

2014 US Lacrosse Boys Youth Rules Exam

1. Which of the following is true about violent collisions in the youth game?
 - a. There is no justification for deliberate and excessively violent collisions by any player at any age
 - b. There is no reason for intentional player to player collisions with defenseless players
 - c. Checks involving the head and/or neck and excessive body-checks
 - d. All of the above

2. Which of the following is true about Sportsmanship in the youth game:
 - a. Unsportsmanlike conduct by coaches, players and/or spectators degrades the experience of youth players and erodes the integrity and appeal of the sport
 - b. Obscenities will not be tolerated and will draw an immediate penalty
 - c. Unsportsmanlike conduct can include: body language, tone and intent
 - d. All of the above

3. For a lacrosse ball to be legal for use in a boys youth game it must?
 - a. Be stamped with "Meets NOCSAE Standard"
 - b. Be stamped stating "Meets NFHS Specifications"
 - c. Be stamped stating "Meets NFHS and NCAA Standard"
 - d. None of the above

4. Correct crosse dimensions for youth are?
 - a. U9 crosse dimensions are 37" - 42" ONLY
 - b. U11 crosse dimensions are 37" - 42" or 47" - 54"
 - c. U13 and U15 crosse dimensions are 37" - 42" or 52" - 72"
 - d. a and b

5. Which of the following is true about Protective cups?
 - a. Are required and part of the mandatory equipment
 - b. Only required for U11 and U13 players
 - c. Only required for U15 players
 - d. May be worn at the players discretion

6. Which of the following are the correct timing for youth games?
 - a. All games at all levels are 10 minute stop time quarters
 - b. U9 and U11 is 12 minute running time (or 8 minute stop time), U13 and U15 are 10 minute stop time quarters
 - c. 2 – 25 minute running time halves
 - d. U11 is 10 minute running time, U13 and U15 are 12 minute stop time quarters

7. Faceoff rules for the boys youth game include which of the following?
 - a. NCAA face off rules apply for all levels
 - b. U13 and U15 NFHS rules and U9/U11 NFHS faceoff rules until a six goal difference, then the losing team is given the ball at mid-field in a faceoff situation (unless waived by the coach of the trailing team)
 - c. At all levels if there is a six goal differential, there is no faceoff and the ball is awarded to the team that is trailing
 - d. There is no mercy rule in the boys youth game, faceoff after all goals and to start all quarters.

8. In the final two minutes of a game:
 - a. Stalling rule is not enforced at any age level
 - b. Stalling rule is only enforced at U15
 - c. Stalling rule is only enforced at U13 and U15
 - d. Stalling rule is enforced at all levels

9. Horn substitutions in youth games are?
 - a. No horns at any youth level (local league may authorize horn substitutions at U9 and U11)
 - b. Horn substitutions will be used at all levels
 - c. Horn substitutions will only be utilized at the U15 level
 - d. Horn substitutions will only be utilized at the U11 level

10. At what level of play is a goalie required to wear arm pads?
 - a. HS Freshman and JV
 - b. U13 and U15
 - c. U9 and U11
 - d. Both b and c

11. The 3 Yard rule is?
 - a. There is no such rule
 - b. The offensive player is not allowed within 3 yards of a defensive player
 - c. All checks, legal holds, legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball
 - d. During a restart a player can be within 3 yards of the person with the ball

12. The Get it in/Keep it in rule is used in which of the following?
 - a. All levels
 - b. U13 and U15 only
 - c. U11, U13 and U15
 - d. Get it in/Keep it in is not used in the youth game

13. Which of the following would be considered body checking a defenseless player?
 - a. Body checking a player who has his head down in an attempt to play a loose ball
 - b. Body checking a player from his blind side
 - c. Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check
 - d. All of the above

14. The penalty for checking a defenseless player may include which of the following:
 - a. 1 minute releasable penalty
 - b. 3 minute releasable penalty
 - c. 2 or 3 minute non-releasable penalty, if the hit was excessively violent, an ejection may apply
 - d. 30 second non-releasable penalty

15. Youth rules define take-out checks as:
 - a. A player that lowers his head or shoulder with force and intent to put the other player on the ground
 - b. Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball
 - c. Any body-check on a player in a defenseless position
 - d. All of the above are considered take-out checks and they are illegal at all levels

16. Checks to the head and neck:

- a. May be adjudicated with multiple minute penalties
- b. Could result in player ejection
- c. Coaches are encouraged to coach players to avoid delivering such checks and support the officials when they call such penalties
- d. All of the above

17. Youth rules allow Body Checks:

- a. U15 and U13 allow body checks, as long as they are not take-out checks
- b. U11 does not allow any body checks except legal pushes and holds and “man-ball” is allowed
- c. Any take-out check is a time serving penalty and can be releasable or non-releasable
- d. All of the above

18. If there is contact to the head/neck by an opposing player:

- a. The player is automatically ejected
- b. The minimum penalty is a two to three minute non-releasable penalty
- c. The minimum penalty is a two to three minute releasable penalty
- d. The minimum penalty is a 30 second technical foul

19. During a U13 game, B1 executes a successful one-handed wrap check and dislodges the ball from A1’s stick.

- a. No call, legal play at the U13 level
- b. Personal Foul on B1, Slashing, 1-minute penalty, one hand wrap checks are illegal at all youth levels
- c. Technical Foul on B1, Holding, 30-second penalty
- d. Personal foul on B1 - slashing - 1 minute non-releasable penalty

20. Any penalty for Unnecessary Roughness shall be:

- a. 1 minute releasable
- b. 1, 2 or 3 minute non-releasable penalty, depending on the severity, at the discretion of the official
- c. 1, 2 or 3 minute releasable penalty, depending on the severity, at the discretion of the official
- d. Automatic ejection for the offending player

21. To foul out in the boys youth game, a player must accumulate:
- 4 personal fouls or 5 minutes in personal foul time
 - 5 personal fouls or 4 minutes in personal foul time
 - There is no fouling out in the boys youth game
 - 5 personal fouls or 5 minutes in personal foul time
22. Officials authority to terminate a game can include:
- In response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, teammates or spectators
 - The result of a terminated game would a score of 1-0
 - Officials cannot terminate a game under any circumstances
 - Both a and b
23. U15 Player A1 is knocked to the ground while contesting a ground ball with B1. As A1 is getting up but still on his knees and the ball is still within 3 yards of A1, B2 runs into A1, while B1 scoops the ball.
- Personal Foul on A1, Unsportsmanlike Conduct, for trying to draw a foul
 - Personal Foul on B2, Illegal Body Check
 - No foul on B2, legal body check, good man-ball technique
 - Unsportsmanlike foul on the coach
24. U15 Player A1 is receiving a high, looping “buddy pass.” B1 body checks A1, whose body is fully extended and vulnerable reaching for the pass.
- No penalty legal play
 - Personal Foul on B1, Slash, 1-minute penalty
 - Technical Foul on B1, Pushing, 30-second penalty
 - Personal Foul on B1, Illegal body check, 2-3 minute penalty, non-releasable for a body-check on a defenseless player
25. Cross-check holds
- Are legal
 - Are defined as using the part of the handle between his hands to hold their opponent and restrict their movement
 - Should be called by the officials
 - b and c