



## 2023 GIRLS YOUTH LACROSSE RULES COMPARISON

Category	8U	10U	12U	14U
Field Lines	Goal circle with 6' or 8.5' radius / No restraining line	8.5' goal circle + 8M arc / No restraining line	8v8: 8.5' goal circle + 8M arc / No restraining line 12v12: NFHS field lines	NFHS field lines
Field Size	Cross-field 60-70yds x 35-45yds	Cross-field 60-70yds x 35-45yds	8v8: Cross-field 60-70yds x 35-45yds 12v12: Full field	Full field
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'	6'x6'
Balls	Soft ball regulation size or larger / Standard lacrosse not allowed	NOCSAE lacrosse balls	NOCSAE lacrosse balls	NOCSAE lacrosse balls
Sticks	Small size stick / No pocket requirements	Regulation stick / Modified pocket allowed	Regulation stick	Regulation stick
Players	4v4 / No goalkeeper	8v8 with 7 field players + goalkeeper	8v8: 7 field players + goalkeeper 12v12 11 field players + goalkeeper	12v12: 11 field players + goalkeeper
Coaches	Coach may be on field	Remain in Coaching Area	Remain in Coaching Area	Remain in Coaching Area
Officials	Not required / 1 Official may be used	1 Official required / 2 recommended	Officials required / 2 recommended	Officials required / 2 recommended
Timekeepers	Official, if used, keeps time / Teams designate timekeeper if no official	Officials keep time or designate timekeeper	Timekeeper at table	Timekeeper at table
Scorekeepers	Score not kept	Scorekeeping a Local level decision	Scorekeeper at table	Scorekeeper at table
Length of Game	Two 12-minute halves / Running clock / 4-minute halftime / Four 6 minutes quarters allowed	Two 18-minute halves / Running clock / 5-minute halftime	Two 20-minute halves / Running clock / 5-minute halftime	Two 25-minute halves / Running clock / 5-minute halftime / Teams may choose stop clock during last 2 minutes of each half.
Team Timeouts	1 team timeout per game	1 team timeout per game	2 team timeouts per game	2 team timeouts per game
Overtime	No overtime	No overtime	Two 3-minute overtime periods / Sudden Victory	Two 3-minute overtime periods / Sudden Victory
Start of Game and Half	No draw / Winner of coin toss starts at center / Opposing team starts second half and has first alternate possession	1 player from each team at center for draw / 3 players from each team at 8M arc at each end of field until possession attained	8v8: 1 player from each team at center for draw / 3 players from each team at 8M arc at each end of field until possession attained 12v12: NFHS start procedures	NFHS start procedures
Start After Goal	Official gives ball to team scored upon at side of goal circle	Goalkeeper clears / If no goalie, official gives ball to team scored upon at side of goal	NFHS draw procedures / Mercy rule optional, team that is 4 goals or more behind may elect to take indirect free position at center	NFHS draw procedures / Mercy rule optional, team that is 4 goals or more behind may elect to take indirect free position at center
Offsides	Not applicable	<del>Not applicable</del>	8v8: Not applicable 12v12: NFHS offside procedures	NFHS offside procedures
Substitutions	Whole team substitutions recommended after goal or every 1-3 minutes during stoppage of play	Substitutions allowed during play / Recommended during stoppage of play, or after whistle or goal	NFHS substitution procedures	NFHS substitution procedures
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball when opponent within playing distance	No covering ball when opponent within playing distance
Minimum Pass Rule	<del>No minimum passing rule</del> / Coaches may agree to maximum time player may possess ball	<del>No minimum passing rule</del> / Coaches may agree to maximum time player may possess ball	<del>Not applicable</del>	Not applicable
1 v 1 Defense	Must play 1v1 defense in midfield / Multiple defenders on the ball allowed in an area comparable to the CSA	Must play 1v1 defense in midfield / Multiple defenders on the ball allowed in area comparable to a CSA	Not applicable	Not applicable
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in 8M Arc	Not applicable	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies
Goal Circle Violations	No player may enter goal circle	No player other than goalkeeper may enter goal circle	No player other than goalkeeper may enter goal circle	No player other than goalkeeper may enter goal circle
Category	8U	10U	12U	14U
Checking	No checking allowed	No checking allowed	Modified Checking	Transitional Checking
Cards	No cards / Teams do not play short	Team substitutes for carded player and does not play short	Team plays short	Teams play short

MODIFICATIONS: 8U: One completed pass anywhere on the field.

10U & 12U: One completed pass anywhere on the field after goalie clear.

10U: Offsides: Team must keep two players behind the Restraining Line. Until 4/15 this will not be a penalty but a teaching point in order for 10U teams to learn the RL.