

# 2025 PCLA 7-8 RULES (U14)

We follow the USA Lacrosse 2025-Boys-Youth-Guidebook that is listed as a coaches resource on our [www.ncpclalax.com](http://www.ncpclalax.com) website. The USA Lacrosse Boys Guidebook has the complete set of rules. Below are PCLA points of emphasis or amendments to the USA Lacrosse rules. The USA Lacrosse Boys Guidebook will be used unless an exception is specified below.

- All LEGAL Checks, Holds and Pushes must be initiated within 3 Yards of the ball
- A player that commits a time serving foul is temporarily removed and serves his penalty time in the penalty box. He also should receive additional instruction. A player that commits three personal fouls may not return to the game.

- **Body Contact per National Federation of High Schools (NFHS) 7-8 ONLY**

"Legal Body Checks. A body check is legal if it is delivered to the opponent's body from the front or side, between the shoulders and waist, and the player being checked has at least one foot on the ground.

Illegal Body Checks. It is illegal to initiate a body check that targets the head or neck area, or if the player being checked is in a crouched position. Additionally, body checking an opponent who does not have possession of the ball or is not within five yards of a loose ball is also prohibited.

Penalties. Illegal body checks can result in penalties. Targeting the head or neck area is an automatic ejection.

- **Stick Checks per USA Lacrosse Boys-Youth-Guidelines 7-8 ONLY**

- Legal Stick Checks. A stick check is legal if it is delivered to the opponent's stick in an attempt to dislodge the ball. Stick checks must be directed at the stick and not at the player's body. **One handed stick checks are allowed provided that they are not a slash.** Teaching one handed checks at this age is strongly discouraged.
- "SLASHING: ***Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon***, regardless of whether contact occurs. Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.

- CROSS-CHECK: Checking an opponent with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body and running forcibly into an opponent. Penalties. Illegal stick checks can result in penalties, which may include a one-minute non-releasable penalty for slashing or targeting the head or neck area is an automatic ejection."

Penalties. Illegal stick checks can result in penalties, which may include a one-minute non-releasable penalty for slashing or targeting the head or neck area is an automatic ejection.

- **Three personal fouls and the player will be removed from the game. Common personal fouls include a slash, trip, unnecessary roughness, crosscheck, etc.**

### **Additional Rules**

- Score is kept. Up to four long crosses allowed.
- 10v10 with goalies - defensive players allowed in the crease.
- 6x6 goals on a NFHS regulation field.
- Two twenty minute halves running time. No overtime.
- Timeouts per the National Federation of High Schools NFHS
  - Each team is allowed to call one timeout per half.
  - Duration. Timeouts last 60 seconds
  - Requesting a Timeout. A player must request the timeout from the official, and the official will blow the whistle to stop the clock and start the timeout.
  - Dead Ball. Timeouts can only be called when the ball is dead (i.e., after a goal, out of bounds, or when the referee blows the whistle to stop play).
- Face-off at the beginning of each half and after goals. Only wing players released. Other players must remain within the restraining box until possession is called. Faceoff players must be in a Standing Neutral Grip position (right hand in palm up position, only feet & hands may be touching the ground.)
- There is no "scrum" rule.
- Offsides is more than 6 in offensive half, or more than 7 in defensive side.
- Opposing players on restarts should be a minimum of 5 yards away.
- Teams down by 5 goals have option of taking possession at the face-off X without face-off.
- Penalty enforcement for time serving fouls is time served at time and a half of the penalty time since we are using running time. Personal fouls penalties are to be reported to the score table by the official.