



# 2023 USA LACROSSE GIRLS YOUTH LACROSSE RULES EXAM

**1. At all levels of girls' youth lacrosse if a player's follow through breaks the plane of the goal circle the official shall disallow the goal. This is the correct ruling.**

- a. True
- b. False

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**2. (12U and 14U levels, full field). On the draw, all players below the restraining line are released when:**

- a. A whistle stops play for a foul.
- b. The ball goes out of bounds off a player or the player's crosse.
- c. The ball crosses the restraining line.
- d. All of the above

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NFHS Rule 5, Section 2, Art. 6a 1-4

**3. Which of the following is NOT true regarding goalkeeper equipment?**

- a. The Goalkeeper may wear eyeglasses, either tinted or clear.
- b. Chinstraps must be properly secured to helmets.
- c. It is required that the Goalkeeper wear shin guards.
- d. The Goalkeeper may affix a device to reduce concussions to the outside of her helmet.

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**4. Following a whistle for a foul in the mid-field, the ball carrier may stop and self-start within 4 meters of the spot of the foul. This is legal.**

- a. True
- b. False

NFHS Rule 5, Section 4, Art. 2

**5. To resume play when the ball has gone out of bounds in the midfield, a player throws the ball into her teammate up field. What should the official do?**

- a. Bring the ball back and have her run the ball in
- b. Allow play to continue, but give the team a warning
- c. Call time-out and green card her team
- d. Turn the ball over, award the ball to the opposing team 4 meters in from the boundary. All other players must be 4 meters away

NFHS Rule 9, Section 1 o.2.; Penalties for 9-1 e-r



**6. (12U and 14U levels) A flag is raised for three seconds, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. The Red team will be awarded the ball:**

- At the 8 meter hash on the GLE with all players 4 meters away.
- On the closest 8 meter hash to where the foul for the flag occurred; Blue goes behind; clear the penalty zone.
- At the dot closest to where the foul occurred when the whistle was blown to stop play. Closest blue player will move 4 meters away and nearer to the goal she is defending. All others at least 4 meters away.
- On the 12 meter fan, closest to where the foul occurred; Blue is 4 meters away.

NFHS Rule 5, Section 5, Art. 1f

**7. White #9 pushes Blue #22 in the midfield. The official blows the whistle to stop play for a major foul. Blue #22 has the ball within 4 meters of the spot of the foul. Which of the following options are legal?**

- Blue #22 retains the ball, stops and self-starts.
- Blue #22 self-starts when White #9 is only 2 meters behind.
- Blue #22 retains the ball, stops and waits for the offender to move 4 meters behind and self-starts.
- All of the above

NFHS Rule 5, Section 4, Art. 1-4

**8. (12U and 14U levels) When clearing the penalty zone, which of the following procedures are CORRECT?**

- The defender, just outside the 8 meter arc, is entitled to move to the hash adjacent to the player taking the free position.
- An attack player may move to the adjacent hash if no defender has elected to claim that hash.
- Players outside the CSA may choose to enter the CSA and position themselves on the 8 meter arc, or elsewhere inside the CSA, if no delay occurs.
- All of the above

NFHS Rule 10, Penalties 4, 5a-f

**9. With two seconds left in the game, White #3 has an 8 meter free position. On the whistle, White #3 shoots and releases the ball before the horn. The ball enters the goal after the horn. The official should disallow the goal.**

- True
- False

NFHS Rule 4, Section 8, Art. 3c

**10. After the draw and before possession is gained, players from both teams step over the restraining line. How shall play be restarted?**

- Play should continue since both teams have equal opportunity to gain possession.

- b. The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4 meters from the boundary. An opponent shall be placed 4 meters away and nearer to the goal she is defending. All other players must be at least 4 meters away. Whistle start.
  - c. A redraw shall be administered.
  - d. The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player placed at an angle towards her defensive goal. Whistle start.
- NFHS Rule 5, Section 5, Art. 1f

**11. The Blue team goalkeeper has left the goal circle to pick up a loose ball that was checked out of an opponent's stick. How may she legally continue?**

- a. The goalkeeper may cover the ball to keep an opponent from picking up the ball
- b. The goalkeeper may pass to a teammate acting as a deputy
- c. The goalkeeper may toss or carry the ball into the goal circle
- d. All of the above

NFHS Rule 7, Section 1, Art. 1, 2a-e

**12. During a draw, which of the following is considered a Draw foul?**

- a. A player behind the restraining line steps on or over the restraining line before possession is established.
- b. Players on the circle step on or over the line before the whistle is blown.
- c. Players taking the draw move their stick before the whistle is blown.
- d. After the official's hands are on the sticks, begin the draw a blue team player runs below the restraining line to allow her teammate to move above the restraining line.

NFHS Rule 5, Section 2, Art. 4a-e

**13. Red #1 is on a fast break and shoots on goal, misses, and the ball goes out of bounds. When the ball crosses the end line, the White goalkeeper (while in her goal circle) is closest to the ball. How is play restarted?**

- a. Allow the goalkeeper to go pick up the ball and pass it to a teammate from out of bounds.
- b. Allow the goalkeeper to go pick up the ball, step in up to 2 meters inside the boundary line and wait for the official's whistle to restart play.
- c. Allow the goalkeeper or any teammate to retrieve the ball and legally initiate a self-start from the boundary.
- d. Direct the goalkeeper to retrieve the ball, return to the goal circle and resume play with a whistle start.

NFHS Rule 6, Section 3, Art. 2a-d

**14. (U10 or U12 playing 7 v 7) Teams must keep two players behind the midfield line (that is serving as a restraining line).**

- a. True
- b. False

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**15. ( 12U or 14U, full field) With 5 minutes left in the game, Blue #2 has the ball outside the 12 meter fan when White #17 is called for three seconds. What is the penalty administration?**

- a. Stop the clock and set up the free position at the 8 meter hash mark closest to the spot of the ball when the whistle was blown, White player is placed 4 meters behind. Whistle start.
- b. The clock does not stop. Set up the free position on the 12 meter fan closest to ball at the time of the whistle; White #17 is placed 4 meters behind. Whistle start.
- c. The clock does not stop. Set up the free position at the spot of the ball when the whistle was blown, White #17 goes 4 meters behind. Self-start.
- d. Stop the clock and set up the free position at the spot of the ball when the whistle was blown. White #17 is placed 4 meters behind. Whistle start.

NFHS Rule 10, Section 1, y 1-2, Penalties

**16. 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

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**17. While in the CSA with 3:28 left in first half, White attack charges into a Blue defender causing a foul that ends the play. The Blue defender picks up the ball and self-starts. This is legal.**

- a. True
- b. False

NFHS Rule 10, Section 1, Penalties 1-3

**18. (12U and 14U) Blue defender #1 pushes White #2 between the 8 meter arc and the 12 meter fan. How is play restarted?**

- a. Free position for White #2 at the spot of the foul; Blue #1 is 4 meters behind and a penalty lane is cleared. Whistle start
- b. Free position for White #2 at 12 meter fan closet to the spot of the foul; Blue #1 is 4 meters behind and a penalty lane is cleared. Whistle start
- c. Free position for White #2 at the 12 meter fan, Blue #1 is 4 meters away and there shall be an indirect free position. Whistle start
- d. Free position for White #2 at the 8 meter arc, Blue #1 is 4 meters behind and the penalty zone shall be cleared. Whistle start

NFHS Rule 10, Section 1, Penalties 7

**19. (12U level) What does Modified Checking refer 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 when play is 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. Checking an opponent's stick only when she is attempting to pick up a ground ball and the ball is not in contact with either players stick

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

- a. When one team commits a draw foul and the other team commits an early entry foul
- b. When 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

NFHS Rule 5, Section 5, Art 1

**21. Which of the following is NOT a mandatory card?**

- a. Dangerous Follow Through
- b. Dangerous Contact
- c. Dangerous Shot
- d. Dangerous Propel

NFHS Rule 10, Section 1, e-i

**22. (12U and 14U) Which of the following is legal for play?**

- a. A player may cover the ball if no other player is within playing distance and attempting to play the ball
- b. Multiple players from each team may attempt to play a loose ball at the same time
- c. a player may kick the ball safely to move the ball into open space
- d. All of the above

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**23. (8U and 10U) Which of the following is correct when a player is awarded a free position and self-starts when a self-start is not allowed?**

- a. Bring the player back and whistle start the play.
- b. Blow the whistle for a False Start and change possession
- c. Allow play to continue because free movement is allowed
- d. Allow play to continue if the offender did not engage until play is initiated

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**24. 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 maintaining proper defense by holding their stick in a good position to check an opponent's stick if checking were legal
- c. To keep young players from attempting reckless checks close to opponents head and neck area
- d. All of the above

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**25. When running down the field while marking an opponent, 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

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**26. A shooting space foul is being called against Blue #1, just as White #2 shoots and hits Blue #1 with her shot. The official immediately calls time-out. How shall play be restarted?**

- a. White #2 should be carded for dangerous propel and an Alternate Possession shall be awarded to the appropriate team at the closest dot
- b. White #2 should be carded for dangerous propel and an Alternate Possession shall be awarded at the 12 meter fan closest to the spot the ball was shot
- c. White #2 should be carded for dangerous propel and Blue #1 is awarded the ball 8 meters away from the goal circle and play is restarted with a whistle
- d. White #2 should be carded for dangerous propel and Blue #1 is awarded the ball at the spot of the foul and she may self-start

NFHS Rule 5, Section 5, Art. 1f, Exception

**27. Only at 14U level is transitional checking allowed. Which of the following best describes transitional checking?**

- a. Checking across the body of an opponent when a players feet are level with or behind the opponent
- b. Checking in a movement that is **only** down and away
- c. Checking an opponent's stick when the ball is above shoulder level but outside the 12-inch sphere around the opponent's head
- c. All of the above

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**28. Which of the following is a NOT a minor foul?**

- a. Empty stick check
- b. Hooking
- c. Playing a loose ball while stepping on the boundary line
- d. Warding

NFHS Rule 9, Section 1 e, o.1, r

**29. A goal is scored when...**

- a. The ball comes off the body of an attack player
- b. A player kicks the ball into the goal
- c. The ball is released before the horn goes off and enters the goal after the horn
- d. The goalie stops the ball when the ball is on the goal line

NFHS Rule 4, Section 8, Art. 3c

**30. (12U and 14U level, full field) A Blue player has possession of the ball between the 8 meter arc and the 12 meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:**

- a. The spot of the ball when the time out was called.
- b. The 12 meter fan directly above the spot of the ball when time out was called.



- c. An 8 meter hash mark closest to the spot of the ball when time out was called.
- d. The closest dot.

NFHS Rule 4, Section 3, Art. 3d

**31. White attack is awarded a free position on the center hash mark. Two Blue teammates stand next to each other on the adjacent hash. A White teammate requests the space between the two Blue defenders. The official must grant White that space.**

- a. True
- b. False

NFHS Rule 10, Section 1, Penalties 4, 5e

**32. Blue #1 enters the 8 meter arc to shoot with five minutes left in the first half. When doing so, the Blue #1 charges into Red #2. The official blows the whistle and awards a free position to Red #2. Red #2 may self-start from the spot of the foul.**

- a. True
- b. False

NFHS Rule 10, Section 1, Penalties 3

**33. Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the restraining line, a Red team non-marking defender clearly positions herself in the 8 meter arc in the direct path to goal. The official shall:**

- a. Blow her whistle for shooting space violation as the ball has crossed the restraining line.
- b. Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way.
- c. Tell the White defender to get out of shooting space or mark up.
- d. Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.

NFHS Rule 10, Section 1, w

**34. The Blue goalkeeper has the ball within the goal circle and the official count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:**

- a. A new 10 second count for the Blue goalie. Whistle start.
- b. Ball goes to the dot, Blue team has possession, all players 4 meters away, Whistle start.
- c. Goalie possession within the circle. The official will whistle to restart play and continue the count from where she left off, "8".
- d. The team with the next alternative possession is awarded the ball at the dot. All players 4 meters away. Whistle start.

NFHS Rule 4, Section 3, Art. 3e

**35. Which things would be considered a minor foul if the official noticed them while setting up the draw?**

- a. Earrings covered with pre-wrap or tape
- b. Hair ties or soft bracelets on the arm
- c. Hair adornments such as hair beads that do not cause danger to other players
- d. All of the above



NFHS Rule 2, Section 8, Art 5a-c

**36. It is always illegal to set a moving pick outside of the visual field of the opposing player EVEN if enough time and space has been given.**

- a. True
- b. False

NFHS Rule 10, Section 1, p

**37. When is the three-second rule in effect?**

- a. When the ball leaves the goal circle in a team's defensive end
- b. When the ball crosses midfield
- c. When the team in possession of the ball crosses the with ball over the restraining line in their attacking end of the field.
- d. When a team gains possession between the restraining line at draw

NFHS Rule 10, Section 1, y1,2

**38. If a player receives a red card in the first 5 minutes of the game, they are disqualified for that game and may play in the next game.**

- a. True
- b. False

NFHS Rule 12, Section 6, Art. 2

**39. (8U) Players must always attempt 3 passes after they gain possession but before they shoot the ball.**

- a. True
- b. False

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**40. During an injury timeout, which of the following is legal?**

- a. Player may remain on the field if coach certifies she is ok to continue play
- b. Unlimited number of players may substitute
- c. A Coach may ask for a stick check
- d. All of the Above

NFHS Rule 4, Section 1, Art. 3; Rule 4, Section 7, Art. 1, Rule 2, Section 4, Art. 5

**41. Which of the following is true about checking at the youth level?**

- a. For 8U and 10U no checking is allowed
- b. For 12U modified checking is allowed
- c. For 14U transitional checking is allowed
- d. All of the above

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**42. (U14) If a team only has 11 eligible players for a game, they may still have 7 players in their offensive end and 8 players in their defensive end (even though they will only have 3 players "back.")**

- a. True
- b. False





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### **43. During the administration of a draw, which of the following is ILLEGAL?**

- a. Players around the center circle moving around the center circle
- b. A team starting the draw with 6 players behind one restraining line and 2 players behind the other restraining line
- c. Players exchanging places above and below the restraining lines after the official has their hands on the sticks to begin the draw-even if there are never more than 3 between the restraining lines
- d. A team starting the draw with only 11 players on the field, even though they have more than 12 eligible players

NFHS Rule 5, Section 2

### **44. What criteria must be met in order for shooting space to be called?**

- a. The ball is in the critical scoring area and above the goal line extended
- b. The shooter must have an opportunity to shoot safely
- c. The shooter is actively attacking the goal in order to shoot
- d. All of the above

NFHS Rule 10, Section 1w

### **45. When should the official raise the flag?**

- a. Anytime a three seconds foul is called against the defense
- b. When the attacking team is on a scoring play and the defense commits a major foul
- c. Anytime there is a defensive offside call and the attack is shooting
- d. When the defense is intentionally standing in the 8 meter arc, not marking an opponent but the attack is stalling the ball

NFHS Rule 11, Section 1, Art 1

### **46. A shot no longer considered a shot when...**

- a. As soon as any player other than the goalie touches the ball
- b. When a player kicks the ball towards her teammate to gain possession, but the ball goes out of bounds in a different direction than the shot would have gone out of bounds
- c. When a player attempts to scoop up the ball, never possesses it but it has touched her stick before it goes out of bounds
- d. Anytime the rebound off the goal pipe and goes out over the sideline

NFHS Rule 6, Section 3, Art 3

### **47. As blue attempts to pick up a loose ball, white checks the blue player's stick when the ball is in contact with the stick but not fully in the pocket of the stick. An empty stick check should be called.**

- a. True
- b. False

NFHS Rule 9, Section 1, e

### **48. In which of the following scenarios should an illegal stick to body call NOT be made?**

- a. When players are transitioning down field and the defender is "riding" the attack player with her stick in a horizontal position making contact with the ball carrier's body

- b. When a player is setting a pick and holds her stick in a horizontal position to pick the opponent and contact is made with the opponent
- c. When a defender is standing still in the 8 meter arc with her stick in a horizontal position and an attack player charges into the defender making contact with her stick
- d. When a defender makes incidental contact with an opponent and the defender's stick is being held in a vertical position

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**49. When is a defensive player in the 8 meter arc exempt from the three seconds in the arc rule?**

- a. When she is marking an opponent more than a stick's length away
- b. When she is double teaming a non-ball carrier
- c. When she is marking an opponent directly behind the goal circle
- d. When her team is playing zone defense

NFHS Rule 10, Section 1y

**50. During crosse inspection, the official drops the ball into the pocket of a horizontally held crosse then applies pressure to ensure the ball remains visible above the top wall of the crosse. This is the correct procedure.**

- a. True
- b. False

NFHS Rule 2, Section 2, Art. 5c