



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 goal 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 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



13. In which of the following scenarios would a defender be called for Three Seconds in the 8m arc?
- A. She is marking an opponent who is directly behind the goal circle
 - B. She is double teaming a non-ball player in the 8m arc
 - C. She is marking her opponent within a stick's length
 - D. She is triple teaming the ball carrier within a stick's length
14. Which of the following statements is TRUE (except 10U and below)?
- A. Players may substitute during a live ball timeout (when all players drop their sticks)
 - 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 her 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 is 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 officials' 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 intentionally make contact with another player
 - D. All of the above
19. At 14U only, transitional checking is allowed. Which of the following best describes transitional checking?
- A. Checking only during transitioning from attack to defense
 - B. Checking only below the shoulder
 - C. Checking above the shoulder and outside the 12 inch sphere around the opponent's head
 - D. 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?
- A. Reach their stick into the goal circle so the goalkeeper can place the ball in her stick
 - B. Enter the goal circle once the goalkeeper has left to pick up the ball outside of the goal circle.
 - C. Pass the ball back to the goalkeeper in her circle immediately after receiving a pass for the goalkeeper in her circle
 - D. 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:
- A. Holds her stick in a position to make a check if checking were legal
 - B. Holds her stick with one hand
 - C. Only when playing defense in the Critical Scoring Area
 - D. 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:
- 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. Be in position to have a Three Seconds Good Defense call made
 - D. 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. 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
25. Which of the following is NOT an automatic yellow card?
- A. Dangerous contact to a player in a defenseless position
 - B. Dangerous propel
 - C. Dangerous shot
 - D. Dangerous follow through

