



2020 Youth Boys' Rules Exam

1. For 10U levels and above, which type of ball is allowed?
 - A. Standard, hard, lacrosse ball.
 - B. A soft lacrosse ball.
 - C. A soft athletic ball of similar diameter, such as a tennis ball.
2. How many long poles are allowed on the field in 12U, depending on the format used? (Check all that apply)
 - A. 1
 - B. 2
 - C. 3
 - D. 4
3. Which age levels DO NOT permit team timeouts? (Check all that apply)
 - A. 8U
 - B. 10U
 - C. 12U
 - D. 14U
4. On a faceoff, a player may:
 - A. Clamp then move, rake or direct the ball from the back of his crosse within one step.
 - B. Clamp then pop the ball from the back of his crosse within three steps.
 - C. Clamp and play with the ball in the back of his crosse.
 - D. Clamping is illegal and should be whistled as a faceoff violation.
5. In which situation would a goal be allowed?
 - A. During a shot, the ball is released before time has expired in a period, and the ball completely crosses the goal line before time has expired.
 - B. During a shot, the ball is released after time has expired in a period, and the ball completely crosses the goal line after time has expired.
 - C. During a shot, the ball is released before time has expired in a period, and both teams are offside at the time.
6. At which age level is one-handed stick-checking permitted?
 - A. 8U
 - B. 10U
 - C. 12U
 - D. 14U
 - E. No age level permits one-handed checking.



2020 Youth Boys' Rules Exam

7. Permitted body-checking at each level includes:

- A. Any take-out check is a time serving penalty and can be releasable or non-releasable.
- B. U14 and U12 allow legal body-checks, as long as they are not take-out checks.
- C. U8 and U10 do not allow any body-checks, except legal pushes and holds and restricted "man-ball" contact are allowed.
- D. Both B and C.

8. 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 contact by a player that stops the advancement of the player carrying the ball.
- C. Any legal push on a player attempting to scoop a ground ball.
- D. All of the above are considered take-out checks, and they are illegal at all levels.

9. The penalty for checking a defenseless player may include which of the following:

- A. 2 or 3-minute non-releasable penalty; or ejection, if the hit was excessively violent.
- B. 3-minute releasable penalty.
- C. 1-minute releasable penalty.
- D. 30 second non-releasable penalty.

10. 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 legal checks, holds, and pushes must be on a player in possessions of the ball or within 3 yards of a loose ball.
- D. During a restart, a defensive player can impede the progress towards the goal of on offensive player.

11. How are advancement counts applied in youth lacrosse?

- A. U8 and U10 are not required to satisfy the 20-second.
- B. U12 and U14 are required to satisfy the 20-second clearing count.
- C. U10 goalies have no 4 second count inside the crease.
- D. Both A and B.



2020 Youth Boys' Rules Exam

12. At the 6U & 8U levels, a team is considered offside when:

- A. One of the designated defensive and offensive players goes over the midfield area.
- B. If goalkeepers are used, only when the goalkeeper goes over midfield and a player does not stay back on the team's defensive half.
- C. There is no offsides at the 6U & 8U & 10U levels.
- D. If a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.

13. The game time will revert from stop time to running time when:

- A. The goal differential reaches 12 goals, at any point in the game.
- B. The goal differential reaches 10 goals, at any point in the game.
- C. The goal differential reaches 12 goals, in the second half only.
- D. The goal differential reaches 10 goals, in the second half only.

14. A player gets knocked to the ground, and his head contacts the ground violently. The player is injured and requires medical attention. Which of the following statements is true?

- A. The responsibility to follow concussion protocol rests with the head coach if the injury was a possible concussion.
- B. Only an appropriate health-care professional can evaluate the player and determine if a concussion has occurred and, if so, when it is appropriate for the player to return to play.
- C. After returning to play should it become apparent to the official that the player needs further evaluation, the official can and should remove the player from the game for further evaluation.
- D. All of the above.

15. A spectator is verbally abusive to players, coaches, or game officials. What should the officials do?

- A. Wait until the end of the period and have coaches talk to spectator.
- B. Suspend the game and instruct both coaches to address the spectator.
- C. Stop play immediately and terminate the game.
- D. Ignore the spectator.

16. At 12U, 10U & 8U, the allowable body contact at these levels are:

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



2020 Youth Boys' Rules Exam

17. At the 8U and 10U levels, when must one pass be attempted before a shot is taken on goal?

- A. There is no such rule at these levels.
- B. At 8U, after a goal is scored and off of the initial possession. At 10U, after each initial possession off of a faceoff.
- C. At 8U & 10U, only after the first possession of each half.
- D. This rule is only applied at 8U and after a goal is scored. At 10U, players may shoot on goal at any time.

18. In a 12U or 14U game, what conditions must be met for a successful restart: (Check all that apply)

- A. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
- B. Defensive player within 5 yards of the player in possession of the ball allows that player a direct path to the goal.
- C. Defensive player does not defend player in possession of the ball until they reach 5 yards distance.
- D. All defensive players must be 5 yards away from a player in possession of the ball before a whistle is blown.

19. If a crosse does not conform to required specifications, the proper penalty is:

- A. Two minute non-releasable; cross may be returned to the game if fixed
- B. Two minute non-releasable: cross may not return to the game.
- C. Any and all crosse violations result in a 3-minute non-releasable penalty and the crosse will remain in the table area for the remainder of the game.
- D. Any crosse violation, except a deep pocket, hanging strings or missing end cap, will result in a 3-minute non-releasable penalty and the crosse will remain in the table area for the remainder of the game.

20. Which of these constitutes a legal hold? (Check all that apply)

- A. Using the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder width apart.
- B. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure and no thrusting motion.
- C. Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.
- D. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.



2020 Youth Boys' Rules Exam

- 21. During a youth game at any level, B1 executes a successful one-handed wrap check and dislodges the ball from A1's stick. What is the call?**
- A. No call, legal play.
 - B. Technical foul on B1, holding, 30-second penalty.
 - C. Personal foul on B1, slashing, 1-minute releasable penalty.
 - D. Personal foul on B1, slashing, 1-minute non-releasable penalty.
- 22. For 10U, and 12U (7 v 7), when the whistle blows to start play, which of the following is correct?**
- A. All players are released; including the goalkeeper.
 - B. All players are released; NOT including the goalkeeper
- 23. A1 has possession and carries his crosse with both hands. In which of these situations should A1 be called for warding off?**
- A. A1 raises his forearm and directs the defender's CROSSE away, creating space.
 - B. A1 raises his forearm and directs the defender's BODY away, creating space.
 - C. A1 raises his forearm to direct the defending player, but he never makes contact.
 - D. All of the above should result in a "warding off" call.
- 24. Select all of the situations that result in a whistle to END play during a flag-down situation. (Check all that apply)**
- A. Second defensive foul (NOT during an imminent scoring opportunity)
 - B. Ball hits the ground (not a shot).
 - C. Offense commits a penalty.
 - D. Defense gains possession.
- 25. 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.