



**RHODE ISLAND YOUTH LACROSSE LEAGUE 2025 GIRLS  
YOUTH RULES CHART**

Category	1st & 2nd Grade	3rd & 4th Grade	5th & 6th Grade	7th & 8th Grade
<b>Players</b>	7v7: 7 field players, No Goalkeeper	8v8: 7 field players + Goalkeeper	12v12: 11 field players + Goalkeeper	12v12: 11 field players + Goalkeeper
<b>Coaches</b>	Coach may be on the field	Maximum of 3 adults on sideline and must remain in coaching area	Maximum of 3 adults on sideline and must remain in coaching area	Maximum of 3 adults on sideline and must remain in coaching area
<b>Officials</b>	Not required	1 Official	2 Officials	2 Officials
<b>Field Size</b>	Cross Field 45 yd x 70 yd where possible	Cross Field 45 yd x 70 yd where possible	Full Field 60-70 yd x 90-100 yd	Full Field 60-70 yd x 90-100 yd
<b>Field Lines</b>	6' or 8.5' Goal Circle Only No Restraining Line	8.5' Goal Circle, 8M Arc, Midfield Restraining Line	NFHS Field Lines	NFHS Field Lines
<b>Goals</b>	3'x3' or 4'x4'	6' x 6'	6' x 6'	6' x 6'
<b>Balls</b>	Softer Ball-regulation size or larger Standard Ball Not Allowed	NOCSAE Lacrosse Balls	NOCSAE Lacrosse Balls	NOCSAE Lacrosse Balls
<b>Sticks</b>	Smaller Stick No pocket limits	Smaller or NFHS Stick Modified pocket*	NFHS Stick and pocket**	NFHS Stick and pocket**
<b>Time &amp; Score Keeper</b>	Home team designates Time Keeper No Score Kept	Official keeps time or designates Time Keeper Score Keeper at Table	Time and Score Keeper at Table	Time and Score Keeper at Table
<b>Length of Game</b>	4 x 10-minute quarters Running Clock 5-minute half time	4 x 10-minute quarters Running Clock 5-minute half time	4 x 12-minute quarters Running Clock*** 5-minute half time	4 x 12-minute quarters Running Clock*** 5-minute half time
<b>Timeouts</b>	1 team timeout per game	1 team timeout per game	2 team timeouts per game	2 team timeouts per game
<b>Overtime</b>	No Overtime	No Overtime	No overtime regular season: Playoffs Up to two 3-min Sudden Victory Overtime Periods	No overtime regular season: Playoffs Up to two 3- min Sudden Victory Overtime Periods
<b>Start of Game and Half</b>	No Draws; Winner of coin toss starts with ball at midfield; Opposing team starts with ball at start of 3rd quarter and has 1st Alternating Possession of the game; All players start on their defensive side	No Draws; Winner of coin toss starts with ball at midfield w/ other Center 4m away; 1 pair of players from each team at each midfield-sideline; remaining players inside the 8Ms; once whistle is blown, players are	Draw-	Draw
<b>Start After Goal</b>	Ball given to team scored upon at midfield w/ indirect free position; teams reset like start of the game	Official gives ball to team scored upon at midfield w/ indirect free position; teams reset like start of the game; whistle start	Draw 6-Goal Mercy Rule optional***; Team that is down by 6+ goals may opt to take indirect free position at center	Draw 6-Goal Mercy Rule optional***; Team that is down by 6+ goals may opt to take indirect free position at center
<b>Substitutions</b>	After goals or during stoppage of play	Allowed during play; recommended during stoppage of play, after whistle, or goal	NFHS substitution procedures	NFHS substitution procedures
<b>Restraining Line/ Offsides</b>	None	2 field players behind midfield line	4 field players behind restraining line	4 field players behind restraining line
<b>Ground Balls</b>	No restriction; kicking allowed	No restriction; kicking allowed	No restriction; kicking allowed	No restriction; kicking allowed
<b>Covering Ball</b>	No covering ball at any time	No covering ball at any time	No covering ball if opponent is in playing distance	No covering ball if opponent is in playing distance
<b>Minimum Pass Rule</b>	1 attempted pass after midfield before shot on goal	1 attempted pass after midfield before shot on goal	No minimum passing rule	No minimum passing rule
<b>1 v 1 Defense</b>	Must play 1v1 defense in midfield; multiple defenders on ball allowed in comparable CSA	Must play 1v1 defense in midfield; multiple defenders on ball allowed in comparable CSA	No restriction	No restriction
<b>3 Seconds Closely Guarded Defense</b>	Applies	Applies	Applies	Not applicable
<b>3 Seconds in 8M</b>	Not applicable	Applies	Applies	Applies
<b>Checking</b>	No checking allowed	No checking allowed	Modified checking allowed	Transitional checking allowed
<b>Stick-To-Body Contact</b>	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact
<b>Self -Start / Free Movement</b>	Allowed; Players must pause before self-starting	Allowed; Players must pause before self-starting	Allowed; Players must pause before self-starting	Allowed; Players must pause before self-starting
<b>Cards</b>	No cards	Cards; Team does not play short	Cards; Team plays short	Cards; Team plays short

- Home team provides NOCSAE balls on sideline and end lines.
- Home team must get score card signed by Official and Opposing Team Coach for grades 5/6 and 7/8.
- Penalty time is running time kept on the sideline.
- Clock stops at timeouts.
- Up to 3 coaches maximum allowed for each team on the sidelines; Score/time keeper cannot coach in addition to the 3 allowed; Only Head Coach allowed to speak with official.
- Spectators must stay on opposite side of the field from team area; No spectators on team side or endlines.
- Player or coach ejection from game is reported by NCOA to RYLL and player or coach sits next game.
- \*Modified pocket: No more than 1/2 of the ball can be seen below the sidewall.
- \*\*Regulation pocket: The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible above the top of the entire wooden or plastic sidewall. The ball must move freely within all parts of the head of the stick both laterally and along its full length of the front and upper third of the back of the pocket
- \*\*\*Playoffs Games Adjustments: Remaining 2-minute stop clock utilized in critical scoring area for defensive fouls; No mercy rule option