

2025 PCLA 3-4 RULES (U10)

We follow the USA Lacrosse 2025-Boys-Youth-Guidebook that is listed as a coaches resource on our 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 personal foul is temporarily removed from the game for additional instruction. A player that commits three personal fouls may not return to the game.

- **Limited Body Contact K-6**

Forceful contact with the body that displaces a player is a body check.

Body checks are not allowed except 7-8th grade boys. Body checks are a personal foul. There are other personal fouls like tripping, cross checking, and unsportsmanlike conduct. There are also technical fouls like a hold, moving pick, or playing with one hand off the stick, and kicking a stick. These will cause a loss of possession, but are not personal fouls. These are all defined in the USA Lacrosse BOYS-YOUTH-GUIDEBOOK

Whether a force is from a punching motion, a quick thrust that extends both hands and arms, or a collision between bodies these are all illegal body checks. Players can avoid a body check by breaking down their momentum to reduce contact. No blindside contact. No contact with a defenseless player. Targeting to the head and neck area that is ***deliberate or reckless*** is an automatic ejection.

For example, a player swings his stick wildly without any attempt to guide the check or aim for the player's stick. They make forceful contact with the other player's head or neck. This is targeting.

For example, a player puts his head down and launches their body to make forceful contact with their helmet to another player's head or neck. This is targeting.

For example, a player thrusts his elbow aimed at another player's helmet. This is targeting.

For example, a defensive player with his hands together extends his hand and pushes the player with the ball with enough force to knock them off balance or to the ground. This is a body check.

For example, a player runs into a group of players attempting to scoop a loose ball. This is a body check.

For example, two players are both going for a loose ball. They collide and one of them falls to the ground from the force of the contact. This is a body check. It can be

a challenge when there is a size differential. The larger player must be aware of making contact with players that are smaller in size.

For example, two similar size players collide going after a loose ball. They both go to the ground due to the contact. A body check will be called on both players.

For example, an offensive player is running to the goal and the defender makes body contact that is not forceful to prevent the offensive player from going to the goal.

This is allowed. Equal pressure can be applied by offensive or defensive players.

For example, within three yards of the ball, a player makes body contact that is not forceful to prevent another player from scooping a ball during a man ball situation.

This is allowed.

For example, a defensive player applies pressure that is not forceful contact to another player near the sideline to move them out of bounds. This is allowed.

These examples are NOT all inclusive. Other scenarios will occur.

- **Limited Stick Checks K-6**

Purpose of a stick check is to use enough force to dislodge the ball. A stick check that hits another player's body, except a hand on the stick is a slash. This is a personal foul.

Only lift checks, poke checks and stick checks initiated below **both** players shoulders are allowed.

For example, a player raises his stick above his shoulder and head to attempt a stick check. This should be an immediate whistle to stop the play. If the player executes the check, this is a slash whether or not contact with the stick is made. A restart may be allowed if no check is made.

For example, a player starts a stick check below the shoulder. He lifts his stick up and his stick makes contact with the other player's helmet. This is neither deliberate nor reckless and is considered a slash.

NO ONE HANDED CHECKS ALLOWED

- One offensive pass must be attempted completely within the offensive half of the field. A change of possession within the offensive half does not require an additional pass attempt.

Additional Rules

- Score is kept. Short sticks only.
- 7v7 with goalies - defensive players allowed in the crease.
- 6x6 goals on a short field (60x40)
- Two twenty minute halves running time. One timeout of one minute per game is allowed. It is not to be called in final two minutes of a half.

- Face-off at the beginning of each half and after goals. Only wing players released. Wing players line up completely out of bounds on the side of the field opposite the team benches. Other players must remain behind GLE until possession is called. Faceoff players must be in a Standing Neutral Grip position (right hand in palm up position, feet & hands and knees may be touching the ground.) **THE ONE PASS RULE APPLIES TO FACEOFFS.**
- If a loose ball cannot be picked up after four seconds due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and possession shall alternate. Designated visiting team gets first alternate possession.
- Offsides is more than 4 in offensive half, or more than 5 in defensive side.
- Opposing players on restarts should be a minimum of 5 yards away. Official should designate players that have limited touches to restart. This is at the official's discretion so as not to interfere with the flow of the game.
- 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 a fast break – Player committing foul **MUST** substitute. Personal fouls will be reported to the scorekeeper by the official.
- Penalty enforcement fast break. **THE ONE PASS RULE APPLIES TO FAST BREAKS.** The player that initiates the fast break will be one yard in front of the midfield line on the offensive half. There will be a defensive player five yards behind the midfield line on the defensive half of the field. Three defenders must remain in the 8 meter arc until the whistle is blown to initiate the fast break. The defensive chaser is also released on the whistle.

The intent of the fast break is to give an advantage to the team that was fouled. The first advantage is to have an extra-man to create a true fast break. The second advantage is the defense is prevented from shutting off all offensive players except the ball carrier. Restricting three defenders to the arc, allows the offense to attempt a pass without defensive pressure.

This retains the one pass rule for goalie safety and is simpler to understand if there are no exceptions to the one pass rule. The diagram shows defenders in red and offense in blue.

