

# 2024 Youth Lacrosse Minnesota Boys' Youth Rules

Youth Lacrosse Minnesota (YLM) rules are based on the USA Lacrosse 2024 boys' youth rules with exceptions described below. The 2024 NFHS Boys Lacrosse Rulebook covers all situations not specified in the USA Lacrosse rules or in this document

USA Lacrosse rules (or, in some cases, NFHS rules that apply to youth) will be printed in black text although every effort has been made to not repeat USA Lacrosse rules in this document. Any modifications specific to YLM will be printed in **blue text**. Significant changes from the previous year will be highlighted in **gray**.

Throughout these rules, the term "sponsoring authority" refers to the league, tournament, or organization responsible for the games in question.

## USA Lacrosse Boys' Rules Resources

The YLM has modified the USA Lacrosse rules so be sure to use this document to understand where those differences are when referring to the documents below.

The USA Lacrosse 2024 Boys' Guidebook is available here

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-boys-youth-guidebook.pdf>

The USA Lacrosse Boys' rules changes can be found here

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-Boys-RuleChanges.pdf>

The USA Lacrosse Boys' rules interpretation slides can be found here

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-Boys-Youth-Rules-Interp.pdf>

## Age groups

[The USA Lacrosse age groups for 2024](#) are:

Date of Birth	Age Group
Born 9/1/2015 through 8/31/2017	8U
Born 9/1/2013 through 8/31/2015	10U
Born 9/1/2011 through 8/31/2013	12U
Born 9/1/2009 through 8/31/2011	14U

YLM extends the dates for 14U play to 6/1/2009 through 8/31/2011.

USA Lacrosse does permit individual leagues or tournaments to use different grouping but highly recommends that the groups be no more than 24 months.

## **The following are set by the sponsoring authority**

- ☐ Use of sideline managers, if any.
- ☐ Who supplies balls for the sidelines if it is not the home team.
- ☐ Policies regarding suspensions for coaches and players. Any ejection should include suspension from the current game and at least one additional game.
- ☐ Policies regarding how long a delay until a game is declared a forfeit. This may occur if a team does not have a qualified head coach or has too few players to start the game. If a forfeit is declared, teams may still hold a scrimmage with the officials who are on-site and will be compensated.
- ☐ Policies regarding player eligibility and coach requirements. This would include any legally required training (for example, concussion training for coaches), background checks, and other training (for example USA Lacrosse Level 1 Coach Certification).
- ☐ Policies regarding the number of coaches allowed in the team area during a game.

# Rules for ALL levels (8U–14U) of YLM boys play

## Uniforms

In addition to USA Lacrosse requirement, in YLM play visible numbers (no duplicate numbers) on the front and back of the jerseys are recommended for 8U and required for 10U, 12U, and 14U. Failure to have legal jerseys is a technical foul, assessed to start the game. Officials shall report issue to the sponsoring authority. If duplicate numbers are not corrected after an official notifies the head coach, further occurrences are penalized with a conduct foul.

## Protective Equipment

All players must wear chest protection meeting the NOCSAE ND200 standard (chest protectors for goalies and shoulder pads for field players).

Rib pads are recommended but not required.

## Crosses

Crosses must conform to the USA Lacrosse specifications.

At 10U and below, a boys' field crosse specification or girls' field crosse specification is legal for play. However, regardless of which stick is used, players must still adhere to the pocket construction and depth testing requirements for boys' lacrosse.

The "template test" will **not** be used to measure throat width in youth games.

Officials will not measure sticks during equipment inspections unless there is a Level 2 official working the game. Measurements will then only be checked for a coach-requested check in which the coach requests that the stick be measured.

Shooting strings may not be more than 4" from the scoop. These will be visually inspected at all levels, with any obvious inverted U or V stringing considered illegal. Shooting strings will not be measured unless a Level 2 official is working the game and a coach makes a specific request for measurements.

## Host requirements, team requirements, and pre-game

A full-team lineup is done for 8U, and 10U, only starters line up for 12U and 14U games.

If time does not allow for a coin toss, the home team chooses a goal to defend and the away team gets alternate possession or first possession for 8U.

Practice goals are legal at all levels provided there are no holes or gaps in the net and provided they will not tip over during play.

## Penalty enforcement at the end of a game

In 10U, 12U, and 14U games where time is kept at each field, if a team in the lead by 1 or 2 goals in the last two minutes of play commits a time-serving penalty, officials will stop the play when appropriate by rule and then will stop the game clock to report the penalty. The clock will start when the whistle blows to restart play.

## Play of the game

[This is the USAL Rule and not generally used in YLM games. It is included here in case a sponsoring authority decides on stop time] In the second half of a game, once the goal differential reaches 12 goals or more, the game time will change from stop time to running time. Once running time starts, it will continue for the remainder of the game.

In 10U, 12U, and 14U, after the first half, once the goal differential reaches 12 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff. If the score reverts to 6 goals or less, normal faceoff rules will apply.

Most YLM games are running time so only the second paragraph will generally apply. Official will award the ball unless the trailing coach indicates there should be a faceoff.

Default timing for all levels is 12-min. running-time quarters, with teams allowed 1 timeout per half. Shorter times can be used, but if the total game time is 32 minutes or less there may be no team timeouts allowed.

There is no overtime in YLM weeknight games. Tournament sponsors will decide when ties will stand and when ties must be broken. Any overtime or tiebreaker must involve at least 4 players per team.

There is no 20-second clear rule at any level of play.

If a player in possession or a player in the scrimmage area loses required protective equipment including the helmet, officials shall immediately stop play. The team in possession will retain possession. If the ball is loose in the crease, award the ball to the goalkeeper or their team. If the ball is loose elsewhere, award the ball by alternating possession. If a player not in possession of the ball legally loses mandatory equipment and no other players are in the immediate vicinity, then the play may continue. Play shall also be immediately suspended if the goalkeeper's crosse or any other mandatory equipment becomes broken or malfunctions while the goalkeeper is in the crease.

If a player deliberately loses any mandatory equipment, officials may assess a conduct or unsportsmanlike conduct foul.

# Rules for 8U

USA Lacrosse 8U rules apply with the modifications listed below **along with the rules for all levels** of YLM boys youth play listed earlier.

## Goals

If small goals (3'x3' or 4'x4') are not available, the base (triangular opening) of a full sized goal may be used. The same size of goal should be used at both ends of the field.

## Officials, coaches, and timekeepers

Coaches may officiate 8U games. If desired, one or two officials may be used.

If no officials are used, coaches can be anywhere on the field or sideline and will assume responsibility for officiating the game.

If at least one official is used, **coaches are not allowed on the field of play** but are allowed anywhere along the bench-side sideline except the opposing coaches' box.

**If an official or officials are used, there must be at least one person—preferably two—working in the table area to keep game time, time penalties (even though teams will not play man-down), and record penalties and notify officials if a player fouls out of the game (3 personal fouls or 5 total min of personal fouls).**

## Squad size

**5 v 5** (no goalie). (Fewer players can be used if a team does not have enough players at any point since score will not be kept.)

**USA Lacrosse passing requirements are used. Officials determine what qualifies as a pass attempt, but attempts to circumvent the spirit of the rule, such as dropping the ball from one stick into another, will not be counted as passes. If the defending team drops back to the centerline after a goal, the one required pass attempt must be made in the offensive half of the field.**

**Note: teams are not required to drop back to the centerline after a goal but must give the player in possession the usual five yard cushion on a restart.**

**Coaches may instruct their own teams to attempt or complete any number of passes in any situation (and are encouraged to do so when their teams have a large lead), and coaches may agree with each other to any such rules, but officials will not enforce such agreements during the game.**

## Substitution

**Substitution will be done differently from what is described in the USA Lacrosse rules:**

- ☐ **When a goal is scored, the goal scorer *must* substitute out of the game unless a team has the minimum number of players. Other players *may* substitute after a goal. Play will resume when substitution is complete.**
- ☐ **Whole- or partial-team substitution is allowed at other dead balls. To do so, the head coach must notify official during live-ball play that he wants to substitute on the next dead ball *or* notify the official during a dead ball before the official restarts play. Teams should try to complete such substitutions within 20 seconds.**
- ☐ **The head coach of team in possession may get a stoppage of play during any live ball in order to complete substitutions by yelling “sub timeout!” to the officials *provided* that his or her team is in no danger of losing the ball at the time of the request (e.g., if player A1 is being aggressively double-teamed by B1 and B2, Coach A may not call for a sub timeout).**
- ☐ **The timekeeper shall notify officials after approximately 2 minutes of play without a substitution. At the next deadball or, if play as gone on for well over two minutes, at a settled point, officials should stop play to allow substitution. Officials should be careful not to stop play during an imminent scoring play.**

- Otherwise, substitution is allowed during live play according to standard NFHS rules.

## Equipment inspections

*Routine inspections by officials:* When trained officials are assigned to the game, they should inspect the protective gear, check stick for end cap, visually inspect shooting strings, and visually inspect the rest of the stick for one player from each team at least once per half. If the visual inspection indicates an obvious problem the official will check pocket depth and rollout, and if the stick is illegal it is removed from the game until corrected. There are no equipment penalties assessed at this level, but a player with missing or illegal protective gear may not return until he is wearing all the proper protective gear and he has a stick that meets specifications. If one player is found to have missing or illegal protective equipment or an illegal stick, possession will be awarded to the opposing team. There will be no routine inspections if coaches are officiating the game.

Coach-requested inspections: None.

## Stick checking

The USA Lacrosse stick-checking rules for 8U and 10U are highly restrictive. The only allowable stick checks at 8U and 10U are:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check where the check starts below the shoulders of both players.

The following are illegal and should be penalized as a personal foul:

- A stick check that contacts the body or stick above shoulder height for either player is a slash.
- An attempted stick check above shoulder height for the shorter player, regardless of contact, is a slash.
- A downward check that starts above the shoulders of the smaller player is a slash.
- Swinging the stick horizontal to the ground is a slash.
- An attempted stick check that contacts the stick **and** the body is a slash; hitting the stick does not remove a player's obligation to not hit the body.

The following situations have been approved by USA Lacrosse for 8U games:

**Situation 1:** In an 8U game, player A1 has possession and carries his entire stick above his shoulders in a non-lacrosse fashion so that no one can legally check his stick under the rules for that level of play. **Ruling:** The first time it happens in the game, the officials should stop the game and explain to the players and coaches that we don't do that in lacrosse. If it happens again, the officials will call withholding and award possession to the opposing team. Continued violations may result in a releasable unsportsmanlike conduct foul for repeatedly committing the same technical foul.

**Situation 2:** In an 8U game, player A1 is preparing to shoot or pass and has both hands and his stick above shoulder height, which according to the wording in the rule book makes any check to the stick or gloves illegal. **Ruling:** If it is not possible to initiate a lift or poke check that makes contact below the chest of the player in possession or a downward check that starts below shoulder height for both players, the defensive player may (1) hold his stick in a blocking or covering position in front of A1's stick to interfere with the shot or pass or (2) execute a well-controlled lift or poke to the bottom hand even if the contact is above A1's chest provided the check is not violent and contacts only the stick or the gloved hand on the stick.

## Other rules

No score will be kept.

# Rules for 10U

USA Lacrosse 10U rules apply with the modifications listed below **along with the rules for all levels** of YLM boys youth play listed earlier.

## Field

The crease circles can be marked with paint, soccer discs, or foldable creases. The center line can be marked with cones on the sideline for 10U rather than with paint.

## Officials, coaches, and timekeepers

Two officials are preferred, but in some situations one official may be used.

There must be at least one person—preferably two—working in the table area to keep game time, time penalties, and record penalties and to notify the officials if a player fouls out of the game. (3 personal fouls or 5 total min of personal fouls).

## Squad size

USA Lacrosse allows games to be played 4 v 4 to 7 v 7. YLM games will be played 7 v 7 with 2 attack, 2 midfield, 2 defense, and 1 goalie per team.

If, due to injuries, penalties, disqualifications, ejections, or other reasons, a team is unable to put at least 5 players on the field (including a legally equipped goalkeeper), that team forfeits the game.

The penalty stacking rule will come into effect for 10U when there are more than 2 players from the same team assessed penalties at the same time (rather than 3 as in 12U and higher levels).

## Equipment

Crosses must conform to the USA Lacrosse specifications. Note that short sticks must be 37"-42" and long sticks 47"-54" (for reference that is approximately a "head" longer than a short stick).

At 10U and below, a boys' field crosse specification or girls' field crosse specification is legal for play. However, regardless of which stick is used, players must still adhere to the pocket construction and depth testing requirements for boys' lacrosse.

The "template test" will **not** be used to measure throat width in youth games.

Only when a Level 2 official is working a game will sticks be formally measured. Measurements will then only be checked for a coach-requested check in which the coach requests that the stick be measured.

Shooting strings may not be more than 4" from the scoop. These will be visually inspected at all levels, with any obvious inverted U or V stringing considered illegal. Shooting strings will not be measured unless a Level 2 official is working the game and a coach makes a specific request for measurements.

## Faceoffs

In 10U, players must use a neutral grip when facing off but it is not a violation to have a knee on the ground before or while in position to take the faceoff.

In YLM play, faceoff positioning and how players release in 10U differs from USA Lacrosse rules. On a faceoff, each team must have a goalkeeper in its crease, 2 players behind the goal line extended (GLE) in its offensive end, and 2 players behind the GLE in its defensive end (assuming no players are serving penalties). One midfielder from each team faces off, and one midfielder from each team stands with one foot on the crease in their defensive end of the field.

On the whistle, midfielders are released while goalies must stay in their crease and the players behind GLE must remain behind GLE until the faceoff is over (generally possession is called by the officials).

If a team is down one player on a face-off, the midfielder spot on the crease must be left empty. If a team is down two players, the midfielder spot and one spot behind that team's defensive-end GLE must be left empty; in that situation, NFHS rules about offside for taking the faceoff apply. Note: A team cannot be down more than 2 players on the faceoff due to the penalty stacking rule.

All other USA Lacrosse faceoff rules will apply.

## Substitution

Substitution will be done differently from what is described in the USA Lacrosse rules:

- ☐ When a goal is scored, the goal scorer **must** substitute out of the game unless a team has the minimum number of players. Other players **may** substitute after a goal. Play will resume when substitution is complete and teams are ready for the ensuing faceoff, if any.
- ☐ Whole- or partial-team substitution is allowed at other dead balls. To do so, the head coach must notify official during live-ball play that he wants to substitute on the next dead ball **or** notify the official during a dead ball before the official restarts play. Teams should try to complete such substitutions within 20 seconds
- ☐ The head coach of team in possession may get a stoppage of play during any live ball in order to complete substitutions by yelling "sub timeout!" to the officials **provided** that his or her team is in no danger of losing the ball at the time of the request (e.g., if player A1 is being aggressively double-teamed by B1 and B2, Coach A may not call for a sub timeout).
- ☐ The timekeeper shall notify officials after approximately 2 minutes of play without a substitution. At the next deadball or, if play as gone on for well over two minutes, at a settled point, officials should stop play to allow substitution. Officials should be careful not to stop play during an imminent scoring play.
- ☐ Otherwise, substitution is allowed during live play according to standard NFHS rules.

## Equipment inspections

**Routine inspections by officials:** At least once per half, the officials will check protective gear, check sticks for end caps, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. If the stick has a deep pocket or is otherwise illegal, it must be removed from the game until corrected but no penalty assesses.

**Coach-requested inspections:** Allowed subject to NFHS rules. Such inspections will be conducted the same as officials' checks, except there will be a penalty for a deep pocket or otherwise illegal crosse. In addition, measurements are subject to inspection and possible penalty if there is a Level 2 official working the game and if the coach specifies that measurements should be checked. Note: Level 1 officials may check the length of long sticks to ensure they are in the 47" to 54" range; this should normally be done prior to the start of the game to ensure there are no issues, but if a stick is discovered to be more than 54" once the game starts, it will be penalized.



## Stick checking

The USA Lacrosse stick-checking rules for 8U and 10U are highly restrictive. The only allowable stick checks at 8U and 10U are:

- (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.
- (b) Poke the bottom hand or the head of the stick, whichever is below the chest area.
- (c) Downward check where the check starts below the shoulders of both players.

The following are illegal and should be penalized as a personal foul:

- ☐ A stick check that contacts the body or stick above shoulder height for either player is a slash.
- ☐ An attempted stick check above shoulder height for the shorter player, regardless of contact, is a slash.
- ☐ A downward check that starts above the shoulders of the smaller player is a slash.
- ☐ Swinging the stick horizontal to the ground is a slash.
- ☐ An attempted stick check that contacts the stick **and** the body is a slash; hitting the stick does not remove a player's obligation to not hit the body.

The following situations have been approved by USA Lacrosse for 8U games:

The following situations have been approved by USA Lacrosse and apply to 10U games but are not in the USA Lacrosse Boys Youth Rules:

**Situation 1:** In a 10U game, player A1 has possession and carries his entire stick above his shoulders in a non-lacrosse fashion so that no one can legally check his stick under the rules for that level of play. **Ruling:** The first time it happens in the game, the officials should stop the game and explain to the players and coaches that we don't do that in lacrosse. If it happens again, the officials will call withholding and award possession to the opposing team. Continued violations may result in a releasable unsportsmanlike conduct foul for repeatedly committing the same technical foul.

**Situation 2:** In a 10U game, player A1 is preparing to shoot or pass and has both hands and his stick above shoulder height, which according to the wording in the rule book makes any check to the stick or gloves illegal. **Ruling:** If it is not possible to initiate a lift or poke check that makes contact below the chest of the player in possession or a downward check that starts below shoulder height for both players, the defensive player may (1) hold his stick in a blocking or covering position in front of A1's stick to interfere with the shot or pass or (2) execute a well-controlled lift or poke to the bottom hand even if the contact is above A1's chest provided the check is not violent and contacts only the stick or the gloved hand on the stick.

# Rules for 12U

USA Lacrosse 12U rules apply with the modifications listed below **along with the rules for all levels** of YLM boys youth play listed earlier.

## Equipment inspections

*Routine inspections by officials:* At least once per half, the officials will check protective gear, check sticks for end caps, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. There will be a penalty for a deep pocket or otherwise illegal crosse (2:00 NR; stick can return if adjusted).

*Coach-requested inspections:* Allowed subject to NFHS rules. They will be conducted the same as routine inspections for this level and with the same penalties. In addition, measurements are subject to inspection and possible penalty if there is a Level 2 official working the game and if the coach specifies that measurements should be checked.

## Stick checking

For 2024, USA Lacrosse made a major change in rules for stick checking for 12U.

Starting in 2024, for 12U and 14U, stick checking rules will be essentially the same as for high school play including one-handed checks being allowed.

Note that enforcement of slashing, particularly on one-handed checks will be more strictly enforced than at higher levels. Players must have control of their sticks when attempting a check. If, in the official's opinion the check was reckless or vicious a slash will be called even if there is no contact or the only contact is with the opposing player's stick. Additionally, if a stick check contacts any part of the opponent's body, other than the gloved hand, even if the majority of the contact is with the stick, a slash can be called.

## Other rules

The offensive 10-second count and over-and-back rules will apply, but the 20-second clearing count will NOT be used.

"Get-it-in/keep-it-in" stalling rules apply. Because there is no 20-second clearing timer, officials may issue a get-it-in/keep-it-in stall warning even though the ball has not yet advanced to the offensive end if they believe a team is deliberately keeping the ball from play in the defensive end of the field.

## Rules for 14U

USA Lacrosse 14U rules apply with the modifications listed below **along with the rules for all levels** of YLM boys youth play listed earlier.

### Stick checking

For 2024, USA Lacrosse made a major change in rules for stick checking for 14U.

Starting in 2024, for 12U and 14U, stick checking rules will be essentially the same as for high school play including one-handed checks being allowed.

Note that enforcement of slashing, particularly on one-handed checks will be more strictly enforced than at higher levels. Players must have control of their sticks when attempting a check. If, in the official's opinion the check was reckless or vicious a slash will be called even if there is no contact or the only contact is with the opposing player's stick. Additionally, if a stick check contacts any part of the opponent's body, other than the gloved hand, even if the majority of the contact is with the stick, a slash can be called.

### Equipment inspections

*Routine inspections by officials:* At least once per half, the officials will check protective gear, check the stick for an end cap, visually inspect shooting strings, and check pocket depth and rollout for one player from each team. If a player is missing required protective gear, the player will be penalized. There will be a penalty for a deep pocket or otherwise illegal crosse (2:00 NR; stick can return if adjusted).

*Coach-requested inspections:* Allowed subject to [NFHS rules](#). They will be conducted the same as routine inspections for this level and with the same penalties. In addition, measurements are subject to inspection and possible penalty if there is a Level 2 official working the game and if the coach specifies that measurements should be checked.

### Other rules

The offensive 10-second count and over-and-back rules will apply, but the 20-second clearing timer will not be used.

"Get-it-in/keep-it-in" stalling rules apply. Because there is no 20-second clearing timer, officials may issue a get-it-in/keep-it-in stall warning even though the ball has not yet advanced to the offensive end if they believe a team is deliberately keeping the ball from play in the defensive end of the field.