



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



2020 Youth Girls' Rules Exam

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



2020 Youth Girls' Rules Exam

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



2020 Youth Girls' Rules Exam

- 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



2020 Youth Girls' Rules Exam

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

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