



# 2024 YLA Rules

Category	6U/8U	10U	12U	14U
<b>Field Size</b>	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	Full Field	Full Field
<b>Crosse Length</b> <small>*no time-serving penalty at 8U/10U, send off for correction</small>	Field Players: 37"-42" Goalies: 37"-54" Long Poles: Not Permitted	Field Players: 37"-42" Goalies: 37"-54" Long Poles: 47"-54" (3 max)	Field Players: 40"-42" Goalies: 40"-72" Long Poles: 52"-72"	Field Players: 40"-42" Goalies: 40"-72" Long Poles: 52"-72"
<b>Players</b>	4 v 4: No Goalkeeper	7v7: 1 GK, 6 field players	10 v 10: NFHS	10 v 10: NFHS
<b>Goal Size</b>	3' x 3'	5' x 5'	6' x 6'	6' x 6'
<b>All Player Equipment</b>	Per NFHS Rulebook			
<b>Length of Game</b>	2 x 12' Running	2 x 22' Running	2 x 22' Running	2 x 22' Running
<b>Overtime</b>	N/A	N/A	No Overtime	No Overtime
<b>Team Timeouts</b>	None. Officials only	None. Officials only	1 TO Per Game - Clock Stops Last 2 Min	1 TO Per Game - Clock Stops Last 2 Min
<b>Counts</b>	4-sec GK only; no advance	4-sec GK only; no advance	GK 4 + 20s Def + 10s Off.	GK 4 + 20s Def + 10s Off.
<b>Faceoffs</b>	Faceoff to start the game and 2nd half. Defense starts with ball after goal scored.	1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either SL), FO on knee is OK	Same as NFHS incl. Standing Neutral Grip	Same as NFHS incl. Standing Neutral Grip
<b>Substitutions</b>	NO "on-the-fly"	NFHS	NFHS	NFHS
<b>Loose Ball Scrum</b>	After approximately 4-seconds w/3 or more players, award by AP	After approximately 4-seconds w/3 or more players, award by AP	N/A	N/A
<b>Advancing</b> <small>(20s count)</small>	N/A	N/A	20s to clear + 10s to get in box Over/Back if after Clear	20s to clear + 10s to get in box Over/Back if after Clear
<b>Stalling</b>	N/A	N/A	Final 2m: Get it in, Keep it in If team is ahead 1-4 goals	Final 2m: Get it in, Keep it in If team is ahead 1-4 goals
<b>One Pass Rule</b>	1 pass attempt after FO possession or restart after goal	1 pass attempt after FO possession	N/A	N/A
<b>Man-up or Man-Down</b>	N/A; player serves, team plays at full strength	N/A; player serves, team plays at full strength	Yes (3-down max)	Yes (3-down max)
<b>Offsides</b>	N/A	7v7 - >4 on off. or >5 on def. (Exclude penalty area; never man-down)	> 6 players on Off or > 7 players on def. (Include penalty area)	> 6 players on off or > 7 players on def. (Include penalty area)
<b>Allowable Body Contact (4.15)</b>	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			2 hands on crosse: Below neck and Above waist (See 3-yard rule)
<b>Checking with Crosse (4.16)</b>	Lift/poke bottom hand or head of crosse below chest OR downward check initiated below BOTH players' shoulders, No one-handed		1 Handed Stick Checks Allowed	1 Handed Stick Checks Allowed
<b>Fouling Out</b>	3 Personal Fouls or 7.5 Minutes of Personal Foul Time			
<b>3-Yard Rule</b>	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball			
<b>Delayed Penalty Enforcement</b>	Flag Down, Slow Whistle – When the ball hits the ground (not on a shot), the slow whistle is terminated" for all age groups. A bounce shot would still continue to it's natural conclusion.			

14U and 12U:  
 -All Penalty Time is Non-Releasable  
 -All Penalty is "time and a half" or "1.5 x"  
 -Quick Restarts  
 -Head / Neck still minimum 2 min Non-Releasable  
 -Equipment Inspections at Half, No Penalties assessed, Stick Removed from Game if Illegal