

**SNLA 2017
Rule Matrix**

	High School	MS U14	MS U12	MS U10	MS U8
Field Dimensions	Fields must be regulation size	Coaches and officials can agree to play on any size field available			35 yds wide x 60 yds long
Short Stick Crosse Dimensions	The Crosse shall be an overall fixed length of 40 to 42 inches			The Crosse shall be an overall fixed length of 37 to 42 inches	same as U10
Long Stick Crosse Dimensions	The Crosse shall be an overall fixed length of 52 to 72 inches			No long poles, crosses for all field players shall be 37 to 42 inches	Same as U10
Minimum Head Width	6" Min	Minimum Head Width is 6 inches per US Lacrosse			
Random Equipment Checks	Conducted 4 times per game				same as U10
Player Equipment	As per NFHS rules	All goalies are required to wear arm pads and a protective cup			same as U10
Game Jerseys	per NFHS rule	Less strict than NFHS to allow some custom design - numbers correct size not camouflaged.			
Spectators	Spectators to be located on far side of field behind limit lines	If field does not allow fans to be on far side, referee will designate their location			same as U10
Number of Players on the Field	10 players per side at start of game	10 players per side, may play with as few as 7 players (equivalent each team) if coaches agree and the field may be shortened	7 vs 7		5 vs 5, no offsides
Game Time	4 12-minute stop-clock quarters	4 10-minute stop-clock quarters		Two 24 minute running-clock halves	Two 20 min running clock halves
Overtime	Sudden death-4-min periods, 2 min between periods	No overtime, game ends as a tie (unless tournament requires it)			same as U10
Time Outs	2 per team per half; for max 2 min, play beings 20-seconds after team calling time out is ready for play			1 Time out per half	1 Time out per half
Final 2 Minutes - Stalling	Same as rest of the game. 30-second shot clock if needed	Team ahead in final 2 minutes of game must "keep it in"		No stalling rule in final 2 minutes	same as U10
Facing Off - Awarding the ball based on goal differential	NA	NA	If goal differential >= 6, no face-off, award ball to team who is behind	If goal differential >= 6, no face-off, award ball to team who is behind	2players face off @midfield. All other players except goalies are restrained by either GLE they choose. If goal differential is >= to 6, goalie of team down gets free clear from crease.
Mercy Rule	Running Clock in 2nd half when point differential reaches 12. Or EARLIER if coaches agree.	Running clock in 2nd half if goal differential >= 10		NA	same as U10
Advancing the Ball in the offense	30-seconds to get it in the box.			No Box rule	No Box rule
Advancing the Ball - 20 second count	College Rule of 30 seconds total.			No 20-second clearing count	same as U10
3/5-Yard Rule on Loose-Ball Play	5-yards, as per NCAA rules	5-yards, as per NFHS rules	3-yards on all stick checks, body checks, legal holds, legal pushes		same as U10
Personal and Ejection Fouls	As per NFHS rules	Stricter enforcement than HS level			same as U10
Body Checking	Body checking permitted per NCAA rules	Body checking permitted, no "take-out" checks		No body checking is permitted. Up right pushing allowed.	same as U10

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Rule Matrix No one-handed stick checks whether or not contact is made				
Slashing - one-handed stick checks	One-handed stick checks are permitted, but must be controlled			same as U10
Slashing - controlled checks	All stick checks must be controlled	All stick checks must be controlled - no wind-up beyond 45 degrees, no more than 1 "incidental" check to the off-hand		same as U10
Unsportsmanlike Conduct (USC)	Called as per NFHS rule, second USC will result in an ejections	In addition to the NFHS rules, USC applies to any player or coach who uses derogatory or profane language (starting with "damn"), whether addressing a player, coach or official (1st offense, 3-minute non-releasable, 2nd offense, 3-minute non-releasable expulsion)	Same as MS	same as U10
Fouling Out	5 minutes of personal fouls		All personal fouls are 3-minutes non-releasable. No man-up situations. (5 min disqualifies a player)	
Ejection Foul - Illegally playing down	NA	Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards		same as U10
Offensive Stalling - Rule 3 Section 10	30-second shot clock if needed - no stalling on uneven situations	Keep it in the box - can happen at any point of the game	Not enforced, however, "advance the ball" can be in effect	same as U10
Time Serving Penalties	Served according to NHFS rule	5 minutes of personal fouls. (All unnecessary roughness penalties are Non-releasable).	All personal fouls are served for 3-minutes. No man-up situations.(3 personal fouls disqualifies a player)	
Substitutions	On the fly substitutions allowed at all levels			
Over and Back Rule	Called as per NFHS rule		Only enforced on an intentional pass back. A pass made to a player in the offensive zone that is not caught and goes to the defensive zone shall be treated as a contested groundball	No over and back rule
Take Out Check	Personal Fouls		Technical Fouls	
Body check when player lowers head or shoulder with the force & intent to knock player down: any reckless or intimidating check. No check a defenseless player including Blindside, head down playing a loose ball, and avoidable checks after a pass or shot.	Cross-Check, Illegal Body-Check, Checks Involving the head/neck, Illegal Crosse, Use of illegal equipment, Slashing, Tripping, Unnecessary Roughness, Unsportsmanlike Conduct		Crease Violations/Goalkeeper interference, holding, illegal offensive screening, illegal procedure, conduct foul, interference, offside, pushing, stalling, warding off, withholding ball from play	
U10 and U8 Pass Rule	NA		1 pass on offensive half of field before a shot on goal counts	1 pass on offensive half of field before a shot on goal counts

2017 Modified NFHS rules used by SNLA High School

PROCEDURES	DON'T USE -NFHS	USE - NCAA
Face-off violation by Team B	No limit; could be releasable USC per NFHS 5-10-e	Limit of 2 per team per half
Goalie out of crease on stoppage	Goalie gets up to 5 seconds to return to crease	Immediate restart if other conditions are met
Defender is w/in 5 yards on restart	Player gets 5-count to move back or gets technical	Play restarts immediately. Defender must gain 5 yds.

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Defensive clearing counts and offensive counts	Twenty seconds to cross mid-field, then ball must enter the attack area within 10 seconds,	Thirty seconds after possession is gained to move the ball into the attack area
End of flag down	Ball leaves attack area; ball touches ground (not on a shot);	Play continues until any of the usual conditions for stopping play occurs or the defense
Stalling	“Get it in” and “Keep it in”	Thirty-second shot clock procedure
Last 2:00 of 4th quarter	Automatic stall warning for team in lead (unless leading by	No automatic warning; shot clock may be issued
Minimum Head Width	6.5" minimum	6" min top and bottom - ball rolls out as required by rules