



2005 US LACROSSE YOUTH FESTIVALS RULES INFORMATION

Sportsmanship Initiative

Beginning in 2006, the sportsmanship card rules will be reinforced in collaboration with Youth Council representatives during the US Lacrosse Youth Festivals. This year, participants are encouraged to learn about the program and share any questions or feedback with the Youth Council representatives on site. Information on this set of rules and procedures can be found at the US Lacrosse website, at <http://www.uslacrosse.org/official/purplecard.phtml>. Information on this program will also be available at the Festival sites.

Girls' Rules

Rules that govern US Lacrosse-sanctioned Girls' Youth Lacrosse Contests are found in the 2005 edition of the US Lacrosse 2005 Women's Rules- Official Rules for Girls and Women's Lacrosse *Rulebook*, beginning on page 89, in the section titled "Official Rules for Girls Youth Lacrosse".

- **U13 will play using Level B rules**
- **U15 will play using Level A rules**

All rules will be enforced during the 2005 Youth Lacrosse Festival, with the following modifications for festival play:

- 1) Game Time and Overtime** - Games will consist of two, 25 minutes running-time halves, with a 5-minute halftime. All Game periods (Start, End of Half, Start of Second Half, End-of-Game) will be signaled with a "common horn" at the Festival facility. Teams should be in position to begin play at the sounding of the common horn. *No overtime periods will be played.*
- 2) Time Outs** - Each team may take two 30-second time outs per game (only after a goal is scored). During the last 2 minutes of a game, neither team may call a time out after a goal.

All rules referenced in this section will be enforced during the 2005 Youth Lacrosse Festival, with the following Points of Emphasis:

- 1) Three seconds closely guarded rule – U13 AND U15**
Good defensive position. The three seconds closely guarded rule will be a point of emphasis. No holding the ball for more than 3 seconds when closely guarded/checked and the defense has both hands on her stick and is in position to legally check were checking allowed. The Umpire count is aloud: "one thousand, two thousand, three", whistle.
- 2) Modified Checking at U15 Festival**
Checking is only allowed if the ENTIRE stick is below the shoulder level. The check must be in a downward direction and away from the body.

There will be NO checking at the U13 festival.

For questions or more information concerning rules to be used for girls' contests at the 2005 US Lacrosse National Youth Festivals, contact Youth Council Girls' Rules Committee Member Tucker White at tucker@tswhite.net

Boys' Rules

Rules that govern US Lacrosse-sanctioned Boys' Youth Lacrosse Contests are found in the 2005 edition of the National Federation of State High School Associations ("NFHS") ***Boys' Lacrosse Rulebook***, beginning on page 90, in the section titled "2005 Rules for Youth Lacrosse".

All rules referenced in this section will be enforced during the 2005 Youth Lacrosse Festival, with the following Points of Emphasis for the 2005 U-15 and U-13 Boys' Lacrosse Festival Events:

- 1) Game Time, Mercy Rule and Overtime** - Games will consist of two, 25 minutes running-time halves, with a 5-minute halftime. All Game periods (Start, End of Half, Start of Second Half, End-of-Game) will be signaled with a "common horn" at the Festival facility. Teams should be in position to begin play at the sounding of the common horn. In any game and at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team. *No overtime periods will be played.*
- 2) Penalty Time**
Penalty time will be kept as running time, with penalty times doubled from their normal length. Accordingly, single technical fouls will be 1-minute running time penalties, single personal fouls will be 2-minute running time penalties. Penalty time will be kept by the Table Personnel and will commence with the blowing of the whistle to resume play immediately after the penalty occurs.
- 3) Time Outs**
Each team may take one 30-second time out per half. During the last 2 minutes of a game, neither team may call a time out.
- 4) Offensive stalling**
The team that is leading the game must keep the ball in its attack area during the last two-minutes of the game.
- 5) 10-Second Count**
No ten second counts will be used.
- 6) Checking**
Body checking is permitted in the U-15 and U-13 divisions, however, as a point of emphasis, no "take-out" checks are permitted and will be called as unnecessary roughness fouls. Take-out checks are generally recognized as the lowering of the head or shoulder and the checking through an opponent with the intent to knock that opponent off his feet.
- 7) One-Handed checks**
Although the Boys' Youth Lacrosse Rules forbid one-handed checks in U-9 play, there is no such prohibition for U-15 or U-13 play. As a Point of Emphasis, however, officials will be directed to call such checks closely, watching for stick control and off-hand activity.
- 8) Substitution**
On the fly: Exceptions penalties and after a goal. Note: no horns

For questions or more information concerning rules to be used for boys' contests at the 2005 US Lacrosse National Youth Festivals, contact Youth Council Boys' Rules Committee Chair Chase Howse at boysyouthrules@aol.com