

# 2023 MSLax Summary of Rules by Age Level

|  | 8U | 10U | 12U | 14U |
|--|----|-----|-----|-----|
|--|----|-----|-----|-----|

|                               |   |  |  |  |
|-------------------------------|---|--|--|--|
| <b>Players</b>                | 4v4, No Goalkeeper  | 8v8: 7 Field + GK  | 12v12: 11 Field + GK   | 12v12: 11 Field + GK                             |
| <b>Field Size</b>             | Cross or half field   | Cross field  | Full field   | Full field                                       |
| <b>Field Lines</b>            | Goal Circle   | Goal circle, 8M arc & midfield line/cone                                 | Regulation field lines   | Regulation field lines                           |
| <b>Goals</b>                  | 3'x3' to 4'x4', or 6' x 6' flipped over                               | 6' x 6'  | 6'x 6'   | 6'x 6'   |
| <b>Balls</b>                  | Soft Ball/Regulation  | Regulation   | Regulation   | Regulation                                       |
| <b>Sticks</b>                 | Unified, small or regulation stick                                    | Unified, small or regulation stick                                       | Regulation stick   | Regulation stick                                 |
| <b>Length of Game</b>         | 2 x 12 minute / 5 min half – running                                  | 2 x 20 minute / 5 min half – running                                     | 2 x 20 minute / 5 min half – running                                     | 2 x 25 minute / 5 min half – running             |
| <b>Timeouts</b>               | 1 x 2 minutes – running   | 1 x 2 minutes – stop   | 2 x 2 minutes – stop   | 2 x 2 minutes – stop                             |
| <b>Overtime</b>               | No OT   | No OT  | No OT  | No OT  |
| <b>Start of Game and Half</b> | Home starts 1 <sup>st</sup> half, visitor starts 2 <sup>nd</sup> half | Draw at each half  | Draw at each half  | Draw at each half                                |
| <b>Start After Goal</b>       | Ball to defender to side of goal circle                               | Draw<br>See 4 & 8 rule below   | Draw<br>See 4 & 8 rule below   | Draw   |
| <b>Restraining Line</b>       | None  | None   | 4 players behind   | 4 players behind                                 |
| <b>Cards</b>                  | No cards, teams do not play short                                     | Team substitutes for carded player, but does not play short              | Team plays short   | Team plays short                                 |
| <b>Ground Balls</b>           | No restrictions / Kicking ball is allowed                             | No restrictions / Kicking ball is allowed                                | No restrictions / Kicking ball is allowed                                | No restrictions / Kicking ball is allowed        |
| <b>Covering Ball</b>          | Not allowed anytime   | Not allowed anytime  | No covering ball if opponent in playing distance                         | No covering ball if opponent in playing distance |
| <b>Minimum Pass Rule</b>      | 1 attempted pass prior to shot  | 1 attempted pass prior to shot in offensive zone<br>See 4 & 8 rule below | 1 completed pass prior to shot in offensive zone<br>See 4 & 8 rule below | No pass restrictions                             |
| <b>1v1 Defense</b>            | Max 1v1 in midfield   | Max 1v1 in midfield  | Not applicable   | Not applicable                                   |
| <b>Checking</b>               | Not allowed   | Not allowed  | Modified checking  | A – Full High School<br>B – Transitional         |
| <b>3 sec, guarded</b>         | Applies   | Applies  | Applies  | Not applicable                                   |
| <b>3 sec, 8 meter arc</b>     | Not applicable  | Applies  | Applies  | Applies  |

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| <b>Major Fouls</b>                 | Illegal/dangerous contact and unsportsmanlike  | Major fouls per NFHS rules book  | Major fouls per NFHS rules book  | Major fouls per NFHS rules book  |
| <b>Self-Start / Free Movement</b>  | Allowed  | Allowed  | Allowed  | Allowed  |
| <b>Player Equipment</b>            | Goggles and mouthguard   | Jersey with number, goggles and mouthguard   | Jersey with number, goggles and mouthguard   | Jersey with number, goggles and mouthguard   |
| <b>Goalie Equipment</b>            | Not applicable   | Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection | Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection | Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection |
| <b>Coaches</b>                     | Coaches may be on field to instruct ALL players and officiate if no official present | Remain on sideline in coaching area  | Remain on sideline in coaching area  | Remain on sideline in coaching area  |
| <b>Timekeepers</b>                 | Officials, if used, or teams designate timekeeper if no official                     | Officials keep time or designate timekeeper  | Official timekeeper at table required  | Official timekeeper at table required  |
| <b>Score</b>                       | No score is kept   | Score is kept by official scorer at table  | Score is kept by official scorer at table  | Score is kept by official scorer at table  |
| <b>Score Reporting</b>             | No score is reported   | Both teams report within 48 hours. If second team fails to report, first team score stands.  | Both teams report within 48 hours. If second team fails to report, first team score stands.  | Both teams report within 48 hours. If second team fails to report, first team score stands.  |
| <b>Substitutions</b>               | Allowed any time   | Allowed after goals or during play   | Allowed after goals or during play   | Allowed after goals or during play   |
| <b>4 &amp; 8 Rule (mercy rule)</b> | Not applicable   | If ahead by 4+ goals, losing team gets indirect free position at center line.<br><br>If ahead by 8+ goals, in addition, winning team must have 3                   | If ahead by 4+ goals, losing team gets indirect free position at center line.<br><br>If ahead by 8+ goals, in addition, winning team must have 3                   | Not applicable   |

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|                                |   | consecutive completed passes before attempted shot on goal. The first 2 consecutive passes can occur anywhere on the field while the last pass must occur inside the offensive zone.<br><br>Team up by 8+ is recommended to play using non-dominant hand to pass & shoot, pass to other players before scoring goals, etc. | consecutive completed passes before attempted shot on goal. The first 2 consecutive passes can occur anywhere on the field while the last pass must occur inside the offensive zone.<br><br>Team up by 8+ is recommended to play using non-dominant hand to pass & shoot, pass to other players before scoring goals, etc. |   |
| <b>Offsides</b>                | None  | None   | When team playing short due to cards, 4 field players behind restraining line in both attack & defensive ends  | When team playing short due to cards, 4 field players behind restraining line in both attack & defensive ends |
| <b>Goal Circle</b>             | No player may enter goal circle / Player <u>may</u> follow through on shot      | No player other than goalkeeper may enter goal circle / Player <u>may</u> follow through on shot   | Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may</u> follow through on shot   | Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may</u> follow through on shot              |
| <b>Unsportsmanlike Conduct</b> | Major foul / Player removed for brief time / no card / Team does not play short | Major foul / Mandatory Card  | Major foul / Mandatory Card  | Major foul / Mandatory Card   |
| <b>Officials</b>               | 1 Official or Coach helps   | 1 Official   | 2 Recommended Certified Officials  | A – 2 Adult Certified Officials<br>B – 2 Recommended Certified Officials                                      |
| <b>Coin Toss</b>               | None  | Yes – with captains Determines goal to defend and first AP   | Yes – with captains Determines goal to defend and first AP   | Yes – with captains Determines goal to defend and first AP  |