

2025 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

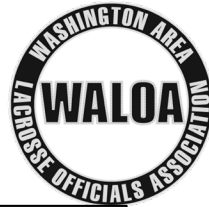
Bill Harvey Sportsmanship Award



2024 recipient is....

Fort Hunt Youth Lacrosse

How do we know what the rules are?

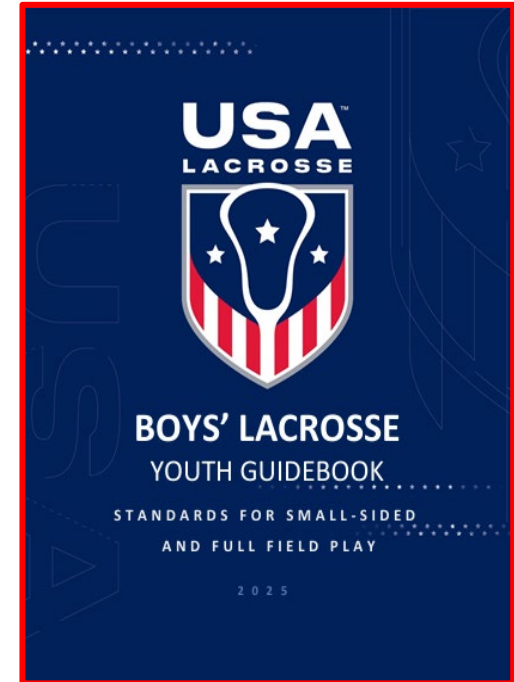
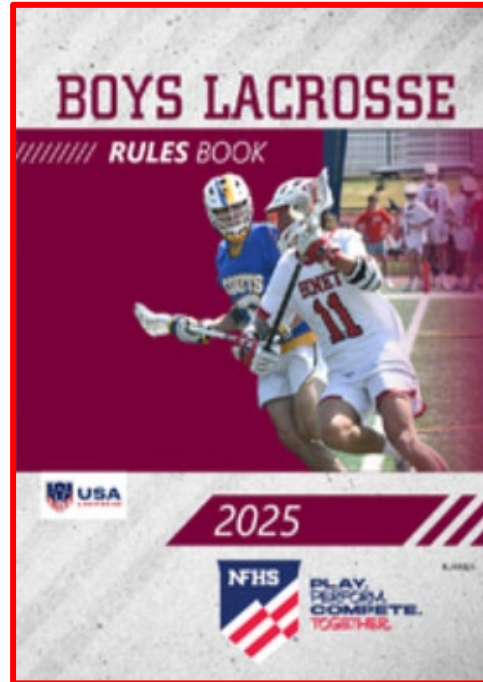


- The league tells us.
- NVYLL League Operational Rules and Regulations (Spring 2025):



NVYLL League Operational Rules & Regulations

- *“The National Federation of High School Associations (NFHS) Boys Lacrosse Rules book and US Lacrosse 2024 14U youth rules shall govern NVYLL 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 NVYLL Rules.”*



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



2025 NFHS Rule Changes



Clarifications for 2025

- 1-9-1a Proper Chinstrap Placement
- 2-1-1 Goalkeeper Equipment Issues
- 4-3-1 Possession After Faceoff Fouls
- 4-16 Checking with the Crosse
- 4-22-4 Restarts Near the Table Area
- 4-24-7 Suspending Play for Lost equipment in a scrimmage area
- 5-4-2 Indirect/Unintentional Contact
- 7-8-3 Slow Whistle Situations Involving a Shot or Pass
- 7-13-3 Clarification on Inadvertent Whistles Situations During Faceoffs



2024 NFHS Rule Change – 2025 Reminder



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**



Recent 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 voted to enforce NFHS Rule 7-8** for Flag Down Slow Whistle situation. “In case of a Flag Down Slow Whistle situation, officials will employ the Slow Whistle Technique as outlined in NFHS Rule 7-8.”
- 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 permits 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.



2025 USAL Youth Points of Emphasis



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 ON 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...

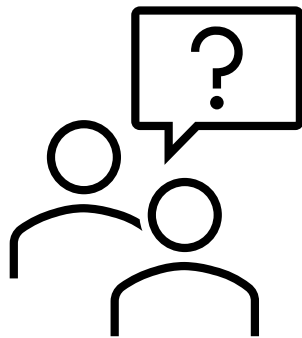
- Nine NFHS/USA Lacrosse rule clarification and one NVYLL rule modification for the 2025 season.
- We'll officiate every contest, even if it turns into a mixed team 7 v 7
- Consult the **2025 NVYLL Rules Quick Reference** for age and skill level rule differences (TBP on WALOA and NVYLL Website). **Keep 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 0:30		
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"		None	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	Be... nominate a starting defender to serve any time-serving penalty on the GK.					
Time-serving penalty	...w...			Player serves penalty and team is man-down.		
Req'd Equipment				Goalkeeper NOT required to wear arm pads at any age		
Mercy Rule	7a (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)					

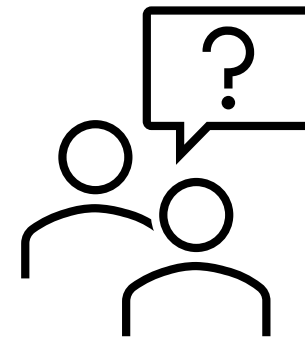
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WALOA Points of Contact



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WALOA

Washington Area Lacrosse Officials Association

Are all your 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](#)