ик (соасh) + Геаve	1 nim £	penalty	pead/neck/defenseless		Targeting
иВ (різуег) + Іеаче,		Ejection	+3 min NR for	-	Intentional
117		Неаd/Иеск	ejection		Среск
possible ejection	'NN 5-7	Checks to	less 2-3 NR,		Illegal Body
pəpuey-		- 4 - 4 - 4 - 4	die C C 1	,	
olayers' shoulders,			ieiu	E. Incide	
mitiated below				D. Riding	
R Downward		(4.16)		C. Boxin	(ST:4)
f stick below chest		essorD dfiw		B. Legal	
ke bottom hand or		Checking		legal .A	eldswollA
are pared another an	lisd	Checkine.	901011	10001 0	o jqoo jj v
3 yds of a loose					
w/ possession or			nalty box)	(incl. pe	
must be on a			ers in def. half		(∠^∠)
& səhsuq ,sblod JA		3-Yard Rule	ers in off. half		Offsides
0	331110	- Indiana	ck if after Clear		
only see 14U Rules	οτ Λ οτ	gnillet2	+ 10s Off. +		B nionsvbA
1 41177		5	¶\A ∋su		
snim-2 no XE = sla	Person	Fouling out	d w/3 or more		unuos
all; no "on-the-fly"		, -	(enilebis 1		
γ 1-3 min during			E, 1 Wing (foot		
am sub after goals		Substitution			Faceoffs (7v7)
20s Def. + 10s Off.		Counts			Timeouts
len victory, switch			op-time, 5' Half		тепять
		Equipment	,, ,,,,	. ,	Equipment
n	566 I4	Gosikeeper		See 140	Field Player
		•			(7v7 or 10v10)
	,9 x ,9	Soal size	K, 2D, 2A, 2M		Players
" (ek)	740,,-72				
(Tv7 xsm E) (41) "		rengths	DI STONTO – Full field		
	75-"0p	Crosse	7v7 – cross-field		Field Size
(0100)	APr	DADNA	K REFER		/ -
(NSI STOR BOAS) AONTH GAME					
USLACTOSSE 10U BOYS' YOUTH GAME					
QUICK REFERENCE CARD (2019)					
	0-70 yd			7) 37"-42	
	35-45 y			K) 37"-54	
	ss-Field				
ICIO	/33-1-ICI(^1	(Li	747 -54	" (3 max)

8U BOYS' YOUTH GAME acrosse° QUICK REFERENCE CARD (2019)

I min NR (coach) + leave

3 min NR (player) + leave,

2-3 MR, possible ejection

y hands on stick (See 3-

within 3 yds of a loose player w/ possession or

sleog 4-1 beads meat = ni

Final 2m: Get it in, Keep it

Personals = 3X or 5-mins

<u> CK 4 + 202 Def. + 102 Off.</u>

ժ, ջոզզես ուբեսն՝ ջալքբր

shoes/cleats, protective

chest protector designed

guard, throat protector,

NOCSAE Helmet, mouth

tor lacrosse, gloves,

40,,-72" (GK) 25"-72" (LP) (4 max)

40"-42" (FP)

cyecks wnst pe ou s

3-Yard Rule All LEGAL holds, pushes &

Same as NFHS

yard rule)

Targeting

Среска

(d.15)

Intentional

IIIegal Body

Body Contact

Allowable

(OTAOT)

Offsides

acrum

Faceoffs

Timeouts րաներ

Equipment

Field Player (OTAOT)

Players

Field Size

1 min NR (coach) + leave

Advancing

pead/neck/defenseless/penalty

Ejection +3 min NR tor

waist (See 3-yard rule)

Below neck and Above

possible ejection

z pands on stick

(incl. penalty box)

> 7 players in det. halt

> 6 players in off. half

20s Def. + 10s Off. +

Same as NFHS

dno

Over/Back if after Clear

2 per H, 1 OT (each tm.

shoes/cleats, protective

guard, shoulder pads,

arm pads, gloves,

Same as NFHS

4x10' stop-time, 5' Half Overtime

NOCSAE Helmet, mouth Goalkeeper

Detenseless 2-3 NR,

Ejection

неад/Иеск

with Crosse

Checking

Builleta

Counts

Fouling out

Substitution

Eduipment

eogi size

Length

Crosse

GNICK REFERENCE CARD (2019) 14U BOYS' YOUTH GAME

среска то

(91.4)



head/neck/defenseless penalty

Lift/poke bottom hand or	Checking	A. Legal Holds	əldswollA
lled			
esool s lo sby & nithiw			
player w/ possession or		(incl. penalty box)	
checks must be on a		> 5 players in def. half	(/ ^/)
& sehrug, pushes &	3-Yard Rule	> 4 players in off. half	sabishO
		Over/Back if after Clear	
10 v 10 only see 14U Rules	gnillet2	20s Def. + 10s Off. +	BnionsvbA
		9\A 92u ,c19y6lq	
Personals = 3X or 5-mins	Fouling out	Extended w/3 or more	ดนาวร
"ylf-edf-no" on ;llsd-bseb		on either sideline)	
or every 1-3 min during		each GLE, 1 Wing (foot	
Full team sub after goals	Substitution	1 FO, 1 GK, 2 behind	Faceoffs (7v7)
GK 4 + 20s Def. + 10s Off.	Counts	2 per H, 1 OT (each tm.)	Timeouts
4' sudden victory, switch	Overtime	4x10' stop-time, 5' Half	Length
	Equipment		Equipment
See 14U	Goalkeeper	See 14U	Field Player
		TO^TO: NEHS	(7v7 or 10v10
,9 x 9,	Soal size	7v7: 1 GK, 2D, 2A, 2M	Players
40"-15" (CK)			
(Tv7 xsm E) (4J) "2T-"22	Lengths	TOV10 – full field	
40"-42" (FP)	Crosse	N√7 – cross-field	Field Size
(2019) (AA	FACEC	JOICK BEFER) ^
			ASSOUDE ISU
H GAME	HTHOX	12U BOYS	
101	I BOYS	YOUTH GAME	•
טטבווטו טטטט			
₹ QUICK	KEFER	ENCE CARD (2	(19)

Goal size

Equipment

Substitution

Fouling out

3-Yard Rule

Checking

Checks to

Head/Neck

Ejection

(4.16)

with Crosse

Stalling

Overtime

Counts

6' x 6'

None

Not used

4-sec GK only; no advance

Full team sub after goals

or every 1-3 min during

dead-ball; no "on-the-fly'

Personals = 3X or 5-mins

All LEGAL holds, pushes &

player w/ possession or

Lift/poke bottom hand or

head of stick below chest

BOTH players' shoulders,

2-3 NR, possible ejection

3 min NR (player) + leave,

1 min NR (coach) + leave

Targeting

area. OR Downward

No one-handed

check initiated below

within 3 yds of a loose

checks must be on a

Goalkeeper See 14U

Players

Length

Timeouts

Faceoffs

Scrum

Advancing

Allowable

Illegal Body

Intentional

Targeting

Checks

(4.15)

Offsides

(6v6 or 7v7)

Field Player

Equipment

1 GK, 5 or 6 field

4x10' Running, 5' Half

None. Officials only

1 FO. 1 GK. 2 behind

each GLE. 7v7 adds 1

Wing (foot on either SL

Extended w/3 or more

players, use A/P

7v7 – yes, >4 on

offense. or >5 on

(incl. penalty box)

Defenseless 2-3 NR,

Ejection + 3 min NR for

head/neck/defenseless penalty

possible ejection

A. Legal Holds

C. Boxing out

E. Incidental

D. Riding

Not used

defense

Body Contact B. Legal Pushes

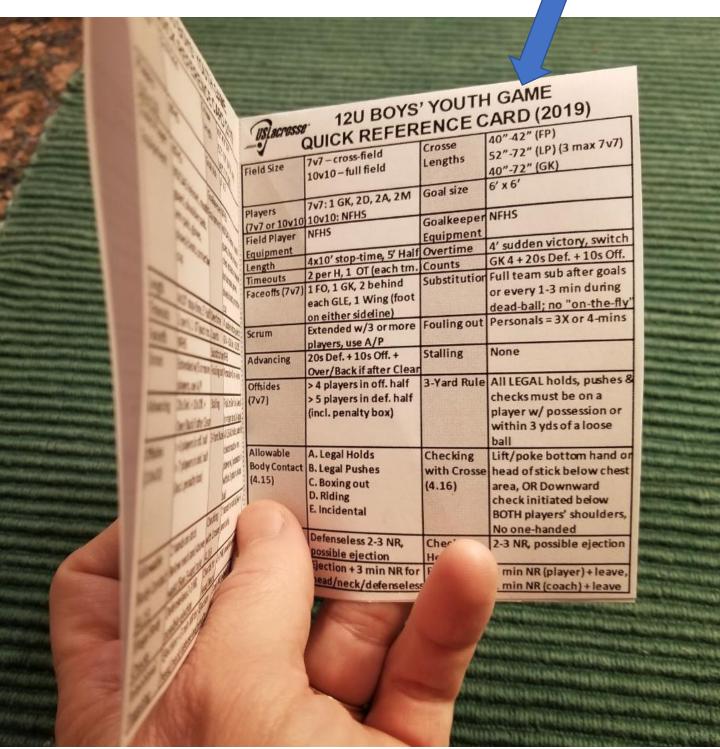
6v6 - none

See 14U

Instructions for creating the Quick Reference Card for boys youth lacrosse:

- 1. Open PowerPoint.
- 2. Open the file containing the QRC.
- 3. Print slide 1 of the file onto standard-sized 8.5x11' paper.
- 4. Fold the page along the short dotted line to create two halves of the paper.
- 5. Fold the page again along the other dotted line to create a book.
- 6. Trim the excess paper on the sides and bottom of the book (leave the top edge untrimmed or the QRC will fall apart), which will produce a card that is approximately 3.75" wide and 4.75" tall.
- 7. You are done.
- 8. Note: You might want to laminate the card, if you want to protect it from rain or sweat. The QRC fits nicely into a front shirt pocket or the back pocket of pants/shorts.

QRC folds twice for a nice frontand-back book-style design



QRC (at 4.75" tall) is shorter than an NCAA scorecard

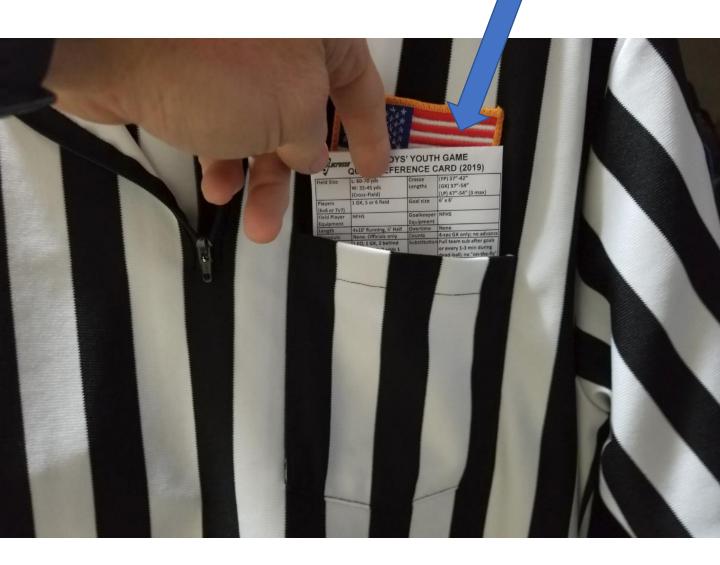




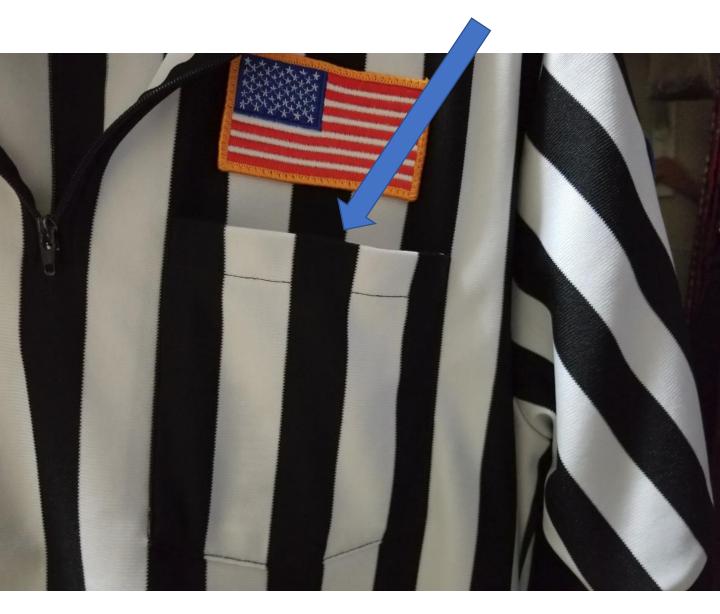
QRC (at 3.75" wide) is narrower than an NCAA scorecard



QRC fits easily inside a lacrosse official's shirt pocket



QRC fits completely inside and is hidden from view



14U BOYS' YOUTH GAME

SLACTOSSE 140 BOTS TOOTH GAINE				
QUICK REFERENCE CARD (2019)				
Field Size	Full field	Crosse	40"-42" (FP)	
		Length	52"-72" (LP) (4 max)	
			40"-72" (GK)	
Players (10v10)	NFHS	Goal size	6' x 6'	
Field Player	NFHS:	Goalkeeper	NFHS:	
Equipment	NOCSAE Helmet, mouth	Equipment	NOCSAE Helmet, mouth	
	guard, shoulder pads,		guard, throat protector,	
	arm pads, gloves,		chest protector designed	
	shoes/cleats, protective		for lacrosse, gloves,	
	cup		shoes/cleats, protective	
			cup	
Length	4x10' stop-time, 5' Half	Overtime	4' sudden victory, switch	
Timeouts	2 per H, 1 OT (each tm.)	Counts	GK 4 + 20s Def. + 10s Off.	
Faceoffs	NFHS	Substitution	NFHS	
Scrum	Extended w/3 or more	Fouling out	Personals = 3X or 4-mins	
	players, use A/P			
Advancing	20s Def. + 10s Off. +	Stalling	Final 2m: Get it in, Keep it	
	Over/Back if after Clear		in = team ahead 1-4 goals	
Offsides	> 6 players in off. half	3-Yard Rule	All LEGAL holds, pushes &	
(10v10)	> 7 players in def. half		checks must be on a	
	(incl. penalty box)		player w/ possession or	
			within 3 yds of a loose	
			ball	
Allowable	2 hands on stick	Checking	2 hands on stick (See 3-	
Body Contact	Below neck and Above	with Crosse	yard rule)	
(4.15)		(4.16)		
Illegal Body	Defenseless 2-3 NR,	Checks to	2-3 NR, possible ejection	
Checks	possible ejection	Head/Neck		
Intentional	Ejection + 3 min NR for	,	3 min NR (player) + leave,	
Targeting	head/neck/defenseless	nenalty	1 min NR (coach) + leave	

12U BOYS' YOUTH GAME

QUICK REFERENCE CARD (2019)			
Field Size	7v7 – cross-field	Crosse	40"-42" (FP)
	10v10 – full field	Lengths	52"-72" (LP) (3 max 7v7)
			40"-72" (GK)
Players	7v7: 1 GK, 2D, 2A, 2M	Goal size	6' x 6'
(7v7 or 10v10	10v10: NFHS		
Field Player	NFHS	Goalkeeper	NFHS
Equipment		Equipment	
Length	4x10' stop-time, 5' Half	Overtime	4' sudden victory, switch
Timeouts	2 per H, 1 OT (each tm.)	Counts	GK 4 + 20s Def. + 10s Off.
Faceoffs (7v7)	1 FO, 1 GK, 2 behind	Substitution	Full team sub after goals
	each GLE, 1 Wing (foot		or every 1-3 min during
	on either sideline)		dead-ball; no "on-the-fly"
Scrum	Extended w/3 or more	Fouling out	Personals = 3X or 4-mins
	players, use A/P		
Advancing	20s Def. + 10s Off. +	Stalling	None
	Over/Back if after Clear		
Offsides	> 4 players in off. half	3-Yard Rule	All LEGAL holds, pushes &
(7v7)	> 5 players in def. half		checks must be on a
	(incl. penalty box)		player w/ possession or
			within 3 yds of a loose
			ball
Allowable	A. Legal Holds	Checking	Lift/poke bottom hand or
Body Contact	B. Legal Pushes	with Crosse	head of stick below chest
(4.15)	C. Boxing out	(4.16)	area, OR Downward
	D. Riding		check initiated below
	E. Incidental		BOTH players' shoulders,
			No one-handed
Illegal Body	Defenseless 2-3 NR,	Checks to	2-3 NR, possible ejection
Checks	possible ejection	Head/Neck	
Intentional	Ejection + 3 min NR for	Ejection	3 min NR (player) + leave,
Targeting	head/neck/defenseless	penalty	1 min NR (coach) + leave

10U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019) |L: 60-70 yds | Crosse | (FP) 37"-42"

	W: 35-45 yds	Lengths	(GK) 37"-54"
	(Cross-Field)		(LP) 47"-54" (3 max)
Players	1 GK, 5 or 6 field	Goal size	6' x 6'
(6v6 or 7v7)			
Field Player	NFHS	Goalkeeper	NFHS
Equipment		Equipment	
Length	4x10' Running, 5' Half	Overtime	None
Timeouts	None. Officials only	Counts	4-sec GK only; no advanc
Faceoffs	1 FO, 1 GK, 2 behind	Substitution	Full team sub after goals
	each GLE, 7v7 adds 1		or every 1-3 min during
	Wing (foot on either SL)		dead-ball; no "on-the-fly
Scrum	Extended w/3 or more	Fouling out	Personals = 3X or 4-mins
	players, use A/P		
Advancing	Not used	Stalling	Not used
Offsides	6v6 – none	3-Yard Rule	All LEGAL holds, pushes
	7v7 – yes, >4 on		checks must be on a
	offense, or >5 on		player w/ possession or
	defense		within 3 yds of a loose
	(incl. penalty box)		ball
Allowable	A. Legal Holds	Checking	Lift/poke bottom hand o
Body Contact	B. Legal Pushes	with Crosse	head of stick below ches
(4.15)	C. Boxing out	(4.16)	area, OR Downward
	D. Riding		check initiated below
	E. Incidental		BOTH players' shoulders
			No one-handed
Illegal Body	Defenseless 2-3 NR,	Checks to	2-3 NR, possible ejection
Checks	possible ejection	Head/Neck	
Intentional	Ejection +3 min NR for	Ejection	3 min NR (player) + leave
Targeting	head/neck/defenseless	penalty	1 min NR (coach) + leave

QUICK REFERENCE CARD (2019)

Field Size	L: 60-70 yds	Crosse	(FP) 37"-42"
	W: 35-45 yds	Length	(GK) 37"-54"
	(Cross-Field)		(LP) None
Players	1 GK, 3 field	Goal size	3' x 3' (preferred)
(4v4)			6' x 6" (allowable)
Field Player	NFHS	Goalkeeper	NFHS
Equipment		Equipment	
Length	2x12' Running, 4' Half	Overtime	None
Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Faceoffs	No FO; Coin flip winner	Substitution	Full team sub after goals
	Center-X. Others on		or every 1-3 min during
	own def half >5 yds		dead-ball; no "on-the-fly"
	from each other. Other		
	team ball start 2nd H.		
Scrum	Extended w/3 or more	Fouling out	Personals = 3X or 4-mins
	players, use A/P		
Advancing	Not used	Stalling	Not used
Offsides	None	3-Yard Rule	All LEGAL holds, pushes &
			checks on a player w/
			possession or within 3 yds
			of a loose ball
Allowable	A. Legal Holds	Checking	Lift/poke bottom hand or
Body Contact	<u> </u>		head of stick below chest
(4.15)	C. Boxing out	(4.16)	area, OR Downward
	D. Riding		check initiated below
	E. Incidental		BOTH players' shoulders,
			No one-handed
Illegal Body	Defenseless 2-3 NR,	Checks to	2-3 NR, possible ejection
Checks	possible ejection	Head/Neck	
Intentional Targeting	possible ejection Ejection + 3 min NR for head/neck/defenseless	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave