

2025 GAME DAY RULES

JTAA follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”



GAME LENGTH

- **6U** – EIGHT MINUTE RUNNING QUARTER; TWO MINUTE WATER BREAKS BETWEEN 1ST AND 3RD OR AS NEEDED; FIVE MINUTE HALF; ONE T/O PER HALF OR AS NEEDED
 - NO OT, GAME CAN END IN TIE
- **8U AND 10U** – TEN MINUTE RUNNING QUARTERS; TWO MINUTE WATER BREAK BETWEEN 1ST AND 2ND, 3RD AND 4TH; FIVE MINUTE HALF; ONE T/O PER HALF, NO T/O LAST TWO MIN OF 4TH QTR
 - ONE OT, FOUR MIN SUDDEN DEATH, NO TIME-OUTS; FINAL.
 - GAME CAN END IN TIE, NO OT, IF COACHES AGREE
- **12U AND 14U** – 12- AND 15-MINUTE RUNNING QUARTER; TWO MINUTE WATER BREAKS BETWEEN 1ST AND 3RD; FIVE MINUTE HALF, ONE T/O PER HALF, NO T/O LAST TWO MIN OF 4TH QTR
 - ONE OT, FOUR MIN SUDDEN DEATH, NO TIME-OUTS; FINAL TWO-MIN STALLING RULE - 20-SEC DEFENSIVE COUNT / 10-SEC OFFENSIVE COUNT.
 - GAME CAN END IN TIE, NO OT, IF COACHES AGREE
 - BRAVEHEART – IF COACHES AGREE; 4MIN RUNNING, NO TIME OUT, 2V2 WITH GOALIE

ALL GAMES ARE RUNNING TIME. ALL SUBS ON THE FLY. CLOCK DOES NOT STOP WITH T/O (EXCEPT FOR INJURY); NO T/O LAST TWO MIN OF 4TH QTR; GAME CLOCK STOPS WITH INJURY OR REF T/O LAST TWO MIN 4TH QTR. OVER AND BACK FOR 14U ONLY, INSTRUCTED AT 12U

CONTACT

NO TAKE-OUT CHECKS ALLOWED AT ANY AGE GROUP

“TAKE OUT CHECK” – ANY CHECK IN WHICH THE PLAYER LOWERS HEAD OR SHOULDERS WITH THE FORCE AND INTENT TO GROUND THE OPPOSING PLAYER

“INCIDENTAL CONTACT” – OBVIOUS ACCIDENTAL CONTACT (REF DISCRETION), USE OF HIPS DURING GROUND BALLS AND DEFENSE, WITHIN THREE YARDS OF BALL FOR ALL LEVELS 6U-14U

ANY ONE-HANDED CHECK = SLASH

- **6U AND 8U AND 10U** – NO BODY CHECKING ALLOWED; INCIDENTAL CONTACT ALLOWED PER GUIDELINES
- **12U AND 14U** – BODY CHECKING IS ALLOWED PER USA LACROSSE RULES, AND MODIFIED PER ABOVE PROVISIONS

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FIELD SIZE AND PLAYERS

- **6U – 5V5 WITH GOALIE OR SHOT BLOCKER (COACHES DETERMINE TO START GAME); DEFAULT IS GOALIE – 4X4 GOAL SIZE**
 - ALL GOALS MUST BE SHOTS, NO ROLLING GOALS UNDER BLOCKER
- **8U AND 10U – 7V7 SMALL FIELD FORMAT**
 - TEAMS: GOALTENDER, TWO ATTACKER, TWO MIDFIELDERS, TWO DEFENDERS
 - **GOALTENDERS MUST BE USED**
- **12U AND 14U – 10V10, FULL FIELD FORMAT**
 - TEAMS: GOALTENDER, THREE ATTACKERS, THREE MIDFIELDERS, THREE DEFENDERS
 - **GOALTENDERS MUST BE USED**

GOALTENDERS SHOULD BE USED AT ALL AGE GROUPS IF POSSIBLE.

HELMET, CHEST PROTECTORS, THROAT PROTECTORS MUST BE USED – OTHER PROTECTION AVAILABLE AND OPTIONAL

COACHES ON THE FIELD

- **6U AND 8U – ONE COACH PER SIDE ALLOWED ON FIELD. COACHES SHOULD REMAIN “IN THE LANES” AS ABLE**
- **10U, 12U, AND 14U – NO COACHES ALLOWED ON FIELD**
 - 10U – WARNING
 - 12U – WARNING; CHANGE OF POSSESSION
 - 14U – CHANGE OF POSSESSION

CROSSE LENGTH

AGE GROUP	MINIMUM - MAXIMUM LENGTH		
	SHORT POLE	LONG POLE	GOALKEEPER
6U	Should be no more than the distance from ground to player waist. No minimum.		
8U	37" - 42"	N/A	37" - 54"
10U	37" - 42"	⊘	37" - 54"
12U	40" - 42"	52" - 72"	40" - 72"
14U	40" - 42"	52" - 72"	40" - 72"

”GOAL” – (6U, 8U, 10U) OPPOSING PLAYER INITIATED ONLY, BALL MUST BREAK PLANE OF GOAL

”SCRUM” – (6U, 8U, 10U) OFFICIAL DISCRETION - PLAY WHISTLED DEAD; OFFICIAL AWARDS POSSESSION

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★ FACE OFFS - RE-STARTS

- **6U AND 8U** – FACE OFF WILL START EACH QUARTER - PLAY STARTS GOAL / GLE PER BELOW
- **10U** – FACE OFF STARTS PLAY AFTER EVERY GOAL
 - **SAME PLAYER CAN NOT TAKE CONSECUTIVE FACE OFFS**
 - **ONE PASS MUST BE ATTEMPTED AFTER FACEOFF OR POST GOAL RESTART PER BELOW**
- **12U AND 14U** – FACE OFF WILL START PLAY AFTER EVERY GOAL PER USA LACROSSE
- **RE-STARTS** – ALL RE-STARTS ARE FIVE YARDS

★ 6U AND 8U AFTER GOAL

- **AFTER GOAL** – PLAY STARTS WITH GOALKEEPER OR PLAYER IN GOAL AREA IF NOT GOALKEEPER
- OPPOSING TEAM ATTACK PLAYERS MUST START BEHIND GLE AND MAY NOT RELEASE UNTIL GOALKEEPER MAKES PASS TO START PLAY
- DEFENSIVE MIDDIES START AT CENTER LINE
- GOALKEEPER OR STARTING PLAYER MUST MAKE STARTING PASS ON NEAR SIDE OF CENTER LINE
- OPPOSING TEAM ATTACK PLAYERS MAY RELEASE AFTER STARTING PASS HAS CONNECTED / ATTEMPTED CLEAR (TOUCHED STICK, BEEN CAUGHT)

PENALTIES

- **6U** – CHANGE OF POSSESSION, COACHES INSTRUCT; MANAGE OVERLY AGGRESSIVE PLAYERS BY REMOVING THEM FROM FIELD (REFS OR COACHES DECIDE)
- **8U AND 10U** – CHANGE OF POSSESSION, PLAYER REPLACED.
- **12U AND 14U** – FULL TIME SERVE – NO RELEASE
 - 30SEC, 1MIN, ETC (NO 1.5X)
- **FOUL OUT** – FOUR PERSONAL FOULS OR FOUR MIN COMBINED FOUL TIME; OVERLY AGGRESSIVE PLAY AS DETERMINED BY OFFICIALS

ONE-HANDED CHECK = SLASH REGARDLESS OF CONTACT OR NO CONTACT

ANY STICK CHECK WITH CONTACT TO HELMET = SLASH

MERCY RULE

- **ALL AGE DIVISIONS** – WITH FIVE GOAL LEAD, TRAILING TEAM MAY ELECT FOR POSSESSION AFTER EVERY GOAL UNTIL DEFICIT IS CLOSED; COACHES MAY WAIVE MERCY RULE AND PLAY ON

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2025 POINTS OF EMPHASIS

“2025 GAME DAY RULES” IS AN EVOLVING DOCUMENT BASED ON THE USA LACROSSE BOY’S RULES AND MODIFIED TO MEET OUR SPECIFIC NEEDS AS A TRUE RECREATIONAL / INSTRUCTIONAL YOUTH DEVELOPMENTAL LACROSSE PROGRAM.

OUR RULES ARE DESIGNED FOR SAFETY AND FAIR PLAY FIRST. AS SUCH, GAME DAY RULES MAY EVOLVE AS THE SEASON PROGRESSES TO FURTHER SUPPORT SAFETY AND FAIR PLAY.

- **VIOLENT COLLISIONS** – THERE IS NO JUSTIFICATION FOR DELIBERATE OR VIOLENT COLLISIONS BETWEEN PLAYERS. PENALTIES WILL BE ASSESSED ACCORDINGLY.
- **YOUTH OFFICIALS** – WE ARE A DEVELOPMENTAL LEAGUE FOR PLAYERS AND FOR YOUTH OFFICIALS. OUR YOUTH OFFICIALS ARE FULLY CERTIFIED PER USA LACROSSE.

SPORTSMANSHIP AND CONDUCT

WE ARE A ZERO TOLERANCE LEAGUE FOR UNSPORTSMANLIKE CONDUCT.

- PLAYERS, COACHES, SPECTATORS, AND STAFF CAN BE EJECTED FOR CONDUCT UNBECOMING THE SPIRIT OF THE LEAGUE.
- **COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR PLAYERS AND THEIR STAFF.**
- PARENTS / SPECTATORS / FANS – MUST BE ON THE OPPOSITE SIDE OF THE FIELD FROM PLAYERS, AND SHOULD NOT ENGAGE WITH PLAYERS, OFFICIALS, COACHES, OR STAFF DURING OR AFTER GAME PLAY.
- ANY ISSUES PURSUANT TO THE ABOVE SHOULD BE REPORTED AT ONCE TO LEAD OFFICIALS, OR JTAA LACROSSE BOARD MEMBERS PRESENT
- ATTENDING BOARD MEMBER WILL ATTEND TO MATTER PER JTAA POLICY
- EYE SHADE RULE PER USA LACROSSE

USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2025

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
Cross 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" (7v7=3 max, 10v10=4max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)
Players	★ 4v4 1GK, 3 field players	6v6 or 7v7 1GK, 5 or 6 field players	7v7 1GK 2D 2A 2M 10v10 NFHS	10 v 10 NFHS
Goal Size	3'x3' or 6'x6'	6'x6'	6'x6'	6'x6'
All Player Equipment	NFHS			
Length of Game	2 x 12min Running	4 x 10min Running	See 14U	4 x 10min
Overtime	N/A	N/A	See 14U	4min Sudden Victory
Team Timeouts	★ None. Officials only	★ None. Officials Only	See 14U	★ 2 per half, 1 each OT
Substitutions	★ No "on the fly"	★ No "on the fly"	NFHS	NFHS
Counts	4-sec GK only, no advance	4-sec GK only, no advance	See 14U	GK 4 + 20s Def zone +10s Off.zone
Over & Back	N/A	N/A	In effect once 10 sec count satisfied	In effect once 10 sec count satisfied
Scrum	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
Restarts	All players must be 5 yards from ball carrier		Can restart play w/ defense within 5 yards, must gain 5 yard separation before engaging.	
Stalling	N/A	N/A	10v10 only: See 14U	Final 2m if team ahead 1-4 goals
Faceoffs	No FO; Coin flip winner Center X. Others on own def. half >5yds from each other. Other team ball start 2 nd half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL). FO Neutral grip, on knee is OK	7v7 1 FO 1GK 2 behind each GLE 1 wing) foot on either sideline) 10v10 Same as NFHS Standing Neutral Grip	Same is NFHS incl. Standing Neutral Grip.
One Pass Rule	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
Fouling Out	Personals= 3X or 5-mins			
Flag Down Situations	Stop play when ball hits ground, not a shot			
Man-Up or ManDown	N/A; Player serves, team plays at full strength	N/A; Player serves team plays full strength	Yes (3-down max) All time serving fouls are Non-Releaseable	Yes (3 down max) All time serving fouls are Non-Releaseable

Category	6U/8U	10U	12U	14U
Offsides	N/A	7v7 > on off. Or >5 on def.(exclude penalty area: never man-down)	7v7 >4 on off/ half Or >5 on def. half (include penalty area) 10v10 see 14U	>6 on off. Half Or >7 on def.half (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			
Body Contact	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			Below neck and Above waist
Checking with Cross	Lift/poke bottom hand or head of cross below chest area OR downward check initiated below BOTH players' shoulders. No one-handed checks permitted		★	See 3-yard rule, One handed OK