



## 2019 US LACROSSE GIRLS YOUTH RULES EXAM

1. All levels of girls youth lacrosse will be using self-start. Which of the following situations may a self-start be used?
  - A. On all boundary restarts
  - B. On all fouls within 8m of the goal circles
  - C. For any illegal draw
  - D. A and C only
2. For youth play (except 8U and under), the game ball may be:
  - A. White
  - B. Yellow, Orange, or Lime green
  - C. Without a stamp on the ball that says "Meets NOCSAE Standard"
  - D. A softer ball designated for indoor play
3. Which of the following is true regarding timing for the youth levels?
  - A. Each level of play has a set time to be used based on the appropriate age and developmental level of the players
  - B. The clock should run for the entire designated time, only stopping for injuries, team time outs and player cards
  - C. Stopping the clock in the last two minutes of each half may be introduced at 14U
  - D. All of the above
4. To resume play when the ball has gone out of bounds, the player shall:
  - A. Position within 2m of the boundary, pause and then self-start
  - B. Restart play from out of bounds with a pass to a teammate
  - C. Position 4m inside of the boundary and wait for the official to restart play with a whistle.
  - D. Position within 2m of the boundary and have 4m of free space around her
5. Modified Checking (which is used at the 12U level) refers to:
  - A. Any contact between sticks including two players attempting to pick up a ground ball and their sticks make contact
  - B. Only being allowed to check an opponent's stick 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. Incidental stick contact between two players off the draw when the ball is above their heads
6. When is a self-start not allowed?
  - A. On an illegal draw
  - B. Following an Alternate Possession being awarded
  - C. On a boundary behind the goal circle
  - D. On a major or minor foul outside the Critical Scoring Area



7. When shall Alternate possession be used?
  - A. One team commits a draw foul and the other team enters the center circle early on a draw
  - B. One team commits a minor foul with the opposing team commits a major foul
  - C. Play is stopped for an incident unrelated to play, no team has possession and the ball is equal distance between opponents
  - D. All of the above
8. During any level of youth lacrosse 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 4 or more goals the team behind may restart after a draw with an indirect free position at the center
  - C. A coach requested stick check
  - D. A card being issued to a player for unsportsmanlike behavior
9. When a free position is being awarded to the attack on any 8m hash mark (including the hanging hash marks), what area must be cleared?
  - A. Only the 8m arc
  - B. The 8m arc and penalty lane
  - C. The entire Critical Scoring Area
  - D. The entire Penalty Zone
10. A player may follow through over the plane of the goal circle with her stick on a shot in which of the following situations:
  - A. Any shot off an 8m free position
  - B. Never
  - C. When the shooter is unmarked
  - D. When there is no goalkeeper playing
11. When a player self-starts when a self-start is not allowed or self-starts from beyond playing distance, the official shall:
  - A. Reset the free position and allow the player to self-start
  - B. Reset the free position and make the player start on the whistle
  - C. Turn the ball over to the opponent
  - D. Without warning, yellow card the player for misconduct
12. During all levels of the youth game except 10U and below which of the following is legal:
  - A. A player may cover the ball if no other player is within playing distance and attempting to play the ball
  - B. A player may use her upper body to stop a ball from going out of bounds
  - C. A player may kick the ball safely to move the ball into open space
  - D. A and C



13. In which of the following scenarios would a defender be called for Three Seconds in the 8m arc?
- She is marking an opponent who is directly behind the goal circle
  - She is double teaming a non-ball player in the 8m arc
  - She is marking her opponent within a stick's length
  - She is triple teaming the ball carrier within a stick's length
14. Which of the following statements is TRUE (except 10U and below)?
- Players may substitute during a live ball timeout (when all players drop their sticks)
  - Players may substitute during a redraw
  - Players may substitute on the fly during live play
  - Players may substitute directly from the bench area
15. Which of the following is true when a player (except 10U and below) receives her first yellow card of a game?
- She must leave the game for 2 minutes of elapsed playing time
  - She must remain in the penalty area for her penalty time
  - Her team must play short in both their attacking and defensive ends
  - All of the above
16. Why is Three Seconds Good Defense used in youth lacrosse?
- To teach players the proper body positioning to make a legal safe check without creating danger to other players
  - To reward defensive players for playing proper defense by holding their stick in a good position to check an opponent's stick if that were legal
  - To promote good sportsmanship for players, fan and coaches
  - A and B
17. On a draw players may NOT:
- Reach their sticks over the restraining line to pick up a ball prior to possession
  - Move around the circle before the whistle to start play
  - Substitute once the officials hands are on the sticks to start the draw
  - Reach their sticks into the center circle before the whistle to start play on a draw
18. Which of the following statements is TRUE about contact in youth lacrosse?
- Incidental contact that is made can be either legal or illegal
  - Contact that displaces an opponent is illegal
  - Players may intentionally make contact with another player
  - All of the above
19. At 14U only, transitional checking is allowed. Which of the following best describes transitional checking?
- Checking only during transitioning from attack to defense
  - Checking only below the shoulder
  - Checking above the shoulder and outside the 12 inch sphere around the opponent's head
  - Checking while transitioning the stick from one hand to another



20. In the youth game when a goalkeeper makes a save which of the following is a legal play by her teammates?
- Reach their stick into the goal circle so the goalkeeper can place the ball in her stick
  - Enter the goal circle once the goalkeeper has left to pick up the ball outside of the goal circle.
  - Pass the ball back to the goalkeeper in her circle immediately after receiving a pass for the goalkeeper in her circle
  - Enter the goal circle while the goalkeeper is in the goal circle
21. At 12U and below, a defender may be awarded the ball for Three Seconds Good Defense if she:
- Holds her stick in a position to make a check if checking were legal
  - Holds her stick with one hand
  - Only when playing defense in the Critical Scoring Area
  - Only when the ball is being picked up by an opponent
22. When running down the field while marking an opponent who is carrying the ball a defender may NOT:
- Hold her stick in front of the ball carrier's head or neck area
  - Reach through the sphere to make a check
  - Be in position to have a Three Seconds Good Defense call made
  - A and B
23. In an 8v8 or 7v7 youth game on a small/half field (approximately 60x35yards) which is true about the field?
- A goal circle is optional
  - The midfield line will also be used as a restraining line
  - There must be both a 12m fan and 8m arc in order to play
  - There must be a substitution and penalty area clearly marked on the field
24. In 14U transitional checking is allowed. Which of the following describes a check that is NOT legal?
- While chasing an opponent from behind checking her stick above her shoulder but outside the 12 inch sphere
  - While standing even or behind an opponent reaching across both shoulders to make a check outside of the 12 inch sphere
  - Checking an opponent's stick as she is picking up a ground ball
  - While behind an opponent checking her stick when she drops it below her shoulder to pass or shoot
25. Which of the following is NOT an automatic yellow card?
- Dangerous contact to a player in a defenseless position
  - Dangerous propel
  - Dangerous shot
  - Dangerous follow through

