

Boys Youth Spring Rules - INTERMOUNTAIN LAX CLARIFICATIONS AND DIFFERENCES

UPDATED SPRING 2023



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*
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" *limit 2/team*
1.9	Equipment	All players are to wear full protective equipment per NFHS & USL Rules (NOCSAE Certified helmet, Goalie Chest Protector (2021) shoulder pads (new NOCSAE standard 2022), gloves, arm pads)		
1.9	Jersey colors	NFHS Rule on uniform colors (not strictly enforced) -Teams may wear IMLAX issued reversibles or program issued reversibles (new 2016)		
1.12	Spectators	Up in the stands or far side of the field w/ Limit Lines - No fans on bench side		
1.12	Sideline Manager	Recommended	Recommended	Recommended
2.1.1	Number of Players	10 v 10 (Standard 3A, 3M, 3D, 1G) Note: 7/8 C *only* (2A, 2M, 2D,1G) 80x40 field	10 v 10 (Standard 3A, 3M, 3D, 1G) Note: 5/6 C *only* (2A, 2M, 2D,1G) 80x40 field	3/4: 7v7 (Standard 2A, 2M, 2D,1G) 2/3: 6v6 (Standard 2A, 2M, 2D,0G) 4 v 4
3.1	Length of Game <small>(intent to keep games on time)</small>	12 minute running time quarters, stop time last 2 minutes of the game (1hr 15 minute game slot)	12 minute running time quarters, stop time last 2 minutes of the game (1hr 15 minute game slot)	10 minute running quarters (1 hour game slots)
3.1	Length of Game - Overtime	Two 4 minute "Sudden Death" OT periods. Then ends in tie, unless playoff game, then winner must be determined.	Two 4 minute "Sudden Death" OT periods. Then ends in tie, unless playoff game, then winner must be determined.	*No overtime at 3rd/4th or K-2nd grade*
3.3	Auto Stall - Final 2 minutes of game	Enforced	Enforced	Waived
4.3	Facing Off	Shall occur to start all periods, and after each goal *new 2022 Standing Neutral Only*	Shall occur to start all periods, and after each goal *new 2022 Standing Neutral Only*	Shall occur to start all periods, and after each goal *new 2022 Standing Neutral Only*
4.3	Faceoff Mercy Rule	6 goal lead if <u>both</u> coaches agree and the officials ask * Modified USL Rule by IMLAX	6 goal lead if <u>both</u> coaches agree and the officials ask * Modified USL Rule by IMLAX	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 <small>*varies by age group*</small>	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-1 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
4.14, ART 3.	"Over and Back"	NFHS Rules - *New Spring 2016*	NFHS Rules - *New Spring 2016*	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		
4.2 -5.22	Pass before shot rule	*does not apply to 5th-8th divisions*		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
4.25	Team Time-Outs	One (1) team timeouts - of a maximum duration of two minutes each - are permitted per team per half (timeouts stop game clock)		
	Switch Sides	Teams switch sides at the end of each quarter as stated in NFHS rules		
4.27	Officials Time outs	If player in possession loses ANY piece of required equipment, stop play IMMEDIATELY, regardless of proximity of opposing players		
4.34	"Get It In - Keep It In"	NFHS Rules (under 2 min. in game)	NFHS Rules (under 2 min. in game)	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 USL 2021 Youth Rules for more info.	NO BODY CHECKING (loose ball boxing out allowed) see USL 2021 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.(see USL 2019 Youth Rules for more info.) 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 - NOTE: (NEW 2019) Targeting results in 3 min non-releasable penalty plus an ejection from the game.		
5.6	Slashing	No one-handed checks - ALL Levels - USL Rule Change in 2014		
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 time and a half*</u> 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
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		Sub-out only but the player serves the time, team does NOT play man down