

USA BOYS' LACROSSE — PARENTS SUMMARY

Preface

Youth lacrosse is intentionally different from high school and beyond. At this age, the focus is **safety, skill development, and learning the game the right way** before adding more contact or advanced physical play. This spring, our league is following **USA Lacrosse youth rules** to stay aligned with national standards and compete consistently with teams from other areas.

Purpose of Youth Boys Lacrosse

The goal is to teach players movement, stick skills, spacing, and safe defensive techniques, not physical dominance.

What Coaches & Parents Should Expect (Boys)

1. Limited Contact by Design

- Body checking is **not allowed** at K-6 Grades (12U). 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.**
- Controlled, age-appropriate contact at 7-8 Grade boys (14U) per 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.
- Safety rules protect players from dangerous collisions.
- 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 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.**
- 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.

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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.
- Penalty enforcement is time-served at time and half with running clock
- Stick checks are allowed per NFHS rules. One handed stick checks are permitted by rule, **BUT HIGHLY DISCOURAGED!**

3. What the Game Should Look Like

- Lots of passing, catching, and movement.
- Defenders using footwork and positioning — not big hits.
- Players learning to protect the ball and avoid dangerous contact.

4. Why These Rules Matter

- Kids grow at different rates; contact must be limited.
- Safety rules prevent concussions and dangerous collisions.
- Skill-first development creates better long-term players.

5. How Parents Can Support

- Cheer effort and improvement.
- Understand that more whistles at 10U are intentional.
- Reinforce safety and sportsmanship.

Our Shared Mission

Create a safe, positive, developmentally appropriate environment under USA Lacrosse rules. **ANY** participant in PCLA events is subject to our Code of Conduct. Please treat others with kindness and respect. We come together to celebrate your child's participation in a great ancient game. We expect everyone to create a safe and positive environment. Our Code of Conduct is available on our PCLA Website at www.ncpclalax.com under RESOURCES.
