

1. **8U, 10U, 12U** - What type of body contact is allowed?

Circle the single best answer.

- A) Legal holds and legal pushes.
- B) Equal pressure against an opponent to gain possession of a loose ball.
- C) Defensive positioning to redirect an opponent in possession of the ball.
- D) All of the above.

2. **8U, 10U, 12U, 14U** - Where may a player legally check with his crosse?

Circle all that apply.

- A) Crosse.
- B) Shoulder.
- C) Gloved hand holding the crosse.
- D) Gloved hand NOT holding the crosse.
- E) Elbow.
- F) Back.

3. **12U and 14U** - When is a coach allowed to enter the field without permission from the official?

Circle all that apply.

- A) To attend to an injured player.
- B) To warm up a goalkeeper.
- C) To argue with an official about a judgment call.
- D) During halftime.

4. **8U, 10U, 12U, 14U** - A1 has possession and the official notices that defender B's is not wearing his mouthguard properly. What is the correct call?

Circle the single best answer.

- A) Stop play immediately, instruct B1 to put his mouthguard back in.
- B) Stop play immediately, flag down, B1 serves a 30-second technical foul.
- C) Stop play immediately, flag down, B1 serves a 1-minute personal foul.
- D) No penalty. Allow play to continue.

5. **6U** - What equipment is required for players at this age level?

Circle all that apply.

- A) Helmet.
- B) Mouthguard.
- C) Shoulder Pads.
- D) Arm Pads.
- E) Gloves.
- F) Rib Pads.
- G) Protective Cup.
- H) Lacrosse Stick.
- I) Shoes/Cleats.

6. 8U, 10U, 12U, 14U - What equipment is required for players at these age levels?

Circle all that apply.

- A) Helmet.
- B) Mouthguard.
- C) Shoulder Pads.
- D) Arm Pads.
- E) Gloves.
- F) Rib Pads.
- G) Protective Cup.
- H) Lacrosse Stick.
- I) Shoes/Cleats.

7. 6U and 8U - How are personal fouls enforced?

Circle the single best answer.

- A) All personal fouls shall result in a 1-, 2-, or 3-minute penalty.
- B) In 8U, the slow whistle technique is applied. After play is stopped, the player who committed the foul is substituted for another player.
- C) In 6U, play stops immediately. The offending player is substituted for another player.
- D) Both (B) and (C).

8. 6U and 8U - What type of ball is allowed?

Circle the single best answer.

- A) Soft lacrosse ball (pinkie).
- B) Standard NOCSAE lacrosse ball.
- C) Tennis ball (or other soft ball).
- D) Both (A) and (C).

9. 8U, 10U, 12U - What types of stick checks are permitted?

Circle all that apply.

- A) Lift checks.
- B) Poke checks.
- C) Icepick checks.
- D) One-handed checks.
- E) Downward checks below the shoulders.

10. Match the age level with the correct short crosse length for a field player.

A) 6U
B) 8U
C) 10U
D) 12U
E) 14U

37"-42"
40"-42"
No minimum, and no more than the distance from the ground to the player's waist.

11. 6U and 8U - What happens after a goal is scored?

Circle the single best answer.

- A) The ball is awarded to the team just scored on at their goal line extended.
- B) There is a faceoff.
- C) The ball is awarded to the team just scored on at midfield.

12. Match the age level with whether or not the offside rule is applied.

A) 6U
B) 8U
C) 10U
D) 12U
E) 14U

Applied
NOT APPLIED
Applied only if both coaches agree.

13. Match the age level with the number of players on the field for a single team (including goalies).

A) 6U
B) 8U
C) 10U
D) 12U
E) 14U

10v10
7v7 or 10v10
6v6
4v4
3v3

14. **6U, 8U, 10U** - When are substitutions permitted?

Circle the single best answer.

- A) Only on an out of bounds on the sideline.
- B) When there is a dead ball situation (after a goal, penalty stoppage, out of bounds).
- C) Only on-the-fly substitutions are permitted.
- D) Only after a goal is scored.

15. Match the age level with the permitted number of long crosses that can be on the field for a single team?

Some answers may be matched more than once.

A) 6U
B) 8U
C) 10U
D) 12U (7v7)
E) 12U (10v10)
F) 14U

4
3
2
1
0

16. **12U and 14U** - How many timeouts does each team get per half?

Circle the single best answer.

- A) 1.
- B) 2.
- C) 3.
- D) No timeouts.

17. **10U, 12U, 14U** – Personal fouls are what?

Circle the single best answer.

- A) 1-, 2-, or 3-minutes releasable.
- B) 2- or 3-minutes nonreleasable for checks involving the head or neck.
- C) 2- or 3-minutes nonreleasable for checks to a defenseless player.
- D) 3-minutes nonreleasable and an ejection for exceptionally violent personal fouls.
- E) All of the above.

18. **14U** - When are stalling rules in effect for the leading team during the last two minutes of the game?

Circle the single best answer.

- A) There are no stalling rules.
- B) When the leading team is ahead by 1 goal.
- C) When the leading team is ahead by 4 goals or less.
- D) When the leading team is ahead by 5 goals or more.

19. **At which age level is overtime played?**

Circle all that apply.

- A) 6U.
- B) 8U.
- C) 10U.
- D) 12U.
- E) 14U.

20. **6U, 8U, 10U, 12U, 14U** - Which of the following is considered body-checking a defenseless player?

Circle all that apply.

- 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.

21. **6U, 8U, 10U, 12U, 14U** - Which of the following statements is true regarding a possible concussion?

Circle the single best answer.

- A) An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.
- B) Symptoms for the player may include: Confused about assignment or position; Moves clumsily; Headaches or "pressure" in head; Nausea or vomiting; Double or blurry vision; Sensitivity to light; Sensitivity to noise; Confusion; Does not "feel right" or is "feeling down;" Concentration or memory problems.
- C) Symptoms for the player may include: Appears dazed or stunned; Is unsure of game, score, or opponent; Answers questions slowly; Balance problems or dizziness; Can't recall events prior to hit or fall; Forgets an instruction; Shows mood, behavior, or personality changes; Feeling sluggish, hazy, foggy, or groggy.
- D) All of the above.

22. **6U, 8U, 10U, 12U** - How many players should be involved in a loose-ball scrum before the official awards the ball via alternate-possession if no one picks up the ball within 4 seconds?

Circle the single best answer.

- A) 2.
- B) 3.
- C) 4.
- D) 5.

23. 6U, 8U, 10U, 12U, 14U - In which of these situations would a goal be allowed if a shot is released prior to the horn to end a period?

Circle all that apply.

- A) Ball goes into the goal.
- B) Ball deflects off an offensive player and goes into the goal.
- C) Ball deflects off a defensive player, hits the ground and comes to rest. Then a player kicks the ball into the goal.
- D) Ball deflects off a defensive player or the goalkeeper (if used) and goes into the goal.

24. 8U, 10U, 12U, 14U - What is the correct call when a player is actively stick checking and he hits his opponent in the helmet?

Circle the single best answer.

- A) Brush, no call.
- B) Slash, 1-minute.
- C) Slash, 2-minutes.
- D) Slash, 3-minutes.
- E) Either (B), (C), or (D) depending on the severity of the contact as judged by the official.

25. 6U, 8U, 10U, 12U, 14U – Number the steps to professionally address an escalation of inappropriate spectator conduct.

- If behavior continues, penalize the team with a 1-minute nonreleasable unsportsmanlike conduct foul.
- Ask the head coaches to warn the spectators about their behavior.
- Stop play.
- If behavior continues, eject the offending spectator.