

Field Size	Full field	Crosse Length	40"-42" (FP)	52"-72" (LP) (4 max)	Goal size	6' x 6'	NFHS	Players (10v10)	Field Player	NCSAE helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup	Equipment	Goalkeeper	See 14U	Field Player	See 14U	Equipment	4x10' stop-time, 5' Half	Length	4x10' stop-time, 5' Half	Timeouts	2 per Half, 1 each OT	Counts	GK 4 + 20s Def, 10s Off.	Faceoffs	NFHS	Scrum	N/A	Advancing	20s Def, + 10s Off, + Over/Back if after Clear	Offsides	> 6 players in off. half	Offsides (10v10)	> 7 players in off. half (incl. penalty box)	Allowable Body Contact (4.15)	2 hands on stick; 2 hands on stick (See 3-Yard rule)	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless
Field Size	Full field	Crosse Length	40"-42" (FP)	52"-72" (LP) (4 max)	Goal size	6' x 6'	NFHS	Players (10v10)	Field Player	NCSAE helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/cleats, protective cup	Equipment	Goalkeeper	See 14U	Field Player	See 14U	Equipment	4x10' stop-time, 5' Half	Length	4x10' stop-time, 5' Half	Timeouts	2 per Half, 1 each OT	Counts	GK 4 + 20s Def, 10s Off.	Faceoffs	NFHS	Scrum	N/A	Advancing	20s Def, + 10s Off, + Over/Back if after Clear	Offsides	> 6 players in off. half	Offsides (10v10)	> 7 players in off. half (incl. penalty box)	Allowable Body Contact (4.15)	2 hands on stick; 2 hands on stick (See 3-Yard rule)	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless

14U BOYS' YOUTH GAME QUICK REFERENCE GUIDE (2020)



Field Size	7v7 – cross-field	Crosse Lengths	40"-42" (FP)	52"-72" (LP) (3 max 7v7)	Goal size	6' x 6'	10v10: NFHS	Players (7v7 or 10v10)	Field Player	See 14U	Equipment	Goalkeeper	See 14U	Field Player	See 14U	Equipment	4x10' stop-time, 5' Half	Length	4x10' stop-time, 5' Half	Timeouts	2 per Half, 1 each OT	Counts	GK 4 + 20s Def, 10s Off.	Faceoffs (7v7)	1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline)	Scrum	N/A	Advancing	20s Def, + 10s Off, + Over/Back if after Clear	Offsides	> 4 players in off. half (incl. penalty box)	Offsides (7v7)	> 5 players in def. half	Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless
Field Size	7v7 – cross-field	Crosse Lengths	40"-42" (FP)	52"-72" (LP) (3 max 7v7)	Goal size	6' x 6'	10v10: NFHS	Players (7v7 or 10v10)	Field Player	See 14U	Equipment	Goalkeeper	See 14U	Field Player	See 14U	Equipment	4x10' stop-time, 5' Half	Length	4x10' stop-time, 5' Half	Timeouts	2 per Half, 1 each OT	Counts	GK 4 + 20s Def, 10s Off.	Faceoffs (7v7)	1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline)	Scrum	N/A	Advancing	20s Def, + 10s Off, + Over/Back if after Clear	Offsides	> 4 players in off. half (incl. penalty box)	Offsides (7v7)	> 5 players in def. half	Allowable Body Contact (4.15)	A. Legal Holds B. Legal Pushes C. Boxing out D. Riding E. Incidental	Illegal Body Checks	Defenseless 2-3 NR, possible ejection	Intentional Targeting	Ejection + 3 min NR for head/neck/defenseless

12U BOYS' YOUTH GAME QUICK REFERENCE GUIDE (2020)



Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Length	(FP) 37"-42" (GK) 37"-54" (LP) None	Players (6v6 or 7v7)	1 GK, 5 or 6 field players	Goal size	6' x 6' (allowable)	Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	4x10' Running, 5' Half	Timeouts	None. Officials only	Counts	4-sec GK only; no advance	Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	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	Fouling out	Personals = 3X or 5-mins	Advancing	Not used	Stalling	Not used	Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (incl. penalty box)	3-Yard Rule	All LEGAL holds, pushes & checks 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
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Length	(FP) 37"-42" (GK) 37"-54" (LP) None	Players (4v4)	1 GK, 3 field players	Goal size	3' x 3' (preferred) 6' x 6" (allowable)	Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	2x12' Running, 4' Half	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 min 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 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

8U BOYS' YOUTH GAME QUICK REFERENCE GUIDE (2020)



Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Lengths	(FP) 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)	Players (6v6 or 7v7)	1 GK, 5 or 6 field players	Goal size	6' x 6'	Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	4x10' Running, 5' Half	Timeouts	None. Officials only	Counts	4-sec GK only; no advance	Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	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	Fouling out	Personals = 3X or 5-mins	Advancing	Not used	Stalling	Not used	Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (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)	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
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	Crosse Lengths	(FP) 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)	Players (6v6 or 7v7)	1 GK, 5 or 6 field players	Goal size	6' x 6'	Field Player Equipment	See 14U	Goalkeeper Equipment	See 14U	Length	4x10' Running, 5' Half	Timeouts	None. Officials only	Counts	4-sec GK only; no advance	Faceoffs	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL)	Substitution	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	Fouling out	Personals = 3X or 5-mins	Advancing	Not used	Stalling	Not used	Offsides	6v6 – none 7v7 – yes, >4 on offense, or >5 on defense (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)	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

10U BOYS' YOUTH GAME QUICK REFERENCE GUIDE (2020)

