



# WLUA

WASHINGTON LACROSSE UMPIRE  
ASSOCIATION



YOUTH 2025 RULES INTERPRETATION  
MEETING



# Safety

Enforce the rules

# Fun

Enjoy yourself, help others enjoy the game

# Fairness

Be consistent, allow the outcome to be determined  
by the players, respect all and expect respect

# USAL Online Resources



# Player Safety

- Legal use of the stick is essential to minimization risk to players
- We must work as a team to ensure that the game is played in a safe manner.
- Positioning, ability to keep up with play, and knowledge of the rules give us the tools we need to keep the players safe.
  
- Legal defensive positioning – 10 and 2!





## **2025 Points of Emphasis**

**Delay of game**

**Safe play in the 8m**

**Offensive fouls in the CSA**



## **2025 Points of Emphasis**

### **Delay of Game**

**The following are common examples of delay-of-game violations that should be penalized with a green card:**

- **Defenders failing to promptly move 4m away from a free position**
- **Offenders continuing to run down the field after committing a foul in the midfield rather than taking action to move 4m away or behind the ball carrier**
- **Players failing to promptly clear the penalty zone**
- **Teams failing to promptly return to the field after the time-out or time between quarters has expired**



## **2025 Points of Emphasis**

### **Managing Safe Play in the 8-meter Arc:**

**Officials must work together to manage safe play in the 8m. Coaches must teach players to respect and abide by all playing rules that minimize risk in the 8m due to the proximity of players in this area. Teaching and practicing safe play will decrease the risk of injury and help maintain the pace of play that upholds the integrity of the game.**

- Any use of the stick in an unsafe manner near the head/neck area**
- Illegal contact by the defense in a dangerous or uncontrolled manner during or after a shot on goal**
- Use of the stick in a horizontal position that makes contact with an opponent's body**
- Any check that contacts another player's crosse, body or hand(s) that is rough, dangerous or intimidating**



## **2025 Points of Emphasis**

### **Offensive Fouls inside the Critical Scoring Area:**

- **Focus on offensive fouls that are not consistently being called by officials such as**
  - **Attack players pushing, displacing, backing into defenders**
  - **Forcing through, illegal cradling, charging during or after a shot**
  - **Dangerous propelling when a defender is in shooting space**
  - **Offensive holding, illegal picks, dangerous follow-through**



# NVYLL Specific Rules



## Checking

- Full – 7/8 A and B
- Modified – 7/8 C and 5/6 A,B,C
- NO CHECKING –3/4 and GK2

## Time

- Stop clock fouls in CSA on last 1 min of each quarter unless 10 goal differential. STOP CLOCK AFTER GOALS LAST 1:00 4th Quarter
- 7/8 and 5/6 – 12 min quarters running clock
- 3/4 and GK2 – 10 min quarters running clock
- All timeouts exactly like HS rules
- 3/4 NO OVERTIME REGULAR SEASON!

# NVYLL Specific Rules



## Scoring

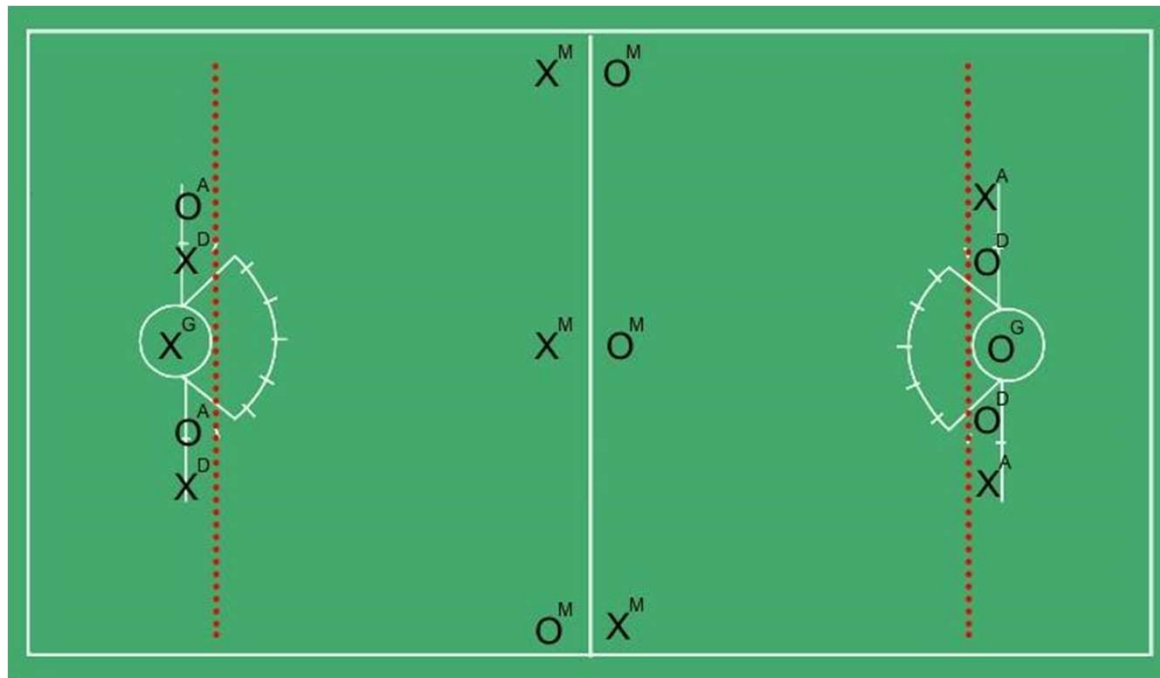
- Substantial advantage –3/4, 5/6, 7/8 C/B
  - Behind **5 goals** or more – get ball at center of field instead of draw regardless of who just scored the goal
  - Must pass before an attempted shot on goal ALL AGES
  - NO Substantial Advantage for 7/8 A!
- No score for GK2. **Draw only to start each quarter. After goal, ball starts at center with opposing team.**
- 3/4, 5/6, 7/8: Draw at start of each quarter regardless of score
- Quarter breaks 2 min, half time 5 min. **KEEP TRACK!**
- Shinguards required for ALL YOUTH GOALIES
- Eyeblick allowed as long as it is not offensive or vulgar

## NVYLL Specific Rules



- **NO DEPUTY** for GK2, 3/4, 5/6, 7/8 C
- **Deputy ALLOWED** for 7/8 A and B
- 3-seconds good defense at all modified or non-check levels
- GK2 may play without a goalie – turn goalie around/upside down
- 3/4 , 5/6 & 7/8 MUST have a goalie (cannot turn goal instead)
- No pass required in 7/8 A
- GK2 and 3/4 NEVER play down (even with card)
- One coach allowed on field for GK2, no offsides
- No false start penalty for illegal self-start for GK2 & 3/4
- **Same follow through rules as HS!!! (on a shot that originates outside GC, shooter and defender)**

# 3/4 & GK2 Modified Field Draw Set Up –



# Rule Review



## One pass rule

- At each new draw, at least one pass must be attempted into offensive end
- All levels except 7/8A (7/8 B and down)
- Offensive end is past midfield
- Failure results in major foul
- Goalie clear does not count towards one pass
- Official does not advise player "to shoot"
- Resets only if the ball crosses the midfield line

## **Mandatory Cards (5)**



### **Check to the head**

(RED CARD IS NOT MANDATORY, but seriously consider one if the foul is excessively dangerous, flagrant or dangerous intention is clear)

### **Dangerous Contact**

### **Slashing**

### **Dangerous Follow Through**

(shooting and passing)

### **Dangerous Propelling**

(shooting, passing, flicking)

# Consistency counts



## Major youth fouls

- 3 seconds good defense
- Push/cross check
- In the sphere
- “self start” vs “whistle start”



This is the sphere on a HIGH SCHOOL player! Be mindful- it is 7" around the head in all directions!





# Modified Pocket: GK2-3/4



"The ball must remain visible above the bottom rail of the sidewall. If the crosse head is a solid-body construction, no more than two-thirds (2/3) of the ball may be visible below the bottom of the sidewall."

All other existing requirements pertaining to the head of the cross (e.g., the ball being able to move freely, ball being able to roll out of the front and back of the cross, holes & gaps, proper stringing, etc.) still apply.



# Dangerous/Illegal Contact



- Dangerous contact (**MUST BE** CARDED): any action that thrusts or shoves any player with or without the ball who is in a defenseless position.
  - Includes but not limited to:
    - Head down
    - From out of the visual field
    - In the air
    - Out of balance
    - In the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head
- Dangerous play (**MAY BE** CARDED): player actions that are rough, threatening and/or are without regard to player safety. May be carded

# Offensive fouls



- Block: block an opponent by moving into the opponent's path without giving the opponent a chance to stop or change direction and contact occurs.
  - When a player is running to receive the ball, a “blind side” defense player must give the player enough time and/or space to change directions.
- Charge: charge, barge, shoulder, or back into an opponent, including a player pushing into an opponent's stick
- Who initiates contact?

# 5 Types of Fouls



- Major fouls
- Minor fouls
- Goal circle fouls
- Team foul (Restraining Line/Offside) – major
- Misconduct - major

# Major Fouls

Crosse in Sphere

Rough/Dangerous Check

**Check to Head**

**Slash**

**Dangerous Propelling**

**Dangerous Follow-Through**

**Dangerous Contact**

Illegal Contact

Cross-Check

Illegal Use of Crosse

Three-Seconds

Shooting Space

Dangerous Shot

Forcing Through

Pushing

Dangerous Play

Reach Across Body

Blocking/Illegal Pick

Charging

Hooking

False Start

Tripping

Holding

Play Ball off Opponent

Illegal Shot

Illegal Deputy



# Minor Fouls



Covering

Early Entry on the Draw

Empty Stick Check

Warding

Hand Ball

Squeeze Head of Crosse

Improper Use of Crosse

Illegal Draw

3 seconds good defense

Illegal stick request

Illegal Crosse

Illegal exchange of crosse

Resumption of Play

Improper Equipment

Illegal Substitute

Delay of Game

Play From Out of Bounds

Illegal Re-Entry

Illegal Timeout

Body Ball

# Penalty Administration



- For major fouls anywhere on the field, the offending player will stand **4m behind the player taking the free position.**
- For minor fouls anywhere on the field, the offending player will stand **4m away in the direction from which she approached** before committing the foul.

# Emphasis: Major Foul – Shooting Space Shooting Space



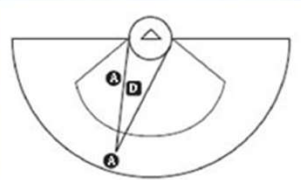
- Criteria
  - Opportunity to shoot
  - Ball is Inside the 12 m fan
  - Defender is in the free space to goal without being within a stick's length of an attack player and all other free space to goal is clear
- Immediate Whistle!
  - Attack has the responsibility  
NOT TO SHOOT



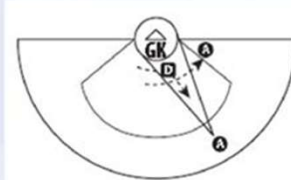
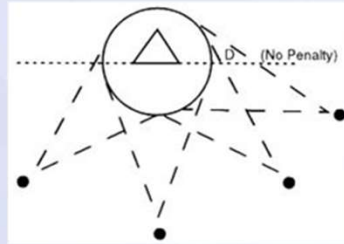
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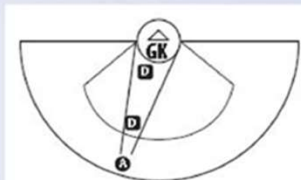
## Shooting Space



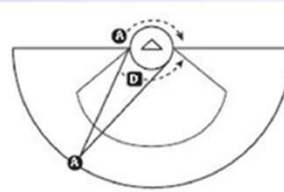
J) No Call. Defender may look as though she is in the free space to goal, but if the defender is within a stick's length of the attack player she is marking, the defender is legal.



B) Call. The attack has cut away, and her defender turns to play ball carrier.



C) Call. Ball carrier is marked but has a shot. Low defender is obstructing the free space to goal.



G) No Call. Defense is being drawn through the free space to goal by attack behind the goal. Defense must mirror movement of attack, move through quickly, and not hesitate.

Note: If the defender hesitates at all, she will be penalized for obstructing the free space to goal.



E) Call. Ball carrier dodges defender. Goalkeeper who is well outside the goal circle makes no attempt to move up to mark the ball carrier. Goalkeeper assumes responsibilities of field player.

# Emphasis: Major Foul – Three Second Violation



## Three Second Violation

Definition – defender may not remain in the 8M arc area for more than 3 sec when not marking within a stick's length

Criteria – ball is below RL, team is in possession

SET-UP: -Ball within 8m of goal circle above GLE- closest hash

-Ball outside of the 8m above GLE- on the 12m

-Ball below GLE - on the closest dot

Defender ALWAYS goes BEHIND player with ball

