

Field Size	Full field	Crosse Length	40"-42" (FP) 52"-72" (LP) (4 max)	Goal size	6' x 6'	Field Player Equipment	NOCSE Helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup
Players (10v10)	Same as NFHS	Goal size	6' x 6'	Goalkeeper Equipment	See 14U	Field Player Equipment	NOCSE Helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup
Length	4x10' stop-time, 5' Half	Overtime	4' sudden victory, switch	Timeouts	2 per H, 1 OT (each tm)	Faceoffs (7v7)	1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline)
Timeouts	2 per H, 1 OT (each tm)	Counts	GK 4 + 20s Def, + 10s Off.	Scrum	Extended w/3 or more players, use A/P	Advancing	20s Def. + 10s Off. + Over/Back if after Clear
Faceoffs	Same as NFHS	Substitution	Same as NFHS	Offsides	> 4 players in off. half (incl. penalty box)	Illegal Body Checks	Defenseless 2-3 NR, possible ejection
Scrum	N/A	Fouling out	Personals = 3X or 5-mins	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Advancing	20s Def. + 10s Off. + Over/Back if after Clear	Stalling	Final 2m: Get it in, Keep it in = team ahead 1-4 goals	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Offsides	> 7 players in def. half (incl. penalty box)	Allowable Body Contact (4.15)	2 hands on stick (See 3- yard rule)	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Body Contact (4.15)	Below neck and Above waist (See 3-yard rule)	Illegal Body Checks	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Body Contact (4.15)	Below neck and Above waist (See 3-yard rule)	Illegal Body Checks	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Allowable Body Contact (4.15)	2 hands on stick	Illegal Body Checks	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty

## 14U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)



Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Length	(FP) 37"-42" (GK) 37"-54" (LP) None	Goal size	3' x 3' (preferred) 6' x 6" (allowable)	Field Player Equipment	See 14U
Players (4v4)	1 GK, 3 field	Goal size	3' x 3' (preferred) 6' x 6" (allowable)	Goalkeeper Equipment	See 14U	Field Player Equipment	See 14U
Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	2x12' Running, 4' Half	Overtime	None
Length	2x12' Running, 4' Half	Overtime	None	Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Timeouts	None. Officials only	Counts	4-sec GK only; no advance	Faceoffs	No FO; Coin flip winner	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Faceoffs	No FO; Coin flip winner	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"	Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins	Advancing	Not used	Stalling	Not used
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
Offsides	None	3-Yard Rule	All LEGAL holds, pushes & checks on a player w/ possession or within 3 yds of a loose ball	Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave

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



Field Size	7v7 – cross-field 10v10 – full field	Crosse Lengths	40"-42" (FP) 52"-72" (LP) (3 max 7v7) 40"-72" (GK)	Goal size	6' x 6'	Field Player Equipment	See 14U
Players (7v7 or 10v10)	7v7: 1 GK, 2D, 2A, 2M 10v10: NFHS	Goal size	6' x 6'	Goalkeeper Equipment	See 14U	Field Player Equipment	See 14U
Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	4x10' stop-time, 5' Half	Overtime	4' sudden victory, switch
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.
Timeouts	2 per H, 1 OT (each tm)	Counts	GK 4 + 20s Def, + 10s Off.	Faceoffs (7v7)	1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Faceoffs (7v7)	1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"	Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins	Advancing	20s Def. + 10s Off. + Over/Back if after Clear	Offsides	> 4 players in off. half (incl. penalty box)
Advancing	20s Def. + 10s Off. + Over/Back if after Clear	Offsides	> 4 players in off. half (incl. penalty box)	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty

## 12U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)



Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Lengths	(FP) 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)	Goal size	6' x 6'	Field Player Equipment	See 14U
Players (6v6 or 7v7)	1 GK, 5 or 6 field	Goal size	6' x 6'	Goalkeeper Equipment	See 14U	Field Player Equipment	See 14U
Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	4x10' Running, 5' Half	Overtime	None
Length	4x10' Running, 5' Half	Overtime	None	Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Timeouts	None. Officials only	Counts	4-sec GK only; no advance	Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"	Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 5-mins	Advancing	Not used	Stalling	Not used
Advancing	Not used	Stalling	Not used	Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (incl. penalty box)	3-Yard Rule	All LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (incl. penalty box)	3-Yard Rule	All LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball	Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless penalty	Ejection	3 min NR (player) + leave, 1 min NR (coach) + leave

## 10U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)



# 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.

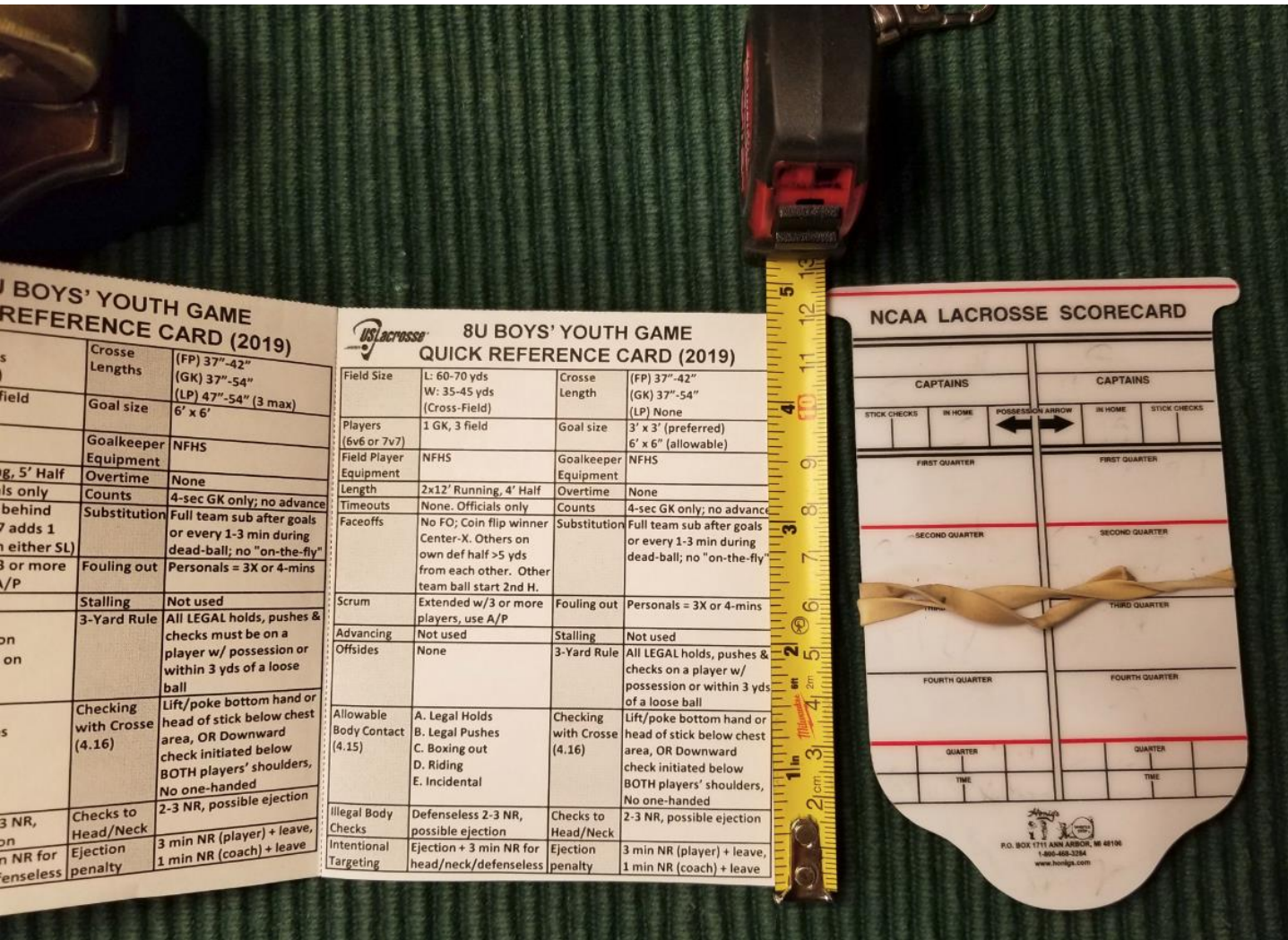
QRC folds twice for a nice front-and-back book-style design



**US Lacrosse** 12U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)

Field Size	7v7 – cross-field 10v10 – full field	Crosse Lengths	40"–42" (FP) 52"–72" (LP) (3 max 7v7) 40"–72" (GK)
Players (7v7 or 10v10)	7v7: 1 GK, 2D, 2A, 2M 10v10: NFHS	Goal size	6' x 6'
Field Player Equipment	NFHS	Goalkeeper Equipment	NFHS
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 each GLE, 1 Wing (foot on either sideline)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 4-mins
Advancing	20s Def. + 10s Off. + Over/Back if after Clear	Stalling	None
Offsides (7v7)	> 4 players in off. half > 5 players in def. half (incl. penalty box)	3-Yard Rule	All LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
	Defenseless 2-3 NR, possible ejection Ejection + 3 min NR for head/neck/defenseless	Checking Head (4.17)	2-3 NR, possible ejection 1 min NR (player) + leave, 3 min NR (coach) + leave

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



**BOYS' YOUTH GAME REFERENCE CARD (2019)**

Crosse Lengths	(FP) 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)
Goal size	6' x 6'
Goalkeeper Equipment	NFHS
Overtime	None
Counts	4-sec GK only; no advance
Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Fouling out	Personals = 3X or 4-mins
Stalling	Not used
3-Yard Rule	All LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Checks to Head/Neck	2-3 NR, possible ejection
Ejection penalty	3 min NR (player) + leave, 1 min NR (coach) + leave

**US Lacrosse 8U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)**

Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Length	(FP) 37"-42" (GK) 37"-54" (LP) None
Players (5v6 or 7v7)	1 GK, 3 field	Goal size	3' x 3' (preferred) 6' x 6" (allowable)
Field Player Equipment	NFHS	Goalkeeper Equipment	NFHS
Length	2x12' Running, 4' Half	Overtime	None
Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Faceoffs	No FO; Coin flip winner Center-X. Others on own def half >5 yds from each other. Other team ball start 2nd H.	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 4-mins
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 Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless	Ejection penalty	3 min NR (player) + leave, 1 min NR (coach) + leave

**NCAA LACROSSE SCORECARD**

CAPTAINS		CAPTAINS	
STICK CHECKS	IN HOME	POSSESSION ARROW	IN HOME
FIRST QUARTER		FIRST QUARTER	
SECOND QUARTER		SECOND QUARTER	
THIRD QUARTER		THIRD QUARTER	
FOURTH QUARTER		FOURTH QUARTER	
QUARTER	TIME	QUARTER	TIME

P.O. BOX 1711 ANN ARBOR, MI 48106  
1-800-468-3284  
www.horlgs.com

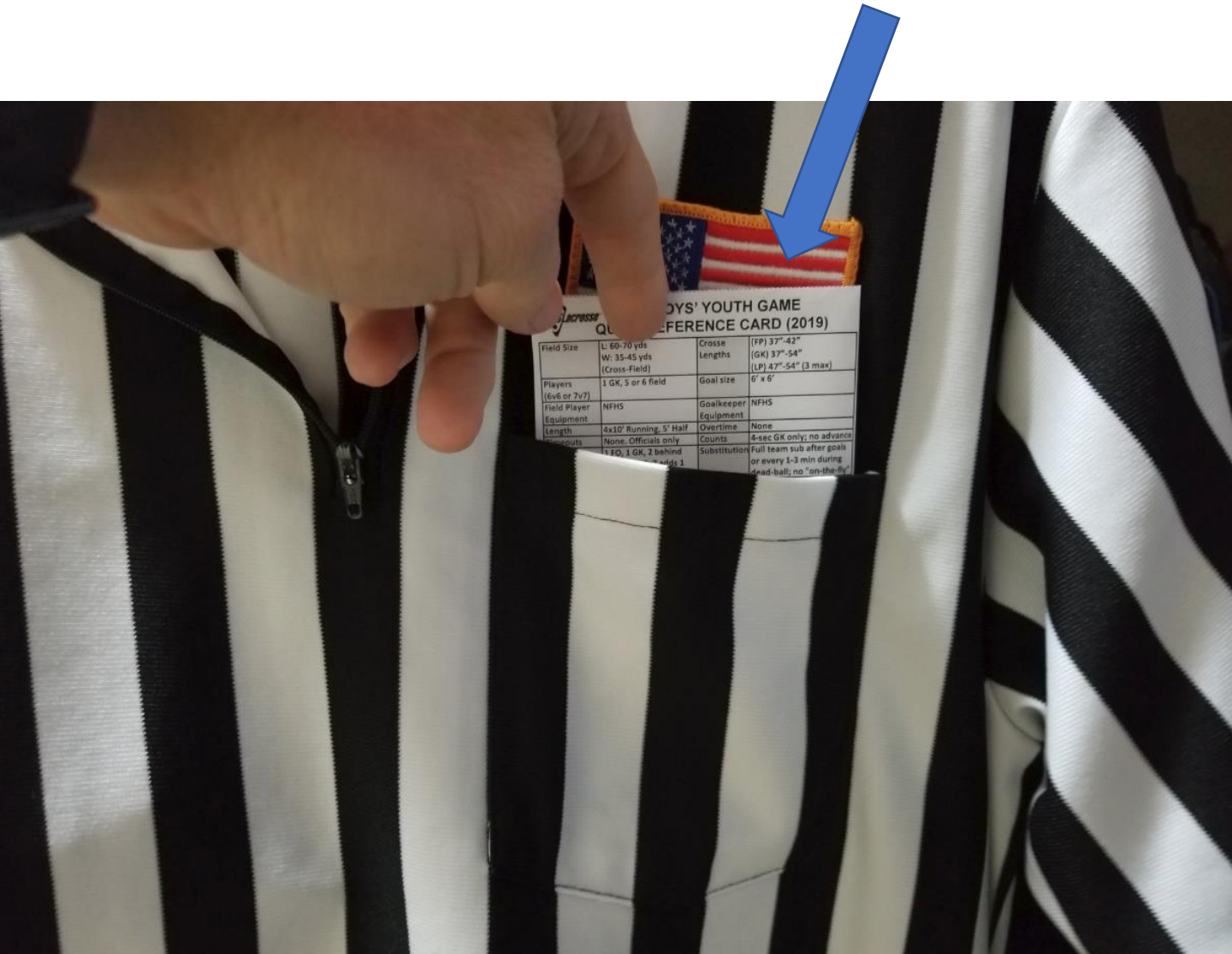
QRC (at 3.75" wide) is narrower than an NCAA scorecard



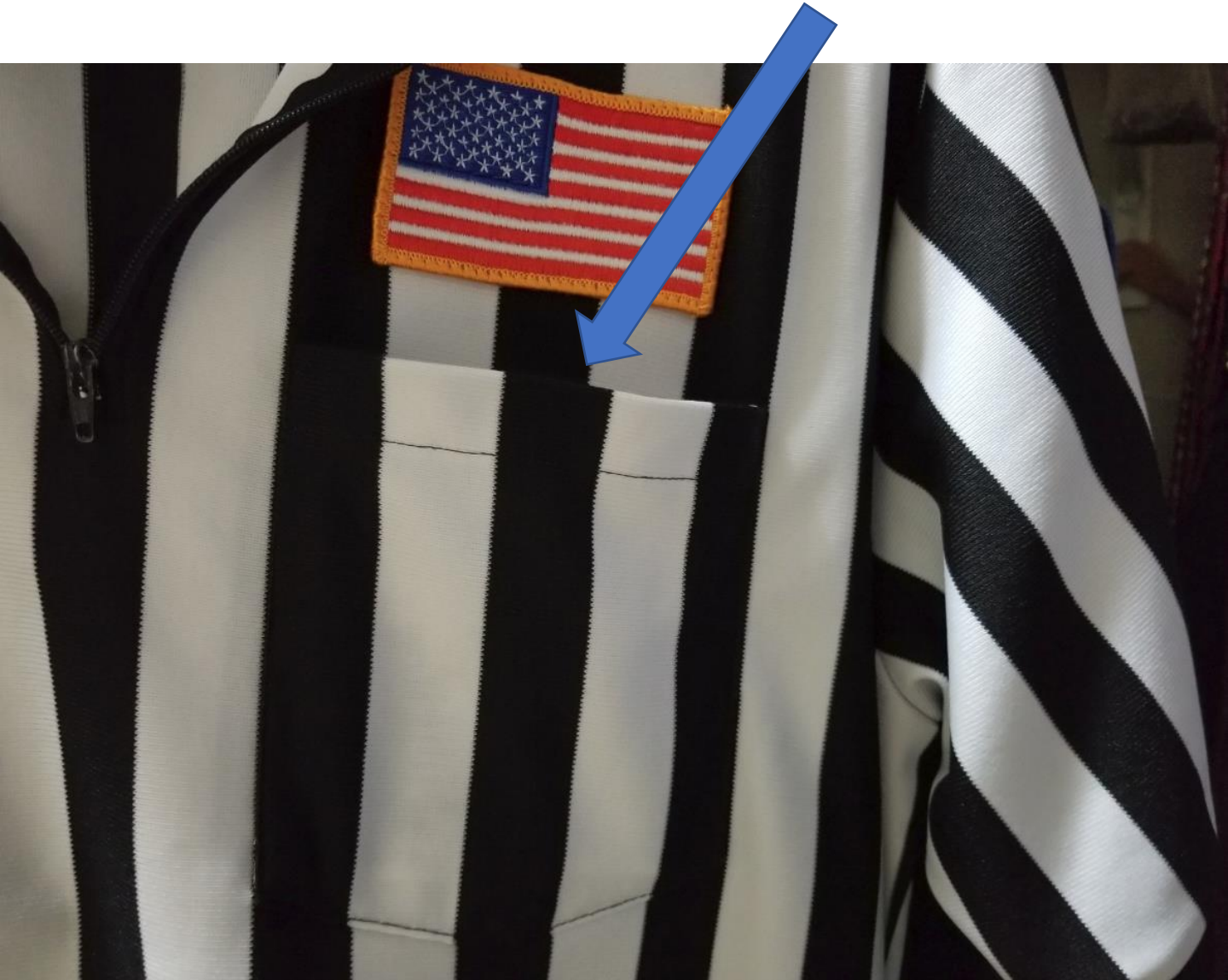
**NCAA LACROSSE SCORECARD**

CAPTAINS			CAPTAINS			
Field S	STICK CHECKS	IN HOME	← POSSESSION ARROW →	IN HOME	STICK CHECKS	
Player (6v6)	FIRST QUARTER			FIRST QUARTER		
Field F	SECOND QUARTER			SECOND QUARTER		
Equip	THIRD QUARTER			THIRD QUARTER		
Length	FOURTH QUARTER			FOURTH QUARTER		
Time	QUARTER		QUARTER			
Faceo	TIME		TIME			
Scrum	P.O. BOX 1711 ANN ARBOR, MI 48106			possible ejection		
Advan	1-800-468-3264			min NR (player) + leave,		
Offsid	www.honigs.com			min NR (coach) + leave		
Allowa	Illegal Body Checks			Ejection +		
Body C (4.15)	Defensive possible			head/neck/d		
	Intentional Targeting					

# QRC fits easily inside a lacrosse official's shirt pocket



**QRC fits completely inside  
and is hidden from view**





## 14U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)

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



## 12U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)

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



## 10U BOYS' YOUTH GAME QUICK REFERENCE CARD (2019)

Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Lengths	(FP) 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)
Players (6v6 or 7v7)	1 GK, 5 or 6 field	Goal size	6' x 6'
Field Player Equipment	NFHS	Goalkeeper Equipment	NFHS
Length	4x10' Running, 5' Half	Overtime	None
Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 4-mins
Advancing	Not used	Stalling	Not used
Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (incl. penalty box)	3-Yard Rule	All LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless	Ejection penalty	3 min NR (player) + leave, 1 min NR (coach) + leave



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

Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Length	(FP) 37"-42" (GK) 37"-54" (LP) None
Players (4v4)	1 GK, 3 field	Goal size	3' x 3' (preferred) 6' x 6" (allowable)
Field Player Equipment	NFHS	Goalkeeper Equipment	NFHS
Length	2x12' Running, 4' Half	Overtime	None
Timeouts	None. Officials only	Counts	4-sec GK only; no advance
Faceoffs	No FO; Coin flip winner Center-X. Others on own def half >5 yds from each other. Other team ball start 2nd H.	Substitution	Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
Scrum	Extended w/3 or more players, use A/P	Fouling out	Personals = 3X or 4-mins
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 Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Checking with Crosse (4.16)	Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed
Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Checks to Head/Neck	2-3 NR, possible ejection
Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless	Ejection penalty	3 min NR (player) + leave, 1 min NR (coach) + leave