

2020 BLA Boys Youth Lacrosse Rules Sheet

Badgerland Lacrosse Association (BLA) follows the NFHS 2020 Boys Lacrosse and US Lacrosse's 2020 Youth Boys' Rulebook. This document highlights important age specific rules/procedures and outlines BLA age specific amendments:

- **Equipment:**

- All goalkeepers **MUST** wear a throat protector made for lacrosse.
- A protective cup is required for all players, but will NOT be checked.
- mouth guard

- **Game Administration:**

- All game balls must have "Meets NOCSAE Standard" on them.
- Officials payments will be split between HOME and VISITING teams.
- Home Teams **Must** have a scorebook at every level.
- Balls must be placed on the end line, sideline and scorer's tables.
- Home team must provide a scorekeeper and timekeeper.
- Home team must provide working clock(s) and horns.
- Cones must be placed on the corners, far center line, and near sub box

- **Penalties:**

- *Slashing (Rule 5.7): "Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck will be called a slash".*
- At youth level, any one-handed check, regardless of contact, will be a **SLASH**.
- ***3 personal fouls or 5 total minutes of personal foul penalty time = foul out.***
- 3 yard rule for contact. (Minimal Body-Checking at 14U **ONLY**, **pushing** at any age.)

Team Administration

- **FOULING OUT:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.
- **EJECTION:** Any player or coach who receives either 2 Unsportsmanlike penalties or 1 ejection penalty will be ejected from the game. The ejected player or coach will be suspended for the team's next game. Club personnel of the ejected player/coach must contact the boy's VP and the official's assignor directly after the game with details of the ejection.
- Please contact your club president or myself if you're having trouble with Arbiter or have any officiating related questions. I'm happy to talk with you about it. Jeremy Sullivan: 708/269/2700 malabyoc@gmail.com

GOALIE EQUIPMENT & GAME TERMINATION

- All goalies shall have (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (See Image A), (2) A throat protector designed for lacrosse (3) An Intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse (5) Goalie chest protector designed for lacrosse, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) A jersey and shorts of the same color as their teammates. Note: Recommended but not required pieces of equipment (1) Arm pads designed for lacrosse and (2) Shin, knee, and thigh pads that do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads). Baseball shin guards and hockey breezers are ok.
- **RULE 8: Game Termination:** Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, or spectators. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s).

10U

- Time: 10 minute running quarters (No OT).
- 7 on 7 (1 goalie, 6 field players).
- The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width.
- Off sides is enforced when 5 or more players are in their offensive side of the field.
- Face-offs: 1 face-off player and 1 wing player from each team. The wing player must have one foot on the sideline until the whistle is blown. All other players are restrained behind GLE. All players are released from GLE when the whistle blows.
- The face-off winning player must attempt/complete one pass prior to shooting at or scoring a goal.
- Stick checks: Only lifts, poke and downward check initiated below the shoulders.
- Pushing allowed, but **NO Body Checking of any kind.**
- In the event that a loose ball cannot be quickly picked up due to 3 or more players in a “scrum” or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.
- Offending player must substitute off the field for full penalty time, but team **DOES NOT PLAY MAN DOWN.**
- NO team Time Outs. Clock will only stop at quarter breaks, or in the event of injury.
- All sticks will be between 37-42 inches.
- Counts: Only 4 second goalie count.
- Any one-handed check will be a SLASH.
- No visual score will be kept. Official will keep score, and “awarded possession” will be offered if a team is down by 6+ goals.
- Referee Fees: \$45 total for 1 referee (\$22.50 from each team)

12U

- Time: 10 minute stop quarters. Two 4 minute sudden victory periods will be played.
- Full field 10 v 10 (3 attack, 3 midfield, 3 defense, 1 goalie).
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cup required for field players.
- 2 timeouts/half.
- **NO BODYCHECKING**
- During pregame, coaches must nominate a starting attack player to be “IN HOME”, and a starting defender to be “NOMINATED DEFENDER” who will serve penalties for the goalie.
- Counts: 4 second goalie count, 20 second defensive count (advancing over midline) and offensive 10 second count (into the goal area). Over and back is enforced. “Scrum rule” is enforced (see 10U).
- Pushing allowed, but **NO Body Checking of any kind**
- Any one-handed check will be a SLASH
- **No longsticks**. All sticks are to be between 40-42 inches (BLA rule).
- Referee Fees: \$90 total for 2 referees (\$45/ref). If only one referee is present, \$70 (\$35/team) is due him/her.

14U

- Time: 10 minute stop quarters. Two 4 minute sudden victory periods will be played.
- Full field 10 v 10 (3 attack, 3 midfield, 3 defense, 1 goalie).
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required.
- 2 timeouts/half.
- During pregame, coaches must nominate a starting attack player to be “IN HOME”, and a starting defender to be “NOMINATED DEFENDER” who will serve penalties for the goalie.
- **Minimal Body-checking**: No take-out checks. To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight.
- Counts: 4 second goalie count, 20 second defensive count (advancing over midline) and offensive 10 second count (into the goal area). Over and back is enforced.
- During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead by 4 goals or less will be warned to “Get it in/keep it in” once the ball in possession has been brought across midfield into its respective goal area.
- Any one-handed check will be a SLASH.
- Referee Fees: \$90 total for 2 referees (\$45/ref). If only one referee is present, \$70 (\$35/team) is due him/her.

FIELD DIAGRAM

