

USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2024

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	Field Player (FP): 37'-42" GK 37"-54" Long Pole (LP) none	FP 37"-42" GK 37"-54" LP 47"-54" (2 max 6V6, 3 max 7V7)	FP 40"-42" GK 40"-72" LP 52"-72" (3 max 7v7, 4 max 10v10)	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 or 10v10 NFHS	10 v 10 NFHS
Goal Size	3'x3' or 6'x6'	6'x6'	6'x6'	6'v6'
All Player Equipment	NFHS			
Length of Game	2 x 12' Running	4 x 10' Running - 5 minute halftime	4x10' stop+Differential or 4x12' running	4x10' stop+Differential or 4x12' running
Overtime	N/A	N/A	4' Stop-Time, Sudden Victory	4' Stop-Time, Sudden Victory
Team Timeouts	None. Officials only	None. Officials Only	1 per half, 1 each OT	2 per half, 1 each OT
Counts	4-sec GK only, no advance	4-sec GK only, no advance	GK 4 + 20s Def zone +10s Off.zone	GK 4 + 20s Def zone +10s Off.zone
Faceoffs	No FO; Coin flip winner starts Center X. Others on own def. half >5yds from each other. After goal other team starts at GLE extended Other team ball at start of 2 nd half.	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL) FO on knee is OK. All players released on whistle, GK on possession. 12 goal diff = No faceoff in 2nd half, losing team gets possession after every goal	7v7 1 FO 1GK , 2 behind each GLE, 1 wing (foot on either sideline) Standing Neutral Grip 12 goal differential in 2nd half = running clock when using stop time	Same as NFHS incl. Standing Neutral Grip. 12 goal differential in 2nd half = running clock.
Substitutions	No "on the fly" (only at dead ball)	No "on the fly" (only at dead ball)	NFHS	NFHS
Scrum	Extended (4 seconds) w/3 or more players, use Alternating	Extended (4 seconds) 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	
Fouling Out	Personals= 3X or 5-mins			
Advancing	N/A	N/A	20s Def zone + 10s Off zone + Over/Back if after clear	20s Def zone + 10s Off zone + Over/Back if after clear
Stalling	N/A	N/A	10v10 only: See 14U	Final 2m if team ahead 1-4 goals
One Pass Rule	1 attempted pass after FO possession or restart after goal	1 attempted pass after FO possession	N/A	N/A
Flag Down Situations	One Flag - Stop play when ball hits ground when not on a shot			
Man-Up or Man-Down	N/A; Player serves (all fouls NR), team plays at full strength	N/A; Player serves (all fouls NR) team plays full strength	Yes (3-down max)	Yes (3 down max)
Offsides	N/A	6V6 - None 7v7 > 4 on off.-half Or >5 on def.-half (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 side slap checks. No one-handed checks permitted		3-yard rule on restarts and challenges, Normal stick checks allowed, including one handed stick checks are allowed.	

