFF

- Play shall be started at the beginning of each period and after each goal by facing the ball at the Center Spot

OFFSIDE

- Onside Rules are in effect – no more than 4 players on offense and 5 on defense at all times

7th/8th (U14)

14U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 7v7 (6 field and 1 goalie)
- 6' x 6' goals
- 2 X 25 min running clock halves
- 1 timeout per half
- 7 Players - 1 Goalkeeper, 2 Defense, 2 Midfielders, and 2 Attack
- Max 3 Long Poles on the field

OFFSIDE

- Onside Rules are in effect – no more than 4 players on offense and 5 on defense at all times

14U BOYS' LACROSSE CHANGES FROM 12 TO 14U

- Full stick checking legal
- One-handed stick checks are illegal
- Body checking legal
- No "Take Out" body checks
- Targeting fouls are 3-minute NR fouls with automatic ejection
- Players foul out with 3 personal fouls or 5 minutes of personal fouls
- Player contact is legal within 3 yards of a loose ball