



14U BOYS' YOUTH GAME



8U BOYS' YOUTH GAME

FIELD SIZE	Full field	CROSSE LENGTHS	(FP) 40" - 42" (GK) 52" - 72" (4 max) (LP) 40" - 72"
PLAYERS [10v10]	Same as NFHS	GOAL SIZE	6' x 6'
FIELD PLAYER EQUIPMENT	NOCSEAE helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup	GOALKEEPER EQUIPMENT	NOCSEAE helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup
LENGTH	4x10' Running, 5' Half	OVERTIME	4' sudden victory, switch
TIMEOUTS	2 per H, OT (each team)	COUNTS	GK 4 + 20s Def. + 10s Off.
FACEOFFS	Same as NFHS	SUBSTITUTION	Same as NFHS
SCRUM	N/A	FOULING OUT	Personals = 3X or 5-mins
ADVANCING	20s Def. + 10s Off. + over/back if after clear	STALLING	Final 2m: Get it in, Keep it in = team ahead 1-4 goals
OFFSIDES [10v10]	>6 players in off. half >7 players in def. half (incl. penalty box)	3-YARD RULE	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT [4.15]	2 hands on stick below neck and above waist (See 3-yard rule)	Checking with Crosse [4.16]	2 hands on stick (See 3-yard rule)
ILLEGAL BODY CHECKS	Defenseless 2-3 NR, possible ejection	CHECKS TO HEAD/NECK	2-3 NR, possible ejection
INTENTIONAL TARGETING	Ejection +3 min NR for head/neck/defenseless	EJECTION PENALTY	3 min NR (player) + leave 1 min NR (coach) + leave

FIELD SIZE	L: 60-70 yds W: 35-45 yds (Cross-Field)	CROSSE LENGTHS	(FP) 37" - 42" (GK) 37" - 54" (LP) (None)
PLAYERS [4v4]	1 GK, 3 field	GOAL SIZE	3' x 3' (preferred) 6' x 6' (allowable)
FIELD PLAYER EQUIPMENT	See 14U	GOALKEEPER EQUIPMENT	SEE 14U
LENGTH	2x12' Running, 4' Half	OVERTIME	None
TIMEOUTS	None. Officials only	COUNTS	4-sec GK only; no advance
FACEOFFS	No FO: Coin flip winner center-X. Others on own def. half >5 yds from each other. Other team ball start 2nd half.	SUBSTITUTION	Full team sub after goals or every 1-3 mins during dead-ball; no "on-the-fly"
SCRUM	Extended w/3 or more players, use A/P	FOULING OUT	Personals = 3x or 5-mins
ADVANCING	Not used	STALLING	Not used
OFFSIDES	None	3-YARD RULE	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT [4.15]	A. Legal Holds B. Legal Pushes C. Boxing Out D. Riding E. Incidental	CHECKING WITH CROSSE [4.16]	Lift/poke bottom hand or head of stick below chest area, OR downward check initiated below BOTH players' shoulders, no one-handed
ILLEGAL BODY CHECKS	Defenseless 2-3 NR, possible ejection	CHECKS TO HEAD/NECK	2-3 NR, possible ejection
INTENTIONAL TARGETING	Ejection +3 min NR for head/neck/defenseless	EJECTION PENALTY	3 min NR (player) + leave 1 min NR (coach) + leave



10U BOYS' YOUTH GAME



12U BOYS' YOUTH GAME

FIELD SIZE	L: 60-70 yds W: 35-45 yds (Cross-Field)	(FP) 37"- 42" (GK) 37"- 54" (LP) 47"- 54" (3 max)
PLAYERS [6v6 OR 7v7]	1 GK, 5 or 6 field	6' x 6'
FIELD PLAYER EQUIPMENT	See 14U	SEE 14U
LENGTH	4x10' Running, 5' Half	None
TIMEOUTS	None. Officials only	4-sec GK only; no advance
FACEOFFS	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Full team sub after goals or every 1-3 min during dead-ball; no "on the fly"
SCRUM	Extended w/3 or more players, use A/P	Personals = 3x or 5-mins
ADVANCING	Not Used	Not used
OFFSIDES	6v6 - none 7v7 - yes, >4 on offense, or >5 on defense (incl. penalty box)	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT [4.15]	A. Legal Holds B. Legal Pushes C. Boxing Out D. Riding E. Incidental	Lift/poke bottom hand or head of stick below chest area, OR downward check initiated below BOTH players' shoulders, no one-handed
ILLEGAL BODY CHECKS	Defenseless 2-3 NR, possible ejection	2-3 NR, possible ejection
INTENTIONAL TARGETING	Ejection +3 min NR for head/neck/de-fenseless	3 min NR (player) + leave 1 min NR (coach) + leave

FIELD SIZE	7v7 - cross-field 10v10 - full field	(FP) 40"- 42" (LP) 52"- 72" (3 max 7v7) (GK) 40"- 72"
PLAYERS [7v7 OR 10v10]	7v7: 1 GK, 2D, 2A, 2M 10v10: NFHS	6' x 6'
FIELD PLAYER EQUIPMENT	See 14U	SEE 14U
LENGTH	4x10' stop-time, 5' half	4' sudden victory, switch
TIMEOUTS	2 per H, 1 OT (each team)	GK 4 + 20s Def. + 10s Off.
FACEOFFS [7v7]	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either sideline)	Full team sub after goals or every 1-3 mins during dead-ball
SCRUM	Extended w/3 or more players, use A/P	Personals = 3x or 5-mins
ADVANCING	20s Def. + 10s Off. + over/back if after clean	10 v 10 only see 14U Rules
OFFSIDES [7v7]	>4 players in off. half >5 players in def. half (incl. penalty box)	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of a loose ball
ALLOWABLE BODY CONTACT [4.15]	A. Legal Holds B. Legal Pushes C. Boxing Out D. Riding E. Incidental	Lift/poke bottom hand or head of stick below chest area, OR downward check initiated below BOTH players' shoulders, no one-handed
ILLEGAL BODY CHECKS	Defenseless 2-3 NR, possible ejection	2-3 NR, possible ejection
INTENTIONAL TARGETING	Ejection +3 min NR for head/neck/de-fenseless	3 min NR (player) + leave 1 min NR (coach) + leave