



2021 Boys' Youth Rules Exam

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1. For 10U levels and above, which type of ball is allowed?

- A. Standard, hard lacrosse ball.
- B. A soft lacrosse ball.
- C. A soft athletic ball of similar diameter, such as a tennis ball.
- D. Any ball smaller than a softball.

Rule Reference: Rule 1.5

2. The game time will revert from stop time to running time when:

- A. The goal differential reaches 12 goals, at any point in the game.
- B. The goal differential reaches 10 goals, at any point in the game.
- C. The goal differential reaches 12 goals, in the second half only.
- D. The goal differential reaches 10 goals, in the second half only.

Rule Reference: Rule 3.1, this needs to be the same at all levels

3. For 10U, and 12U (7v7 format), when the whistle blows to start play which, of the following is correct?

- A. All players are released; including the goalkeeper.
- B. All players are released; NOT including the goalkeeper.

Rule Reference: 4.4

4. How many overtime periods are allowed at each playing level?

- A. 8U/10U - None.
- B. 12U - Maximum of two overtime periods (unless necessary to break the tie, e.g., playoffs)
- C. 14U - No limit (i.e., teams play sudden victory overtime until a winner is determined)
- D. All of the above.

Rule Reference: 3.4

5. Which of the following would be considered body-checking a defenseless player?

- A. Body-checking a player who has his head down in an attempt to play a loose ball.
- B. Body-checking a player from his blind side.
- C. Body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body-check.
- D. All of the above.

Rule Reference: See Illegal Body Check definition on page 75

6. At the 8U and 10U levels, when must one pass be attempted before a shot is taken on goal?

- A. There is no such rule at these levels.



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- B. At 8U, after a goal is scored and off of the initial possession. At 10U, after each initial possession off of a faceoff.
- C. At 8U and 10U, only after the first possession of each half.
- D. This rule is only applied at 8U and after a goal is scored. At 10U, players may shoot on goal at any time.

Rule Reference: 8U Rule 4.22 and 10U Rule 4.4

- 7. Player A1 shoots and while the ball is in flight, the period ending horn sounds. The ball ricochets off of the goal cage and then the ball ricochets off of the GOALKEEPER and into the goal. RULING?**

- A. No goal, because the ball is dead as soon as the horn sounds.
- B. No goal, because a ball that ricochets off the goal cage and then does not score cleanly is automatically a dead ball.
- C. No goal, because a ball that ricochets off of the goal cage cannot subsequently ricochet off of any player.
- D. Goal is good..

Rule Reference: Rule 4.9

- 8. Player A1 shoots and while the ball is in flight, the period ending horn sounds. The ball ricochets off of the goal cage and then the ball ricochets off of a DEFENDER and into the goal. RULING?**

- A. No goal, because the ball is dead as soon as the horn sounds.
- B. No goal, because a ball that ricochets off the goal cage and then does not score cleanly is automatically a dead ball.
- C. No goal, because a ball that ricochets off of the goal cage cannot subsequently ricochet off of any player (except the goalkeeper).
- D. Goal is good.

Rule Reference: 4.9

- 9. Player A1 scores a goal, and the head coach of Team B requests an equipment inspection on A1. A1 is not wearing arm pads, and he is also missing his mouthpiece. RULING?**

- A. No goal. Team B is awarded possession for the first infraction, and A1 serves a 30-second penalty for the second infraction.
- B. No goal. A1 serves two penalties for illegal equipment.
- C. Goal is good (only an illegal crosse negates a goal). A1 serves a 1 minute non-releasable foul. Award possession to Team B.



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- D. Goal is good (only an illegal crosse negates a goal). A1 serves a 30-second penalty. Award possession to Team B.

Rule Reference: Rule 4.9

10. At the 8U & 10U levels, a team is considered offside when:

- A. One of the designated defensive and offensive players goes over the midfield area.
- B. If goalkeepers are used, only when the goalkeeper goes over midfield and a player does not stay back on the team's defensive half.
- C. There is no offside at the 8U & 10U levels.
- D. There is no offside at the 8U levels. At the 10U level, if playing 7 v 7, if a team has more than 4 players on offense or more than 5 players on defense.

Rule Reference: 4.10.

11. How are advancement counts applied in youth lacrosse?

- A. U8 and U10 are not required to satisfy the 20-second [clearing count].
- B. U12 and U14 are required to satisfy the 20-second clearing count.
- C. U10 goalies have no 4 second count inside the crease.
- D. Both A and B.

Rule Reference: 4.13

12. When does a foul by the defending team reset the attacking team's clearing count?

- A. For a technical foul only (i.e., a play-on).
- B. For a personal foul only.
- C. For any kind of foul (technical or personal).
- D. None of the above.

Rule Reference: 4.13

13. Who, while standing in the crease, can attempt to block a shot?

- A. Only the goalkeeper.
- B. Any member of the defending team.
- C. The goalkeeper or any team captain.
- D. The goalkeeper or any defending carrying a long pole.

Rule Reference: 4.19

14. What conditions must be met for a successful restart at 12U and 14U? (Check all that apply)



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- A. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
- B. Defensive player within 5 yards of the player in possession of the ball allows that player a direct path to the goal.
- C. Defensive player does not defend player in possession of the ball until they reach 5 yards distance.
- D. All defensive players must be 5 yards away from a player in possession of the ball before a whistle is blown.

Rule Reference: 4.22

15. What conditions must be met for a successful restart at 8U and 10U?

- A. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
- B. All defensive players 5 yards or more from the player in possession of the ball, before the whistle.
- C. Both A and B must be correct.
- D. None of the Above.

Comments: 10U and below still use slow restarts. The "Quick Restart" is applicable at 12U and 14U.

Rule Reference: 4.22

16. At which age groups are quick restarts allowed that only require offensive players to be at least 5 yards of the player with possession? (Check all that apply)

- A. 8U.
- B. 10U.
- C. 12U.
- D. 14U.

Rule Reference: 4.22

17. The goalkeeper shall be given a maximum of five seconds to re-enter the crease before any restart.

- A. TRUE
- B. FALSE

Rule Reference: 4.22



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18. In games that allow team timeouts, which type of timeout reset a team's clearing count, if clearing counts are applicable?

- A. Offensive timeout only.
- B. Defensive timeout only.
- C. Officials timeout only.
- D. Any kind of timeout resets the clearing count.

Rule Reference: 4.13

19. When and where on the field can a LIVE-BALL timeout be called?

- A. Anywhere on the field; either team can call a live-ball timeout.
- B. Anywhere on the field; only the team with possession can call a live-ball timeout.
- C. Team must have possession on its offensive half of the field (small-sided fields) or below its offensive restraining line (full-sized fields) to call a live-ball timeout.
- D. Timeouts can only be called during a DEAD BALL.

Rule Reference: 4.25

20. How and when should officials verify a goalkeeper has the commotio cordis protective equipment?

- A. Officials shall rely on confirmation during the head coaches' pre-game equipment certification.
- B. Just ask the goalkeeper, but do not inspect personally.
- C. Conduct a physical inspection of the goalkeeper's equipment by lifting the jersey.
- D. The official must physically see the NOCSAE ND200 Logo on the chest protector but must never touch the player while inspecting.

Rule Reference: 2021 POE.

21. Youth rules define take-out checks as:

- A. A player that lowers his head or shoulder with force and intent to put the other player on the ground.
- B. Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball.
- C. Any body-check on a player in a defenseless position.
- D. All of the above are considered take-out checks, and they are illegal at all levels.

Rule Reference: 5.9



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22. At 12U, 10U, and 8U, the allowable body contact at these levels are:

- A. Equal pressure against an opponent to gain possession of a loose ball.
- B. Defensive positioning to redirect an opponent in possession of the ball.
- C. Legal holds and legal pushes.
- D. All of the above.

Rule Reference: Rule 4.15

23. At 14U the allowable body checking at these levels are:

- A. Full body checking like at the NFHS or NCAA games.
- B. Deliver the body check in an upright position and with both hands on their crosse.
- C. Deliver the body check below the neck, above the waist, and to the front or side of an opponent.
- D. B and C

Rule Reference: Rule 4.15

24. Permitted body-checking at each level includes:

- A. Any take-out check is a time serving penalty and can be releasable or nonreleasable.
- B. 14U allow legal body-checks, as long as they are not take-out checks.
- C. 12U, 10U, 8U do not allow any body-checks.
- D. Both B and C.

Rule Reference 4.15

25. The penalty for checking a defenseless player may include which of the following:

- A. 2- or 3-minute nonreleasable penalty; or ejection, if the hit was excessively violent.
- B. 3-minute releasable penalty.
- C. 1- 3 -minute nonreleasable penalty.
- D. 30-second nonreleasable penalty.

Rule Reference: Rule 5.3

26. The penalty for targeting a player requires which of the following:

- A. 2- or 3-minute nonreleasable penalty; or ejection, if the hit was excessively violent.
- B. 3-minute nonreleasable penalty and ejection.
- C. 1 - 3-minute nonreleasable penalty.
- D. 1-minute releasable penalty.

Rule Reference: Rule 5.3

27. At which age group(s) is the illegal crosse penalty assessed? (Check all that apply)



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- A. 8U.
- B. 10U.
- C. 12U.
- D. 14U.

Rule Reference: Rule 5.5

28. At 12U and 14U, if a crosse does not conform to required specifications, the proper penalty is:

- A. Two minutes nonreleasable; crosse may be returned to the game if fixed.
- B. Two minutes nonreleasable; crosse may not return to the game.
- C. Any and all crosse violations result in a 3-minute nonreleasable penalty; the crosse will remain in the table area for the remainder of the game.
- D. Any crosse violation, except a deep pocket, hanging strings, or missing end cap, will result in a 3-minute nonreleasable penalty; the crosse will remain in the table area for the remainder of the game.

Rule Reference: Rule 5.5

29. During a youth game at any level, B1 executes a successful one-handed wrap check and dislodges the ball from A1's stick. What is the call?

- A. No call, legal play.
- B. Technical foul on B1, holding, 30-second penalty.
- C. Personal foul on B1, slashing, 1-minute releasable penalty.
- D. Personal foul on B1, slashing, 1-minute nonreleasable penalty.

Rule Reference: Rule 5.5

30. B1 throws a one-handed stick check at the ball carrier A1 and completely misses. RULING?

- A. Legal. Play continues.
- B. Immediate whistle for a personal foul.
- C. Flag-down, slow whistle for a personal foul.
- D. Flag-down, slow whistle for a technical foul.

Rule Reference: Rule 5.5

31. At which age level is one-handed stick-checking permitted?

- A. 8U.
- B. 10U.
- C. 12U.
- D. 14U.



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- E. At the youth levels, no age levels permit one-handed checking.

Rule Reference: Rule 5.5

32. At 8U, 10U, and 12U, what is considered the legal stick-to-stick checking technique?

- A. Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- B. Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- C. Downward check initiated from below both players' shoulders.
- D. All of the above.

Rule Reference: Rule 4.13

33. A spectator is verbally abusive to players, coaches, or game officials. What should the officials do?

- A. Wait until the end of the period and have coaches talk to spectator.
- B. Officials may penalize a team for spectator behavior or terminate a game if the behavior continues after they issue a warning.
- C. Stop play immediately and terminate the game.
- D. Ignore the spectator.

Rule Reference: Rule 3.5 and 5.10

34. With no flag-down in progress, goalkeeper A1 has possession in his crease, and B1 contacts any part of the goalkeeper or his equipment. RULING?

- A. Play-on.
- B. Flag-down, slow whistle.
- C. Immediate whistle. No penalty.
- D. Immediate whistle. Free clear at midfield for Team A.

Rule Reference Rule 6.2

35. Which of these constitutes a legal hold? (Check all that apply)

- A. Using the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder width apart.
- B. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.
- C. Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.
- D. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.



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Rule Reference: 6.3

36. The 3-Yard rule is?

- A. There is no such rule.
- B. The offensive player is not allowed within 3 yards of a defensive player.
- C. All legal checks, holds, and pushes must be on a player in possessions of the ball or within 3 yards of a loose ball.
- D. During a restart, a defensive player can impede the progress towards the goal of an offensive player.

Rule Reference: Rule 4.15 and 4.16

37. A2 sets a non-stationary screen/pick and defender B1 dodges around the moving pick without making contact. The extra delay incurred by B1 to avoid contact with A2 allows Team A to gain an advantage. RULING?

- A. Legal. Play continues.
- B. Play-on in favor of Team B.
- C. Immediate whistle for an illegal offensive screen. Award possession to Team A.
- D. Immediate whistle for an illegal offensive screen. Award possession to Team B.

Rule Reference: Rule 4.17

38. How many long poles are allowed on the field in 12U, depending on the format used? (Check all that apply)

- A. One.
- B. Two.
- C. Three.
- D. Four.

Rule Reference: Rule 2.1

39. A2 is within three yards of the ball while his teammate A1 has possession. A2 pushes defender B1 from the front or side and is within three yards of the ball carrier, his teammate A1. RULING?

- A. This is a legal play within three yards of the ball. Play continues.
- B. Flag-down, slow whistle.
- C. Immediate whistle for illegal offensive screen. Award possession to Team B.

Rule Reference: Rule 6.4



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40. Player B1 chases a loose ball and executes a one-handed push of A1 from the front/side within three yards of the loose ball. RULING?

- A. Legal. Play continues.
- B. Play-on in favor of Team A.
- C. Immediate whistle. Award possession by the alternate possession rule.
- D. Immediate whistle. Personal foul against B1.

Rule Reference: Rule 6.9

41. Which of the following constitutes stalling?

- A. The offensive team is keeping the ball on its offensive half of the field, but outside of the goal area, and making no attempt to attack the goal.
- B. The offensive team is keeping the ball below goal line extended and making no attempt to attack the goal.
- C. The offensive team has possession inside its goal area, an opponent is within five yards attempting to defend, and the team with possession is making no attempt to attack the goal.
- D. All of the above.

Rule Reference: 2020 POE

42. Multiple conditions must be present for automatic stalling (used in 14U only) to be initiated using the "get it in / keep it in" technique. Check all of the conditions that are required to initiate automatic stalling in a 14U game.

- A. In the final two minutes of regulation play.
- B. On the team that is ahead by 1-4 goals.
- C. At the 14U playing level only.
- D. All of the above conditions must exist for automatic stalling to be called in a 14U game.

Rule Reference: Rule 3.3

43. A1 has possession and carries his crosse with both hands. In which of these situations should A1 be called for warding off?

- A. A1 raises his forearm and directs the defender's CROSSE away, creating space.
- B. A1 raises his forearm and directs the defender's BODY away, creating space.
- C. A1 raises his forearm to direct the defending player, but he never makes contact.
- D. All of the above should result in a "warding off" call.

Rule Reference: 6.11



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44. In 8U and 10U games, when the ball cannot be picked up quickly, how should officials apply the "scrum rule," a contested loose ball cannot be quickly picked up due to three or more players in a "scrum" or becomes trapped by multiple sticks. RULING?

- A. Play continues indefinitely. Allow the players to continue scrumming for the loose ball.
- B. Wait about four seconds to see if one team can gain possession. If neither team can do so, then suspend play and award possession using the alternate possession rule.
- C. Blow the whistle. An official will pick up the ball, throw it high into the air, and then restart play with the ball in the air.
- D. None of the above

Rules Reference: Rule 4.32

45. Select all of the situations that result in a whistle to END play during a flag-down situation. (Check all that apply)

- A. Second defensive foul (NOT during an imminent scoring opportunity).
- B. Ball hits the ground (not a shot).
- C. Offense commits a penalty.
- D. Defense gains possession.

Rule Reference: Rule 7.8

46. With Team A in possession, B1 commits a slash against A1. Flag-down, slow whistle. Just before player A2 shoots, the same player B1 commits a holding foul against player A2 (second flag-down), and then the ball enters the goal after B1's holding infraction. RULING?

- A. No goal. Ball is dead immediately once there is a second defensive foul.
- B. No goal. Ball is dead immediately after the first defensive foul.
- C. Goal is good. An imminent scoring opportunity overrides the second flag-down until the scoring opportunity is complete.
- D. None of the Above

Rule Reference: Rule 7.8h.

47. Loose-ball push is committed by B1. While the ball is still loose, B1 commits a personal foul. Which statement is true?

- A. The push/play-on is discarded in favor of the personal foul. Only the personal foul is assessed.
- B. Throw a flag (late) for the push. Ignore the personal foul that ends the play and assess one 30-second penalty against B1 for the push.
- C. Immediate whistle after the second infraction because there is a two play-on maximum for any infractions committed by one team. No penalties.



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D. Play-on continues, even after the loose-ball personal foul.

Rule Reference: Rule 5

48. Loose ball push committed by B1. Play-on. Another loose ball push committed again by B1. RULING?

- A. Throw two flags - one for each push. Suspend play and assess two 30-second penalties against B1.
- B. Throw one flag for the second push. Immediate whistle after the second push, and assess one 30-second penalty against B1.
- C. Immediate whistle after the second infraction because there is a two play-on maximum for play-ons. No penalties.
- D. Play-on continues until the situation of the advantage has been gained or lost. No penalties.

Rule Reference: Rule 7.10

49. What is the recommended time delay for lightning/thunder?

- A. 15 minutes.
- B. 20 minutes.
- C. 30 minutes.
- D. At the discretion of the officials.

Rule Reference: Appendix III Lighting Policy

50. At what age levels does the "scrum" rule apply for a ball that is trapped by multiple sticks or cannot be picked up after about four seconds when three or more players are trying to scoop the ball? (Check all that apply)

- A. 8U.
- B. 10U.
- C. 12U.
- D. 14U.

Rules Reference: Rule 4.32