

2023 Rule Variations for GNLL Boys Youth Pre-Season Box Lacrosse Games

Note: GNLL Youth Box Lacrosse is field lacrosse modified to be played in an arena setting and not true box lacrosse. In particular, cross checking, off-ball checking, and boarding are illegal.

The rules used for indoor youth lacrosse games played in arenas will be the most current Minnesota youth lacrosse rules with the minor variations listed in this document. Changes from 2022 are marked in **gray**. Points of emphasis are marked in **tan**.

Note that, except where noted otherwise, changes to the Minnesota Youth Rules apply to GNLL Youth Box Lacrosse Games (e.g., the new quick restart rule for 12U and yeah on14U; changes to stick penalties).

For the purposes of rules, Minnesota youth lacrosse uses the following age groups:

Birthdate	Age Bracket
Born 9/1/2008 through 8/31/2010	14U
Born 9/1/2010 through 8/31/2012	12U
Born 9/1/2012 through 8/31/2014	10U

It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

All coaches and officials must be familiar with the NFHS Boys Lacrosse Rules, the Minnesota youth variations, and the Youth Box Lacrosse variations. The differences between the Minnesota youth rules and Minnesota youth box lacrosse are listed below.

Number of Players—Rule 1-1: Each team will have a total of 6 players on the field and serving penalties at any point in the game. This will include a legally equipped goalkeeper, 1 defense, 2 midfield, and 2 attack.

Stick Lengths—No long sticks are permitted at any level of play. Legal stick lengths are 37”–42” for 10U and 40”–42” for 12U and 14U. Goalie sticks may be 37”–54” for 10U and 40”–72” for 12U and 14U.

Forfeits—If at any time during the game a team cannot put at least 4 players (counting the goalie) on the field due to any combination of penalties, injuries, disqualifications, expulsions, or other reasons, the game is over and is declared a forfeit.

Field—There will be a midline and two restraining lines, which also determine the attack area. There will also be two creases. See diagram at the end of this document.

Concussions—A player who is removed from a game or practice by a coach, game official, trainer, or league official due to signs, symptoms, or behaviors consistent with a concussion **cannot return** to practice or play in the same day under any circumstances, and the player must receive clearance from a physician before returning to practice or play on a subsequent day. The player's head coach and his team's association are responsible for ensuring that this clearance has been granted before allowing return to practice or play on a subsequent day.

Goalies—Each team is required to have a legally equipped goalie; a team without a legally equipped goalie at the start of the game or which refuses to supply a legally equipped goalie at any point during the game forfeits the game.

Goalie Equipment—Minimum equipment for goalies is the same as in field lacrosse. Hockey goalie gloves or additional rectangular hockey goalie blocker arm pads are illegal. Box lacrosse goalie gloves are permitted. Goalie chest protectors must meet the NOCSAE ND200 performance standard.

Goalie Penalties—If the goalie leaves the game due to a penalty, the team must either (1) have a legally equipped backup goalkeeper ready to play within 20 seconds of the penalty being reported or (2) have the nominated defender serve the penalty.

Uniforms—The uniform requirements are the same as for other youth lacrosse games, except the home team will wear white and the away team will wear dark. Jerseys or pinnies must have visible numbers on the front and back. Coaches are responsible for making sure shoulder pads are covered per manufacturer recommendations.

Goalie Jersey—Each goalie must have a jersey that matches his team's color. White and black jerseys will be distributed at each facility in the event a matching jersey is not available. The home goalie must wear white and the visiting goalie must wear a jersey matching the color of the rest of the team whenever possible. If no matching jersey is available for the away team, the black jersey may be worn, but this would result in a technical foul against the away team to start the game.

Responsibilities—Rule 1-2: The league will provide game balls that meet the NOCSAE standard, a working scoreboard with a timer and horn, and an official scorebook or score sheets. Each team will provide one person to work as timer (home) and scorer (away) unless there is a staff person from the league there and available to do timing and scoring.

Goals—Rule 1-3: Goals will be provided by the arena, will be either 4'x4' or 6'x6', and will have no holes or gaps in the nets. League staff will normally handle net repairs, but

each team should have string available for net repairs in case there is no staff member present.

Length of Game—Rule 3-1 (Youth): All levels will play three 15-minute running time periods. Period lengths may be adjusted if needed to keep the games on time. There will be 2-minute intervals between periods. No overtime will be played. *Note:* The game clock shall begin at the scheduled starting time whether or not teams are ready to play. No on-field time is allotted for warm-ups.

Pre-Game Procedures—Rule 4-1 and 4-2: There will be no coin toss: the home team will select a goal to defend in the first period and the visitors will be granted first alternate possession (so captains need not be identified except for playoffs). A coaches' certification and brief line-up (involving all players for 12U and under and starters only for 14U) will be performed for every game; coaches should be prepared to identify a starting attacker as the in-home player and a nominated defender.

Time-Outs—Rule 4-28 (Youth): Each team is permitted one 1-minute time-out per game. The clock stops.

Dead-Ball Substitution—Teams are allowed up to 20 seconds to substitute without waiting for players to leave the floor after the following: (1) the official arrives with the ball at the spot of the faceoff after a goal is scored, (2) after a time-serving penalty is reported, (3) upon being called back with 20 seconds remaining in a timeout, (4) after being summoned after an officials timeout, and (5) after being summoned to start a period. In these situations only, a team might have more than 6 total players on the floor while the substitutions are taking place.

One Off/One On Substitution—Substitution may take place during any live or dead ball, similar to high school (NFHS) rules, except the bench area is used instead of a sub area. The player leaving the game must exit through the door to the bench area, and once he is completely off the floor his substitute may step onto the floor through the bench area. The substitute must be properly equipped when he steps onto the field and may not delay his entry.

Substitution for 10U—Substitution in 10U games can be done as listed above, but there are additional rules about substitution for 10U covered in the Minnesota Youth Rules.

Entering and Leaving the Field—It is an illegal procedure technical foul for a player leaving the floor or entering the floor to go over the boards during live-ball **or** dead-ball substitution.

Attack Area/Defensive Area—Rule 1-2: The attack area for one team (which is the defensive area for the other team) consists of the entire area opposite the midfield area, between the restraining line and the boards (see diagram, below). The offense must

always restart outside of its attack area. The defense may start with possession in its own defensive area after (1) an out-of-bounds ball (2) a change-of-possession technical foul by the offense.

Offside—Rule 4-10: There is **no** offside rule. However, it is a conduct foul for the goalie to participate in settled offense (the goalie can clear the ball and shoot or can clear the ball and pass to someone as part of a fast break, but he must get rid of the ball and return to his defensive end within a reasonably short time frame, as judged by the officials).

Penalty Stacking—Rule 7-2: If a team has 3 or more players serving penalties at the same time, the man down team will not play with less than 4 players (counting the goalie) on the floor at any time. Penalties will stack in the manner of NFHS Rule 7-2-f (but modified for a maximum of 2 players serving penalties at the same time).

Face-Offs for 12U and 14U—For the face-off in 12U and 14U, each team must have:

- one player (center) at midfield to take the face-off using a standing neutral grip
- one wing player with a foot touching the boards between the restraining lines and to the **left** of their teammate
- a goalie and one defender behind the restraining line in their defensive end
- two players (forwards) behind the restraining line in their offensive end.

The players touching the boards are released on the whistle, and the remaining players are released as in field lacrosse (e.g., possession called, loose ball crosses restraining line).

Face-Offs for 10U—In order to keep the faceoffs for 10U as close as possible to how they will be done in field lacrosse, each team must have:

- one player (center) at midfield to take the face-off
- standing or kneeling neutral-grip
- one “wing” player with a foot touching the top of the crease circle in his defensive end
- a goalie in his crease
- a defender behind the goal-line extended (GLE) in his defensive end
- two players (forwards) behind the GLE in their offensive end.

The players touching the crease are released on the whistle, and the remaining players are released as in field lacrosse (e.g., possession called, loose ball crosses the GLE).

Man-Down Face-Offs—If a team is down one player on the faceoff, they must leave the wing (or “wing”) area open. If they are down two players on the faceoff, they must leave

the wing area **and** one of the two spots behind their offensive restraining line open. Due to the stacking rule, a team cannot be down more than two men on the faceoff.

Advancing the Ball—Rules 4-13 and 4-14: There are no 10-second counts in 10U. For 12U and 14U, 10-second counts are used exactly as they are under NFHS rules, with the attack area defined as the restraining line and the entire area past the restraining line.

This means that once a team has possession between the midline and the restraining line in their offensive end, they have 10 seconds to get the ball into the attack area, either by a player in possession stepping on or over the restraining line or by a loose ball touching something in the attack area.

Over-and-Back for 10U—No over-and-back rule will be used for 10U games.

Over-and-Back for 12U and 14U—Rule 4-14-3: NFHS rule will be used: once the ball is advanced into the attack area, it is an over-and-back violation if the ball returns to the defensive end unless (1) it is last touched by the defense or (2) it rebounds to the defensive end after hitting the goal or goalie and the impetus that carries the ball to the defensive end is from the shot (even if last touched by the offense). Note: A shot that misses the goal and the goalie and then rebounds off the boards to the defensive end without touching a defensive player **does** result in an over-and-back violation.

Ball Out of Play—Rule 4-6: A ball touching the boards (or any material used to cover a soccer goal opening, if any) is still in play, while one touching anything inside the bench area, beyond the boards, or in the netting above the glass is out of play. If the ball goes out of play, it is awarded to the team opposite the one that touched it last **except** on a shot that goes out of play after hitting the goalkeeper, the goalkeeper's crosse, or the goal (in which case possession is awarded to the team that shot the ball). Note that the usual field lacrosse "closest to the ball on a shot" rule is never used.

Goal Crease Privileges—Rule 4-19-1: The goalkeeper or any player of the defending team may receive a pass while in the crease area.

Penalty Time—Rule 5-1 and 6-1: Time-serving technical fouls will be 30 seconds, and personal fouls will be 1, 2, or 3 minutes, depending on foul severity (some penalties have mandatory minimums). All penalties are non-releasable (i.e., they are not released by a goal or goals by the opposing team). Penalty time begins on the whistle restarting play. Egregious fouls (e.g., any checks or pushes into the boards; deliberate targeting of the head with a body check, cross check, or spear; any standard ejection foul such as flagrant misconduct or a second non-releasable USC penalty) will result in an immediate ejection, a 3-minute non-releasable penalty (to be served by the in-home) and suspension. Penalty time does not run if the game clock is stopped.

If a penalty expires during a dead ball, the player is not released until the official blows a whistle to restart play. If a penalty expires before or during a face-off, must wait until the face-off is over (e.g., possession is called; loose ball crosses the restraining line).

Disqualification—A player receiving 3 separate personal foul penalties or 5 minutes of assessed personal foul penalties fouls out of the current game but is **not** suspended for subsequent games.

Boarding—Any trip, check or push into the boards is an automatic ejection foul. However, officials should take care to distinguish between (1) a player who falls due to *incidental* contact and makes contact with the boards and (2) a player who ends up hitting the boards as a result of an act made by the opponent whose foreseeable consequence is the opponent hitting the boards (regardless of whether that was the intent of the act). The first should not be an ejection—although a penalty may still result—while the second should be an ejection.

Ejection Fouls—Rule 5-12: In addition to the penalties described in the NFHS Rules (including a 3:00 non-releasable foul for a player ejection or a 1:00 non-releasable foul for a coach ejection, to be served by the in-home), in Minnesota youth box lacrosse play, anyone ejected from a game will be subject to the penalties described in the NFHS rules as well as the following:

- a) Players ejected from a regular-season game or ejected following the final horn will be suspended for the remainder of that game plus the next 2 games for the first offense.
- b) Coaches ejected from a regular-season game or ejected following the final horn will be suspended for the remainder of that game plus the next four games for the first offense.
- c) Subsequent offenses result in longer suspensions, and suspensions and the count of suspensions will carry over from year to year.
- d) League directors may impose additional penalties or suspensions at their discretion.

Tie Games—Rule 4-32: Ties will stand. There will be no overtime or tiebreakers in any game.

Field Diagram

