

## 2021 NECLAX Youth Rules – Officials Quick Reference Guide

	<b>Bantam (8-U)</b>	<b>Lightning (10-U)</b>	<b>Junior (12-U)</b>	<b>Senior (14-U)</b>
<b>Crosse Lengths</b>				
<b>Short</b>	37" - 42" (USL)	37" - 42" (USL)	40" - 42" (NFHS)	40" - 42" (NFHS)
<b>Long</b>	None	None	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>	None	None	4	4
<b>Field / # of players</b>	Cross-field / 4v4 (3 + GK)	Cross-field / <b>7v7</b>	Regular / 10v10	NFHS
<b>Game Balls</b>	Soft	Regular (NOCSAE)	Regular (NOCSAE)	Regular (NOCSAE)
<b>Tech Fouls</b>	Explain & Award (no time serve)	NFHS	NFHS	NFHS
<b>Scrum</b>	Kill quickly & award	Kill quickly & award	n/a	n/a
<b>Offsides</b>	NONE	<b>YES</b> >5 D end or >4 O end	NFHS	NFHS
<b>Personal Fouls</b>	Lv Field & Sub	NFHS	NFHS	NFHS
<b>Stick Checks/Slashing</b>	Poke, Lift, Chest level (no one-handers)	Poke, Lift, Chest level (no one-handers)	Poke, Lift, Chest level (no one- handers)	NFHS (but no one-handers)
<b>Body Contact</b>	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	NFHS (but 3yd Rule)
<b>Counts</b>	<===== (Goalie - 4 Sec crease count ONLY) =====>			
<b>Over &amp; Back</b>	n/a	n/a	In effect (after chop-in)	In effect (after chop-in)
<b>Time Outs</b>	NONE	NONE	NFHS	NFHS
<b>Face-offs</b>	NONE Coin toss win has first Poss. (re-start at GLE after goal)	YES (wings are restrained; & others @ GLE until poss)	NFHS	NFHS
<b>Keep Score</b>	NO	YES	YES	YES
<b>Coaches on Field</b>	YES	NO	NO	NO
<b>Arm/Elbow Pads/Cup</b>	<b>Full</b>	<b>Full</b>	<b>Full</b>	<b>Full</b>
<b>Substitutions</b>	Whole-team	<b>NFHS</b>	NFHS	NFHS
<b>Game Lengths</b>	2 X 12 Mins-running (4 min half)	<b>4 x 10 Mins-running</b> (2 min half)	4 X 10 Mins stop (5 min half)	4 X 10 Mins stop (5 min half) (NFHS) 4min
<b>Overtime</b>	None	None	None	(Until winner is determined – <b>Coaches must agree</b> )
<b>Face-off Mercy Rule</b>	n/a	*****	6 or more at anytime – if coach wants	*****
<b>Final 2 Minutes</b>	n/a	n/a	n/a	<b>NFHS</b>
<b>Penalties On Goalkeeper</b>		*****	<b>Designated Defender</b>	*****
<b>Fouling Out</b>	n/a	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

References: USL 2020 Boys Lacrosse Rules Book. **Highlights** are NECLAX modifications to Boys rules. **If a rule is not modified for youth then follow NFHS Rules.**