

2019 Summary of Rules By Age Level

	8U	10U	12U	14U
No of Players	4v4, No Goalkeeper	8v8, 7 Field + Goalkeeper/No goalkeepers if one team does not have goalkeeper. 2-D, 3-M, 2-A, Goalkeeper	8v8 or 12v12/ 7 or 11 field players + goalkeeper. 4-D, 3- M, 4- A	12v12/ 11 field players + goalkeeper. 4-D, 3-M, 4-A
Field Size	Cross field or half field 60-70 yds x 35-45 yds	Cross field 60-70 yards x 35-45 yards. 8M Arc Optional	8v8 – cross field same as 10U or 12v12 full field, 60 yd x 120 yd Unified field. Marked 8M Arc, 12M fan and restraining lines.	12v12 full field, 60 yd x 120 yd Unified field or larger. Marked 8M Arc, 12M fan and restraining lines.
Field Lines	Goal Circle / May be 6' or 8.5' radius	Regulation Goal Circle + 8M Arc + midfield Restraining Line	8v8 – Same field as U10 or 12v12 – Regulation field lines	Regulation field lines
Goals	3'x3' to 4'x4', or standard goal flipped over	4' x 4' or standard goal flipped over (6'x 6')	6'x 6'	6'x 6'
Balls	Soft Ball/Regulation size or larger / Optional- Or Standard NOCSAE ball	Regulation lacrosse balls, standard NOCSAE	Regulation lacrosse balls, standard NOCSAE	Regulation lacrosse balls, standard NOCSAE
Sticks	Small size stick / No pocket requirements	Regulation stick / Modified pocket allowed	Regulation stick	Regulation stick
Stick Length	No requirement	PLAYER- 90-110 CM/35.5" - 43.5" GOALIE- 35.5"-52"	PLAYER- 90-110 CM/35.5" - 43.5" GOALIE- 35.5"-52"	PLAYER- 90-110 CM/35.5" - 43.5" GOALIE- 35.5"-52"
Other Player Equipment	Goggles and mouth guard	Jersey with number, goggles and mouth guard.	Jersey with number, goggles and mouth guard.	Jersey with number, goggles and mouth guard.

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		Checked at the beginning of each game	Checked at the beginning of each game	Checked at the beginning of each game
Coaches	Coaches may be on field to instruct ALL players and officiate	Remain on sideline in Coaching area	Remain on sideline in Coaching area	Remain on sideline in Coaching area
Timekeepers	Officials if used, keep time / Teams designate timekeeper if no official	Officials keep time or designate timekeeper	Official timekeeper at table required	Official timekeeper at table required
Score	No score is kept	Score is kept by official scorer at table.	Score is kept by official scorer at table.	Score is kept by official scorer at table.
Score Reporting	No Score is reported	Both teams report within 48 hours. If second team fails to report, first team score stands.	Both teams report within 48 hours. If second team fails to report, first team score stands.	Both teams report within 48 hours. If second team fails to report, first team score stands.
Substitutions	Substitution can happen at any time	After goals or during play	After goals or during play	After goals or during play
Length of Game	Two 12-minute halves / Running time / 4-minute halftime / Four 6-minute quarters allowed	2 20-minute halves / Running time / 5-minute halftime.	2 22-minute halves / Stop time in last 2 minutes of each half by ref stoppage for injury / 5-minute halftime.	2 24-minute halves / Stop time in last 2 minutes of each half by ref stoppage for injury / 5-minute halftime.
Overtime	No OT	No OT	No OT	No OT
Team Timeouts	No team timeouts	No team timeouts	Two- 2 Min Per Game	Two- 2 Min Per Game
Start of Game & Half/Draws	No draw / Winner of coin toss starts at center spot / Player from opposing team starts second half / Players start in defensive end	Regulation game start procedures with 2 players at Center for Draw / 3 players placed on the 8m offensive end and 3 players on the 8 meter defensive end	8v8 – Regulation game start procedures with draw / 2 players at Center for Draw / 3 players from each team at restraining line of each end of	Regulation game start procedures with draw

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		until possession attained	field until possession attained	
			12v12 – Regulation game start procedures with draw	
Start After Goal	Ball given to team scored upon at side of goal circle	<p>Goalkeeper clears / Draw after each goal / If no goalkeeper, official initiates draw</p> <p>Utilize Free Draw Rule after 4-goal lead: indirect free position at center or losing team has choice to draw</p> <p>3 <u>attempted</u> pass rule; if ahead by 8+ goals, 3 <u>completed</u> passes before attempted goal</p> <p>If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	<p>Regulation draw procedures / Mercy rule optional / Team 4 or more behind may elect to take indirect free position at center</p> <p>Draw after each goal.</p> <p>Utilize Free Draw Rule after 4-goal lead: indirect free position at center or losing team has choice to draw</p> <p>3 <u>attempted</u> pass rule; if ahead by 8+ goals, 3 <u>completed</u> passes before attempted goal</p> <p>If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	<p>Regulation draw procedures / Mercy rule optional / Team 4 or more behind may elect to take indirect free position at center</p> <p>Draw after each goal.</p> <p>If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>
Self-Start	Regulation self-start procedures apply	Regulation self-start procedures apply	Regulation self-start procedures apply	Regulation self-start procedures apply

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Penalty Zone	N/A	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots
Restraining Line	Not applicable / No offside violations	2 field players from each team must be behind midfield restraining line. Cones shall be used to mark the half-field restraining line.	8v8 -- Same RL procedures as 10U 12v12 – 4 field players from each team must be behind RL	4 field players from each team must be behind RL
Offsides	None	2 field players from each team must be behind midfield restraining line	When team playing short, 4 players behind Restraining Line in both attack & defensive ends	When team playing short, 4 players behind Restraining Line in both attack & defensive ends
Goal Circle	No player may enter goal circle / Player may not follow through on shot	No player other than goalkeeper may enter goal circle / Player may not follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may not</u> follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may</u> follow through on shot
Cards	No cards / Teams do not play short	Team substitutes for carded player and <u>does not play short</u>	Team plays short	Team plays short
Ground Balls	Loose ball contested by no more than 2 players / Kicking ball is <u>not allowed</u>	Loose ball contested by no more than 2 players / Safe kicking ball is allowed	No ground ball restrictions / Safe kicking of ball allowed	No ground ball restrictions / Safe kicking of ball allowed
Covering Ball	No covering of ball at any time	No covering of ball when opponent	No covering of ball when opponent	No covering of ball to keep opponent from playing ball

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		within playing distance	within playing distance	
Minimum pass rules	One pass attempted required prior to shot	3 Attempted passes	3 Attempted; 3 Completed passes when 4 & 8 Rule in effect.	No pass restrictions
1v1 Defense	Must play 1v1 defense / Double teaming ball carrier a Minor penalty	Must play 1v1 defense in midfield / More than one player can defend the ball in the critical scoring area.	Not applicable	Not applicable
Stick Checking	No checking	No checking	Modified checking: player may check if ball below ball carrier shoulders / May not check if within 12" sphere of ball carrier's head / player cannot check across the body even if one step ahead of ball carrier	Transitional checking: player may not check if within 12" sphere of ball carrier's head / player cannot check across the body even if one step ahead of ball carrier
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in the 8M	Not applicable	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier as within a stick's length	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier as within a stick's length	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier as within a stick's length
Major Fouls	Illegal or dangerous contact & unsportsmanlike conduct – all other fouls Minor fouls	Major fouls per 2019 NFHS rules book	Major fouls per 2019 NFHS rules book	Major fouls per 2019 NFHS rules book
Unsportsmanlike Conduct	Major foul / Player removed for brief	Major foul / Mandatory Card	Major foul / Mandatory Card	Major foul / Mandatory Card

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	time / no card / Team does not play short			
Officials	1 or Coach helped	1 Official	2 recommended / Certified officials	2 recommended / Certified officials
Coin Toss	None	Yes- With Captains Determines goal to defend and first AP	Yes- With Captains Determines goal to defend and first AP	Yes- With Captains Determines goal to defend and first AP
Pages in 2019 Youth Girls Rulebook	7-17	18-27	28-37	38-77