

2017 CONNY Youth Rules – Officials Quick Reference Guide

	Bantams (8-U)	Lightning (10-U)	Junior (12-U)	Senior (14-U)
Crosse Lengths				
Short	37" - 42" (USL)	37" - 42" (USL)	40" - 42" (NFHS)	40" - 42" (NFHS)
Long	Not Permitted	Not Permitted (CONNY)	52" - 72" (NFHS)	52" - 72" (NFHS)
Goalie	37" - 54" (USL)	37" - 54" (USL)	40" - 72" (NFHS)	40" - 72" (NFHS)
# of Poles	N/A	N/A	4	4
Field size / # of players	Cross-field / Small Sided #s local option	Cross-field / 7v7 (not less than 4 + GK)	10v10	10v10
Game Lengths	2 (halves) x 12 Mins running	4 X 10 Mins running (CONNY)	4 X 10 Mins stop	4 X 10 Mins stop
Scrum (ball not moving)	Kill & use AP	Kill & use AP	N/A	N/A
Offsides	NONE	>5 D end; >4 O end	NFHS	NFHS
Technical fouls	No time served + No EMO	No time served + No EMO	NFHS	NFHS
Personal fouls	Player out until next sub. No EMO	Player serves but No EMO	NFHS	NFHS
Goalie Penalties	***** In home serves unless USC or 2+ mins of PF time during single play *****			
Goalie Counts	NFHS (but slow)	NFHS	NFHS	NFHS
20 & 10 Counts	N/A	N/A	N/A	Yes (if both agree)
Face-Off (Initial/Goal scored)	Coin toss wins pos. / 5 yds Lateral	NFHS GLE is restraining line keeper can be in crease above GLE	NFHS	NFHS
Stick Checks/Slashing	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	Poke, Lift, Down chest level (no one-handers)	NFHS (but no one-handers)
Body Contact (3 yd Rule)	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	Legal holds & pushes, boxouts, incidental	NFHS (but 3yd Rule)
Over & Back	N/A	N/A	Yes	Yes
Time Outs	NONE	NONE	3 per half	NFHS
Coaches on Field	One (1)	NO	NO	NO
Arm/Elbow Pads	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)	Full (Goalie optional elbows)
Substitutions	Whole team	Rotational (2 in - 2 out) (No "on the fly")	Horns on side/end lines (10 yd sub. box)	Horns on side/end lines (10 yd sub. box)
Overtime (reg season only)	** Score not kept **	None (tie is a tie)	NFHS	NFHS
Mercy Rule - Face-off	N/A	***** 6 or more goals award (if coach wants – no face) (but not Tournament) *****		
Stalling	***** If not advancing – warn and give 5 second count *****			
Final 2 Minutes	N/A	N/A	NFHS	NFHS
Fouling Out	No DQ – coaches monitor	3 PFs OR 5mins in PF Time	3 PFs OR 5mins in PF Time	3 PFs OR 5mins in PF Time

References: USL 2017 Youth Boys Lacrosse Rules Book ** If a rule or mechanic is not modified for youth then follow NFHS Rules**
Complete CONNY rules on: <http://connylacrosse.org> Documents Tab (2017 CONNY Rules and Regulations and Rules of Play)