

2026 Girls Lacrosse Rules Compare

	6U & 8U	10U	12U	14U	NFHS
Players	3v3 to 7v7	3v3 to 7v7 8v8: 7 FP + GK or 7v7 with no GK: if one team does not have a GK		NFHS - 12v12: 11 FP + GK	
Goalkeeper	optional, not recommended for 6U, no deputy goalkeeper	optional, no deputy goalkeeper	optional, no deputy	NFHS - deputy allowed	
Field Size	Cross / Shortened Field. 34-45 yd x 60-70 yd			NFHS - Full field	
Field Lines	Goal circle, center line, 8M arc optional	Goal circle, center line, 8M arc if goalkeeper used	NFHS - Standard field lines		
Goals	3'x3' or 4'x4'	4'x4' or NFHS 6'x6'	NFHS 6'x6'		
Balls	Soft Balls regulation size or larger, or regulation NOCSAE Ball with protective eyewear required.	NFHS - Regulation NOCSAE Ball, Yellow, Orange, Green			
Sticks	Small stick allowed, no pocket limits	Small stick allowed, modified pocket <= 1/2 ball below sidewall	NFHS - Regulation Stick (GK 35.5"-52", FP 35.5"-43.25")		
Length of Game	4x 6-8 min quarters, running clock, 5 min halftime	4x up to 10 min quarters, running clock, 5 min halftime	4x 10 min quarters, running clock, 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				Stop clock in CSA < 10 Goals
Mercy Rule	Not Applicable		Ahead by 4+ goals, unless waived, losing team gets IFP at center		Running Clock 10+ Goals
Timeouts	1 team timeout		2x 2 min - stop time		
Penalty Time	Players leave field briefly for major fouls		NFHS		
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 / Quarters	No draw, players line up in defensive end 5 yds from center	Optional draw, players line up in defensive end 5 yds from center	NFHS Draw		
Start After Goal	Ball to defender at side of goal circle, all players 4M away, player self-starts	No Goalkeeper: ball to defender at side of goal circle, all players 4M away, player self-starts Goalkeeper: goalkeeper clear, all players outside	NFHS draw (see mercy rule)		
Defending Goal	No defending goal 5-yard in front of goal unless marking an opponent		NFHS - Shooting space rule applies		
Sphere			12 in	7 in	
Cards	No cards, teams do not play short		NFHS - 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		Not applicable		
Checking	No checking		Modified, below shoulder (down & away), 12in sphere	Transitional 12" Sphere. Defender 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				N / A
3 sec, 8 meter arc	Not applicable		NFHS - Applies in 8m, must be marking within stick length		
Major Fouls	Illegal/dangerous contact and unsportsmanlike		Major fouls per NFHS rules book		
Minor Fouls					Minor foul inside 12m - @12m, direct shot (clear lan
Self-Start / Free Movement	Allowed - after pause		Allowed - no pause required		
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
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		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		

Restraining Line/ Draw Positioning	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)
Offsides	N / A		No more than 5 field players in offensive and defensive ends	NFHS - 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	