North South Youth Lacrosse Rules Quick Reference

Effective 2026-04-04

		K-2 (8U)	3/4 (10U)	5/6 (12U)	7/8 (14U)
Goals		4'x4' or 6'x6' face down	6'x6'		
Ball		White or Yellow NOCSAE ND049 Ball			
Number of Players		6 v 6, No Goalie	7 v 7: 6 field players + 1 Goalie	10 v 10	
Crosse Length		Short 37-42" / Goalie 37-54"		Short 40-42" / Long 52-72" / Goalie 40-72"	
Long Crosses		None		Up to 4 (excl. Goalie)	
Game Length		12-minute Quarters (4), Running Clock	~~10-minute Quarters (4), Stop Clock~~ 12-minute Quarters (4), Running Clock	10-minute Quarters (4), Stop Clock	
Period Breaks		2-minutes between quarters, 5-minute half-time			
Mercy Rule		None	With 6 or more goal differential in 2nd Half, trailing Head Coach may elect to have a running clock and/or start with possession. Game returns to stop clock, and regular face-offs if the goal differential returns to 5 goals or less.		
Overtime		None during regular season.			
Face-off		No face-offs. Alternating possession at center X. Players on their own halves, at least 5 yards from ball-carrier.	2 v 2 FO players may have knee on the ground. Wing midfielder touching sideline until the whistle. Attack and Defense behind GLE and Goalies in their creases until possession called or ball crosses GLE.	3 v 3 Wing midfielders behind the wing lines. Attack, Defense, and Goalies behind their resraining lines.	
Advancing The Ball		No restrictions. No over & back enforced.		20 & 10 second counts enforced. Over & back enforced after 10 second count satisfied.	
Body Contact/Checking		✔ Legal holds, pushes, boxing out, riding, and incidental contact			Both hands on crosse, to the front or side, contact below neck and above waist. No defenseless checks.
Stick Checks	**Lifts**	✔ Allowed			
	Pokes	✔ Allowed			
	Down Checks	✔ Must begin below both players' shoulders.			
	One-handed	✘ Prohibited		✔ Allowed, but must be under control.	
3 Yard Rule		All legal holds, pushes, checks must be on a player with possession or within 3 yards of a loose ball			
Substitutions		On dead balls only.	~~On dead balls only.~~ On-the-fly through the substitution area or on dead balls.	On-the-fly through the substitution area or on dead balls.	
Side Changes		Teams will change sides of the field at half time, **not** after each quarter.		Teams will change sides of the field after each quarter.	
Time Outs		2 team timeouts per half, 2 minutes each			
Final 2 Minutes		No restrictions.		Team leading by 4 goals or less must "get it in/keep it in".	
Passing Rule		At least **ONE** pass attempt before a shot on goal. The attempted pass must originate from the offensive half. "Hot" resets when the ball crosses midfield without being in the "hot" team's possession.		No restrictions.	
Penalty Enforcement		Player leaves field. No time is served. No player-advantage situations.	Player leaves field and serves time in front of the scoring table. Goalie does not serve. No player-advantage situations.	Player leaves field and serves time in front of the scoring table. Defensive in-home serves in lieu of Goalie. Penalized team plays with a player-disadvantage. **All time-serving fouls are non-releasable.**	
Fouling Out		3 personal fouls or 5 minutes total personal foul time (excl. equipment penalties)		3 personal fouls or 5 minutes total personal foul time.	
Stalling		No restrictions.		Stalling warnings and penalties enforced.	