



2017 US Lacrosse Girls Youth Rules Exam

1. The 2017 Girls Youth Rules have been developed to:
 - a. Support the appropriate physical, cognitive and emotional development of the players
 - b. Keep players safe while allowing them to develop skills at appropriate ages
 - c. Follows the body of rules set by US Lacrosse and the NFHS with modifications leading to a safe, fair and fun experience for participants.
 - d. All of the above
2. For all levels of youth play, the game ball must be:
 - a. Yellow only
 - b. A standard NOCSAE ball with "Meets NOCSAE Standard" on the ball
 - c. Consistent with the recommendations for each age level
 - d. A soft lacrosse ball, tennis ball or other soft athletic ball
3. Modified checking that is allowed at some levels of youth lacrosse refers to:
 - a. An attempt to dislodge the ball from an opponent's stick with a checking motion that is down and away
 - b. The contact between sticks must occur below the ball carrier's shoulder
 - c. Only being allowed to check an opponent's stick in the midfield
 - d. a and b only
4. Which of the following is true regarding timing for youth levels
 - a. Each level of play has a set time to be used based on the appropriate age and developmental level of the players
 - b. The clock should run for the entire designated time, only stopping for injuries, team time outs and player cards
 - c. Stop clock in the last two minutes of each half may be introduced at 14U
 - d. All of the above
5. The 2017 Points of Emphasis (these pertain mostly to the 12U and 14U level) are:
 - a. Game Management, Attack Fouls, Dangerous Contact
 - b. Sportsmanship, Dangerous Play, Offensive Fouls
 - c. Game Management, Illegal Defensive Positioning, Dangerous Propelling and Dangerous Follow Through
 - d. Sportsmanship, Goal Circle Fouls, Offensive Fouls
6. Alternate possession shall be used when:
 - a. Both teams commit draw fouls (during 12U and 14U)
 - b. One team commits a minor foul while the opposing team is offsides
 - c. Play is stopped for an incident unrelated to play, no team has possession and the ball is equal distance between opponents
 - d. All of the above



7. A player may follow through the plane of the goal circle with her stick on a shot in which of the following situations:
 - a. The shot is the result of an 8 meter free position
 - b. Never
 - c. The player is unmarked
 - d. There is no goal keeper playing
8. During any level of youth lacrosse the following is **NOT** allowed?
 - a. Any player other than a fully equipped goal keeper (a deputy) in the goal circle at any time
 - b. A free position to restart play in 6U and 8U after a goal
 - c. A coach requesting a stick check
 - d. A card being issued to a player for unsportsmanlike behavior in 10U, 12U and 14U
9. Which of the following is true about coaching at the youth level:
 - a. One 6U coach may be on the field to assist and officiate
 - b. An 8U coach may decide to limit their player in possession of the ball to 5 seconds before that player may attempt a pass or shot
 - c. A 10U coach must remain on the sideline in the coaches box during the game
 - d. All of the above
10. Which of the following statements is true about officiating at the youth level:
 - a. At least one official is required for play at the 8U level
 - b. In a 10U game being played without a goalkeeper, the official will designate a defensive player to enter the goal circle and retrieve the ball to restart play
 - c. At the 12U level, USL recommends 2 certified officials on the field if playing 12 v 12 format
 - d. Both a and c
11. 14U/12U lacrosse allows for modified checking. Which of the following does **NOT** describe modified checking at this level:
 - a. Checking an opponent's stick when they are picking up a ground ball
 - b. Checking an opponent's stick when she is carrying the ball at waist level
 - c. Checking an opponent's stick before her stick is in contact with the ball
 - d. Checking an opponent's stick in a down and away direction
12. During 14U/12U lacrosse which of the following is legal:
 - a. A player may cover the ball if no other player is within playing distance and attempting to play the ball
 - b. A player may use her body to stop a ball from going out of bounds so her team will remain in possession of the ball
 - c. A player may kick the ball safely to move the ball to open space
 - d. a and c



13. In 14U/12U lacrosse a player that receives a yellow card shall:
 - a. Leave the game for 2 minutes of elapsed playing time
 - b. Remain in the penalty area for her penalty time
 - c. Her team must play short in both their attacking and defensive ends
 - d. All of the above
14. In order for a defensive player at the 14U/12U level to be called for 3 seconds in the arc the following needs to happen:
 - a. She is marking an opponent who is directly behind the goal circle
 - b. She is double teaming a non-ball player
 - c. She is marking her opponent within a stick's length
 - d. She is triple teaming the ball carrier within a stick's length
15. In U14 lacrosse, a team may NOT substitute by:
 - a. Substituting during a dead ball possession
 - b. Substituting the whole team after a goal
 - c. Substituting on the fly during live play
 - d. Substituting as many times as they want
16. U12 lacrosse that is being played on a cross field, which of the following shall **NOT** be allowed?
 - a. Play 8 v 8 and one of those players is a goalkeeper
 - b. Checking of any kind
 - c. Use a ball that meets NOCSAE standards
 - d. Restart play after a goal with a draw (unless a foul was committed that would require play be restarted with a free position)
17. In U12 lacrosse whether playing full field or cross field, if a player receives her first yellow card of the game, that player will:
 - a. Be replaced with a substitute so that their team will remain at full strength
 - b. Be allowed to serve her penalty time at her bench area
 - c. Not be allowed to reenter that game for any reason
 - d. None of the above
18. 10U lacrosse shall:
 - a. Be played on a regulation size field to prepare the players for high school play
 - b. Have 7 field players and one goal keeper on the field during play
 - c. Use only sticks that meet USL specifications including the pocket depth
 - d. Always restart play after a goal with a draw
19. In a 10U lacrosse game which of the following is **NOT** true:
 - a. A player that receives a yellow card will leave the game for 2 minutes of playing time, but a substitute will take her place
 - b. Teams may substitute during a stoppage of play, whistle or goal but also during play
 - c. A loose ball may be contested by any number of players at any time.
 - d. Checking of any kind is not allowed



- 20.** In 10U lacrosse, a defender may earn the ball by the 3 seconds closely guarded rule if while playing defense she:
- Holds her stick in a checkable position to the ball carrier
 - Remains holding her stick in a checkable position for 3 seconds
 - Has two hands on her stick for this entire 3 seconds
 - All of the above
- 21.** 8U lacrosse shall be played:
- 4 v 4 players on a cross field
 - For a minimum of 20 minute running halves
 - With fully equipped goal keepers
 - Until a team is declared a winner, including overtime if needed
- 22.** During an 8U lacrosse game players shall:
- Play 1 v 1 on defense or when her team does not have the ball.
 - Attempt at least three passes before going to goal
 - Restart play after a goal with a draw
 - Be allowed to cover the ball if they are not within playing distance of an opponent
- 23.** During 8U/6U lacrosse substitutes may take place:
- On the fly during live ball play
 - Only after a goal is scored
 - One player at a time only
 - After a goal is scored or during a stoppage of play
- 24.** 6U lacrosse games must:
- Be played on a field with an 8 meter arc and 12 meter fan clearly marked
 - Have at least one Certified official to be played
 - Be played on a cross field with 3 players from each team
 - Be played with a standard lacrosse ball that meets NOSCAE standards
- 25.** In a 6U lacrosse game players may:
- Use smaller sized lacrosse sticks
 - Wear eyewear, but it is not required
 - Be allowed to shoot on goal after one pass from a teammate is attempted
 - All of the above