

USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2024

Category	6U/8U	10U	12U	14U
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	7v7 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)	FP 40"-42" GK 40"-72" LP 52"-72" (7v7=3 max, 10v10=4max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)
Players	4v4 1GK, 3 field players	6v6 or 7v7 1GK, 5 or 6 field players	7v7 1GK 2D 2A 2M 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 12' Running	4 x 10' Running	See 14U	4 x 10' Stop-time Score Differential: NFHS
Overtime	N/A	N/A	See 14U	4' Stop-Time, Sudden Victory
Team Timeouts	None. Officials only	None. Officials Only	See 14U	2 per half, 1 each OT
Counts	4-sec GK only, no advance	4-sec GK only, no advance	See 14U	GK 4 + 20s Def zone +10s Off.zone
Faceoffs	No FO; Coin flip winner Center X. Others on own def. half >5yds from each other. Other team ball start 2 nd half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL) FO 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.
Substitutions	No "on the fly"	No "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 Def zone + 10s Off zone + Over/Back if after clear	20s Def zone + 10s Off zone + Over/Back if after clear
Stalling	N/A	N/A	10v10 only: See 14U	Final 2m if team ahead 1-4 goals
One Pass Rule	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
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 time serving fouls are Non-Releasable	Yes (3 down max) All time serving fouls are Non-Releasable
Penalty Time	All Time Serving fouls are Non Releasable			

Offsides	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			
Body Contact	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			Below neck and Above waist
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	