

SNLA 2018 Rule Matrix

2018	High School	MS U14	MS U12	MS U10	MS U8
Spectator Penalties	1st offense Coaches are notified & address spectators: 2nd offense Penalty Served by offending teams spectator: 3rd offense Ref will call game & offending team takes Loss				
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	The Crosse shall be an overall fixed length of 37 to 42 inches
Long Stick Crosse Dimensions	The Crosse shall be an overall fixed length of 52 to 72 inches			No long sticks, all crosses for all field players shall be 37 to 42 inches	No long sticks, all crosses for all field players shall be 37 to 42 inches
Head Dimensions	Players heads must be a minimum of 3 inches wide at the throat. The Widest part of the lacrosse head near the scoop must be a minimum of 6.0 inches wide. SNLA u14 and below will NOT be adopting the 2018 head dimension rules. 2019 SNLA MS League will require X spec heads				
Random Equipment Checks	Conducted 4 times per game				Conducted 4 times per game
Player Equipment	As per NFHS rules	GOALIES: Arm Pads are OPTIONAL	All goalies are required to wear arm pads and a protective cup	All goalies are required to wear arm pads and a protective cup	same as U10
Game Jerseys	Color and markings as per NFHS rule				
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			
Number of Players on the Field	10 players per side	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
Game Time	4 12-minute stop-clock quarters	4 10-minute stop-clock quarters	4 12-minute running-clock quarters		4 ten minute running clock quarters
Overtime	Sudden victory with 4-min periods, 2 minutes between periods	No overtime, game ends as a tie (unless tournament requires it)			same as U10
Time Outs	2 per team per half; clock stopped for max 2 minutes, play beings 20-seconds after team calling time out is ready for play				2 per team per half. 90 sec
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		Two players face off at midfield. All other players (excluding goalies) are restrained by either GLE they choose. When goal differential is greater than or equal to 6, the ball starts with the goalie of the trailing team and they get a free clear to midfield.
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	NA
Advancing the Ball in the offense	30-seconds to get it in the box.			NA	NA
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
Slashing - one-handed stick checks	One-handed stick checks are permitted, but must be controlled	No one-handed stick checks whether or not contact is made			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 foul)			same as U10
Fouling Out	As per NCAA rules	3-personal fouls or 5 minutes of personal fouls	3-personal fouls or 5 minutes of personal fouls	All personal fouls are served for 3-minutes non-releasable. No man-up situations.(3 personal fouls disqualifies a player)	All personal fouls are served for 3-minutes non-releasable. No man-up situations.(3 personal fouls 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

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Time Serving Penalties	Served according to rule	3-personal fouls or 5 minutes of personal fouls. (All unnecessary roughness penalties are Non-releasable).		All personal fouls are served for 2-minutes. No man-up situations.(3 personal fouls disqualifies a player)	All personal fouls are served for 2-minutes. No man-up situations.(3 personal fouls disqualifies a player)
Goalie Penalties	Goalie Serves. If back up goalie is not ready team must use a time out. If not time outs remain a 30 second technical foul for delay of game shall be issued		In Home Serves	NA	NA
Game Termination	Called as per NFHS rule	Referee may terminate a game for flagrant acts of unsportsman-like behavior			same as U10
Over and Back Rule	Called as per NFHS rule			No over and back rule	No over and back rule
Take Out Check (Middle School)	Personal Fouls		Technical Fouls		
Body check in which player lowers his head or shoulder with the force and intent to put the other player on the ground: any check made in a reckless or intimidating manner. Can not check a defenseless player - includes: 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		Head Coach is permitted to be on the field during gameplay

2018 Modified NFHS rules used by SNLA High School

Procedures	NFHS	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.
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); shot is completed; defense gains possession	Play continues until any of the usual conditions for stopping play occurs or the defense gains possession; additional Loose-ball fouls on defense will not stop play but be penalized in accordance with rules.
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 more	Automatic stall warning for team in lead (unless leading by
U14 Take Out Check	To be called with more attention towards intent and unnecessary roughness. If it is a legal push and the player falls this is not a take out check.	