

2026 Maine Leagues Lacrosse Girls Youth Rules Comparison Chart

Category	USL 6U/8U (K-2)	USL 10U (¾)	USL 12U (%)	USL 14U (7/8)
Balls	NOCSAE	NOCSAE ball	NOCSAE ball	NOCSAE ball
Cards	No cards	Cards but team does not play short.	NFHS card rules	NFHS card rules
Checking	None	None	Modified	Modified *Please note that MPA middle school leagues may play transitional*
Coaches	Coach can be on field to instruct	Remain in coaching area	Remain in coaching area	Remain in coaching area
Covering Ball	No covering with stick or body	No covering with stick or body	No cover if opponent within playing distance (stick length away from ball)	No cover if opponent within playing distance
Defending Goal	No defending by standing within 5 yard space unless marking opponent.	Shooting Space applies	Shooting Space applies	Shooting Space applies
Deputy/GK	NONE	NO deputy	No deputy	Deputy allowed(2026)
Field Lines	Goal circle 6'or 8.5'/no restraining lines	8.5' goal circle +8m/ restraining lines at midfield.	NFHS Full Field If small sided for MeYL use ¾ field guide.	NFHS Full Field
Field Size	Small sided	Small sided	12v12 full. 8v8 small MeYL	Full field
Goals	4x4 to 6x6	6x6	6x6	6x6
Length of Game	2 x 25 running time. 5 min halftime.	2 x 25 min running clock 5 min halftime.	2 x 25 running clock 5 min halftime.	2 x 25 running clock 5 min halftime
Officials	Certified coaches may "officiate". If not, JO or certified official.	1 official required, 2 recommended	Officials required, 2 highly recommended.	Officials required, 2 highly recommended
Offsides	Offside at midfield. Warnings	Offsides @ Midfield. 2 back	8v8 Offsides @ midfield 12v12 NFHS rules	NFHS offside rules
1v1 Defense	Required	Not required. No triples	Not required	Not required
Overtime	NO	NO	NO	NO
Players	8v8	8v8 w/GK	12v12 w/GK. Teams can play with less players if they choose (9v9) or situational. 8v8 w/GK(MeYL)	12v12 w/GK
Restraining Line	Midfield	Midfield	NFHS. If small sided Midfield.	NFHS
Scorekeeper	No score kept	Score by coaches.	Score by coaches	Score by coaches.

Category	USL 6U/8U (K-2)	USL 10U (¾)	USL 12U (⅝)	USL 14U (⅞)
Self Start	Pause before self start	Pause before self start	Pause before self start	Pause before self start
Sphere	12 inch	12 inch	12 inch	12 inch
Start of Game/Quarters	Draw.	Draw. If no center circle on small field, 2 players each team 10 yards out from draw set up.	Draw.	Draw
Start after Goal	Draw Mercy rule of 5 goals. Team receives indirect free position at center if they choose	Draw. If no center circle on small field, 2 players each team 10 yards out from draw set up. Mercy rule of 5 goals. Team receives indirect free position at center if they choose	Draw. Mercy rule of 5 goals. Team receives indirect free position at center if they choose	Draw Mercy rule of 5 goals. Team receives indirect free position at center if they choose
Stick to Body	NONE. Incidental will happen.	NONE. Incidental will happen.	NONE. Incidental will happen.	NONE. Incidental will happen.
3 sec closely guarded	3 sec closely guarded applies and should be called.	3 sec closely guarded applies and should be called.	N/A	N/A
3 sec in 8m	Warning to Mark up.	3 sec in 8m applies	3 sec in 8m applies	3 sec in 8m applies
Timekeepers	Officials	Officials	Officials.	Officials
Timeouts per game. Clock stops	1 Timeout	1 timeout. Offense plays out 8m free position if time runs out.	1 time out per half. Offense plays out 8m free position if time runs out.	1 time out per half. Offense plays out 8m free position if time runs out.

◆ **IF A GAME IS BEING PLAYED SMALL SIDED (¾ level), the RULES FOR A SMALL SIDED GAME ARE IN EFFECT. This applies to programs in Maine Youth Lacrosse League.**

◆ All other rules are consistent with the NFHS rule book. This includes legally and fully equipped players as well as **NO JEWELRY. Stick checks are not required at Youth Level but will remain at the Middle School (MPA sanctioned games).**

◆ **NO DEVIATIONS FROM THIS RULES CHART. If you have questions or concerns please contact Kayla Billings at mainejolacrosse@gmail.com, Youth Liaison for MWLOA and Erin Brogan Erin.brogan@massyouthlax.org for teams in the Maine Region of Mass Youth lacrosse league.**

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