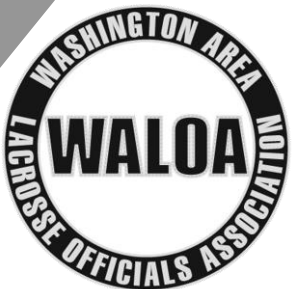


# **2024 WALOA-NVYLL Boys Youth Update & Rules Overview**

John Uberti

Commissioner for Youth  
Officiating Operations



# Bill Harvey Sportsmanship Award



## **Bill Harvey Sportsmanship Award presented to the Northern Virginia Youth Lacrosse League (NVYLL) by Washington Lacrosse Officials Association (WALOA):**

- The Organization must positively affect a community's sports culture and game environment.
- The Organization acts clearly to demonstrate sportsmanship. WALOA defines a sportsmanship act as behavior exhibited during competition by student-athletes based on values, respect, and integrity.
- The Organization's displays act(s) of integrity that go beyond the sport's playing rules and etiquette. (i.e. the field managers engaged in assisting the flow of the game, coaches respectful of the game)
- The organization is recognized by WALOA officials as adhering to established procedures and is well organized

# Bill Harvey Sportsmanship Award



2023 recipient is....

**Annandale Youth Lacrosse**

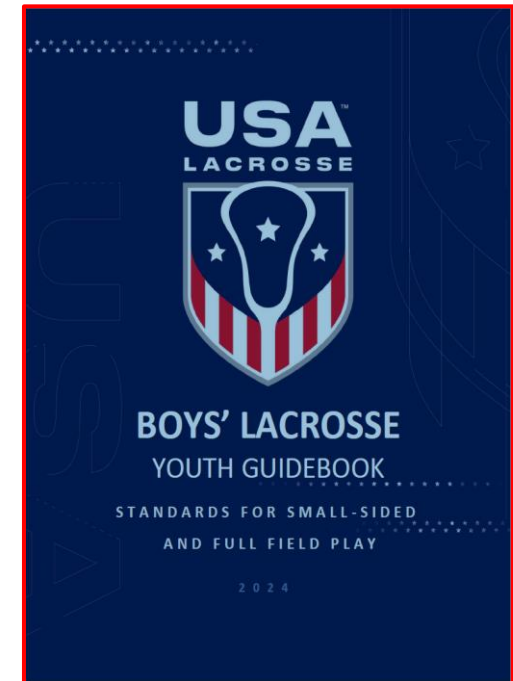
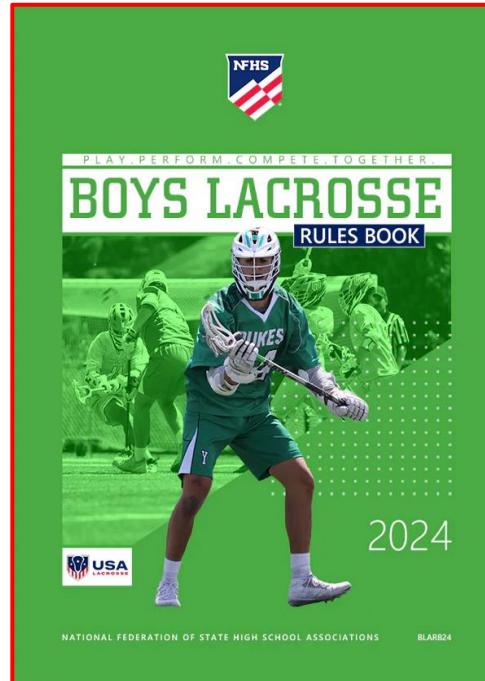
# How do we know what the rules are?



- The league tells us.
- NUYLL League Operational Rules and Regulations (Spring 2024):
  - *“The National Federation of High School Associations (NFHS) Boys Lacrosse Rules book and US Lacrosse 2024 14U youth rules shall govern NUYLL boys’ youth play, except as amended below.”*
  - *“...NFHS Rules for Boys shall apply to all scheduled league games unless amended by US Lacrosse Youth Council (USLYC) and/or these NUYLL Rules.”*



## NUYLL League Operational Rules & Regulations



***The rules of the game are designed to do two things – promote fair play and keep players safe.***



# 2024 NFHS Rule Changes



## Major Rule Changes and Clarifications for 2024

- 1-6-2 Field and Goalkeeper Crosses
- 1-9-1 Player Equipment and Uniforms
- 4-3-1 Faceoff Clarifications & Alternate Possession Situations
- 4-5 Play of the Ball Definitions
- 4-8 Goal Scored
- 4-24-11 Loss of Helmet Rules and Situations
- 5-4-2 Checks to the Head/Neck Penalties



# 2024 NFHS Rule Changes



## 1-9-1 PLAYER EQUIPMENT & UNIFORMS

- ART. 1 . . . Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured, **not altered, and shall be worn as the manufacturer intended**
- Chinstraps on Helmets - **The chinstrap shall be worn under the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s)**
- January 1, 2027 - The body of jersey numbers shall be a single solid color that clearly contrasts with the body color of the jersey

*Note: IAW NVYLL OR&R, until the start of the Spring 2025 season, the following deviations from NFHS/USA Lacrosse guidelines shall be permitted:*

- *Numbers on front of jerseys shall be optional*
- *Numbers on the front of jerseys are not required to be centered*
- *Numbers on the front of jerseys are not required to be 6 inches tall*



# 2024 NFHS Rule Changes



## 4-3-1 FACEOFFS

i. Upon the whistle-starting play, players shall not initiate a body check against their opponent; a body check against a crouched player is an illegal body check.

j. A violation will be called if a player picks up and carries the ball on the back of the stick. It is legal to clamp the ball with the back of the stick, but it must be moved, raked, or directed within one step.

**4.3.2 SITUATION D: After the faceoff and before possession has been declared, the official inadvertently blows the whistle, stopping play. RULING: Reface if the whistle is blown while the ball is in the area between the defensive area lines. Award the ball by alternate possession rule if the ball crosses the defensive area line.**



# 2024 NFHS Rule Changes



## 5-5 PLAY OF THE BALL

- ART. 2 . . . Possession – When a player can perform any of the normal functions of control, such as carrying, cradling, passing, or shooting, the player and team have possession.
- 4.5.3 SITUATION A: During normal play, A1 makes a pass to A2. While the ball is in flight, B1 commits (a) a technical foul or (b) a personal foul.  
RULING: In (a), the official calls out "play on" and the "play on" is over if the pass is completed. If the pass is not completed, award the ball to Team A.  
In (b), **Flag down, slow whistle**





# 2024 NFHS Rule Changes



## 4-8 GOAL SCORED

4.8 SITUATION D: Goalkeeper or any player in possession of the ball (a) brings the crosse back through the plane of the goal, or (b) brings the crosse back through the plane of the goal and the ball drops to the ground across the goal line.

RULING: (a) Legal play, no goal scored. (b) **No goal. Award the ball to Team B**



# 2024 NFHS Rule Changes



## 4-24-11 OFFICIALS TIMEOUT

- ART. 11. . . If a player has the helmet come off during play, play shall be suspended immediately, and the player shall leave the field until after the next dead ball following the resumption of play.

During this years Rules Interpretation call, there were a lot of questions about this rule.

- 1) This applies to ALL PLAYERS (yes, the goalkeeper as well) on the field whose helmet comes off during play.
- 2) Any player losing their helmet during play, must leave the field until the next dead ball following resumption of lay.
- 3) FOR NVYLL GAMES: THE DESIGNATED DEFENDER NOMINATED TO SERVE A PENALTY FOR THE GOALKEEPER WILL LEAVE THE FIELD FOR THE GOALKEEPER. SINCE LOSING THE HELMET IS NOT A TIME SERVING PENALTY, THERE IS NO FAST BREAK FOR 10U MODIFIED AND 8U MODIFIED FIELD, NOR MAN DOWN SITUATION FOR FULL FIELD GAMES.



# 2024 NFHS Rule Changes



## 5-4-2 CHECKS TO THE HEAD/NECK

- ART. 2 . . . A player shall not make indirect contact with an opponent's or neck. Indirect contact occurs when the initial force of the contact with the opponent then slides up to the head and/or neck area.
- PENALTY: A one-minute non-releasable foul. An excessively violent violation may result in a longer non-releasable penalty or an ejection

**THIS RULE WILL NOT APPLY TO YOUTH GAMES  
USA LACROSSE KEPT THE STRONGER TWO  
MINUTE PENALTY**



# 2024 USAL and NVYLL Youth Rule Changes

- USAL Youth Rules (and NVYLL) will not follow the change to a one-minute penalty option at the High School level. (NFHS Rule 5-4-2)
- USAL Youth Rules passed an allowance of one-handed stick checks for 12U and 14U youth play. **NVYLL VOTED TO PROHIBIT ONE-HANDED CHECKS AT ALL AGES AND LEVELS.**
- NVYLL 2-Pass rule is in effect, for modified field games, on the field by any player, including the goalie. **One pass must be completed in the offensive half of the field.**

“Time serving penalties will be releasable or non-releasable IAW NFHS rules and as modified in the NVYLL Operating Rules and Regulations. NFHS Rule 5-4-2 does NOT apply for youth lacrosse. All unnecessary roughness penalties are non-releasable for youth lacrosse.” NVYLL Operating Rules and Regulations

**OBTW, Game Time is Running and PENALTY TIME is START-STOP**

# NFHS-USA Lacrosse 14U Rule Differences



- All rules are the same as those used in the NFHS rulebook with the following exceptions.
  - **No one-handed stick checks are allowed.**
  - Limited body checking is allowed of a player in possession, within 3 yards of a loose ball, or to a player within 3 yards of a ball in flight. To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse.

## **Take out checks are NEVER allowed.**

***An excessive body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground***

- Goalkeepers are not required to wear arm pads at any age level.
- Twelve (12) minute running-time quarters.
- The game clock will start and stop on all whistles during the last two (2) minutes of games and during the last two (2) minutes of any overtime period, except when the 12-goal rule applies.
- There shall be one 4-minute “sudden victory” period for any tie game. If no goal is scored the game will end in a tie. In the playoffs, as many sudden-victory overtime periods will be played as necessary until a winner is determined.

# 12U



- 12U AAA/AA/A
  - All rules are the same as those used in 14U Division.
- 12U B/C
  - Stalling and advancement rules are not enforced at these levels. There is no over and back enforcement.

# 10U Full Field & Modified Field



**10U FULL FIELD:** All rules are the same as those used in 12U B/C with the following exceptions:

- 10 minute running time quarters.
- The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and for playoff games the last two (2) minutes of any overtime period, except in the case when the 6 goal rule applies.
- Long poles are permitted in 10U FF Division only. Crosse lengths may be between 47 and 72 inches.
- **No body checking is allowed. Legal holds, incidental contact and equal force body contact are allowed.**
- **SCRUM SITUATION** In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.
- No overtime for regular season
- 10U and 8U games shall require normal, on-the-fly substitutions through the box. Officials shall allow time for young players to make a "normal substitution" through the "box" when the ball goes out-of-bounds on the sideline.
- NVYLL permitting fast restarts at 10U **FULL FIELD ONLY**

**10U MODIFIED FIELD:** All rules are the same as those used in 10U Full Field division with the following exceptions:

- The 10U Modified Field shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end line and mid-field line. Fields may be set up to run across half of an NFHS full size regulation field. Creases will be designated 5 yards from each endline.
- Teams will be limited to 7 players on the field at a time (7 v 7). The 7 players will be 2 attack, 2 midfielders, 2 defensemen and a goalie. **To remain on-sides, a team must have a total of 3 players in the defensive end and two players in the offensive end of the field.**
- On a face-off, **attack and defense players shall stay behind the Goal Line Extended (GLE) until an official declares possession.**
- 2-Pass rule is in effect on the field by any player, including the goalie. **One pass must be completed in the offensive half of the field.** Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once two passes are completed or attempted, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred, after which the 2-pass count starts over. If a goal is scored without two pass attempts, the goal SHALL NOT count, and the ball shall be awarded to the opposing team at mid-field line. Clarifications: A pass or clear made in or from the defensive end of the field (including from the goalie) counts as a legitimate pass. A change of possession is considered to have occurred if the goalie has made a save and the goalie or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.
- Players serve time-serving penalties but may be replaced with another player on the field while serving the penalty. **When a foul is committed, on the re-start it becomes a 3-on-2 fast break from midfield. One (1) non-offending midfielder begins five (5) yards ahead of the midfield line. All other midfield players (defense and offense) begin behind the midline and onside rule remains in effect. Attack and defense players are allowed to position themselves to execute/defend fast break. The two-pass rule is automatically considered satisfied. All players released on a SINGLE whistle.**
- Timeouts are limited to two (2) per game – one/half

# 8U



All rules are the same as those used in 10U MODIFIED FIELD division with the following exceptions:

- No scores are reported. No standings are kept. No playoffs will be held. This is a noncompetitive division devoted to player development.
- Teams have the option to play with a goalie or without one but may not use a shooting barrier in place of a goalie. When playing without a goalie, the team may not add an additional field player.
- One (1) coach per team shall be allowed on the field along the team sideline. Coaches on the field are not permitted to cross the midfield line and may never cross in front of opposing team bench. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or – unless agreed to by the other teams coach - members of the opposing team.
- The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10-minute quarters.
- Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.





# 2024 USAL Youth Points of Emphasis



## Crosse Prohibitions

The NFHS Boys Lacrosse Committee felt it necessary to emphasize Rule 1-8 (Crosse Prohibitions): ..., per Rule 1-8, **no player may use a crosse that has stringing that retards the normal and free dislodgement of the ball by an opponent...** A crosse that has been altered in such a way as to give an advantage to an individual is illegal.

The illegal crosse rules are only enforceable for players 12U and older. At 10U and below, any illegal crosse should be removed from the game until it is corrected and no time serving penalty should be given to a player.

## Player Safety

The following points are some key differences between high school and youth lacrosse.

- No “Take Out” Body Checks
- Targeting Fouls
- Fouling Out
- The 3-Yard Rule
- One-handed Stick Checks are a Penalty **at all levels**
- Slow Whistle Situations
- Proper fit and wear of the helmet

## Properly Worn Mandatory Equipment

...an emphasis will be placed on players wearing mandatory equipment properly. This includes the wearing of helmets, arm pads, shoulder pads, and mouthpieces as the manufacturer intended. The **chinstrap shall be worn under the chin** and shall be **firmly attached at all the helmet’s manufactured attachment points**, securely enough so that the **helmet is unable to be removed without detaching the chinstrap from the attachment point(s)**. Rule 5-6: A player may not use equipment that does not conform to specifications.

## Checks Involving the Head/Neck

The NFHS and USAL Boys Lacrosse Rules Committees continue to emphasize the safety of a player's head and neck. **A player shall not initiate a body check legally that slides up into or follows through to an opponent’s head or neck or make direct contact to an opponent’s head and/or neck. This is a two-minute non-releasable penalty.** Players who make excessive or flagrant contact to an opponent’s head and/or neck shall receive a three-minute non-releasable penalty and/or possible ejection.

# Rules Related to Bench Conduct



## **Coaches, Rule 2, Section 3**

- The head coach shall act in a courteous manner and also shall endeavor in every way to achieve the same from team members.
- The head coach also shall be in control of and be responsible for the actions of any and all people officially connected with his or her institution.
- Coaches shall assist the officials in keeping the game under control.
- Only the head coach will communicate with the officials.

## **Unsportsmanlike Conduct, Rule 5, Section 10**

No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:

- Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
- Use threatening, profane or obscene language or gestures at any time before, during or after the game.
- Bait or call undue attention to oneself, or commit any other act considered unsportsmanlike by the officials.

## **Tobacco, Rule 5, Section 12**

Team personnel shall be ejected from a game for tobacco use that occurs between the time the officials take jurisdiction and the end of the game.

## **Conduct Foul, Rule 6, Section 6**

- A coach shall not enter the field of play without the permission of an official, except to attend to an injured player or to warm up a goalkeeper, or during halftime.
- A player, coach, athletic trainer or other person officially connected with a team shall not:
  - Leave the team area and/or coaches area on his side of the field.
  - Object by arguing or gesturing to a decision by an official, timekeeper or scorekeeper
  - Commit any act considered misconduct by an official

# How can we start on time? Or “Hey Ref, the clock is running!”



- Home Club have a **field commissioner**, timekeeper, (two are better than one) and score keeper
- Spectators are not allowed immediately behind the players' benches, anywhere behind the end lines, and must be at least 5 yards away from the sidelines.
- “Good day, Coach. Do you verify all your players are legally [equipped](#) by rule **for the equipment that is under your responsibility?**”
- Know the **NUMBER** of your:
  - Captain(s)
  - In Home
  - Defensive Player to serve penalty for Goalie
- Coin Toss with Captain(s) for first alternate possession or goal to defend (It would be helpful if your Captain knew what he's going to choose **BEFORE** he comes out for the Coin Toss)
- If there is a pre-game discussion about facing off, we'll meet the FO players at the Face Off “X”
- Line Up at start of game, left shoulder towards GOAL you are DEFENDING.



AAA-MMM-DDD-G  
G-DDD-MMM-AAA





## Communication Regarding Officiating and Officials

- Questions, comments, complaints, etc. should be directed to the Youth Commissioner. Coaches and club commissioners should not contact game officials directly.
- Some communication is best handled between the NVYLL Chair and the Youth Commissioner, rather than between Coaches and Club Commissioners and the Youth Commissioner.
- Coaches are encouraged to submit boys officials evaluation forms; these are on the NVYLL website, under the Forms tab.
- These forms are viewed by the Assignor and Youth Commissioner; issues raised may be discussed with officials, but the source of the information is not provided.

# All you really need to know...

- Nine NFHS/USA Lacrosse rule changes, one NVYLL rule modification, and one NVYLL exception for the 2024 season.
- We'll officiate every contest, even if it turns into a mixed team 7 v 7
- Consult the **2024 NVYLL Rules Quick Reference** for age and skill level rule differences (TBP on WALOA and NVYLL Website). **Keep a copy with you and discuss it with the Coaches prior to the start of the game.**

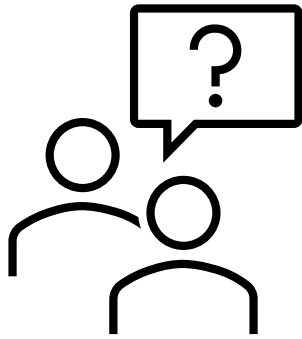
2022 NVYLL Rules Quick Reference						
	8U	10U		12U		14U
	Modified Field	Modified Field	Full Field	B/C	A	
Game Time	4x10-minute quarters			4x12-minute quarters		
Clock	running			running, start/stop during last 2 min and OT		
Tie-Breaker	none during regular season			1x4-min Sudden Death		
Time-outs	1 per half	2 per half				
Advancement	n/a					
Over and Back	n/a					
Pass attempt	2 anywhere (includes goalie)					
Fast Restart allowed?	No. (5-yd separation required)					
Long poles	none	none		up to 4		
Crosse Length	37"-42"			40"-42", 52"-72"		
Stalling				During game + last 2 min (lead of 4 goals or less)		
Slashing				Whether or not contact is made		
Checking				Limited Body Checks - 3 yards (No Takeout Checks)		
Targeting	"T" non-releasable penalty and ejection from the game. See definition below.					
Goalkeeper Penalty	Bench minor. Nominate a starting defender to serve any time-serving penalty on the GK.					
Time-serving penalty	Bench minor. Player serves penalty and team is man-down.					
Req'd Equipment				Goalkeeper NOT required to wear arm pads at any age		
Mercy Rule	7v7 (no score)	6 goals or more		12 goals or more		
Other	7v7 (2-2-2-GK)					
	1 coach on the field					
	no score posted					
	no playoffs					
	GK optional (no hector)					

UPDATE POSTED TO NVYLL AND WALOA WEBSITE ON MARCH 4th

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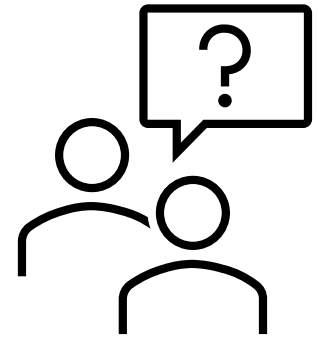
rev. 2022.0

# WALOA Points of Contact



**John Uberti, Commissioner for Youth  
Officiating Operations**  
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**(910) 797-5107**

**Tom Quigley, Youth Assigner**  
**[tom.quigley@waloa.org](mailto:tom.quigley@waloa.org)**  
**(703) 635-6175**



**WALOA**  
**Washington Area Lacrosse Officials Association**

# Are all you're players legally equipped by rule?



## BOYS' FIELD PLAYER EQUIPMENT

### Required Equipment

#### 1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

#### 2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse – 40-42"
- » Long Crosse – 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

#### 3. GLOVES

- » Hand must be fully inserted in glove

#### 4. SHOES

- » Athletic cleats or athletic shoes

#### 5. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

#### 6. ARM PADS

- » Elbow should be properly & completely covered

#### 7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022

#### 8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)

### Optional Equipment

#### 9. RIB PADS (NOT SHOWN)

- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing



## Goalie Specific

NOCSAE ND200

CHEST PROTECTOR

- Covers front torso, neckline to below navel
- Body straps must be secured to the front of pad
- adjust for a snug, comfortable fit

THROAT GUARD

- Separate from helmet & required for goalies
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard

**BACK**