



## US Lacrosse Level 1 Rules Test

Answer questions 1–96 as true or false. You may use the *US Lacrosse MDOC Officials Training Program Level 1 & 2 Training Manual* and the *NFHS Boys Lacrosse Rules Book* as references.

### Rule 1—The Game, Field and Equipment

1. The goal crease is 9 ft in diameter.
2. A non-goalie crosse shall have an overall fixed length of either 40–42 inches or 52–72 inches.
3. The head of the crosse at its widest point (inside measurement) shall be at least  $6\frac{1}{2}$  inches.
4. A stick found without a ball stop, without an end cap, or with hanging strings longer than 6 inches results in a 3-minute non-releasable penalty and the stick must remain at the table for the remainder of the game.
5. A chest protector and a throat protector are required for a goalkeeper, but arm pads and shoulder pads are optional for goalkeepers.
6. Players may wear jewelry only if they obtain approval from the officials before the game begins.
7. If they are in good condition, hockey helmets may be used in place of lacrosse helmets.

### Rule 2—Game Personnel

8. The home-team scorekeeper is responsible for keeping the official score of the game, and if the officials and the scorekeeper disagree the official score will be the scorekeeper's.
9. It is **not** the duty of the coaches to help control the game and the actions of the spectators.
10. The home team shall provide an adequate supply of balls on each end line.

### Rule 3—Time Factors

11. The home team provides the timekeeper and the visiting team provides the official scorer.

12. In the event of overtime, four-minute periods will be played until a goal is scored.
13. During the last two minutes of play—regardless of the score of the game—the officials must warn both teams to keep the ball in their respective goal areas.

#### **Rule 4—Play of the Game**

14. During a face-off, the player's sticks may be up to but not touching the midline.
15. The face-off player's gloved hands must be wrapped around their crosses, their hands must be on the ground, their sticks must be parallel to the midline, and the heads of their crosses must be vertical.
16. On a face-off, the wing area players are released on the whistle.
17. A player with possession is declared out of bounds if one foot touches the sideline or endline.
18. A1 shoots, and—when the ball goes out of bounds over the end line—A2 is closest to the end line and B1 is closest to the ball. Both players are inbounds. In this situation, Team B is awarded possession.
19. The official, and only the official, has the responsibility of determining whether or not a thrown ball is a shot.
20. An official mistakenly blows his whistle while a shot is in flight. After the whistle, the ball goes into the goal. The referee has the option of allowing or disallowing the goal.
21. A1 shoots, and the ball bounces off the left goalpost, then the crossbar, and then the right goalpost before returning to the field of play. This should be ruled a goal.
22. A1 drives toward the goal, dives, and shoots. The ball enters the goal, and then A1 lands in the crease. The correct ruling is that the goal is good.
23. A1 is in possession and running toward the goal. He shoots, the ball enters the goal, and then A1 steps into the crease. The correct ruling is that the goal is good.
24. Player A1 is awarded possession after an out of bounds ball on the end line. To restart play, he must be on the field of play, with no player from either team within 5 yards of him.
25. Defenseman B1 has the ball checked out of his stick in the defensive zone. The official should begin a new 20-second count.
26. Offensive player A1, outside the attack goal area, passes the ball over the attack goal area to A2, who is also outside of the attack goal area. In this situation, the official begins a new 10-second count because the ball was in flight over the attack goal area.

27. A1 is in possession with the 10-second count running. He steps inside the attack-area line, then he turns and runs back toward midfield. The official should begin a new count.
28. When the official cannot determine which team should be awarded the ball, alternate possession should be used.
29. The goalie in the crease is the only player who may bat the ball with the palm of his hand.
30. Goalie B1 places his stick over a ball, which is on the ground outside of the crease, and A1 checks the portion of B1's stick that is outside the crease. A1 has committed goalie interference.
31. A team may have a maximum of 5 players using long crosses in the game at one time.
32. A coach may request an equipment check if he suspects a player from the opposite team is playing with an illegal stick.
33. The goalie, while in the crease, deliberately creates a loose ball situation. The referee should begin a new 4-second count.
34. During a special substitution, the player entering the game must wait until the exiting player is off the field of play, and the substitute may not delay his entry onto the field.
35. Team A may call for a timeout (1) during any dead ball situation **or** (2) during a live ball when any Team A player has possession.
36. Any player on the field, the head coach, or any assistant coach from the team in possession may call a live-ball timeout.

**Rule 5—Personal and Expulsion Fouls &  
Rule 6—Technical Fouls**

37. A1 is about to be body checked by B1, and A1 turns his back in order to avoid the check. Because A1 turned at the last moment, B1 checks A1 from behind. B1 has committed an illegal body check.
38. It is always illegal to body check an opponent while he is kneeling or lying on the ground.
39. Player A1 is attempting to scoop a loose ball and strikes B1 on the helmet as part of the scooping motion. A1 is guilty of slashing and must serve a 1- to 3-minute personal foul.
40. If a player takes fewer than 3 steps before hitting an opponent who has passed or shot the ball, he may **not** be called for a “late hit” illegal body check.

41. Because the glove is considered part of the stick, it is legal for a defensive player to strike the bottom hand of an offensive player with as much force as the defensive player wishes, even to the point of inflicting physical damage.
42. A player may not check or hold his opponent with the part of the handle of his crosse that is between his hands.
43. Player A1 has possession in his offensive end as Team A tries to run a play. A2 cuts in front of the crease, and B1 deliberately bumps into A2 to disrupt his cut. The correct ruling is interference on B1.
44. A1, while dodging B1, falls over B1's stationary leg. The correct call is tripping.
45. A player deliberately runs through a stationary pick. The correct call is unnecessary roughness.
46. A1 receives 1 minute for slashing followed by 1 minute for unsportsmanlike conduct. Ruling: A1 serves 2 minutes non-releasable.
47. A1, in the act of shooting or passing, strikes B1 on the head because of his legitimate follow-through motion. A1 is guilty of slashing.
48. The coach requests a stick check on A1 after A1 scores a goal and before play has restarted. The stick is found to be illegal. All goals scored by A1 in the game up until that point are disallowed.
49. A player who accumulates 5 personal fouls is disqualified from the game.
50. A1 is receiving a pass and is in a vulnerable position (a "buddy pass"). B1 forcefully body checks A1 to the ground. This is considered unnecessary roughness if the check was avoidable.
51. A1 has the ball. A2 and B1 collide. Any time there is contact of this nature it is interference, and the officials should award the ball to B1.
52. A player may not push an opponent in any manner, whether or not the opponent has the ball.
53. It is legal for players to throw their sticks at a loose ball.
54. Player B1 is in possession outside of his own crease and then steps into the crease. The whistle should be blown to stop play and possession should be awarded to Team A.
55. A1 has possession, and B1 takes a position behind him. B1 uses his forearm to apply equal pressure to A1's back, preventing A1 from advancing. B1 is guilty of holding, and the official should throw a penalty flag and employ the flag-down, slow whistle technique.

56. Participation in the play of the game by a player out of bounds is a technical foul.
57. Team A has the lead in the last two minutes of the game and has possession in the attack zone. If the ball goes out of the attack area in any manner, the Team A is guilty of stalling and the ball should be awarded to team B.
58. Taunting of an opposing player is permitted after scoring a goal because it is a dead ball situation.
59. If a defensive player's crosse makes any contact whatsoever with the helmet of an offensive player, this must be called a slash.
60. The penalty for tripping is (normally) a one-minute personal foul.
61. Player A1 is playing without a mouth guard. This is a technical foul.
62. It is a technical foul to step on the crosse of an opponent.
63. Failure to provide an acceptable horn is a technical foul.
64. A1 has possession and B1 puts his crosse under the arm of A1. A1 lifts his arm over B1's crosse to free his arm. A1 is guilty of warding.
65. Player A1 clamps his crosse on top of the ball and makes no apparent effort to move the ball. He stays clamped on the ball for several seconds. This is a legal play.
66. It is legal for an offensive player to use his thumb to hold the ball in the crosse, but it is not legal to hold the ball with the crosse in it against one's body.

#### **Rule 7—Penalty Enforcement**

67. In a slow whistle situation, the official shall sound his whistle **only if** the defensive team gains possession of the ball, the ball goes out of bounds, or a goal is scored.
68. The ball is loose in the crease and—as goalkeeper B1 attempts to scoop the ball—attackman A1 checks B1's crosse within the crease. A1 then scoops up the ball. The correct procedure is to blow the whistle to stop play and award a free clear to Team B.
69. A1 is driving to the goal when he is illegally held by B1, flag down. A1 shoots and scores. The goal is allowed, and B1 does not have to serve penalty time.
70. A1 has possession and is tripped by B1. A1 does not lose possession. A flag should be thrown and the slow-whistle procedure should be used.

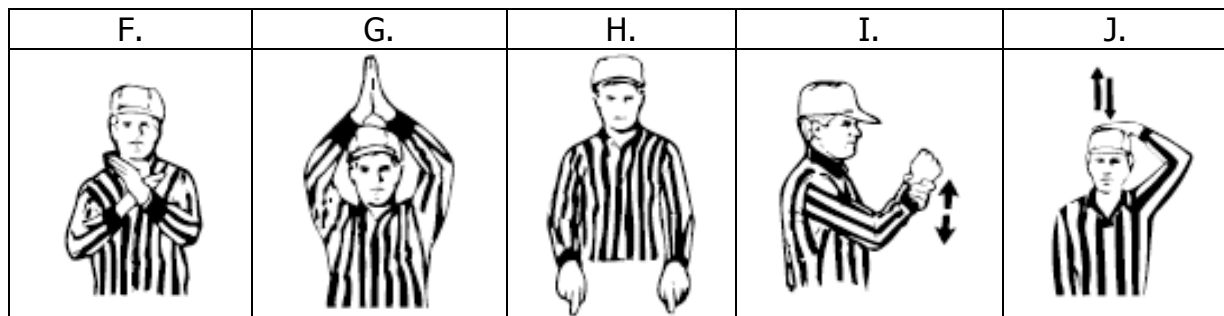
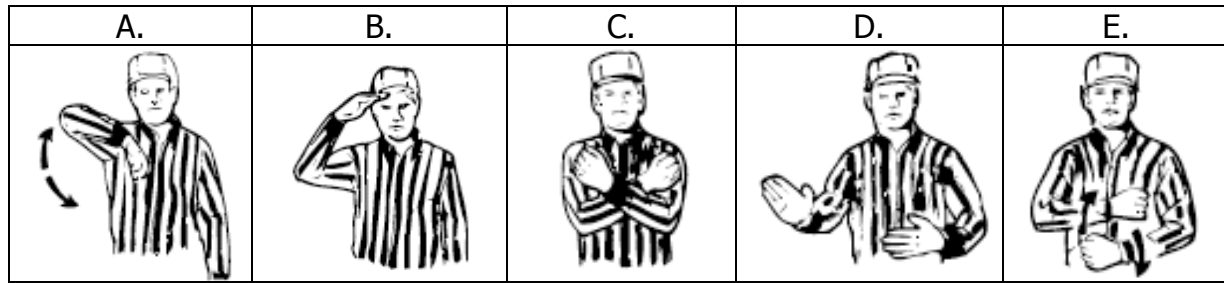
71. A1 has possession while clearing and is slashed by B1. A flag is thrown and play continues. A1 steps into the attack area and then throws a bounce pass—which bounces inside the attack area—to A2, who is also inside the attack area. The whistle should be blown to stop play.
72. A1 has possession while clearing and is illegally pushed by B1. A flag is thrown and play continues. A1 steps into the attack area and then shoots at the goal. The ball bounces in front of the crease and then enters the goal. The correct ruling is that the goal is disallowed because play should have been stopped when the ball touched the ground.
73. The ball is loose near midfield and B1 goes offside. The correct ruling is that B1 will serve a 30-second technical foul penalty.
74. A1 is driving to the goal when he is slashed by B1, flag down. A1 shoots and scores. The goal is allowed, and B1 does not have to serve penalty time.
75. If a goalie commits a personal or technical foul other than unsportsmanlike conduct, the in-home will serve the penalty.
76. A1 is in possession, and he is slashed by B1. The correct procedure is to stop play immediately and assess a 1- to 3-minute penalty on B1.
77. Player A1 has possession in his offensive end of the field, and player A2 slashes B1. The correct ruling is to stop play, assess a 1- to 3-minute personal foul penalty on A2, and award a free clear and possession to Team B.
78. A releasable penalty on A1 can only end if (1) the penalty time expires **or** (2) Team B scores a goal.
79. During a dead ball, Coach A berates the official, using multiple instances of profanity. The **minimum** penalty that should be assessed for such a foul is a 1-minute non-releasable unsportsmanlike conduct foul.
80. An offensive player setting an offensive screen may be moving when he makes contact with a defensive player as long as his feet are set before contact is made.
81. When a timeserving or offside penalty occurs and the ball is in the offended team's defensive half of the field, the ball is awarded to that team just on their offensive side of the field near the center "X."
82. Dead ball fouls are enforced in the sequence in which they occur.
83. B1 goes offside while chasing A1, who has possession, and a flag is dropped. A2 then commits a technical foul. The correct ruling is that the foul by A2 ends the slow whistle, B1 serves a 30-second technical foul, A2 serves no time, and the ball is awarded to Team A.

84. The ball is loose when A1 is illegally body checked by B1. The correct procedure is to stop play immediately and assess a 1- to 3-minute penalty on B1.
85. If a bench penalty is called on the coach, the in-home shall serve the penalty.
86. Team A has players A1, A2, A3, and A4 sent out of the game for penalties at the same time. When play restarts, Team A will begin play with three attackmen on its offensive end, a goalie and two defensemen on its defensive end, and A1, A2, A3, and A4 in the penalty area.
87. Player B1 receives his second non-releasable unsportsmanlike conduct penalty in the same game. The proper enforcement is that B1 is expelled from the game, with a 3-minute non-releasable penalty to be served.

### **Two-man mechanics**

88. When a goal is scored, the trail should signal the goal and the lead should watch the shooter to make sure there are no late hits.
89. On a clear, the trail has the 20-second count and the lead has the first 10-second count across midfield.
90. The lead reports penalties to the bench if the foul is by the defense.
91. If the ball is awarded to a team in its defensive half of the field, the trail will always blow the whistle to restart play.
92. The “on” and “off” officials are both responsible for watching the player in possession, but the “on” official watches above the waist and the “off” official watches below the waist.
93. After a goal, the trail official conducts the next face-off.
94. Timeserving penalties are reported in the following order: color, player number, penalty time, and foul committed.
95. In a settled offensive situation, the lead should take a position on the goal-line extended, as close to the crease as the play allows.
96. In a settled offensive situation, the trail should take a position near the corner of the attack area and should maintain that position even if the ball becomes loose.

For questions 97–100, select the correct answer from the following diagrams:



97. The signal for slashing is...

98. The signal for illegal procedure is...

99. The signal for unnecessary roughness is...

100. The signal for pushing is...