



2/1/2017

To: Youth Lacrosse Coaches and Officials  
From: Rick Lake, US Lacrosse  
Subject: Penalties for Excessive Body Checks at 14U

It has come to our attention that there is some confusion regarding the appropriate penalty for an excessive body checks at 14U. This communication is being distributed to the youth lacrosse community to clarify what penalty should be given by officials.

To be clear, the rules state that one of the ways an illegal body check can occur is " ..... **(5) An excessive Body-Check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.**" The penalty for this definition of an illegal body check shall be a 2 or 3 minute non-releasable penalty time. The penalty for exceptionally violent illegal body check may be expulsion from the game.

For a future clarification or rules interpretations please go to <http://www.uslacrosse.org/rules/boys-rules>

We hope that this information is helpful. Should you have any additional rules questions this season please send an email to [boysrules@uslacrosse.org](mailto:boysrules@uslacrosse.org)

Thank you,

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