

USA BOYS' LACROSSE — OFFICIALS SUMMARY

Preface

Youth lacrosse is intentionally different from high school and beyond. At the youth level, the priority is **safety, development, and teaching fundamentals** before adding more contact or advanced physical play. This spring, our league is following **USA Lacrosse youth rules** to ensure consistency, simplicity, and alignment with teams from other areas.

Rules by Age Division

PCLA	Body	Stick	One				Other Division Specific Rules
	Check	Check	Penalty	Scrum	Pass	Players	
K-2	No	Limited	Remove	Yes	Yes	5v5 No Goalie	No Offside, Face-off at beginning of halves, coaches allowed on the field
3-4	No	Limited	Remove	Yes	Yes	7v7 with Goalie	Offside, Face-off at beginning of halves and after goals, no coaches on the field
5-6	No	Limited	Time	No	No	10v10 with Goalie	Offside, Face-off at beginning of halves and after goals, no coaches on the field
7-8	Yes	Full	Time	No	No	10v10 with Goalie	Offside, Face-off at beginning of halves and after goals, no coaches on the field

Key Mechanics & Points of Emphasis (Boys)

1. Safety First

- Body checking is **not allowed** K-6. A body check is “forceful contact that displaces a player”. **If the body contact is initiated to move, hit, or displace the opponent, it's illegal.**
- Body checking is **allowed** at 7-8 grades. This is according to NFHS rules.
- Body contact must occur within three yards of the ball. This applies to all divisions.
- No take-out checks at any youth level.
- Strict enforcement of **targeting, late hits, and defenseless player** protections. **This is an immediate ejection.**
- A player is **disqualified and removed from the game if they accumulate three (3) personal fouls OR five (5) total fouls (personal + technical).**

2. Age-Specific Body and Stick Contact Rules

K-6 Grade (12U) Boys

- No body checking.
- Only equal-pressure stick contact.
- No pushes to direct a player's movement.
- No one-handed checks.
- Frequent instructional whistles.
- Limited stick checks in USA Boys Youth Lacrosse permit **only poke checks and controlled downward stick checks that begin below both players' shoulders, with no lateral swings, no upward motion, and no checks that create force or body displacement.**

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- K-4 Grade players have a one pass rule that is one attempted pass after a face-off or post goal restart
- K-4 Grade players are removed from the field of play if they commit a foul. This is an opportunity for the coach to instruct the player on the foul committed.

Refs at this K-6 Grade level use a simple three-question test for defensive contact:

1. **Did the defender initiate the contact?** If yes → illegal.
2. **Did the attacker's balance or path change because of the contact?** If yes → illegal.
3. **Was the defender using stick/feet or body/force?** Stick/feet → legal. Body/force → illegal.

Refs at youth levels use a simple three-question test for offensive contact:

1. **Did the attacker initiate the contact?** If yes → likely illegal.
2. **Did the defender's body move because of the attacker's force?** If yes → illegal.
3. **Was the attacker using body, arm, or weight to gain advantage?** If yes → illegal.

7-8 Grade (14U) Boys

- Legal body contact must be:
 - From the front or side
 - To the torso
 - With both hands on the stick
 - Under control
- No high hits, no blind-side hits, no excessive force.
- Stick checks are allowed per NFHS rules. One handed stick checks are permitted by rule, **BUT HIGHLY DISCOURAGED!**

3. Game Flow

- K- 4 Grade (10U): More teaching, slower pace, more stoppages. **Use the scrum rules to keep play moving and to give the ball to players with the least touches on the restart.**
- 5-8 Grades (14U): More continuous play, quicker restarts, higher expectations.

5. Communication

- Explain briefly at 10U; concise signals at 14U.
- Reinforce safety and legal contact standards.