

Category	USL 6U/8U (K-2) USL 10U (¾)	USL 12U (⅚)	USL 14U (⅞)
Balls	Soft ball (ie. - tennis ball) or NOCSAE ball	NOCSAE ball	NOCSAE ball
Field Size	L: 60 - 70 yards W: 35 - 45 yards (Cross field)	7 v 7: Cross field 60-70 yds by 35-45. 10 v 10: Full Field	Full field
Cross Length	FP: 37'-42" GK 37"-54" LP none	FP 40"- 42" GK 40"-72" LP 52"-72" (7v7= No Long poles) 10v10 = 4 Long Poles max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 Long Poles max)
Players	6U / 8U: 4 v 4 or 5 v 5, 1 GK, 3 or 4 field players 10U: 6 v 6 or 7 v 7, 1 GK, 5 or 6 field players	SS: 7v7 w / GK (2A, 2M, 2D) or FF: 10 v 10 w/GK.	10 v10 w/GK
Coaches	Coach on field to instruct IF USA lacrosse certified.	Remain in coaching Area - 3 coaches per team on sideline	Remain in coaching Area - 3 coaches per team on sideline
Goal Size	4x4, 6x6 if no small goals.	6 x 6	6 x 6
All Player Equipment	Must meet NFHS specifications	Must meet NFHS specifications	Must meet NFHS specifications
Length of Game	6U / 8U: 4 x 6 or 2 x 12 min running time. 10U: 4 x 10 min or 2 x 20 min running clock 2 min break between quarters 5 min break at halftime.	4x10 or 2 x 20 min running clock 5 min halftime.	4 x 10 min running clock Half determined by coaches
Overtime	No	No	No
Team Timeouts	None / Officials only	None / Officials Only	None / Officials Only None
Substitutions	6U / 8U: Subs after goals, out of bounds and/or quarter breaks 10U: Subs after goals, out of bounds and/or quarter breaks	NFHS Rules	NFHS Rules
Counts	4-sec GK only, no advance	GK 4 + 20s Def zone +10s Off.zone	GK 4 + 20s Def zone +10s Off.zone
Scrum	Extended w/3 or more players, use Alternating Possession	N/A	N/A
Over and Back	N/A	In effect once 10 sec count satisfied In effect once 10 sec count satisfied	In effect once 10 sec count satisfied In effect once 10 sec count satisfied

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.	Can restart play w/ defense within 5 yards, must gain 5 yard separation before engaging.
Stalling	N/A	10 v 10 only; See 14U	Final 2 min, if team is ahead by 1-4 goals they must keep it in the box
Faceoffs	<p>6U/8U FO at beginning of game, after half and after every 3rd goal; Others on own def. half > 5yds from each other.</p> <p>10U: 7v7 1 FO 1 GK 2 behind each GLE 1 wing) foot on either sideline) FO Neutral grip, On knee is ok</p> <p>NOTE: All Field Players are RELEASED when the whistle is blown. (Page 14, USA Lacrosse Guidebook)</p>	<p>7v7: 1 FO, 1 GK, 2 behind each GLE 1 wing, foot on either sideline)</p> <p>NOTE: All Field Players are RELEASED when the whistle is blown. (Page 14, USA Lacrosse Guidebook)</p> <p>10 v10: Same as NFHS Standing Neutral Grip</p>	Same as NFHS incl. Standing Neutral Grip
One pass Rule	<p>6U / 8U: 1 attempted pass after FO possession or restart after goal scored</p> <p>10U: 1 attempted pass after FO possession</p> <p>NOTE: There are inconsistencies between the USA Lacrosse GuideBook and USA Lacrosse Comparison Chart - MYL will follow the one pass rule after faceoffs ONLY as stated in the comparison chart.</p>	<p>7 v 7: 1 attempted pass after FO possession</p> <p>NOTE: There are inconsistencies between the USA Lacrosse GuideBook and USA Lacrosse Comparison Chart - MYL will follow the one pass rule after faceoffs ONLY as stated in the comparison chart.</p>	N/A
Fouling Out	Personal Fouls = 3x or 5 minutes of penalties committed	Personal Fouls = 3x or 5 minutes of penalties committed	Personal Fouls = 3x or 5 minutes of penalties committed
Flag Down Situations	Stop play when ball hits ground, not a shot	Stop play when ball hits ground, not a shot	Stop play when ball hits ground, not a shot
Man Up / Man Down	N/A; Player serves, team plays at full strength	Yes (3-down max) All Game serving fouls are Non-Releasable	Yes (3-down max) All Game serving fouls are Non-Releasable

Offsides	6U / 8U: N/A 10 U: 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	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball	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	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental	Below neck and Above waist
Checking W/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 checks are permitted	See 3-yard rule, One handed checks are permitted
Officials	6U / 8U: Not required Certified coaches may "officiate". 2 If not, Junior Officials are appropriate	Officials required, SS: 1 required, 2 Recommended FF: 2 required	Officials required, 2 recommended
Timekeepers	6U / 8U: Officials / Coaches 10U: Officials OR Home team provides person to assist with timing	Officials OR Home team provides person to assist with timing AND penalty administration	Timekeeper at table
Scorekeeper	6U / 8U: No score kept 10U: Not required.	Not required	Scorekeeper at table

IF A GAME IS BEING PLAYED SMALL SIDED (% level), the RULES FOR A SMALL SIDED GAME ARE IN EFFECT. NO EXCEPTIONS!

All other rules are consistent with the NFHS rule book. This includes legally and fully equipped players as well as **NO JEWELRY.**

NO DEVIATIONS FROM THIS RULES CHART.