

Michigan Youth Lacrosse Association (MYLA) 2025 Boys & Girls Youth Lacrosse Info Guide



MYLA is a non-profit organization with a mission to organize and standardize lacrosse in Michigan, provide resources to new and existing programs, and build a strong foundation of support on which Michigan lacrosse can rise to the next level. Our aim is to inspire the next generation of lacrosse players to reach their full potential both on and off the field. We're here to support, provide resources, and grow the sport of lacrosse in our community.

<https://www.miyouthlacrosse.org/>
<https://x.com/miyouthlax>

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Resources for Program Leaders

USA Lacrosse provides various resources for program leaders such as:

- Best practices regarding sportsmanship, safety, coaches, officials, etc.
- Field Diagrams
- USA Lacrosse National Grant Program which aims to reduce barriers, increase inclusivity, and fuel growth in communities throughout the country by awarding equipment, financial support, and educational opportunities to organizations, schools, coaches, and officials.



AGE BRACKETS	RULES USED
18U-15U	See NFHS Rules
14U-13U	See 14U Rules
12U-11U	See 12U Rules
10U-9U	See 10U Rules
8U-7U	See 8U Rules
6U and Below	See 6U Rules

AGE GROUPING QUICK REFERENCE TABLE (12 MONTHS)

For play occurring between September 01, 2024 - August 31, 2025

BIRTH MONTH	BIRTH YEAR													
	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
JANUARY	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
FEBRUARY	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
MARCH	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
APRIL	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
MAY	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
JUNE	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
JULY	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
AUGUST	6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025	
SEPTEMBER		6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025
OCTOBER		6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025
NOVEMBER		6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025
DECEMBER		6U 2037	7U 2036	8U 2035	9U 2034	10U 2033	11U 2032	12U 2031	13U 2030	14U 2029	15U 2028	16U 2027	17U 2026	18U 2025

Standard high school graduation year is listed under age as a guide. Birthdate is the determining factor for placement.

RULES

Links to USA Lacrosse Youth Guidebooks

- Boys
- Girls

Links to USA Lacrosse Rules Resources

- Boys
- Girls

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
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	

Boys Rules Changes

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- 1-9-1a - Clarifies the chin strap is to be worn on the chin, not under.
- 4-3-1 - Provides guidance for the restart of play in lieu of a face off, due to a penalty or violation.
- 4-22-4 - Clarifies that on every restart near the substitution area, the ball must be moved into the field of play 5 yards.
- 4-24-7 - Clarifies that a whistle shall be blown on the loss of any mandatory equipment in the scrimmage area.
- 5-4-5 - Distinguishes intentional versus unintentional checks involving the head or neck.
- 7-8-3 - Specifies that a slow whistle will be implemented on a personal foul during a pass or shot.
- 7-13-3 - Clarifies how a restart will take place in the event of an inadvertent whistle before a faceoff has ended. Conforms to other situations as to why a reface will take place.

YOUTH ONLY CHANGES - Rules Distinct from High School

- Distinguishes from the NFHS editorial changes to Rule 4-16. A player may check an opponent's crosse with their own crosse when the opponent:
 - Has possession of the ball,
 - Is within 3 yards of a loose ball, or
 - Is within 3 yards of a ball in flight.
- Clarifies that shoulder pads do not need to be covered and that pinnies are allowed for 14 and under play.

Boys Points of Emphasis

Eyeshade

The USAL Boys Lacrosse Rules Committee has seen noticeable improvement in the use of properly worn eyeshade. As a reminder, eyeshade (grease or non-glare strips or stickers) shall be a solid stroke and may not include words, numbers, logos or other symbols. It should be emphasized that eyeshade which extends outside the eye socket or below the cheekbone is prohibited. A player found to be in violation of the NFHS eyeshade rule (1-10-1h) will be subject to a one-minute non-releasable personal foul for illegal equipment.

Properly Worn Mandatory Equipment

The chinstrap shall be worn on the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). Rule 5-6: A player may not use equipment that does not conform to specifications. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul. The new wording emphasizes that the manufacturer intended chin straps to be worn securely on the chin and not under the chin.

HIGH SCHOOL VS. YOUTH RULES

The high school and youth rules are nearly the same, however some modifications are made for safety and to benefit the development of youth athletes. The following points are some key differences that officials should know between high school and youth lacrosse:

- No "Take Out" Body Checks
- Time serving penalties are non-releasable
- Targeting the Head/Neck Fouls are Automatic Ejections
- Fouling Out is 3 personal fouls or 5 minutes of Personal Foul Penalty time
- With regard to when a player may check an opponents crosse with their own crosse, youth rules use 3 yards from a loose ball or ball in flight versus 5 yards at the high school level
- One-handed checks are a penalty at 10U and below
- When the ball hits the ground on a flag down / Slow Whistle Situation (excluding a shot), the play is dead

GIRLS YOUTH RULES COMPARISON

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Balls	Soft ball regulation size or larger	Soft balls or NOCSAE lacrosse balls	NOCSAE lacrosse balls	NOCSAE lacrosse balls
Cards	No cards, teams do not play short	No cards, teams do not play short	NFHS Cards	NFHS Cards
Checking	No checking	No checking	Modified checking	Transitional checking
Coaches	Coach may be on field to instruct ALL players and officiate	Remain in Coaching Area	Remain in Coaching Area	Remain in Coaching Area
Covering Ball	No covering ball with stick or body	No covering ball with stick or body	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Defending Goal	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	Shooting space rule applies	Shooting space rule applies
Deputy Goalkeeper	If goalkeeper used, no deputy goalkeeper	No deputy goalkeeper	No deputy goalkeeper	No deputy goalkeeper
Field Lines	Goal circle with 6' or 8.5' radius / No restraining line	8.5' goal circle + 8M arc / No restraining line	8v8: Cross-field 60-70yds x 35-45yds 12v12: Full field	NFHS field lines
Field Size	Small sided field	Small sided field	8v8: Small sided field 12v12: Full field	Full field
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'	6'x6'
Length of Game	4 x 6-minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 12-minute running clock
Officials	Not required / 1 Official may be used	1 Official required / 2 recommended	Officials required / 2 recommended	Officials required / 2 recommended
Offsides	Not applicable	Not applicable	8v8: Not applicable 12v12: NFHS offside procedures	NFHS offside procedures
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Overtime	No overtime	No overtime	2 x 3-minute sudden victory periods	2 x 3-minute sudden victory periods
Players	3v3 up to 7v7 / Goalkeeper not recommended	4v4 up to 8v8 with goalkeeper	8v8 or 12v12 with goalkeepers	12v12 with goalkeeper
Restraining Line	None	None	NFHS	NFHS
Scorekeepers	Score not kept	Scorekeeping a local level decision	Scorekeeper at table	Scorekeeper at table
Self-Start	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting
Sphere	12-inch	12-inch	12-inch	12-inch
Start of Game and Quarters	Winner of coin toss starts at center / Players line up in defensive end to start / Opposing team starts next quarter	Draw	Draw	Draw
Start After Goal	Ball to defender at side of goal circle / Player self-starts	Goalkeeper clear if goalkeeper used / If no goalkeeper, ball to defender at side of goal circle & player self-starts	Draw	Draw
Sticks	Small stick / No pocket limits	Small or NFHS stick / No pocket limits	NFHS stick and pocket	NFHS stick and pocket
Stick to Body Contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact
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 8M Arc	Not applicable	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies
Timekeepers	Official, if used, keeps time / Teams designate timekeeper if no official	Officials keep time or designate timekeeper	Timekeeper at table	Timekeeper at table
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts

Girls Rules Changes

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- 4-1-2 — Establishes that the clock will stop on the official's whistle after each goal and when a foul is called in the critical scoring area during the last minute of each quarter.
- 5-2 PENALTIES 1 & 2 — Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.
- 9-1 PENALTIES for Violation of 9-1a, b and e-r; 4a, b; 13 Definition of Terms — Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan.
- 10-1p, 13 Definition of Terms — Establishes player body and crosse positioning for a legal pick.
- 10-1q(1) — Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.
- 10-1u(2) — Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

YOUTH ONLY CHANGES

- 6U & 8U: USAL Lacrosse certified coaches can be on the field to assist and officiate.
- 10U Restart After a Goal is Scored: Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of goal. All other players will be moved 4 meters away. If a goalie is present, the goalie can clear. All players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.
- 12U Modified Checking: An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- 14U Transitional Checking: An attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.
- Sixes: Walling: Two or more defensive Defense players crowding in front of their goal or forming a stack/wall formation in front of their goal – not within a stick's length of an opponent. Comparable to double shooting space – modification for players 14 and under to use one defensive player for walling criteria

RULES DISTINCT FROM HIGH SCHOOL

- Self-Start (5-4-1) USAL Youth Rules will continue to require a player to momentarily pause when self-starting for appropriate skill development and game management.
- 10-1r USAL Youth Rules prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.

Girls Points of Emphasis

SPORTSMANSHIP

The rules committee wants to emphasize the critical role of sportsmanship in the safety and positive experience for the student athlete. Sportsmanship is based on a respect for the rules of the game and for one's opponent. Coaches, players, officials, administrators, and spectators in the interscholastic environment have an expectation to demonstrate behavior that creates a positive and encouraging atmosphere. The committee encourages officials to provide effective communication and game management to help deter acts of unsportsmanlike conduct. When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards. Event management can serve as an asset in creating an expectation of respect within the playing facility and creating a positive and competitive atmosphere.

STICK TO BODY CONTACT

Legal and safe use of the crosse is essential for the minimization of risk to players. It is also critical for the preservation of girls' lacrosse as a game which allows players to play with limited protective equipment. Players must not initiate stick-to-body contact by using the stick to hit, push or displace an opponent. Officials must recognize, call, and penalize illegal stick-to-body contact as required by the rules.

MANAGING SAFE PLAY IN THE 8-METER ARC

Officials must work together to manage safe play in the 8-meter arc. Coaches must teach players to respect and abide by all playing rules that minimize risk in the 8-meter arc due to the proximity of players in this area. Teaching and practicing safe play will decrease the risk of injury and help maintain the pace of play that upholds the integrity of the game.

Officials must recognize and penalize the following:

Any use of the stick in an unsafe manner that jeopardizes the safety of the opponent's head or neck area.

Illegal contact by the defense with the crosse or body in a dangerous or uncontrolled manner during or after a shot on goal.

Use of the stick in a horizontal position that makes contact with an opponent's body or crosse.

Any check that contacts another player's crosse, body or hand(s) that is rough, dangerous or intimidating.

PROFESSIONALISM

USA Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.

Referees

For the sake of player safety and game integrity, trained and certified lacrosse officials should be used for youth lacrosse games. Coaches, high school players, college players, etc. are great candidates to become referees. However, without training and mentorship from experienced refs, most will not have sufficient knowledge and experience to safely and successfully ref youth lacrosse. Your local officials organizations and assignors can help connect you with appropriately-trained referees for the games that you organize.

Referee Assignors

MichLOA – Southeast Michigan

Karl Brunzman- (586) 601-8937; kbrunzman5@gmail.com

CAOA – Lansing / Mid-Michigan

Jessie Reed- (517) 420-8555; Jessielax77@gmail.com

GRALOA - Grand Rapids/West Michigan

Kyle Smoes - kjsinc41@gmail.com

Brett Svacha-(616) 634-4413; brett.svacha@gmail.com

Scott Knopp – graloe.assignor@gmail.com

Kalamazoo / Portage

Rick Hurdelbrink – rhurdelbrink@aol.com

Decker Hains – Decker.hains@gmail.com

GIRLS – MI

Grand Rapids / Mid-MI - Paige Winnie - pbwinne@gmail.com

SE MI – Dan Reason – danielreason@aol.com / 810.422.8797

SE MI – Pat Hayes - patmhayes@live.com

Contact the Officials' Organization in your region to learn more about new officials training.



The advertisement features a central graphic with the US Lacrosse logo at the top. Below the logo, the text "BECOME AN OFFICIAL" is prominently displayed in a red banner and large blue letters. To the left and right of the central text are stylized black and white illustrations of a male and a female lacrosse official, respectively, both wearing caps and holding whistles. The background of the graphic consists of a geometric pattern of triangles.

US Lacrosse

BECOME AN OFFICIAL

JOIN THE TEAM. The officiating community is the third team on the field. Stay actively involved in the game and enjoy great camaraderie.

GIVE BACK TO THE GAME. Officials are important ambassadors for the sport. Share your knowledge to help the game grow responsibly.

STAY FIT. Exercise while having fun. Officiating schedules are flexible. You can work games as your schedule permits.

LEARN A NEW SPORT. If you've officiated other sports, you can easily transfer those experiences to America's fastest-growing team sport.

EARN INCOME. Supplement your regular paycheck. Officials at all levels are paid for working games.

Resources for Coaches

Coach Development Clinics

MYLA seeks to organize Coach Development Clinics in each region of the State. We will provide the trainers and materials. We need YOUR help organizing the site in your community. Generally, a classroom with a projector/screen that can fit appx 20+ coaches works great. If there is also (indoor) field/demo space available, that's even better but not required. Preferred dates are any Saturday or Sunday in February or early March. Please contact Mark Greaney if you have an option that would be central for other programs and a good host site: greaney.myla@gmail.com

USA Lacrosse provides resources, training, etc. for coaches
<https://www.usalacrosse.com/coaches>