

## Boys Youth FALL Rules - INTERMOUNTAIN LAX OUTLINE OF YOUTH RULE DIFFERENCES



| RULE                  | 7th/8th Grade (14U)                              | 5th/6th Grade (12U)   | 2nd-4th Grade (10U)   | K-1st Grade (8U)   |
|-----------------------|--|---|---|--|
| 1-2                   | Field Size                                       | Should be regulation size, but may be adjusted if BOTH coaches agree  |   | 80X40<br>*new 2017*  |
| 1-6                   | Crosse Length                                    | NFHS Rules<br>Short: 40"-42" Long: 52"-72"  | NFHS Rules<br>Short: 40"-42" Long: 52"-72"  | Short: 37"-42"<br>Long: 47" - 54"  |
| 1-9                   | Equipment  | All players are to wear full protective equipment per NFHS & USL Rules (NOCSAE Certified helmet, shoulder pads, gloves, arm pads)<br>*It is strongly recommended but <u>not required for goalies also wear armpads</u> , and all players wear protective cup*   |   |  |
| 1-9                   | Jersey colors                                    | NFHS Modified Rules - Must be a <u>reversible jersey</u> with a dark and light option (white preferred), Numbers on front and back<br><i>Teams MUST wear either (1)IMLAX issued reversible or (2) IMLAX approved program specific reversible jersey</i>   |   |  |
| 1-12                  | Spectators                                       | Up in the stands or far side of the field w/ Limit Lines  |   |  |
| 1-12                  | Sideline Manager                                 | Recommended   | Recommended   | Recommended  |
| 2-1-1                 | Number of Players                                | 10 v 10 (Standard 3A, 3M, 3D, 1G)   | 10 v 10 (Standard 3A, 3M, 3D, 1G)   | 7 v 7 (Standard 2A, 2M, 2D, 1G)  |
| 3-1                   | Length of Game<br>(intent to keep games 1hr)     | 12 minute running time<br>quarters, stop time last 2 minutes<br>of the game   | 12 minute running time<br>quarters, stop time last 2 minutes<br>of the game   | 10 minute running quarters   |
| 3-1                   | Length of Game -<br>Overtime                     | No overtime. Game ends in tie   |   |  |
| 3-3                   | Auto Stall - Final<br>2 minutes of game          | Enforced  | Enforced  | Waived   |
| 4-2 -5.22             | Pass before shot rul                             | *does not apply to 5th-8th divisions*   |   | At K-4 (8U & 10U) Before a team can shoot the ball off the <u>initial</u> possession, there must be one <u>attempted</u> pass. After all FO's & Goals  |
| 4-3                   | Facing Off                                       | Shall occur to start all periods, and<br>after each goal<br>*new 2022 Standing Nuetral Only*  | Shall occur to start all periods, and<br>after each goal<br>*new 2022 Standing Nuetral Only*  | Shall occur to start all periods,<br>and after each goal<br>*new 2022 Standing Nuetral<br>Only*  |
| 4-3                   | Faceoff Mercy Rule                               | 6 goal lead if both coaches<br>agree and the officials ask<br>* Modified USL Rule by ULA  | 6 goal lead if both coaches<br>agree and the officials ask<br>* Modified USL Rule by ULA  | If team has a 4 goal lead, team that is<br>behind will be given ball at midfield (in<br>lieu of faceoff) until margin is under 4<br>goals, losing coach can waive this   |
| 4-10                  | Offside<br>*varries by age group*                | A team w/more than <u>six</u> players in<br>its offensive half of the field<br>(including players in penalty box)<br>or more than <u>seven</u> players in its<br>defensive half   | A team w/more than <u>six</u> players in<br>its offensive half of the field<br>(including players in penalty box)<br>or more than <u>seven</u> players in its<br>defensive half | A team w/more than <u>four</u> players<br>in its offensive half of the field or<br>more than <u>five</u> players in its<br>defensive half<br><br><b>*No offside in K-2 play*</b><br>All players free to roam entire<br>playing field |
| 4-14, 4-15            | Advancing The Ball                               | NFHS Rules<br>20 and 10 Counts  | NFHS Rules<br>20 and 10 Counts  | NO COUNTS  |
| 4-14, ART 3.          | "Over and Back"                                  | NFHS Rules - *New Spring 2016*  | NFHS Rules - *New Spring 2016*  | Waived   |
| 4-17, 5-3<br>6-3, 6-9 | 3 Yard Rule                                      | All legal checks, legal holds and legal pushes must be on a player in possession<br>of the ball or within 3 yards of a loose ball   |   |  |
| 4-25                  | Team Time-Outs                                   | One (1) team timeout - of a maximum duration of two minutes each - are permitted per team per <b>GAME</b>   |   |  |
| 4-27                  | Officials Time outs                              | If player in possession loses ANY piece of required equipment, stop play<br>IMMEDIATELY, regardless of proximity of opposing players  |   |  |
|                       | Switch Sides                                     | Teams switch sides at the end of each quarter as stated in NFHS rules   |   |  |
| 4-34                  | "Get It In -<br>Keep It In"                      | NFHS Rules<br>Under 2 minutes in game   | NFHS Rules<br>Under 2 minutes in game   | Waived   |
| 5-3                   | Illegal Body<br>Checks                           | NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL<br>(no lowering shoulder, no excessive aggression, no blindside checks, no checks<br>against an opponent in a defenseless position)   |   |  |
| 5-3                   | Body Checks                                      | Limited body checking as<br>permitted -Checks should be<br>generally upright, No lowered head<br>or shoulder checks<br>see USALAX 2022 Youth Rules for<br>more info.  | NO BODY CHECKING<br>(loose ball boxing out allowed)<br>see USALAX 2022 Youth Rules for more info.   |  |
| 5-4                   | Checks to<br>Head/Neck                           | No players shall initiate contact to opponents head or neck with cross check or any part of their body<br>No player shall initiate a slash to the head/neck<br>No player (offensive or defensive) shall block an opponent with their head (Spearing)  |   |  |
| 5-4                   | PENALTY for checks<br>to Head/Neck               | 1,2 or 3 minute(s) NON-RELEASABLE foul  |   |  |
| 5-6                   | Slashing   | No one-handed checks  |   |  |
| 5-9                   | Unnecessary<br>Roughness                         | Any penalty for Unnecessary Roughness will be NON-RELEASABLE  |   |  |
| 5-10                  | Unsportsmanlike<br>Conduct<br>Profanity          | 1st foul; 1-3 min non releasable, 2nd foul 3 min non releasable and ejection  |   |  |
| 5-11                  | Fouling Out                                      | 3 PERSONAL fouls OR 5 minutes of Personal foul penalty time - <b>This is not an EJECTION</b><br>*Personal foul penalty time is based on standard/regulation penalty time NOT time and a half*<br><b>EJECTION - If a player or coach is EJECTED, the player or coach is ejected for the following game</b> |   |  |
| 6-10                  | Stalling   | NFHS Rules  | NFHS Rules  | 2 minutes left in game - waived, BUT if official detects<br>stall in either defensive clearing or outside the<br>offensive goal area, can give verbal "advance the ball" and<br>start a 5 second count to get gall in the box)       |
| 7.1-7.3               | Time Serving<br>Penalties                        | NFHS Rules - Penalties served by the player committing the foul<br>Goalie penalty may be served by starting defender<br>Team penalty served by in-home  |   | Sub-out only but the player<br>serves the time, team<br>does NOT play man down   |
| 7.1-7.3               | Time Serving<br>Penalties -<br>Running Time Game | Due to running time in ALL levels, then penalty time is running-<br>time/time and a half for ALL Penalties, regardless if under 2min.<br>Penalty time starts on the next whistle. All penalties will be time and a<br>half, example: 30 seconds = 45 seconds, 60 seconds = 90 seconds                     |   | Sub-out only but the player<br>serves the time, team<br>does NOT play man down   |