



# 2021 Girls' Youth Rules Exam

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**1. All levels of girl's youth lacrosse will be using self-start. In which of the following situations may a self-start be used?**

- A) On all boundary restarts.
- B) On all fouls within 8m of the goal circles.
- C) For any illegal draw.
- D) A and C

Youth Rules 5.4, 5.5

**2. Blue #12 pushes White #7 between the 8m arc and 12m fan. In 12U and 14U, how is play restarted?**

- A) Free position for White # 7 at spot of the foul; Blue #12 is 4m behind; lane is cleared.
- B) Free position for White # 7 at 12m; Blue #12 is 4m behind; lane is cleared.
- C) Free position for White # 7 at 12m; Blue #12 is 4m away; "Indirect".
- D) Free position for White # 7 at spot of the foul; Blue #12 is 4m behind; Penalty Zone is cleared.

Youth Rules 12U and 14U - Penalty Administration for Major Fouls in the Critical Scoring Area .b & .g

**3. Which of the following may result in delay of game card(s)?**

- A) Repeated failure to move behind or away as directed.
- B) Repeated self-start from beyond playing distance.
- C) Non-offenders repeatedly failing to move 4m away from free position.
- D) All of the above

HS Rules 9-1.c

**4. To resume play when the ball has gone out of bounds;**

- A) The closest player from the team awarded possession may bring the ball in from out of bounds to start play.
- B) Position within 2m of the boundary, pause and then self-start.
- C) May run inbounds with ball and continue play.
- D) All of the above
- E) A and C

Youth Rules 5.5; High School Rules 6-3.1

**5. Modified Checking (which is used at the 12U level) refers to:**

- A) Any contact between sticks including two players attempting to pick up a ground ball and their sticks make contact.
- B) Only being allowed to check an opponent's stick in the midfield.
- C) An attempt to dislodge the ball from an opponent's stick with a checking motion that is below the shoulder and in a down and away motion.
- D) Incidental stick contact between two players off the draw when the ball is above their heads.

Youth Rules 6.12, Appendix A – Modified Check



# 2021 Girls' Youth Rules Exam

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## 6. When is a self-start NOT allowed?

- A) On an illegal draw.
- B) Following an Alternate Possession being awarded.
- C) On a boundary restart behind the goal circle.
- D) On a major or minor foul outside the Critical Scoring Area.

Youth Rules 5.4.d

## 7. When shall Alternate Possession be awarded?

- A) One team commits a draw foul and the other team enters the center circle early on a draw.
- B) One team commits a minor foul and the opposing team commits a major foul.
- C) Play is stopped for an incident unrelated to play, no team has possession and the ball is equal distance between opponents.
- D) All of the above

Youth Rules 5.8

## 8. During any level of youth lacrosse, which of the following is NOT allowed:

- A) Any player other than the fully equipped goalkeeper entering the goal circle at any time.
- B) When a team is leading by four or more goals, the team behind may restart after a draw with an indirect free position at the center.
- C) A coach requested stick check.
- D) A card being issued to a player for unsportsmanlike behavior.

Youth Rules 5.7, 6.10, 8U 6.3, 12U and 14U 5.3; HS Rules 2-4.3

## 9. When a free position is being awarded to the attack on any 8m hash mark (including the hanging hash marks), what area must be cleared?

- A) Only the 8m arc.
- B) The 8m arc and penalty lane.
- C) The entire Critical Scoring Area.
- D) The entire Penalty Zone.

Youth Rules 10U, 12U and 14U - Penalty Administration for Major Fouls in the Critical Scoring Area .c

## 10. A player may follow-through over the plane of the goal circle with her stick on a shot in which of the following situations:

- A) Any shot off an 8m free position.
- B) Never.
- C) When the shooter is unmarked.
- D) When there is no goalkeeper playing.

Youth Rules 8U 5.7, 6.3, 6.7; 10U 5.7, 6.10, 6.12; 12U 5.7, 6.10, 6.13; 14U 5.7, 6.9



# 2021 Girls' Youth Rules Exam

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**11. When a player self-starts from beyond playing distance, the official shall:**

- A) Reset the free position and allow the player to self-start.
- B) Reset the free position and make the player start on the whistle.
- C) Turn the ball over to the opponent.
- D) Without warning, yellow card the player for misconduct.

HS Rules 5-4.3

**12. Which of the following is legal for play at the 12U and 14U levels:**

- A) A player may cover the ball if no other player is within playing distance and attempting to play the ball.
- B) A player may use her upper body to stop a ball from going out of bounds.
- C) A player may kick the ball safely to move the ball into open space.
- D) A and C

Youth Rules 12U and 14U 6.1, 6.2; HS Rules 9-1.a

**13. At the 8U and 10U levels, which of following is correct when a player is awarded a free position and self-starts when she is NOT allowed to:**

- A) Bring the player back and blow the whistle to start play.
- B) Blow the whistle for a False Start, change of possession.
- C) Let the play continue, free movement is allowed.
- D) Let the play continue if the offender did not engage until play was initiated.

Youth Rules 2020 Points of Emphasis – Starts and Restarts

**14. Why is Three Seconds Good Defense used in youth lacrosse?**

- A) To teach players the proper body positioning to make a legal safe check without creating danger to other players.
- B) To reward defensive players for playing proper defense by holding their stick in a good position to check an opponent's stick if that were legal.
- C) To promote good sportsmanship for players, fans and coaches.
- D) A and B

Youth Rules Appendix A Definition of Terms – Three-Seconds Good Defense

**15. On a draw, players may:**

- A) Reach their sticks over the restraining line to pick up a ball prior to possession.
- B) Move around the circle before the whistle to start play.
- C) Substitute once the official's hands are on the sticks to start the draw.
- D) A and B

Youth Rules 12U and 14U 5.2; HS Rules 4-7.5.a, 4-7.7.f, 5-2.5.a, c and e



# 2021 Girls' Youth Rules Exam

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**16. Which of the following statements is TRUE about contact in youth lacrosse?**

- A) Incidental contact that is made can be either legal or illegal.
- B) Contact that displaces an opponent is illegal.
- C) Players may make contact with another player provided they do not force the opponent off of her position or path.
- D) All of the above

Youth Rules U8 6.8; U10 and U12 6.11; U14 6.10

**17. Only at 14U level is transitional checking allowed. Which of the following best describes transitional checking?**

- A) Defender does not reach across the ball carrier's body to check.
- B) Checking movement is down and away from the body.
- C) Checking movement is outside the 12-inch sphere around the opponent's head.
- D) All of the above

Youth Rules 14U 6.11, Appendix A – Transitional Checking

**18. At the 12U and 14U levels, which of following is CORRECT when a player is awarded a free position on the dot and self-starts?**

- A) Bring the player back and blow the whistle to start play.
- B) Let the play continue, free movement is allowed.
- C) Blow whistle for a (or "Signal a") false start, change of possession.
- D) Let the play continue if the offender did not engage until play was initiated.

Youth Rules 12U and 14U 5.4.c

**19. At 12U and below, the player with the ball may not hold the ball for more than 3 seconds when:**

- A) Closely guarded.
- B) The defense has both hands on their stick.
- C) The defense is in position to legally check if full checking were allowed.
- D) All of the above is met.

Youth Rules 8U 6.6; U10 and U12 6.5

**20. When running down the field while marking an opponent who is carrying the ball, a defender may NOT:**

- A) Hold her stick in front of the ball carrier's head or neck area.
- B) Reach through the sphere to make a check.
- C) Displace a player with her stick on the opponent's body.
- D) All of the above

Youth Rules 8U 6.8; 10U and 12U 6.11; 14U 6.10; Appendix B – Cross Into/Through Sphere; HS Rules 10-1.d.1



# 2021 Girls' Youth Rules Exam

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**21. In an 8v8 or 4v4 youth game on a small/half field (approximately 60x35 yards), which is TRUE about the field?**

- A) A goal circle is optional.
- B) The midfield line will also be used as a restraining line.
- C) There must be both a 12m fan and 8m arc in order to play.
- D) There must be a substitution and penalty area clearly marked on the field.

Youth Rules 8U Rule 1; 10U and 12U Rule 1, 5.6, 6.7

**22. In 14U transitional checking is allowed. Which of the following describes a check that is NOT legal?**

- A) While chasing an opponent from behind checking her stick above her shoulder but outside the 12-inch sphere.
- B) While standing even or behind an opponent reaching across both shoulders to make a check outside of the 12-inch sphere.
- C) Checking an opponent's stick as she is picking up a ground ball.
- D) While behind an opponent checking her stick when she drops it below her shoulder to pass or shoot.

Youth Rules 14U 6.11

**23. Which of the following is NOT an automatic yellow card?**

- A) Dangerous contact
- B) Dangerous propel
- C) Dangerous shot
- D) Dangerous follow-through

HS Rules 10-1.e, f, h, i

**24. White shoots on the Red goalkeeper and misses the goal.**

**When the ball goes over the end line, White #10's body or stick is inbound and is closest to where the ball goes over the boundary line.**

**White #10 may come in, pause, and self-start closest to where the ball went out without any instruction from the official.**

- A) True
- B) False

Rule 6-3 Article 2

**25. During an 8m Free Position in the CSA, defenders are entitled to hash marks adjacent to where the ball is placed.**

- A) True
- B) False

Rule 10-1 Penalties 4e



# 2021 Girls' Youth Rules Exam

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**26. With two seconds left in the game, White #3 has an 8m free position. On the whistle, White #3 runs in and releases the ball prior to the horn. It enters the goal after the horn. The official should disallow the goal.**

- A) True
- B) False

Rule 4-8.1

**27. On the draw, all players below the restraining line are released when:**

- A) Clear possession is gained.
- B) A foul is called.
- C) The ball goes out of bounds off a player or her stick.
- D) The ball crosses the restraining line.
- E) All of the above

Rule 5-3.6a

**28. Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position may continue the course of play without waiting for an additional whistle.**

**The offending player shall move 4 meters as directed by the official from the player taking the free position.**

**All other players may move freely as long as they are at least 4 meters from the player taking the free position.**

- A) True
- B) False

Rule 5-4.1

**29. To resume play when the ball has gone out of bounds, the closest player from the team awarded possession:**

- A) Shall bring the ball in from out of bounds to start play
- B) May pass the ball to a teammate from out of bounds
- C) May run inbounds with ball and continue play
- D) All of the above
- E) A & C

Rule 6-3.1a



# 2021 Girls' Youth Rules Exam

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**30. The Blue goalkeeper has the ball within the goal circle and the official count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:**

- A) A new 10 second count for the Blue goalie. Whistle start.
- B) Ball goes to the dot, Blue team has possession, all players 4m away, Whistle start.
- C) The official will whistle to restart play and continue the count from the where she left off, "8".
- D) The team with the next alternative possession is awarded the ball at the dot. All players 4m away. Whistle start.

Rule: 7.2.1 Situation C, 2020 NFHS Rules Interpretation – Situation 4

**31. On a flag, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. The free position will be awarded:**

- A) At the 8m hash on the GLE with all players 4m away.
- B) On the closest 8m hash to where the foul for the flag occurred; Blue goes behind; clear the penalty zone.
- C) At the dot closest to where the foul occurred when the whistle was blown to stop play. Blue will move 4m away and nearer to the goal she is defending.
- D) On the 12m fan, closest to where the foul occurred; Blue is 4m away.

Rules 5-5.1f, 5-5.3b

**32. White #9 pushes Blue #22 in the midfield. The official blows the whistle to stop play for a major foul. Which of the following options are legal:**

- A) Blue #22 retains the ball, stops and self-starts.
- B) Blue #22 self-starts when White #9 is only 2M behind.
- C) Blue #22 retains the ball, stops and waits for the offender to move 4m behind and self-starts.
- D) All of the above
- E) A & C

Rule 5-4.1

**33. After a draw and before possession is determined, the whistle is blown for an early entry violation at the restraining line by Black #7. How is play restarted?**

- A) The ball goes back to the center and the White team may self-start or wait until the Black center moves 4m away and then self-starts.
- B) A redraw is taken.
- C) Play is restarted at the spot of the ball at the time of the foul. The offender goes 4m towards the goal she is defending. All other players are at least 4m away and the player may self-start.
- D) Play is restarted at the spot of the ball, with all players 4m away and the official must restart play with a whistle.

Rule 9-1 Penalties for Violation of 9-1-1d



# 2021 Girls' Youth Rules Exam

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**34. When is it legal for a coach to ask for a stick check?**

- A) At any stoppage of the game clock
- B) Following the winning goal in overtime
- C) After a goal and during a team time-out
- D) All of the above

Rules 2-4. 3,4,5

**35. Which of the following are mandatory cards?**

- A) Slash
- B) Dangerous Contact
- C) Dangerous Shot
- D) All of the above
- E) Only A & B

Rules 10-1 e,i,x

**36. The Blue goalkeeper makes a save, has possession of the ball, and is straddling the goal circle (1 foot in and 1 foot grounded out). Red #4 approaches to play defense on the goalkeeper. In order to protect the ball, the goalkeeper steps back into the goal circle. How do you administer the goal circle foul?**

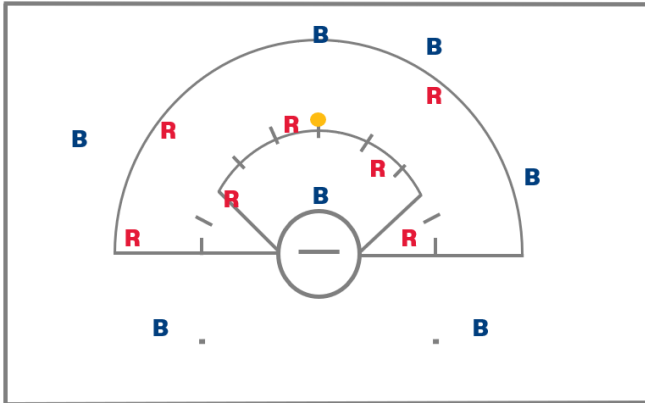
- A) Change of possession, Red #4 is awarded the ball at the 8m center hash. The goalkeeper stays in the goal circle.
- B) Change of possession, Red #4 is awarded the ball 8m away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
- C) Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4m away. The goalkeeper remains in the goal circle.
- D) Change of possession, Red #4 is awarded the ball at the dot and the goalkeeper is placed 4m behind.

Rules 7-2.1d, 7-3 Penalties 1a

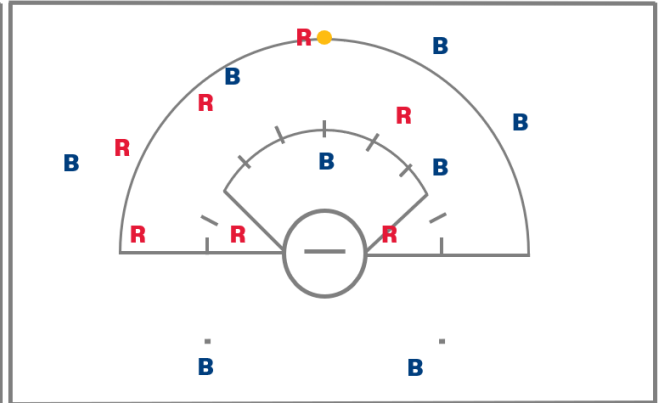


37. A dangerous check is called against Red defense just as Blue attack is being called for offside. The ball is in the center of the 8m at the time, and Red has the Alternate Possession arrow. How is this administered for the restart?

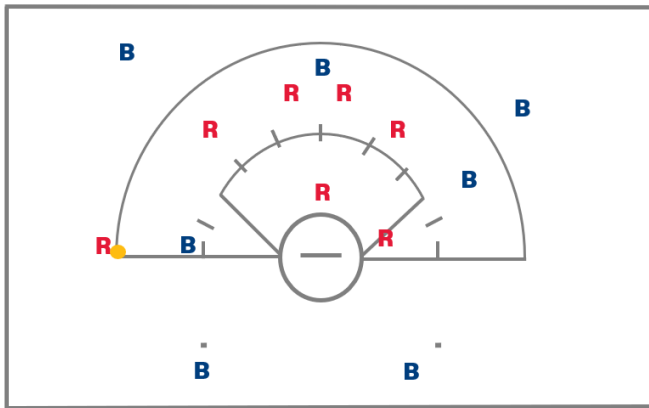
A)



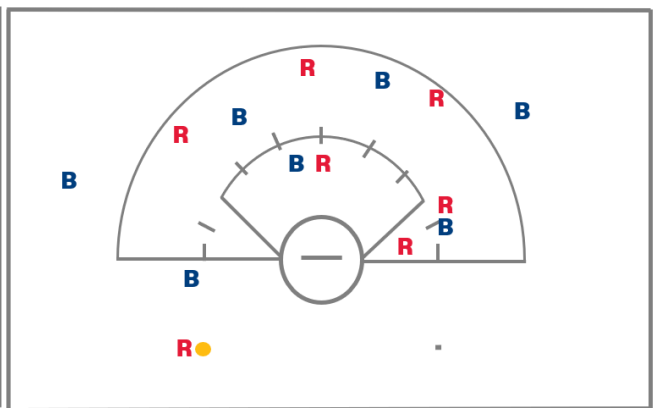
B)



C)



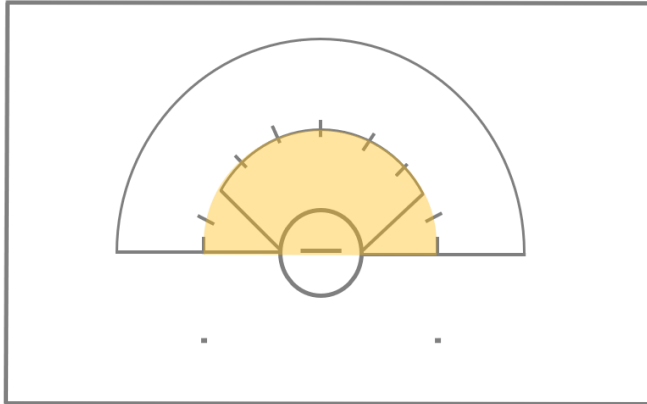
D)



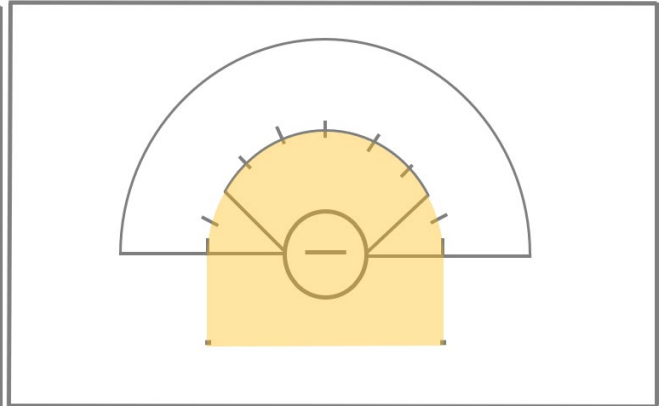
Rules 5-5.1f, 5-5.3b

38. Identify the Penalty Zone.

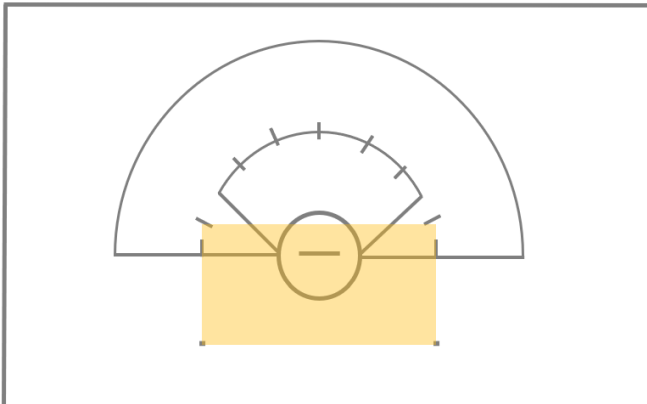
A)



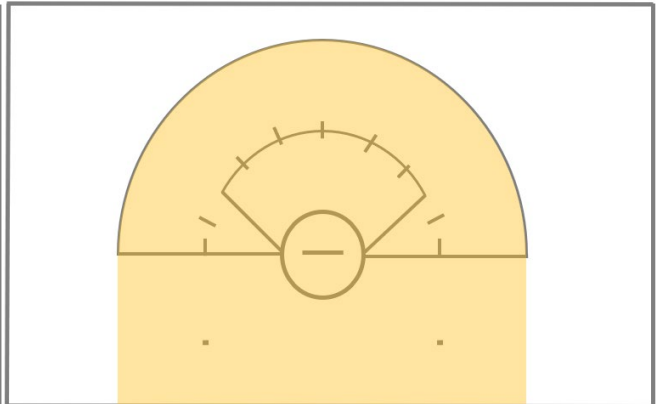
B)



C)



D)



Rule 13 Definition Penalty Zone

39. When a major foul is called in the critical scoring area between the 8 meter arc and the 12 meter fan, the foul is set up with a free position on the 12 meter fan closest to the spot of the foul, the offender goes behind, and the penalty lane is cleared.

- A) True
- B) False

Rule 10.1 Penalties 5



# 2021 Girls' Youth Rules Exam

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**40. Which of the following is a minor foul?**

- A) Empty stick check.
- B) Warding.
- C) Playing the ball while stepping on the boundary line.
- D) All of the above
- E) A & C

Rules 9e, n, q

**41. The ball must be in the Critical Scoring Area in order to begin the count for a three-second violation.**

- A) True
- B) False

Rule 10-1y

**42. A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play. She may:**

- A) Commence play with a self-start from out of bounds.
- B) Commence play with a self-start from inbounds.
- C) Commence play from inbounds on the official's whistle.
- D) Any of the above.

Rules 3-7- 2f, 4-1-2, 5-4-4a, 10j(1), 2020 NFHS Rules Interpretation – Situation 1

**43. An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out. At the end of the time-out, the Blue team resumes play at:**

- A) The location of the 8-meter free position.
- B) The 12-meter fan directly above the 8-meter free position.
- C) The goal line extended, 8-meters away from the goal circle.
- D) The closest dot.

Rule 4-3-3b, 2020 NFHS Rules Interpretation - Situation 2

**44. A Blue player has the ball in the 12-meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:**

- A) The spot of the ball when the time out was called.
- B) The 12-meter fan directly above the spot of the ball when time out was called.
- C) An 8-meter hash mark closest to the spot of the ball when time out was called.
- D) The closest dot.

Rule 4-3-3d, NFHS Rules Interpretation – Situation 3



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**45. The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called. At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and the official continues his/her count from where he/she left off before the timeout was called.**

- A) True
- B) False

Rule 7-2-1 Situation C, 2020 NFHS Rules Interpretation – Situation 4

**46. A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc. Another Blue defender may stand next to the defender on the adjacent hash and force the offensive player to move.**

- A) True
- B) False

Rule 10-1 PENALTIES 4e, 2020 NFHS Rules Interpretation – Situation 9

**47. Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the RL, a White non-marking defender clearly positions herself in the 8m arc in the direct path to goal. The official shall:**

- A) Blow her whistle for shooting space violation as the ball has crossed the RL. Award an 8m hash to Blue, clear the penalty zone. Offender placed 4m behind. Whistle start.
- B) Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way. Award 8m hash to Blue, clear the penalty zone. No one placed behind due to card. Whistle start.
- C) Preventively officiate and tell the White defender to get out of shooting space or mark up.
- D) Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.

Rule 10-1w

**48. Which of the following are true when a ball goes out of bounds during the draw?**

- A) After the draw, if the ball goes out-of-bounds off a player's body or stick, the ball goes to the nearest opponent
- B) A redraw will take place when the draw goes directly out of bounds
- C) Alternate possession will take place if the draw goes out of bounds and the official do not know who touched it last
- D) All of the above

Rules 5-2.4 Note, 5.2.6 Situation B, 6-1.2



# 2021 Girls' Youth Rules Exam

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**49. It is always illegal to set a moving pick outside of the visual field of the opposing player EVEN if enough time and space has been given?**

- A) True
- B) False

Rule 10.1p

**50. What criteria must be met in order for a pick to be considered legal?**

- A) The pick must ALWAYS be stationary without movement.
- B) The player setting the pick must allow time and space for the opponent to be able to stop or change direction and contact occurs.
- C) When a pick is set in the visual field of the opponent, there is no need for time and space to be given for the player to stop or change direction.
- D) All of the above

Rule 10.1p