

# EXAM - 2023 BOYS YOUTH RULES EXAM

## Question 1

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

1. The goal differential reaches 12 goals, at any point in the game.
2. The goal differential reaches 10 goals, at any point in the game.
3. The goal differential reaches 12 goals, in the second half only.
4. The goal differential reaches 10 goals, in the second half only.

## Question 2

In a 7v7 format game, when the whistle blows to start play, \_\_\_\_\_. Which of the following is correct?

1. All players are released; including the goalkeeper.
2. All players are released; NOT including the goalkeeper.
3. Players are not released until there is possession.
4. None of the above.

## Question 3

How many overtime periods are allowed at each playing level?

1. 8U/10U - None.
2. 12U - Maximum of two overtime periods (unless necessary to break the tie, e.g., playoffs)
3. 14U - No limit (i.e., teams play sudden victory overtime until a winner is determined)
4. All of the above.

## Question 4

Which of the following would be considered body-checking a defenseless player?

1. Body-checking a player who has his head down in an attempt to play a loose ball.
2. Body-checking a player from his blind side.
3. 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.
4. All of the above.

#### Question 5

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

1. There is no such rule.
2. At 8U, after a goal is scored and off of the initial possession. At 10U, only after faceoffs
3. At 8U and 10U, only after the first possession of each half.
4. This rule is only applied at 8U and after a goal is scored. At 10U, players may shoot on goal at any time.

#### Question 6

Player A1 scores a goal, and the head coach of Team B requests an equipment inspection on A1. A1 is not wearing arm pads. RULING?

1. No goal. Team B is awarded possession for the first infraction, and A1 serves a 30-second penalty for the second infraction.
2. No goal. A1 serves two penalties for illegal equipment.
3. Goal is good (only an illegal crosse negates a goal). A1 serves a 1 minute non-releasable foul. Award possession to Team B
4. Goal is good (only an illegal crosse negates a goal). A1 serves a 30-second penalty. Award possession to Team B.

#### Question 7

At the 8U & 10U levels, a team is considered offside when:

1. One of the designated defensive and offensive players goes over the midfield area.
2. If goalkeepers are used, only when the goalkeeper goes over midfield and a player does not stay back on the team's defensive half.
3. There is no offsides at the 8U & 10U levels.
4. There is no offsides at the 8U levels. At the 10U level, if playing 7 v 7, if a team has more than 4 players on offense or more than 5 players on defense.

#### Question 8

How are advancement counts applied in youth lacrosse?

1. U8 and U10 are not required to satisfy the 20-second [clearing count].
2. U12 and U14 are required to satisfy the 20-second clearing count.
3. U10 goalies have no 4 second count inside the crease.
4. Both A and B

#### Question 9

When does a foul by the defending team reset the attacking team's clearing count?

1. For a technical foul only (i.e., a play-on).
2. For a personal foul only.
3. For any kind of foul (technical or personal).
4. None of the above.

#### Question 10

Who, while standing in the crease, can attempt to block a shot?

1. Only the goalkeeper.
2. Any member of the defending team.
3. The goalkeeper or any team captain.
4. The goalkeeper or any defending carrying a long pole.

#### Question 11

What conditions must be met for a restart at 12U and 14U that would result in no penalties or stoppages? (Check all that apply)

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

#### Question 12

What conditions must be met for a successful restart at 8U and 10U?

1. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
2. All defensive players 5 yards or more from the player in possession of the ball, before the whistle.
3. Both A and B must be correct.
4. None of the Above.

Question 13

At which age groups are quick restarts allowed that only require offensive players to be at least 5 yards of the player with possession? (Check all that apply)

1. 8U
2. 10U
3. 12U
4. 14U

Question 14

The goalkeeper shall be given a maximum of five seconds to re-enter the crease before any restart.

1. True
2. False

Question 15

In games that allow team timeouts, which type of timeout reset a team's clearing count, if clearing counts are applicable?

1. Offensive timeout only.
2. Defensive timeout only.
3. Officials timeout only.
4. Any kind of timeout resets the clearing count.

Question 16

When and where on the field can a LIVE-BALL timeout be called?

1. Anywhere on the field; either team can call a live-ball timeout.
2. Anywhere on the field; only the team with possession can call a live-ball timeout.
3. Team must have possession on its offensive half of the field (small-sided fields) or below its offensive restraining line (full-sized fields) to call a live-ball timeout.
4. None of the above

Question 17

Youth rules define take-out checks as:

1. A player that lowers his head or shoulder with force and intent to put the other player on the ground.
2. Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball.
3. Any body-check on a player in a defenseless position.
4. All of the above are considered take-out checks, and they are illegal at all levels.

Question 18

At 12U, 10U, and 8U, the allowable body contact at these levels are:

1. Equal pressure against an opponent to gain possession of a loose ball.
2. Defensive positioning to redirect an opponent in possession of the ball.
3. Legal holds and legal pushes.
4. All of the above.

Question 19

At 14U, the allowable body checking at these levels are:

1. Full body checking like at the NFHS or NCAA games.
2. Deliver the body check in an upright position and with both hands on their crosse.
3. Deliver the body check below the neck, above the waist, and to the front or side of an opponent.
4. B and C

Question 20

Permitted body-checking at each level includes:

1. Any take-out check is a time serving penalty and can be releasable or non-releasable.
2. 14U allow legal body-checks, as long as they are not take-out checks.
3. 12U, 10U, 8U do not allow any body-checks.
4. B and C

Question 21

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

1. 2- or 3-minute non-releasable penalty; or ejection, if the hit was excessively violent.
2. 3-minute releasable penalty.
3. 1- 3 -minute non-releasable penalty.
4. 30-second non-releasable penalty.

Question 22

The penalty for targeting a player requires which of the following:

1. 2- or 3-minute non-releasable penalty; or ejection, if the hit was excessively violent.
2. 3-minute non-releasable penalty and ejection.
3. 1 - 3-minute non-releasable penalty.
4. 1-minute releasable penalty.

Question 23

At which age group(s) is the illegal crosse penalty assessed? (Check all that apply)

1. 8U
2. 10U
3. 12U
4. 14U

Question 24

At 12U and 14U, If a crosse does not conform to required specifications, the proper penalty is:

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

Question 25

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?

1. No call, legal play.
2. Technical foul on B1, holding, 30-second penalty.
3. Personal foul on B1, slashing, 1-minute releasable penalty.
4. Personal foul on B1, slashing, 1-minute non-releasable penalty.

Question 26

B1 throws a one-handed stick check at the ball carrier A1 and completely misses. RULING?

1. Legal. Play continues.
2. Immediate whistle for a personal foul.
3. Flag-down, slow whistle for a personal foul.
4. Flag-down, slow whistle for a technical foul.

Question 27

At which age level is one-handed stick-checking permitted?

1. 8U
2. 10U
3. 12U
4. 14U
5. At the youth levels, no age levels permit one-handed checking.

Question 28

At 8U, 10U, and 12U, what is considered the legal stick-to-stick checking technique?

1. Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
2. Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
3. Downward check initiated from below both players' shoulders.
4. All of the above.

Question 29

With no flag-down in progress, goalkeeper A1 has possession in his crease, and B1 contacts any part of the goalkeeper or his equipment. RULING?

1. Play-on.
2. Flag-down, slow whistle.
3. Immediate whistle. No penalty.
4. Immediate whistle. Free clear at midfield for Team A.

Question 30

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

1. Using the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder width apart.
2. 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.
3. 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.
4. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.



Question 31

What is the 3-Yard rule?

1. There is no such rule.
2. The offensive player is not allowed within 3 yards of a defensive player.
3. All legal checks, holds, and pushes must be on a player in possessions of the ball or within 3 yards of a loose ball.
4. During a restart, a defensive player can impede the progress towards the goal of on offensive player.

Question 32

A2 sets a non-stationary screen/pick and defender B1 dodges around the moving pick without making contact. The extra delay incurred by B1 to avoid contact with A2 allows Team A to gain an advantage. RULING?

1. Legal. Play continues.
2. Play-on in favor of Team B.
3. Immediate whistle for an illegal offensive screen. Award possession to Team A.
4. Immediate whistle for an illegal offensive screen. Award possession to Team B

Question 33

How many long poles are allowed on the field in 12U, depending on the format used? (Check all that apply)

1. One
2. Two
3. Three
4. Four

Question 34

A2 is within three yards of the ball while his teammate A1 has possession. A2 pushes defender B1 from the front or side and is within three yards of the ball carrier, his teammate A1. RULING?

1. This is a legal play within three yards of the ball. Play continues.
2. Flag-down, slow whistle.
3. Immediate whistle for illegal offensive screen. Award possession to Team B.
4. None of the above





Question 35

Multiple conditions must be present for automatic stalling (used in 14U only) to be initiated using the "get it in / keep it in" technique. Check all of the conditions that are required to initiate automatic stalling in a 14U game?

1. In the final two minutes of regulation play.
2. On the team that is ahead by 1-4 goals.
3. A & B
4. None of the Above

Question 36

A1 has possession and carries his crosse with both hands. In which of these situations should A1 be called for warding off?

1. A1 raises his forearm and directs the defender's CROSSE away, creating space.
2. A1 raises his forearm and directs the defender's BODY away, creating space.
3. A1 raises his forearm to direct the defending player, but he never makes contact.
4. All of the above should result in a "warding off" call.

Question 37

In 8U and 10U games, when the ball cannot be picked up quickly, how should officials apply the "scrum rule," a contested loose ball cannot be quickly picked up due to three or more players in a "scrum" or becomes trapped by multiple sticks. RULING?

1. Play continues indefinitely. Allow the players to continue scrumming for the loose ball.
2. Wait about four seconds to see if one team can gain possession. If neither team can do so, then suspend play and award possession using the alternate possession rule.
3. Blow the whistle. An official will pick up the ball, throw it high into the air, and then restart play with the ball in the air.
4. None of the above

Question 38

Select all of the situations that result in a whistle to END play during a flag-down situation. (Check all that apply)

1. Second defensive foul (NOT during an imminent scoring opportunity).
2. Ball hits the ground (not a shot).
3. Offense commits a penalty.
4. Defense gains possession.

Question 39

With Team A in possession, B1 commits a slash against A1. Flag-down, slow whistle. Just before player A2 shoots, the same player B1 commits a holding foul against player A2 (second flag-down), and then the ball enters the goal after B1's holding infraction. RULING?

1. No goal. Ball is dead immediately once there is a second defensive foul.
2. No goal. Ball is dead immediately after the first defensive foul.
3. Goal is good. An imminent scoring opportunity overrides the second flag-down until the scoring opportunity is complete.
4. None of the Above

Question 40

Loose ball push committed by B1. Play-on. Another loose ball push committed again by B1. RULING?

1. Throw two flags - one for each push. Suspend play and assess two 30-second penalties against B1.
2. Throw one flag for the second push. Immediate whistle after the second push, and assess one 30-second penalty against B1.
3. Immediate whistle after the second infraction because there is a two play-on maximum for play-ons. No penalties.
4. Play-on continues until the situation of the advantage has been gained or lost. No penalties.

Question 41

The substitution box shall be \_\_\_\_ yards on each side of the midfield line.

1. 10 yards
2. 5 yards
3. 3 yards
4. 6 feet

Question 42

At what age levels does the "scrum" rule apply for a ball that is trapped by multiple sticks or cannot be picked up after about four seconds when three or more players are trying to scoop the ball? (Check all that apply)

1. 8U
2. 10U
3. 12U
4. 14U



Question 43

A protective cup or pelvic protector is required for all players.

1. True
2. False

Question 44

Officials will check to verify that a player is wearing a cup or pelvic protector during an equipment inspection.

1. True
2. False

Question 45

In the second half, Team A, trailing by 12 goals, scores a goal and the score differential is now 11 goals, the game clock will:

1. Revert to stopped time
2. Continue as running time
3. Stop for team time-out, official's time-out or an injury time-out
4. B & C

Question 46

During a faceoff, the crosse head and the gloved hands shall be touching the ground. The hand closer to the throat shall be in a \_\_\_\_\_ position.

1. palm-down
2. motorcycle style
3. palm-up
4. none of the above

Question 47

When the whistle is blown to start a faceoff players can immediately body check their opponent?

1. True
2. False



Question 48

If a player in possession of the ball loses mandatory equipment, play shall be suspended unless there is a scoring play in progress.

1. True
2. False

Question 49

If a player NOT in possession of the ball, accidentally loses mandatory equipment in a legal way, and no other players are in the immediate vicinity, then the play may continue. This includes the goalkeeper when he is outside of the crease.

1. True
2. False

Question 50

At all youth levels, time-serving fouls are non-releasable, and the full penalty time must be served regardless of whether a goal has been scored by the non-offending team.

1. True
2. False