



USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2025

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 12min Running	4 x 10min Running	See 14U	4 x 10min
Overtime	N/A	N/A	See 14U	4min Sudden Victory
Team Timeouts	None. Officials only	None. Officials Only	See 14U	2 per half, 1 each OT
Substitutions	No "on the fly"	No "on the fly"	NFHS	NFHS
Counts	4-sec GK only, no advance	4-sec GK only, no advance	See 14U	GK 4 + 20s Def zone +10s Off.zone
Over & Back	N/A	N/A	In effect once 10 sec count satisfied	In effect once 10 sec count satisfied
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.	
Stalling	N/A	N/A	10v10 only: See 14U	Final 2m if team ahead 1-4 goals
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 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 or restart after goal scored	1 attempted pass after FO possession	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 time serving fouls are Non-Releaseable	Yes (3 down max) All time serving fouls are Non-Releaseable



Category	6U/8U	10U	12U	14U
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	