

Crosse Length	NFHS	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Faceoff Mercy Rule	None
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	10 min. stop qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	Two, 4 min. OT's	Unsportsman-like	NFHS
Stalling	Enforced	Advancing Ball	NFHS
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Body Checks	Limited body checking – Checks should be generally upright
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full time)	Fouling Out	4 personal fouls or 5 minutes of penalty time

The youth game is to be called tighter than a high school game



U13

Crosse Length	Short 37" – 42"	Checks to Head/Neck	42" – 54"
Equipment	Goalies are required to wear arm pads	Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full-time)
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	12 min. running or 8 min. stop time qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	No OT – unless tournament requires a winner	Unsportsmanlike	NFHS
Stalling	Waived	Advancing Ball	No counts
Faceoff Mercy Rule	6 goal lead, team that is behind will be given ball. Losing coach may waive this	Body Checks	NO BODY CHECKING (Loose ball boxing out permitted)
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Fouling Out	4 personal fouls or 5 minutes of penalty time

The youth game is to be called tighter than a high school game



U11

fold here

fold here

U15



The youth game is to be called tighter than a high school game

Crosse Length	NFHS	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Faceoff Mercy Rule	None
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	10 min. stop qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	NFHS	Unsportsmanlike	NFHS
Stalling	Enforced	Advancing Ball	NFHS
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Body Checks	Limited body checking – Checks should be generally upright
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	If running time than penalty time is running. Time starts on the next whistle
Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full time)	Fouling Out	4 personal fouls or 5 minutes of penalty time

U9



The youth game is to be called tighter than a high school game

Crosse Length	Short 37" – 42"	Checks to Head/Neck	NFHS
Equipment	Goalies are required to wear arm pads	Penalty for Checks to Head/Neck	NFHS (Slashes to the head/neck are full-time)
Equipment	All players must wear protective cups	Slashing	No one-handed checks
Length of Game	12 min. running or 8 min. stop time qtrs.	Unnecessary Roughness	1, 2 or 3 Non-releasable
Overtime	No OT – unless tournament requires a winner	Unsportsmanlike	NFHS
Stalling	Waived	Advancing Ball	No counts
Faceoff Mercy Rule	6 goal lead, team that is behind will be given ball. Losing coach may waive this	Body Checks	NO BODY CHECKING (Loose ball boxing out permitted)
3-Yard Rule	All LEGAL holds, pushes and checks must be on player w/ possession or 3 yards of a loose ball	Penalty Time	Sub-out only but the player serves the time, team does not play man down
Illegal Body Checks	NO TAKE OUT CHECKS ALLOWED	Fouling Out	4 personal fouls or 5 minutes of penalty time