

2023 BOYS YOUTH RULES COMPARISON

Category	6U/8U	10U	12U	14U
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	7v7 Cross-Field 10v10 Full Field	Full Field
Crosse Length <small>*no time-serving penalty at 8U/10U, send off for correction</small>	Field Players: 37"-42" Goalies: 37"-54" Long Poles: Not Permitted	Field Players: 37"-42" Goalies: 37"-54" Long Poles: 47"-54" (3 max)	Field Players: 40"-42" Goalies: 40"-72" Long Poles: 52"-72" (3 max for 7v7)	Field Players: 40"-42" Goalies: 40"-72" Long Poles: 52"-72"
Players	4v4: 1Gk, 3 field players	6v6 1 GK, 5 field players 7v7: 1 GK, 6 field players	7v7: 1 GK, 2D, 2A, 2M 10v10: NFHS	10 v 10: NFHS
Goal Size	3' x 3' or 6' x 6'	6' x 6'	6' x 6'	6' x 6'
All Player Equipment	Per NFHS Rulebook			
Length of Game	2 x 12' Running	4 x 10' Running	4 x 10' Stop-time Score Differential: NFHS	4 x 10' Stop-time Score Differential: NFHS
Overtime	N/A	N/A	Per Local League Guidelines	4' Stop-time, Sudden Victory
Team Timeouts	None. Officials only	None. Officials only	2 per Half, 1 each OT	2 per Half, 1 each OT
Counts	4-sec GK only; no advance	4-sec GK only; no advance	GK 4 + 20s Def + 10s Off.	GK 4 + 20s Def + 10s Off.
Faceoffs	No FO; Coin flip winner Center-X. Others on own def. half >5 yds from each other. Other team ball start 2nd half	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL), FO on knee is OK	7v7: 1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline), Standing Neutral Grip	Same as NFHS incl. Standing Neutral Grip
Substitutions	NO "on-the-fly"	NO "on-the-fly"	NFHS	NFHS
Loose Ball Scrum	After approximately 4- seconds w/3 or more players, award by AP	After approximately 4-seconds w/3 or more players, award by AP	N/A	N/A
Advancing <i>(20s count)</i>	N/A	N/A	20s to clear + 10s to get in box Over/Back if after Clear	20s to clear + 10s to get in box Over/Back if after Clear
Stalling	N/A	N/A	10v10 only; see 14U	Final 2m: Get it in, Keep it in If team is ahead 1-4 goals
One Pass Rule	1 pass attempt after FO possession or restart after goal	1 pass attempt after FO possession	N/A	N/A
Man-up or Man-Down	N/A; player serves, team plays at full strength	N/A; player serves, team plays at full strength	Yes (3-down max)	Yes (3-down max)
Offsides	N/A	7v7 - >4 on off. or >5 on def. (Exclude penalty area; never man- down)	7v7 - >4 on off. or >5 on def. (Include penalty area)	> 6 players on off or > 7 players on def. (Include penalty area)
Allowable Body Contact (4.15)	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			2 hands on crosse: Below neck and Above waist (See 3-yard rule)
Checking with Crosse (4.16)	Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH players' shoulders, No one-handed			2 hands on crosse (See 3-yard rule)
Fouling Out	Personals = 3 fouls or 5 minutes accumulated			
3-Yard Rule	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball			
Delayed Penalty Enforcement	Flag Down, Slow Whistle – When the ball hits the ground (not on a shot), the slow whistle is terminated" for all age groups. A bounce shot would still continue to it's natural conclusion.			