



# Youth Lacrosse of Minnesota

## 2014 Rule Change Summary

[www.youthlaxmn.org](http://www.youthlaxmn.org)

# New Ball Requirement

**ALL SPONSORING AUTHORITIES (USL, NFHS, and NCAA)**  
**CONSIDER THIS A MAJOR SAFETY ISSUE!**

- ❌ **Game cannot be played nor continued without proper balls**
- ❌ **Balls must be marked “Meets NOCSAE Standard”**
- ❌ **Minnesota Rules require each team to provide half the balls for each game – bring proper balls to all away games!**
- ❌ **Officials will not check every ball but will likely look at some balls before the game**
- ❌ **Consider using only balls that “Meet NOCSAE Standard” in practice as well.**

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# Major NFHS Rules Changes

(apply to youth games)

- ❏ **Substitution area is 20 yards long**
- ❏ **No tape on head of faceoff sticks**
- ❏ **Jersey numbers restricted**
- ❏ **Eye shade must be a single stroke**
  - ❖ No words or logos allowed
- ❏ **Offside rules updated**
  - ❖ No more than 7 players in defensive zone including any serving penalties
  - ❖ No more than 6 players in offensive zone including any serving penalties
  - ❖ No free clear for defense if offense is offside
- ❏ **Substitution rule change**
  - ❖ No horns allowed for sideline out-of-bounds
  - ❖ All subs on the fly except: end of period, goal scored, after time serving penalty, injury time-out, equipment time-out, or team time-out



# Major NFHS Rules Changes

(apply to youth games)

## **Body checks on a “defenseless player”**

- ❖ Illegal and the minimum penalty is 2 minutes, non-releasable

## **Increased minimum penalty for hits to head and neck**

- ❖ Penalty is a minimum of 2 minutes, non-releasable
- ❖ Penalty can be increased to 3 minutes or an immediate ejection penalty

## **Penalties now “stack”**

- ❖ No more than 3 penalties served at one time
- ❖ If more than 3 penalties, additional player wait in bench area and their penalty time starts when a penalty expires or is released

## **No filling wings on man-down faceoff**

- ❖ If a team has 3 or more players serving penalties, a player from the defensive zone takes the faceoff but must remain onside.

## **Immediate whistle for some fouls in last 2 minutes of play**

# Major USL Youth Specific Changes

## ❖ Clarifies allowed goalie equipment

- ❖ Shin, knee, and thigh pads are allowed if they do not significantly increase the lateral diameter of the limb

## ❖ Special attention for the “defenseless player” rule

## ❖ Take-Out checks increased minimum penalty

- ❖ Penalty is a minimum of 2 minutes, non-releasable
- ❖ Penalty can be increased to 3 minutes or an immediate ejection penalty

## ❖ One-handed checks illegal for all levels of play

- ❖ If a team has 3 or more players serving penalties, a player from the defensive zone takes the faceoff but must remain onside.

## ❖ Officials have authority to terminate games

- ❖ Updated to include behavior of spectators along with coaches and athletes

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# NFHS Points of Emphasis

## **Age-specific rules**

The NFHS rules apply to high school-aged players. Age-specific rules should be used for younger players.

## **Properly worn equipment**

Rules require certain protective equipment to be worn. This equipment should be professionally manufactured and not altered. Improperly fitting or altered equipment reduces the protection provided. Ensuring that players have proper equipment and know how to wear it is “a major responsibility” of lacrosse coaches. Coaches are reminded of their obligation to carefully inspect their players equipment and instruct them on how to properly wear their equipment.

## **Slashing**

There is no place in the game for slashing. Coaches must properly instruct their players on how to avoid slashing and make legal and safe stick checks. Officials should be alert to these penalties and, if a player commits multiple slashes, call multiple penalties.

## **Ball specifications**

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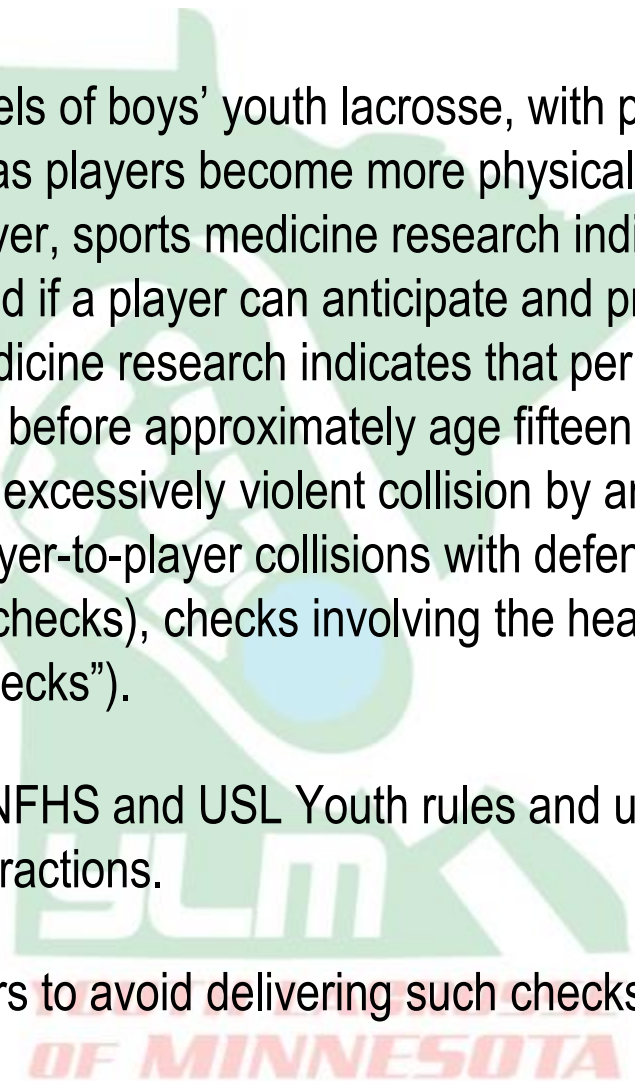
# US Lacrosse Points of Emphasis for Youth

## Violent Collisions

Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques. However, sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit, and other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Therefore, there is no justification for deliberate and excessively violent collision by any player at any youth level, especially intentional player-to-player collisions with defenseless players (so-called "blind side" and "buddy-pass" checks), checks involving the head and/or neck, and excessive body-checks ("take-out checks").

Officials are urged to apply the updated NFHS and USL Youth rules and utilize the increased minimum penalties for such infractions.

Coaches are encouraged to coach players to avoid delivering such checks.



# US Lacrosse Points of Emphasis for Youth

## Sportsmanship

- ❖ Unsportsmanlike conduct will not be tolerated. Obscenities need not be used in order for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players, coaches, and spectators should exhibit the highest level of sportsmanship at all times.
- ❖ US Lacrosse expects officials to enforce these rules without hesitation
- ❖ US Lacrosse expects coaches to promote good sportsmanship among players and anybody associated with the team, including spectators, and to support officials in maintaining an environment of civility and sportsmanship
- ❖ Sideline (aka CHILL) Managers are encouraged by US Lacrosse (required by the YLM). The goals of the sideline manager program is to
  - eradicate the "unsportsmanlike behavior" that is creeping into sport,
  - strengthen sportsmanship,
  - contribute to the retention of officials
  - honor the game

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# Minnesota Rules Modifications

❖ **Multi-year attempt to standardize youth rules in Minnesota**

❖ **Currently used in a variety of leagues and tournaments**

❖ Includes YLM as well as MBSLA and many tournaments and private leagues

❖ **No significant updates expected in 2014**

❖ US Lacrosse has suggested that running time penalties should be “straight time”

❖ **U9 will continue to be played 7 v 7**

❖ MBLSA allows teams to pick either 7 v 7 or 10 v 10 format when registering

❖ Format was established too late last year to put it in the 2013 rule document

❖ Two-pass rule is the major difference from other levels

❖ Fields need to have painted creases but sidelines can be marked by cones

❖ Fields easily fit on existing full-sized fields

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# Questions?

