

USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2025				
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	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'x6'
All Player Equipment	NFHS			
Substitution	2 x 20' halves Running	4 x 10min Running	Season: 4 x 12' (Running) Playoffs: 4 x 10 (Stop)	Season: 4 x 12' (Running) Playoffs: 4 x 10 (Stop)
OverGme	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
Subs	No "on the fly"	"on the fly" Allowed	NFHS	NFHS
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
Over & Back	N/A	N/A	In effect once 10 sec count subsfied	In effect once 10 sec count subsfied
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 separabon before engaging.	
Stalling	N/A	N/A	Final 2m if team ahead 1-4 goals	Final 2m if team ahead 1-4 goals
Faceoffs	1 FO at each half , 2 behind each GLE: FO on knee is OK	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL). FO Neutral grip, on knee is OK	7v7 1 FO 1GK 2 behind each GLE 1 wing) foot on either sideline) 10v10 Same as NFHS Standing Neutral Grip	Same is NFHS incl. Standing Neutral Grip.
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
Fouling Out	Personals= 3X or 5-mins			
Flag Down Situations	Stop play when ball hits ground, not a shot			
Man-Up or ManDown	N/A; Player serves, team plays at full strength	N/A; Player serves team plays full strength	Yes (3-down max) All Gme serving fouls are Non-Releaseable	Yes (3 down max) All Gme serving fouls are Non-Releaseable
Checking with Cross	Lift/poke bottom hand or head of cross below chest area OR downward check initiated below BOTH players' shoulders. One-hand checks not allowed		See 3 Yard rule- one handed ok * RECOMMEND ALLOWING ONE-HAND CHECKS PER USAL, WITH GUIDANCE TO REFS TO ENSURE UNDER CONTROL	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.			
Offside	N/A	> 4 on offense >5 on def	>6 on off. half >7 on def. half (include penalty area)	>6 on off. half >7 on def. half (include penalty area)

