

## 2021 CONNY Youth Rules – Officials Quick Reference Guide

	Bantams (8-U)	Lightning (10-U)	Junior (12-U)	Senior (14-U)
<b>Crosse Lengths</b>				
<b>Short</b>	37" - 42" (USL)	37" - 42" (USL)	40" - 42" (NFHS)	40" - 42" (NFHS)
<b>Long</b>	Not Permitted	Not Permitted (CONNY)	52" - 72" (NFHS)	52" - 72" (NFHS)
<b>Goalie</b>	37" - 54" (USL)	37" - 54" (USL)	40" - 72" (NFHS)	40" - 72" (NFHS)
<b># of Poles</b>	N/A	N/A	4	4
<b>Field size / # of players</b> <b>For Lightning level –Check CONNY rules</b>	Cross-field / Small Sided #s local option	Cross-field / 8v8 (not less than 4 + GK)	10v10	10v10
<b>Game Lengths</b>	2 (halfs) x 12 Mins running	4 X 10 Mins running (CONNY)	4 X 10 Mins stop	4 X 10 Mins stop
<b>Scrum (ball not moving)</b>	Kill & use AP	Kill & use AP	<b>COVID Protocol-kill early</b>	<b>COVID Protocol-kill early</b>
<b>Offsides</b>	NONE	>5 D end; >4 O end	NFHS	NFHS
<b>Technical fouls</b>	No time served + No EMO	No time served + No EMO	NFHS	NFHS
<b>Personal fouls</b>	Player out until next sub. No EMO	Player serves but No EMO	NFHS All Unnecessary Rough=NR	NFHS All Unnecessary Rough=NR
<b>Goalie Penalties</b>	***** <b>Designated Defender (or in-home)</b> except USC's or 2 or more mins pers/incident *****			
<b>Goalie Counts</b>	NFHS (but slow)	NFHS	NFHS	NFHS
<b>Restarts</b>	All players > 5 yds	All players > 5 yds	All players > 5 yds	<b>NFHS</b>
<b>20 &amp; 10 Counts (*may need timers)</b>	N/A	N/A	N/A	<b>*Yes</b> (if both agree)
<b>Face-Off (Initial/Goal scored)</b> <b>No Knee on ground – No Moto grips</b>	Coin toss wins pos. / 5 yds Lateral	NFHS GLE is restraining line keeper can be in crease above GLE	NFHS	NFHS
<b>Stick Checks/Slashing</b> <b>(any touch on the head = Slash)</b>	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	NFHS (but no one-handers)
<b>Body Contact (3 yd Rule)</b>	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	NFHS <b>(but 3yd Rule)</b>
<b>Over &amp; Back</b>	N/A	N/A	Yes	Yes
<b>Time Outs</b>	NONE	NONE	3 per half	NFHS
<b>Coaches on Field</b>	One (1)	NO	NO	NO
<b>Arm/Elbow Pads</b>	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)
<b>Substitutions</b>	Whole team recommended	Rotational (2 in - 2 out) (No "on the fly")	Horns on side/end lines (10 yd sub. box)	Horns on side/end lines (10 yd sub. box)
<b>Overtime (reg season only)</b>	** Score not kept **	None (tie is a tie)	NFHS	NFHS
<b>Mercy Rule - Face-off</b>	N/A	***** 6 or more goals award (if coach wants – no face) (but not Tournament) *****		
<b>Stalling</b>	***** If not advancing – warn and give 5 second count *****			
<b>Final 2 Minutes</b>	N/A	N/A	NFHS	NFHS
<b>Fouling Out</b>	No DQ – coaches monitor	3 PFs <b>OR</b> 5mins in PF Time	3 PFs <b>OR</b> 5mins in PF Time	3 PFs <b>OR</b> 5mins in PF Time

\*\* If a rule or mechanic is not modified for youth then follow NFHS Rules\*\*

Complete CONNY rules on: <http://connylacrosse.org> Documents Tab (2021 CONNY Rules and Regulations and Rules of Play )