

2023

MYLA Exceptions to USA Youth Lacrosse Rules

In an effort to simplify and clarify the differences and conflicts between USA Lacrosse (USAL) Youth Rules and Maine Youth Rules (also referred to as “Maine Wrinkle Rules”), the MYLA Rules Committee has recommended that MYLA teams comply with USAL Rules to the greatest extent possible. With a predominate focus and view toward player safety and regional practicality and logic, USAL Rules will be followed for the 2023 Lacrosse Season, with the following exceptions (Note: please also refer to the summary age level cards that provide the exceptions for various age levels):

1. BOYS EXCEPTIONS.

- a. **Long Poles** (LP) – Crosse length as defined by USAL Rules for field players (including Short Poles and Long Poles), which measure in length greater than 42” inches are not permitted at the U10 – U14 levels of play regardless of the size of the field of play or the number of players playing (i.e. 6v6 or 10v10). *Exception to USAL Rule 1.6, Appendix V.*
- b. **Officials** – Recognizing the official shortage statewide (and nationwide), one (1) Official is permitted for U12 & U14 level of play, however two (2) officials are recommended (and strongly recommend for 10v10 games). *Exception to USAL Rule 2.5.*
- c. **No overtime** – No overtime shall be observed at the U12 & U14 levels of play. *Exception to USAL Rule 3.4.*

2. GIRLS EXCEPTIONS.

a. U10

- i. **Goals** – Goalkeepers (GK) are strongly encouraged at this level of play, but in the event one or more team does not field a GK, goals are to be triangles-up or have a shooter tutors attached to the goals of both teams. *See USAL Rules 1.3 and 3.1.*
- ii. **Game Length** – Competition shall consist of two (2) twenty (20) minute running time halves. *Exception to USAL Rule 4.1.*
- iii. **Restart after Goal/Mercy Rule** – (I) **With a GK**: Free GK clear with opposing team above 8m; (II) **Without a GK**: Team that was scored upon will start with the ball at goal line extended (GLE) with opposing team 4m away. In the event of a four (4) goal differential with or without a GK, the trailing team can elect to take an indirect free position at the draw center. *Exception to USAL Rule 5.3*

b. U12

- i. No overtime – No overtime shall be observed. *Exception to USAL Rule 4.3.*
 - ii. Checking – Modified Checking below the shoulder (and as defined by USAL Rules) is permitted **if and only if all of the following conditions are satisfied**: (I) Both team Head Coaches agree in advance of the competition **and** (II) Certified Adult Officials are officiating the competition (Note: if two (2) officials officiate the competition, both shall be Certified Adult Officials). *Exception to USAL Rule 6.12.*
- c. **U14**
- i. Number of Players – 12 v 12 is strongly encouraged at this level of play, however competitions may proceed in an 8v8 format. *Exception to USAL Rule 3.1.*
 - ii. No overtime – No overtime shall be observed. *Exception to USAL Rule 4.3.*
 - iii. Checking – Transitional Checking, as defined by USAL Rules, is permitted for U14 (7th and 8th grade), however, if one (1) 6th grader player plays in the competition, checking for that competition will revert to Modified Checking. *Exception to USAL Rule 6.12.*