

## 2020 LLYLL Rules Reference Sheet: Variations to NFHS HS Boys' Lacrosse Rules

This document does not show ALL NFHS high school rules, but it details the variations to high school rules observed in the LLYLL, as outlined in USL youth rules and adjusted by LLYLL.

	High School	14U variations	12U variations	10U variations
<b>Field size &amp; number of players</b>	<ul style="list-style-type: none"> <li>Traditional Field                             <ul style="list-style-type: none"> <li>Length: 110 yards</li> <li>Width: 60 yards</li> </ul> </li> <li>Unified Field (see rules book)</li> <li>10v10 lacrosse. Must keep 4 players on D half of field; must keep 3 players on O half of field.</li> </ul>			<ul style="list-style-type: none"> <li>L: 60 yards, W: 35</li> <li>Portable creases and midfield cone line allowed where field marking is not possible.</li> <li>10 yards from GLE to endline</li> <li>7v7. Minimum 3 players on D half and 2 on O half of field.</li> </ul>
<b>Field player equipment</b>	<ul style="list-style-type: none"> <li>NOCSAE helmet</li> <li>Mouth Guard</li> <li>Gloves</li> <li>Shoulder pads</li> <li>Arm pads</li> <li>Athletic shoes/cleats</li> <li>Protective cup recommended</li> </ul>	<ul style="list-style-type: none"> <li>Same as HS, but add protective cup requirement</li> <li>Coming 2021: NEW NOCSAE standards for goalie chest protectors</li> <li>Coming 2022: NEW NOCSAE shoulder pad standards</li> </ul>		
<b>Goalie equipment</b>	Same as field player, except <ul style="list-style-type: none"> <li>Substitute lacrosse-specific chest protector for shoulder pads</li> <li>Add throat guard</li> <li>Arm pads are recommended</li> </ul>			
<b>Crosse length</b>	<ul style="list-style-type: none"> <li>Field player crosses 40"-42"</li> <li>Goalie crosse 40"-72"</li> <li>Long poles 52"-72"</li> </ul>		<ul style="list-style-type: none"> <li>Field player 37"-42"</li> <li>Goalie 37"-54"</li> <li>No long crosses</li> </ul>	
<b>Length of game</b>	<ul style="list-style-type: none"> <li>12-minute stop-time quarters. 2 minute quarter break. 10 minute halftime break.</li> <li>4-minute sudden victory overtime periods.</li> <li>Two 2-min. timeouts per half. One per OT.</li> </ul>	<ul style="list-style-type: none"> <li>Single game (and all 14U A-level games): 10-min. start/stop</li> <li>14U B-level games that follow an A level game: be 12-min. running</li> <li>12U double-headers 12-min. running</li> <li>This can be modified by agreement of the coaches or due to weather issues.</li> <li>2-min. quarter. 5-min. Halftime.</li> <li>Same overtime and timeouts.</li> </ul>		<ul style="list-style-type: none"> <li>12-minute running-time quarters</li> <li>One 2-minute timeout per half per team. Stops clock.</li> <li>2-minute quarter break</li> <li>5-minute halftime break</li> <li>No overtime</li> </ul>
<b>Faceoffs</b>	<ul style="list-style-type: none"> <li>One faceoff middle at center X</li> <li>One middle behind each wing line. Wings may participate with loose ball and box out within 5-yards of loose ball, but they must not interfere with draw.</li> </ul>	<ul style="list-style-type: none"> <li>Same as HS, but box-outs must be within 3-yards of a loose ball, like all groundballs from 14U down.</li> </ul>		<ul style="list-style-type: none"> <li>One faceoff middle at center X</li> <li>One wing middle restrained with one foot on either sideline next to midfield line. Wings may participate with loose ball and box out within 3-yards of ball, but they must not interfere with draw.</li> <li>One pass attempt required after faceoff win.</li> </ul>
<b>Advancing the ball</b>	<ul style="list-style-type: none"> <li>4 seconds to exit crease with possession</li> <li>20 seconds to clear midfield</li> <li>10 seconds to enter offensive box starting when possession begins in offensive half</li> </ul>			<ul style="list-style-type: none"> <li>No counts</li> </ul>
<b>Stick checking</b>	<ul style="list-style-type: none"> <li>Contact to a player's stick or gloved hands only.</li> </ul>	<ul style="list-style-type: none"> <li>Two hands on stick.</li> </ul>		
		<ul style="list-style-type: none"> <li>Downward checks must start with head of stick below BOTH players' shoulders</li> <li>Lift/poke bottom hand or head of stick below chest area</li> </ul>		

<b>Allowable body contact</b>	<ul style="list-style-type: none"> <li>• Legal holds &amp; pushes</li> <li>• Boxing out within 5 yards of a loose ball</li> <li>• Incidental</li> <li>• Body checking: 2 hands must be on stick. No punching motion/arm extension through check.</li> <li>• Contact must be below the neck &amp; above the waist in the front.</li> <li>• Player must not be defenseless/blindsided.</li> </ul>	<ul style="list-style-type: none"> <li>• No contact with intent or force to put opponent on the ground in any youth game.</li> <li>• Illegal body checks of a violent nature, and/or on a defenseless player, and/or blindside are especially forbidden.</li> <li>• Boxing out within 3-yards of a loose ball OK at all levels.</li> </ul>
	<ul style="list-style-type: none"> <li>• 14U body checks: 2 hands must be on stick. Contact must be below the neck &amp; above the waist.</li> </ul>	<ul style="list-style-type: none"> <li>• No body checking at 12U and 10U, only legal pushes that are not violent in nature.</li> </ul>
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• At all levels, substitutions through the box are allowed freely during play, except during a faceoff while players are still restrained prior to “release” or “possession” call.</li> <li>• At all levels, substitutions are allowed between goals and immediately after an official reports a time-serving penalty to the scorer’s table.</li> </ul>	
<b>Stalling</b>	<ul style="list-style-type: none"> <li>• Final 2 mins "Get it in, keep it in" in effect for team ahead 4 goals or less. Officials may invoke this mechanic during slow game play, too.</li> </ul>	<ul style="list-style-type: none"> <li>• No stalling call at 10U.</li> <li>• Also, no over-and-back call.</li> </ul>
<b>“Flag Down” Situation</b>	<ul style="list-style-type: none"> <li>• Officials should allow play to continue until a normal stoppage or: <ul style="list-style-type: none"> <li>○ Possession is gained by offending team.</li> <li>○ A second foul is committed by offending team.</li> <li>○ A personal foul (time serving) or technical foul by originally offended team</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Officials allow play to continue as older levels, but also stop play when ball hits the ground (except bounce shot).</li> </ul>
<b>Time-serving penalties (tech. w/ poss. &amp; all personal)</b>	<p>Personal</p> <ul style="list-style-type: none"> <li>• 1, 2, or 3 minutes &amp; offended team given the ball at spot of foul/outside box in offensive end or free clear.</li> <li>• Players targeting opponents with hits intending to injure, especially to the head or neck, serve 2-3 minute full-time penalties or are ejected from the game.</li> </ul> <p>Technical</p> <ul style="list-style-type: none"> <li>• 30 seconds if in possession</li> <li>• Turnover if loose ball or possessed by offending team</li> </ul>	<ul style="list-style-type: none"> <li>• Players targeting opponents with hits intending to injure, especially to the head or neck, are ejected from the game.</li> <li>• Defenseless player/blindside or checks involving head/neck merit a 2- or 3-minute full-time penalty and possible ejection.</li> <li>• Unnecessary roughness is a full-time penalty of 1-3 minutes.</li> </ul>
	<p><b>10U Penalty Fast Break Restart</b></p> <ul style="list-style-type: none"> <li>• Players committing “time-serving” penalties of any nature must be substituted off the field for at least one minute.</li> <li>• There are no man advantages.</li> <li>• 3v2 fast break restarts play from center X as a result of penalty. All players are released on the whistle.</li> <li>• On restart, one offended team middle possesses the ball at center X. Both teams’ wing middies are restrained as they would be for a faceoff. The penalized team positions one M five yards behind the ball.</li> <li>• Both teams’ As and GKs are restrained as they would be for faceoff.</li> <li>• Offending team’s D may restart in their defensive half within five yards of crease.</li> </ul>	

**Coaches’ script for addressing parent sideline during coin toss (all levels):**

The Lancaster-Lebanon Youth Lacrosse League needs your help to give our kids the best youth lacrosse experience possible today. As a spectator, your role is to cheer positively, keep quiet if you don’t feel positive, and encourage respect and sportsmanship at all times. Demeaning or disrespectful actions toward players, coaches, or officials are not tolerated here. Today’s participants will all try their best, and we expect the same from all spectators. Thank you, and go (insert team name).