

USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2024

| Category | 6U/8U- Grades 1/2 | 10U- Grades 3/4 | 12U- Grades 5/6 | 14U- Grades 7/8 |
|------------------------------------|---|--|--|---|
| Field Size | L: 60-70 yds W: 35-45 yds (Cross-Field) | L: 60-70 yds W: 35-45 yds (Cross-Field) | 10v10 Full Field | 10v10 Full Field |
| Cross Length | FP: 37'-42" GK 37"-54" LP none | FP 37"-42" GK 37"-54" LP 47"-54" (3 max)- CAN NOT BE TALLER THAN PLAYER | FP 40"-42" GK 40"-72" LP 52"-72" (4 max) | FP 40"-42" GK 40"-72" LP 52"-72" (4 max) |
| Players | 6V6 6 field players no goalies | 7v7: 1 GK, 6 field players | 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 20' halves Running | 4 x 10' Running | 4 x 12' Running Time : Score Differential: NFHS | 4 x 12' running-time Score Differential: NFHS |
| Overtime | N/A | N/A | No overtime regular season 4' Stop-Time, Sudden Victory- Playoffs ONLY | No overtime regular season 4' Stop-Time, Sudden Victory- Playoffs- ONLY |
| Team Timeouts | None. Officials only | None. Officials Only | 2 per half, 1 each OT | 2 per half, 1 each OT |
| Counts | N/A | 4-sec GK only, no advance | GK 4 + 20s Def zone +10s Off.zone | GK 4 + 20s Def zone +10s Off.zone |
| Faceoffs | 1 FO at each half , 2 behind each GLE: FO on knee is OK | 1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL), FO on knee is OK | Same is NFHS incl. Standing Neutral Grip.- No face off on > 6 goal lead | Same is NFHS incl. Standing Neutral Grip.- No face off on > 6 goal lead |
| Substitutions | No "on the fly" | Allowed to change on the fly | NFHS | NFHS |
| 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. | |
| Fouling Out | Personals= 3X or 5-mins | | | |
| Advancing | N/A | N/A | 20s to clear + 10s to get in box Over/Back if after Clear: | 20s to clear + 10s to get in box Over/Back if after Clear: |
| Stalling | N/A | N/A | Final 2m: Get it in, Keep it in If team is ahead 1-4 goals | Final 2m: Get it in, Keep it in If team is ahead 1-4 goals |
| One Pass Rule | 1 attempted pass after FO possession- also must pass once over midfield separate from FO | 1 attempted pass after FO possession- also must pass once over midfield separate from FO | N/A | N/A |
| Flag Down Situations | Stop play when ball hits ground, not a shot | | | |
| Man-Up or Man-Down | N/A; Player serves, team plays at full strength | N/A; Player serves team plays full strength | Yes (3-down max) | Yes (3 down max) |
| Offside | 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 | | | |
| 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 |
| Body Contact | Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental | | | Below neck and Above waist |
| Delayed Penalty Enforcement | Flag Down, Slow Whistle – When the ball hits the ground (not on a shot), the slow whistle is terminated" for all age groups. A bounce shot would still continue to its natural conclusion. | | | |