



## 2020 Youth Girls' Rules Exam

**1. All levels of girl's youth lacrosse will be using self-start. In 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

**2. Blue #12 pushes White #7 between the 8m arc and 12m fan. In 12U and 14U, how is play restarted?**

- A. Free position for White # 7 at spot of the foul; Blue #12 is 4m behind; lane is cleared
- B. Free position for White # 7 at 12m; Blue #12 is 4m behind; lane is cleared
- C. Free position for White # 7 at 12m; Blue #12 is 4m away; "Indirect"
- D. Free position for White # 7 at spot of the foul; Blue #12 is 4m behind; Penalty Zone is cleared

**3. Which of the following may result in delay of game card(s)?**

- A. Repeated failure to move behind or away as directed
- B. Repeated self-start from beyond playing distance
- C. Non-offenders repeatedly failing to move 4m away from free position
- D. All of the above

**4. To resume play when the ball has gone out of bounds;**

- A. The closest player from the team awarded possession may bring the ball in from out of bounds to start play
- B. Position within 2m of the boundary, pause and then self-start
- C. May run inbounds with ball and continue play
- D. A and C
- E. All of the above

**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 restart behind the goal circle
- D. On a major or minor foul outside the Critical Scoring Area



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**7. When shall Alternate Possession be awarded?**

- 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 and 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, 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 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 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. At all levels of the youth game except 8U 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



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**13. At the 8U and 10U levels, which of following is correct when a player is awarded a free position and self-starts when she is NOT allowed to:**

- A. Bring the player back and blow the whistle to start play
- B. Blow the whistle for a False Start, change of possession
- C. Let the play continue, free movement is allowed
- D. Let the play continue if the offender did not engage until play was initiated

**14. Which of the following statements is TRUE (except 10U and below)?**

- A. Players must substitute during a live ball timeout
- B. Players may substitute during a redraw
- C. Players may substitute on the fly during live play
- D. 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?**

- A. She must leave the game for 2 minutes of elapsed playing time
- B. She must remain in the penalty area for the entire penalty time
- C. Her team must play short in both their attacking and defensive ends
- D. All of the above

**16. Why is Three Seconds Good Defense used in youth lacrosse?**

- A. To teach players the proper body positioning to make a legal safe check without creating danger to other players
- B. 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
- C. To promote good sportsmanship for players, fans and coaches
- D. A and B

**17. On a draw, players may NOT:**

- A. Reach their sticks over the restraining line to pick up a ball prior to possession
- B. Move around the circle before the whistle to start play
- C. Substitute once the official's hands are on the sticks to start the draw
- D. 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?**

- A. Incidental contact that is made can be either legal or illegal
- B. Contact that displaces an opponent is illegal
- C. Players may make contact with another player provided they do not force the opponent off of her position or path
- D. All of the above



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- 19. Only at 14U level is transitional checking allowed. Which of the following best describes transitional checking?**
- A. Defender is in front of or ahead of the ball carrier
  - B. Checking movement is down and away from the body
  - C. Checking movement is outside the 12-inch sphere around the opponent's head
  - D. All of the above
- 20. At the 12U and 14U levels, which of following is CORRECT when a player is awarded a free position on the dot and self-starts?**
- A. Bring the player back and blow the whistle to start play
  - B. Let the play continue, free movement is allowed
  - C. Blow whistle for a (or "Signal a") false start, change of possession
  - D. Let the play continue if the offender did not engage until play was initiated
- 21. At 12U and below, the player with the ball may not hold the ball for more than 3 seconds when:**
- A. Closely guarded
  - B. The defense has both hands on their stick
  - C. The defense is in position to legally check if checking were allowed
  - D. All of the above is met
- 22. When running down the field while marking an opponent who is carrying the ball, a defender may NOT:**
- A. Hold her stick in front of the ball carrier's head or neck area
  - B. Reach through the sphere to make a check
  - C. Displace a player with her stick on the opponent's body
  - D. All of the above
- 23. In an 8v8 or 7v7 youth game on a small/half field (approximately 60x35 yards), which is TRUE about the field?**
- A. A goal circle is optional
  - B. The midfield line will also be used as a restraining line
  - C. There must be both a 12m fan and 8m arc in order to play
  - D. 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?**
- A. While chasing an opponent from behind checking her stick above her shoulder but outside the 12-inch sphere
  - B. While standing even or behind an opponent reaching across both shoulders to make a check outside of the 12-inch sphere
  - C. Checking an opponent's stick as she is picking up a ground ball
  - D. While behind an opponent checking her stick when she drops it below her shoulder to pass or shoot



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25. Which of the following is NOT an automatic yellow card?

- A. Dangerous contact
- B. Dangerous propel
- C. Dangerous shot
- D. Dangerous follow-through