



# 2024 USA LACROSSE GIRLS YOUTH LACROSSE RULES EXAM

**1. With two seconds left in the game, White #3 has an 8-meter free position. On the whistle, White #3 runs in and releases the ball prior to the horn. The ball enters the goal after the horn. The official should disallow the goal.**

- a. True
- b. False

Rule 4, Section 8, Art. 3c

**2. On the draw, all players below the restraining line are released when:**

- a. A whistle stops play for a foul.
- b. The ball goes out of bounds off a player or the player's crosse.
- c. The ball crosses the restraining line.
- d. All of the above

Rule 5, Section 2, Art. 6a 1-4

**3. Which of the following is NOT true regarding goalkeeper equipment?**

- a. The Goalkeeper may wear eyeglasses, either tinted or clear.
- b. Chinstraps must be properly secured to helmets.
- c. It is recommended that the Goalkeeper wear shin guards.
- d. She may affix a device to reduce concussions to the outside of her helmet.

Rule 2, Section 6, Art. 1

**4. At ALL levels of youth play, following a blown whistle for a foul in the mid-field, the ball carrier must stop or pause before self-starting**

- a. True
- b. False

Rule 5, Section 4, Art. 2 Youth Guidebook

**5. To resume play when the ball has gone out of bounds in the midfield, a player passes the ball from out of bounds to her teammate on the field. What should the official do?**

- a. Bring the ball back and have her run the ball in
- b. Allow play to continue but give the team a verbal warning.
- c. Call time-out and green card her team
- d. Turn the ball over, award the ball to the opposing team 4 meters in from the boundary. All other players must be 4 meters away.

Rule 9, Section 1 o.2.; Penalties for 9-1 e-r

**6. On a flag for three seconds, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. Where is the Red team awarded the ball?**

- a. At the 8-meter hash on the GLE.



- b. On the closest 8-meter hash to where the foul for the flag occurred.
- c. At the dot closest to where the foul occurred when the whistle was blown to stop play.
- d. On the 12-meter fan, closest to where the foul occurred.

Rule 5, Section 5, Art. 1F

Rule 5, Section 5, Art. 3b

**7. At ALL levels of girl's youth lacrosse, if a player's follow through breaks the plane of the goal circle, the official shall call a goal circle violation and disallow the goal.**

- a. True
- b. False

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**8. When clearing the penalty zone, which of the following procedures are CORRECT?**

- a. A defender, just outside the 8-meter arc, is entitled to move to the hash adjacent to the player taking the free position.
- b. An attack player may move to the adjacent hash if no defender has elected to claim that hash.
- c. Players outside the CSA may choose to enter the CSA and position themselves on the 8-meter arc, or elsewhere inside the CSA, if no delay occurs and they are at least 4 meters away from the free position.
- d. All of the above

Rule 10, Penalties 4, 5a-f

**9. As White #2 scores a goal, Blue #8 roughly checks White #2. The official signals the goal, calls timeout, and cards Blue #8, either yellow or red depending on the severity of the foul. How shall play be restarted?**

- a. Play is restarted with White possession at center, draw positioning is not required and all players are at least 4 meters away from the free position. Whistle start.
- b. White is awarded the ball at the center, with a Blue player placed 4 meters away at 45-degree angle. Self start.
- c. White is awarded the ball at the center, with a Blue player placed 4 meter behind. Whistle start.
- d. Play is restarted with a draw.

Rule 12, Section 8, Penalties 3b

**10. After the draw and before possession is gained, players from both teams step over the restraining line (early entry violation). How shall play be restarted?**

- a. Play should continue since both teams have equal opportunity to gain possession.
- b. The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4 meters from the boundary. An opponent shall be placed 4 meters away and nearer to the goal she is defending. All other players must be at least 4 meters away. Whistle start.
- c. A redraw shall be administered.
- d. The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player placed at an angle towards her defensive goal. Whistle start.

Rule 5, Section 5, Art. 1f

**11. The Blue team goalkeeper has left the goal circle to pick up a loose ball that was checked out of an opponent's stick. How may she legally continue?**

- a. The goalkeeper may carry the ball into the goal circle.
- b. The goalkeeper may pass to a teammate who is outside the goal circle who may toss the ball into the goal circle.
- c. The goalkeeper may toss the ball into the goal circle.
- d. All of the above.

Rule 7, Section 1, Art. 1, 2 c-e

**12. (12U and 14U) A flag is raised for three seconds, Red shoots and then runs into the goal circle. Offsetting fouls are called and the Red team has the Alternate Possession. Where is the Red team awarded the ball?**

- a. At the 8-meter mark on the Goal Line Extended.
- b. On the closest 8-meter hash mark to the spot of the foul when the flag was raised.
- c. At the dot closest to the spot of the ball when the whistle was blown to end play.
- d. On the 12-meter fan, closest to the spot of the foul when the flag was raised.

Rule 5, Section 5

**13. Red #1 is on a fast break and shoots on goal, misses, and the ball goes out of bounds. When the ball crosses the end line, the White goalkeeper (while in her goal circle) is closest to the ball. How is play restarted?**

- a. Instruct the goalkeeper to remain in the goal circle and retrieve the ball yourself and place the ball in the goal circle with the goalkeeper.
- b. Allow the goalkeeper to go pick up the ball and pass it to a teammate from out of bounds.
- c. Allow the goalkeeper to go pick up the ball, step in up to 4 meters inside the boundary line and wait for the official's whistle to restart play.
- d. Allow the goalkeeper or any teammate to retrieve the ball and legally initiate a self-start from the boundary.

Rule 6, Section 3, Art. 2a-c

**14. When the ball crosses over the restraining line and is outside the 12-meter fan, the official realizes Blue attack is offside and blows her whistle to stop the clock. What is the free position set up?**

- a. Correct offside. Closest White player to the spot of the ball awarded the free position at that spot; Blue player that had possession of the ball will go 4 meters behind. Whistle start.
- b. Set up the free position with White going out and Blue 4 meters behind. Self-start.
- c. Correct offside. Set up the free position at the top of the 12-meter fan with White going out and Blue 4 meters behind. Self-start.
- d. Correct offside. Set up the free position for White at the closest dot and Blue 4 meters behind. Self-start.

Rule 8, Section 1, Art. 2, Penalties 1

**15. At ALL levels of girl's youth lacrosse, stick to body contact initiated by a defender, regardless of stick positioning, MUST be called.**



- a. True
  - b. False
- Youth Guidebook

**16. A Red team player near the sideline attempts to pick up a loose ball but instead kicks it out of bounds. What is the correct procedure?**

- a. Whistle. Call a change of possession and allow the opponent to self-start.
- b. Whistle. Call a minor foul on Red, the opponent must bring the ball in 4 meters and may self-start.
- c. Whistle. Call a minor foul on Red, the opponent must bring the ball in 4 meters and there is a whistle start.
- d. Whistle. Allow Red to bring the ball in as this was unintentional and not a foul.

Rule 6, Section 1.2

**17. While in the CSA with 3:28 left in the first quarter, White attack charges into a Blue defender causing a foul that ends the play. The Blue defender picks up the ball and self-starts. This is legal.**

- a. True
- b. False

Rule 10, Section 1, Penalties 1-3

**18. What does Modified Checking refer to in girls youth lacrosse?**

- a. Any contact between sticks, including when two players are attempting to pick up a ground ball and their sticks make contact.
- b. Only being allowed to check an opponent's stick when play is in the midfield.
- c. An attempt to dislodge the ball from an opponent's stick with a checking motion that is below the shoulder and in a down and away motion.
- d. Checking an opponent's stick when there is a loose ball on the ground.

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**19. (12U and 14U) Which of the following is legal for play?**

- a. A player may cover the ball if no opponents are within playing distance and attempting to pick up the ball.
- b. Multiple players for both teams may attempt to play a loose ball at the same time.
- c. A player may kick the ball safely to move the ball into open space.
- d. All of the above.

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**20. When is it NOT legal for a coach to ask for a stick check?**

- a. At any stoppage of the game clock, except during an injury time-out.
- b. Following the winning goal in overtime.
- c. After the official's hand is in contact with both centers' sticks for the draw.
- d. After a goal and during a team time-out.

Rule 2, Section 4, Art. 5

**21. Which of the following is NOT a mandatory card?**

- a. Tripping
- b. Stick to body contact

- c. Cross check
  - d. Dangerous Follow through/Dangerous Propel
- Rule 10, Section 1

**22. The score is 9-0 with 5 minutes left in the game. The clock shall be stopped for which of the following?**

- a. All fouls in the Critical Scoring Area
  - b. Illegal draw by one center
  - c. Offsides
  - d. Early entry on a draw
- Rule 4, Section 1, Art. 3  
Rule 4, Section 1, Art. 2  
Rule 5, Section 2, Art. 6 Penalties 2

**23. The Blue goalkeeper reaches out of the goal circle to pick up a loose ball while straddling the goal circle. Red #4 approaches to play defense on the goalkeeper. To protect the ball, the goalkeeper steps back into the goal circle with the ball. What should the official do?**

- a. Change of possession, award Red #4 the ball at the 8-meter center hash. The goalkeeper remains in the goal circle.
  - b. Change of possession, award Red #4 the ball 8 meters away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
  - c. Change of possession, award Red #4 the ball at the nearest dot. All other players are moved 4 meters away. The goalkeeper remains in the goal circle.
  - d. Allow play to continue.
- Rule 7, Section 1, Art. 2c

**24. When is Alternate Possession used?**

- A. When teams commit offsetting major or minor fouls.
- B. When the ball goes out of bounds on a shot and the official cannot determine which player is closest.
- C. When the game has to be stopped for an unusual circumstance, such as a dog running on the field, and the ball is on the ground in a crowd of opposing players.
- D. All of the above.

Rule 5, Section 5, Art. 1

**25. A defender from the Blue team steps into shooting space as a player from the Red team is preparing to shoot on goal. The Red player shoots and hits the Blue defender. The official blows the whistle, signals time-out, calls a shooting space foul against the Blue defender, and issues a card to the Red player for dangerous propelling. The official awards a free position to the Blue defender at the closest spot on the 8-meter arc. Play resumes with a whistle start. This is the correct penalty administration.**

- a. True
- b. False

Rule 5, Section 5, Art. 1f, Exception

**26. When a major foul is called against the defense in the critical scoring area between the 8-meter arc and the 12-meter fan, the free position is set up on the 12-meter fan closest to the spot of the**

**foul, the offender is placed 4 meters behind, and the penalty lane is cleared, and all other players are at least 4 meters away.**

- a. True
- b. False

Rule 10, Section 1, Penalties 7

**27. Which of the following is a major foul?**

- a. Empty stick check
- b. Hooking
- c. Playing a loose ball while stepping on the boundary line
- d. Warding

Rule 10, Section 1

**28. A goal is scored when:**

- a. The ball comes off the body of an official.
- b. An attack player kicks the ball into the goal.
- c. The ball is released before the horn sounds and enters the goal after the horn has sounded.
- d. The goalie stops the ball when the ball is on the goal line.

Rule 4, Section 8, Art. 3c

**29. (12U and 14U) A Blue player is whistled for a push in the midfield on Red #5. The Red team calls a time-out. Following the team time-out, Red #9 replaces Red #5 on the field. This is legal.**

- a. True
- b. False

Rule 4, Section 7, Art. 4d

**30. A Blue player has possession of the ball between the 8-meter arc and the 12-meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:**

- a. The spot of the ball when the time out was called.
- b. The 12-meter fan directly above the spot of the ball when time out was called.
- c. An 8-meter hash mark closest to the spot of the ball when time out was called.
- d. The closest dot.

Rule 4, Section 3, Art. 3d

**31. Red attack is awarded a free position on the center hashmark, 2 Blue teammates stand next to each other on the adjacent hash. A Red player requests the space between the 2 Blue defenders. The official must grant the Red player that space.**

- a. True
- b. False

Rule 10, Section 1, Penalties 4, 5e

**32. A whistle is blown for a 3 second violation when the ball is below the goal line extended and outside the CSA. The official brings the ball to the closest dot. The offender is placed 4 meters behind the attack player with the ball to restart play. Whistle start.**



- a. True
  - b. False
- Rule 10-1y

**33. What criteria must be met in order for shooting space to be called?**

- a. The ball is in the critical scoring area and above the goal line extended.
- b. The shooter must have an opportunity to shoot safely.
- c. The shooter is actively attacking the goal in order to shoot.
- d. All of the above.

Rule 10, Section 1, w

**34. The Blue goalkeeper has the ball within the goal circle and the official's count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:**

- a. A new 10 second count for the Blue goalie. Whistle start.
- b. Ball goes to the dot, Blue team has possession, all players 4 meters away, Whistle start.
- c. Goalie has possession within the circle. The official will whistle to restart play and continue the count from where she left off, "8".
- d. The team with the next alternative possession is awarded the ball at the dot. All players 4 meters away. Whistle start.

Rule 4, Section 3, Art. 3e

**35. Which of the following is NOT true when a ball goes out of bounds during the draw?**

- a. After the draw, if the ball goes out-of-bounds off a player's body or stick, the ball goes to any player from the opposing team.
- b. A time out is called and a redraw will take place if no player has touched the ball prior to the ball going out of bounds.
- c. Alternate possession will take place if, after the draw, other players contact the ball and the officials are unable to determine which team caused the ball to go out of bounds.
- d. Alternate possession will take place at the spot where the ball went directly out of bounds.

Rule 4, Section 3, Art. 3e

**36. When should the official raise a flag?**

- a. Any time a three seconds foul is called against the defense.
- b. When the attacking team is on a scoring play and the defense commits a major foul.
- c. Any time there is a defensive offside foul and the attack is shooting.
- d. When a defender runs through the goal circle to be closest to the ball going out of bounds on a shot.

Rule 5-4-5, 10-1j

**37. When is the three-second rule in effect?**

- a. When the ball leaves the clearing goalie's stick.
- b. When the ball crosses midfield.
- c. When the team in possession of the ball crosses the ball over the restraining line in its attacking end of the field.
- d. When a team gains possession between the restraining line at draw.

Rule 10, Section 1, y1,2

**38. If a player receives a red card in the first 5 minutes of the game, they are disqualified for that game and may play in the next game.**

- a. True
- b. False

Rule 12, Section 6, Art. 2 & Ejection Penalties 1,3

**39. An attack player false starts when taking a free position on an 8-meter hash mark in the first minute of the game. The official blows the whistle to stop play. What is the correct procedure?**

- a. Call time-out and green card the player that false started.
- b. Warn the player and give her a second chance.
- c. Call the false start, change possession and allow any player from the defensive team take the free position by self-starting.
- d. Call the false start, direct a player on an adjacent hash mark to take the free position going out and whistle start play.

Rule 10, Section 1, Penalties 3

**40. During any level of youth play, which of the following is NOT allowed?**

- a. Any player other than the fully-equipped goalkeeper entering the goal circle at any time.
- b. When a team is leading by four or more goals, the team behind may restart after a goal with an indirect free position at the center.
- c. A coach requesting a stick check.
- d. A misconduct card being issued for unsportsmanlike behavior.

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**41. When is it NOT legal to substitute a player on the field during the game.**

- a. During the administration of a card.
- b. During an official's time out for an inadvertent whistle.
- c. During an Injury time-out.
- d. Once the official's hand is in contact with both centers' sticks for the draw.

Rule 4, Section 7, Art. 5a

**42. Blue player #27 is having her stick checked pregame when the official notices that she has a clear mouthguard. The official should:**

- a. Award a green card for misconduct – warning only to Blue team.
- b. Allow the player to change mouth protectors and recheck before beginning of game.
- c. Award a yellow card for misconduct. Blue team starts the game with a player down. Opponents begin with possession.
- d. Allow the mouthguard as legal equipment.

Rule 2-7-1

**43. During the administration of a draw, when should a minor foul be called?**

- a. A player is wearing earrings.
- b. A player has a hair tie or soft bracelets on the arm.
- c. A player has hair adornments such as beads that do not cause danger to other players.
- d. All of the above.

Rule 2, Section, 7, Art.; Rule 9, Section 1.m.1



**44. Red player #12 is awarded a free position on the center hash with 10 seconds left in the 1st quarter. If the time runs out prior to the complete administration of a free position. What is the correct procedure?**

- a. The official, with no time on the clock, tells everyone that they are going to play out the free position, allowing a shot on goal and no follow-up.
- b. The free position shall not be administered and the second quarter shall begin with a draw.
- c. The official puts 1 second on the clock so they can play out the free position.
- d. Start the second quarter with the free position at the center for Red.

Rule 4-1-3

**45. When is a defensive player in the 8-meter arc exempt from the three seconds in the arc rule?**

- a. When she is marking an opponent more than a stick's length away.
- b. When she is doubling a non-ball carrier.
- c. When she is marking an opponent directly behind the goal circle.
- d. When her team is playing a zone defense.

Rule 10, Section 1 y

**46. An attack player at the 12-meter receives a pass and turns towards goal with the opportunity to shoot. A defender is legally marking and facing an opponent behind the goal circle. What is the correct action the official should take?**

- a. Raise a flag because the ball carrier is on a scoring play and the defense is committing a major foul.
- b. No call should be made because the low defender is exempt from both three seconds and shooting space.
- c. Immediately blow the whistle for shooting space.
- d. Allow play to continue because the low defender is not looking at the ball carrier therefore shooting space may not be called.

Rule 10, Section 1

**47. As Blue attempts to pick up a loose ball, White checks the Blue player's stick when the ball is in contact with the stick but not fully in the pocket of the stick. An empty stick check should be called.**

- a. True
- b. False

Rule 9, Section 1, e

**48. A Blue defender is standing still defensively holding the stick in a horizontal position in the center of the 8-meter arc. The White ball carrier charges into the Blue defender. How is play restarted?**

- a. Penalize the charge only, the Blue defender was standing still.
- b. Penalize the defender only for making contact with a horizontal stick.
- c. Call both fouls and award an alternate possession to the appropriate team.
- d. Allow play to continue.

Rule 10, Section 5, Art. 1f; Rule 10, Section 1 b, r1



**49. A defender holding her stick in a vertical position may step towards the ball carrier and initiate stick to body contact, as long as she does not displace the opponent.**

- a. True
- b. False

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**50. During crosse inspection, the official drops the ball into the pocket of a horizontally held crosse then applies pressure to ensure the ball remains visible above the top wall of the crosse. This is the correct procedure.**

- a. True
- b. False

Rule 2, Section 2, Art. 5c