



USA LACROSSE BOYS YOUTH RULES COMPARISON CHART

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	FP: 37"-42" (GK) 37"-54" (LP) None	FP: 37"-42" (GK) 37"-54" (LP) 47"-54" (3 max)	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (3 max)	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (4 max)
Players	4v4: 1Gk, 3 field players	6v6 or 7v7: 1 GK, 5 or 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	NFHS			
Length of Game	2 x 12' Running	4 x 10' Running	See 14U	4 x 10' Stop-time Score Differential: NFHS
Overtime	N/A	N/A	See 14U	4' Stop-time, Sudden Victory
Team Timeouts	None. Officials only	None. Officials only	See 14U	2 per Half, 1 each OT
Counts	4-sec GK only; no advance	4-sec GK only; no advance	See 14U	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), SNG	Same as NFHS, incl. Standing Neutral Grip
Substitutions	NO "on-the-fly"	NO "on-the-fly"	NFHS	NFHS
Scrum	Extended w/3 or more players, use A/P	Extended w/3 or more players, use A/P	N/A	N/A
Fouling Out	Personals = 3X or 5-mins			
Advancing	N/A	N/A	20s Def + 10s Off + Over/Back if after Clear	20s Def + 10s Off + Over/Back if after Clear
Stalling	N/A	N/A	10v10 only; see 14U	Final 2m: Get it in, Keep it in = team ahead 1-4 goals
One Pass Rule	1 attempted pass after FO possession or restart after goal scored	1 attempted pass 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)
3-Yard Rule	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball			
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)