

2025 Girls Lacrosse Rules Compare

	6U & 8U	10U	12U	14U	NFHS
Players	3v3 to 7v7, GK not recommended.	3v3 to 7v7 8v8: 7 FP + GK or 7v7 with no GK: if one team does not have a GK	8v8: 7 FP + GK or 12v12: 11 FP + GK	12v12: 11 FP + GK	
Field Size	Cross / Shortened Field. 34-45 yd x 60-70 yd		8v8 Cross Field or 12v12 Full Field 60-70 yd x 90-100 yd	Full Field	
Field Lines	Goal Circle - 6' or 8.5' radius, no Restraining Lines	8.5' Goal Circle, 8M Arc, no Restraining Lines	8v8: 8.5' Goal Circle, 8m Arc, no Restraining Lines 12v12: NFHS Field Lines	NFHS Field Lines	
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'		
Balls	Soft Balls regulation size or larger, or regulation NOCSAE Ball with protective eyewhere required.	Regulation NOCSAE Ball, Yellow, Orange, Green			
Sticks	Small size stick, no pocket requirements.	Small or Regulation stick / no pocket requirements or modified pocket > 1/2 ball below sidewall	NFHS Regulation Stick		
Length of Game	4x 6 min quarters, running clock, 5 min halftime	4x 10 min quarters, running clock, 5 min halftime		4x 12 min quarters, running clock (see last 1 min below), 5 min halftime	4x 12 min quarters, stop clock (see last 1 min below), 10< min halftime
Last 1 Min of Each Quarter	Running Clock			Teams may choose Stop Time unless Mercy Rule.	Stop clock in CSA < 10 Goals
Mercy Rule	Not Applicable		Ahead by 4+ goals losing team gets IFP at center		Running Clock 10+ Goals
Timeouts	1x 2 min - running time?	1x 2 min - stop time	2x 2 min - stop time	2x 2 min - stop time	2x 2 min - stop time, 1 OT
Overtime	No overtime		2x 3 min periods, sudden victory		
Coin Toss	Yes - Winner gets IFP at center to start 1st quarter Opposing team starts next quarter.	Yes - with captains determines goal to defend and first AP			
Start of Game and Quarters	No Draw. all other players 5yd/4m away in defensive half	No Draw All players in defensive half or 1 player from each team for the Draw, 3 players from each team inside the 8m arc at each end of the field	8v8: 1 player from each team for the Draw, 3 players from each team inside the 8m arc at each end of the field, 12v12: NFHS start procedures	Draw	
Start After Goal	Defense is given the ball for a clear on GLE, others >4m away & clear 8m arc	GK Clear, if no GK FP beside the goal on GLE, other >4m away & outside 8m arc	NFHS start procedures (see mercy Rule)		Draw
Defending Goal	No defending goal by standing in 4m / 5yd space in front of goal unless marking an opponent.		Shooting space rule applies		
Restraining Line	No restraining line or offside fouls	3 FP from each team inside 8m until possession on Draw or no restraining line / no offside	8v8: 3 FP from each team inside the 8m until possession on Draw, or 12v12: 4 FP from each team below the Restraining Lines	7 Players over (unless serving penalty time)	
Sphere	12 in		7 in		
Cards	No Cards, Player should be Subbed out but team does not play short.	Carded player should be Subbed out but team does not play short.	2 min Yellow, 4 Red, Team Plays Short >= 4		
Ground Balls	1v1 - Kicking ball is allowed	1v1 - Kicking ball is allowed	No restrictions /		
Covering Ball	No covering with the stick or body.		No covering ball if opponent in playing distance		
Minimum Pass Rule	No minimum pass rule, coaches may agree to maximum time player may possess ball	No minimum pass rule, coaches may agree to maximum time player may possess ball FP at center 1 attempted pass prior to shot Draw no restrictions	FP at center 1 attempted pass prior to shot Draw no restrictions	No pass restrictions	
1v1 Defense	Max 1v1 required in midfield, 1+ in CSA		Not applicable		
Checking	Not allowed		Modified, below shoulder (down & away), 12in sphere	Transitional 12" Sphere. Defnder can check from behind (must be down & away)	Full
3 sec, closely guarded	Applies if closely guarded, defense has both hands on their stick, defense is in a position to legally check				
3 sec, 8 meter arc	Not applicable				
Major Fouls	Illegal/dangerous contact and unsportsmanlike				
Minor Fouls	Major fouls per NFHS rules book				
Self-Start / Free Movement	Allowed - after pause				Minor foul inside 12m - @12m, direct shot (clear lane)
Player Equipment	Goggles and mouthguard	Jersey with number, eyewear and mouthguard			
Goalie Equipment	Not applicable	NFHS + Shingards required			Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, ND200 chest protector, pelvic protector, thigh protection with integrated protective padding

Deputy Goalkeeper	No deputy.		Allowed
Coaches	Coaches may be on field to instruct ALL players and officiate if no official present	Remain on sideline in coaching area (sub box to endline)	
Timekeepers	Officials, if used, or teams designate timekeeper if no official	Officials keep time or designate timekeeper	Timekeeper at table
Score	No score is kept	Scorekeeping is a local decision	Score is kept by official scorer at table
Substitutions	Whole team substitutions recommended after every goal or every 1-3 min during a stoppage in play	Substitutions allowed during play, recommended during a stoppage in play, or after a whistle	NFHS substitution procedures
Offsides	None	8v8: None, 12v12: NFHS Offsides procedures	7 Players over (unless serving penalty time)
Goal Circle	No entering the goal circle (except to get the ball out of the goal after a shot is scored)	No player may enter goal circle / Player may follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Shooter and defender may follow through on shot
Stick to Body Contact	Prohibited except for incidental contact		
Unsportsmanlike Conduct	Major Foul, No Cards, Player should be Subbed out but team does not play short.	Major Foul, Carded player should be Subbed out but team does not play short.	Major foul / Mandatory Card
Officials	Not required, 1 Official may be used	1 Official required, 2 Recommended	2 Official required, 3 Recommended
Picks	No moving or blind picks		Illegal: Pick out of the visual field of opponent which does not allow enough time or space to stop or change direction and contact occurs. Crosse must be vertical.