

Boys Youth <u>FALL</u> Rules - INTERMOUNTAIN LAX OUTLINE OF YOUTH RULE DIFFERENCES					
RULE		7th/8th Grade (14U)	5th/6th Grade (12U)	2nd-4th Grade (10U)	K-1st Grade (8U)
1-2	Field Size	Should be regulation size, but may be adjusted if BOTH coaches agree		80X40 *new 2017*	60X35 *new 2017*
1-6	Crosse Length	NFHS Rules Short: 40"-42" Long: 52"-72"	NFHS Rules Short: 40"-42" Long: 52"-72"	Short: 37"-42" Long: 47" - 54"	Short: 37"-42" No Long Poles
1-9	Equipment	All players are to wear full protective equipment per NFHS & USL Rules (NOCSAE Certified helmet, shoulder pads, gloves, arm pads) *It is strongly recommended but not required for goalies also wear armpads, and all players wear protective cup*			
1-9	Jersey colors	NFHS Modified Rules - Must be a <u>reversible jersey</u> with a dark and light option (white preferred), Numbers on front and back <i>Teams MUST wear either (1)IMLAX issued reversible or (2) IMLAX approved program specific reversible jersey</i>			
1-12	Spectators	Up in the stands or far side of the field w/ Limit Lines			
1-12	Sideline Manager	Recommended	Recommended	Recommended	Recommended
	Number of Players			3rd/4th = 7 v 7 (Standard 2A, 2M, 2D, 1G) 2nd/3rd = 6 v 6 (Standard 2A, 2M, 2D, 0G)	
2-1-1		10 v 10 (Standard 3A, 3M, 3D, 1G)	10 v 10 (Standard 3A, 3M, 3D, 1G)		4 v 4
3-1	Length of Game (intent to keep games 1hr)	12 minute running time quarters, stop time last 2 minutes of the game	12 minute running time quarters, stop time last 2 minutes of the game	10 minute running quarters	10 minute running quarters
3-1	Length of Game - Overtime	No overtime. Game ends in tie			
3-3	Auto Stall - Final 2 minutes of game	Enforced	Enforced	Waived	Waived
	Pass before shot rule			At K-4 (8U & 10U) Before a team can shoot the ball off the <u>initial</u> possession, there must be one <u>attempted</u> pass. After all FO's & Goals	
4-2 -5.22		*does not apply to 5th-8th divisions*			
4-3	Facing Off	Shall occur to start all periods, and after each goal *new 2022 Standing Nuetral Only*	Shall occur to start all periods, and after each goal *new 2022 Standing Nuetral Only*	Shall occur to start all periods, and after each goal *new 2022 Standing Nuetral Only*	Shall occur to start all periods <u>ONLY</u>
4-3	Faceoff Mercy Rule	6 goal lead if both coaches agree and the officials ask * <i>Modified USAL Rule</i> *	6 goal lead if both coaches agree and the officials ask * <i>Modified USAL Rule</i> *	If team has a 4 goal lead, team that is behind will be given ball at midfield (in lieu of faceoff) until margin is under 4 goals, losing coach can waive this	
4-10	Offside *varries by age group*	A team w/more than <u>six</u> players in its offensive half of the field (including players in penalty box) or more than <u>seven</u> players in its defensive half	A team w/more than <u>six</u> players in its offensive half of the field (including players in penalty box) or more than <u>seven</u> players in its defensive half	A team w/more than <u>four</u> players in its offensive half of the field or more than <u>five</u> players in its defensive half	*No offside in K-2 play* All players free to roam entire playing field
4-14, 4-15	Advancing The Ball	NFHS Rules 20 and 10 Counts	NFHS Rules 20 and 10 Counts	NO COUNTS	NO COUNTS
4-14, ART 3.	"Over and Back"	*APPLIES* NFHS Rules	*APPLIES* NFHS Rules	Waived	Waived
4-17, 5-3 6-3, 6-9	3 Yard Rule	All legal checks, legal holds and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball			
4-25	Team Time-Outs	One (1) team timeout - of a maximum duration of two minutes each - are permitted per team per <u>GAME</u>			
4-27	Officials Time outs	If player in possession loses ANY piece of required equipment, stop play IMMEDIATELY, regardless of proximity of opposing players			
	Switch Sides	Teams switch sides at the end of each quarter as stated in NFHS rules			
4-34	"Get It In -Keep It In"	NFHS Rules *waived if ahead by 4 or more* Under 2 minutes in game	NFHS Rules *waived if ahead by 4 or more* Under 2 minutes in game	Waived	Waived
5-3	Illegal Body Checks	NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL (no lowering shoulder, no excessive aggression, no blindside checks, no checks against an opponent in a defenseless position)			
5-3	Body Checks	Limited body checking as permitted -Checks should be generally upright,No lowered head or shoulder checks see USALAX Youth Rules for more info.	NO BODY CHECKING (loose ball boxing out allowed) see USALAX Youth Rules for more info.		
5-4	Checks to Head/Neck	No players shall initiate contact to opponents head or neck with cross check or any part of their body No player shall initiate a slash to the head/neck No player (offensive or defensive) shall block an opponent with their head (Spearing)			
5-4	PENALTY for checks to Head/Neck	1,2 or 3 minute(s) NON-RELEASABLE foul			
5.6	Slashing	ONE-HANDED STICK CHECKS ARE PERMITTED 5TH-8TH (14U&12U) *new 2024*		NO ONE-HANDED STICK CHECKS K-4TH! (10U & BELOW)	
5-9	Unnecessary Roughness	Any penalty for Unnecessary Roughness will be NON-RELEASABLE			
5-10	Unsportsmanlike Conduct Profanity	1st foul; 1-3 min non releasable, 2nd foul 3 min non releasable and ejection			
5-11	Fouling Out	3 PERSONAL fouls OR 5 minutes of Personal foul penalty time - This is not an EJECTION *Personal foul penalty time is based on standard/regulation penalty time <u>NOT</u> time and a half*			
		EJECTION - If a player or coach is EJECTED, the player or coach is ejected for the following game			
6.10	Stalling	NFHS Rules	NFHS Rules	2 minutes left in game - waived, UNLESS official detects stalling during clearing opportunity,OR outside the offensive goal area, Can give verbal warning and start 5 second count to advance the ball	
7.1-7.3	Time Serving Penalties	NFHS Rules - Penalties served by the player committing the foul Goalie penalty may be served by starting defender Team penalty served by in-home		Sub-out only but the player serves the time, team does NOT play man down	Sub-out only but the player serves the time, team does NOT play man down
7.1-7.3	Time Serving Penalties - Running Time Game	Due to running time in ALL levels, then penalty time is running-time/time and a half for ALL Penalties, regardless if under 2min. Penalty time starts on the next whistle. All penalties will be time and a half, example: 30 seconds = 45 seconds, 60 seconds = 90 seconds * ALL PENALTIES ARE FULL TIME SERVED (New in 2023). Player not released for goal being scored! If penalty time should expire before/during FO it cannot be released until posession gained*		Sub-out only but the player serves the time, team does NOT play man down	Sub-out only but the player serves the time, team does NOT play man down