

2016 Key Youth Exceptions to NFHS Rules

If a rule is not modified by US Lacrosse Boys Youth Rules then follow NFHS.

Rule Ref.	Rule	U15	U13	U11	U9
1-2	Field Size	Should be regulation size, but may be adjusted if BOTH coaches agree			
1-6	Crosse Dimensions	NFHS Rules	NFHS Rules	Short: 37-42" Long: 47-54"	Short: 37-42" No long poles
1-6	Crosse Dimensions	The head will conform to NFHS or NCAA requirements			
1-9	Equipment	Goalkeepers are REQUIRED to wear arm pads at all levels (shin and/or kneepads are allowed for goalkeepers)			
1-9	Equipment	Protective cups REQUIRED at all levels			
1-9	Jersey Colors	NFHS rule on uniforms colors not strictly enforced			
1-12	Sideline Manager	Recommended			
2-3	Coaches	Coaches remain off the field			One coach may be on the field but not past the wing lines
3-1	Game Length (quarters)	10 minute Stop		12 min running OR 8 min stop	
3-1	Overtime	NFHS Rules, 4 minute sudden victory periods until a winner is determined	Two 4 min sudden victory periods = end in a tie, UNLESS tournament play requires a winner	Ends in a tie, UNLESS tournament play requires a winner	
3-3	Auto Stall – Final 2 Minutes	Enforced		Waived	
4-3	Faceoff Tape	6 inches of contrasting color tape for faceoff players will NOT be enforced.			
4-3	Faceoff Mercy Rule	NFHS Rules		6 or more goal differential at any time – award to trailing team UNLESS coach waives	
4-13, 14	Advancing ball	NFHS Rules		NO COUNTS	
4-21	Substitution Procedures	NFHS Rules		NFHS (unless league adopts horn substitution option)	
4-24	Official Timeout	If the player in possession loses any piece of required equipment the officials should stop play immediately.			
4-31	Get It In	NFHS Rules		Waived	
4-17, 5-3, 6-3, 9	3 Yard Rule	All legal checks, holds, and pushes must be on a player in possession of the ball or within 3 yards of a loose ball.			
5-3	Illegal Body Checks	NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL (lowering shoulder, excessive aggression, attempt to injure)			

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5-3	Body Checks	Body checking permitted (upright, chest-to-chest)		NO BODY CHECKING (loose ball boxing out allowed)	
5-4	Checks to Head/Neck	Players shall NOT initiate checks to opponent's head or neck. Players shall NOT block an opponent with their head (spearing)			
5-3, 4	PENALTY for checks to head/neck & defenseless player	2- or 3-minute non-releasable foul <u>at minimum</u> .			
5-7	Slashing	No one-handed stick checks (does not require contact to be called)			
5-9	Unnecessary Roughness	Any penalty for Unnecessary Roughness will be NON-RELEASABLE			
5-11	Fouling out	4 Personal Fouls OR 5 minutes of Personal Foul penalty time			Player serves penalty, but is replaced; no EMO
6-10	Stalling	NFHS Rules		2 minutes left in game – waived, BUT if officials judge stall in either defensive clearing or outside offensive goal area, can give verbal “advance the ball” and start a 5-second count to get the ball in the box	
7-1, 2, 3	Time Serving Penalties	NFHS Rules			Sub-out only but the player serves the time, team does NOT play man down
7-1, 2, 3	Time Serving Penalties: Running Time Games	If running time is being used for games, then penalty time is running time, and begins on the next whistle resuming play.			Sub-out only but the player serves the time, team does NOT play man down