

2020 Summary of Rules By Age Level

	8U	10U	12U	14U
No of Players	4v4, No Goalkeeper	8v8, 7 Field Players + Goalkeeper	Up to 12v12/ up to 11 field players + goalkeeper.	Up to 12v12/ up to 11 field players + goalkeeper.
Field Size	Cross field or half field 60-70 yds x 35-45 yds Home field provides safe field conditions (e.g., minimized deep holes in field or built-in utility obstacles); parents positioned opposite the table & 5 yds away from OOB line.	Cross field 60-70 yards x 35-45 yards. 8M Arc are recommended but not required. Restraining Line at the midfield. Home field provides safe field conditions (e.g., minimized or elimination of deep holes or built-in utility obstacles in field); parents positioned opposite the table & 5 yds away from OOB line.	Up to 12v12 full field, 60 yd x 120 yd Unified field. Marked 8M Arc, 12M fan and restraining lines. Home field provides safe field conditions (e.g., minimized deep holes in field or built-in utility obstacles); parents positioned opposite the table & 5 yds away from OOB line.	12v12 full field, 60 yd x 120 yd Unified field or larger. Marked 8M Arc, 12M fan and restraining lines. Home field provides safe field conditions (e.g., minimized deep holes in field or built-in utility obstacles); parents positioned opposite the table & 5 yds away from OOB line.
Field Lines	Goal Circle / May be 6' or 8.5' radius	Regulation Goal Circle	Up to 12v12 – Regulation field lines	Regulation field lines
Goals	4'x4' or standard goal 6' x 6'	4' x 4' or standard goal (6'x 6')	6'x 6'	6'x 6'
Balls	Soft Ball/Regulation size or larger / <u>Optional-</u> Or Standard NOCSAE ball	Regulation lacrosse balls, standard NOCSAE	Regulation lacrosse balls, standard NOCSAE	Regulation lacrosse balls, standard NOCSAE
Sticks	Small size stick or regular-size sticks/ No pocket requirements	Regulation stick / Modified pocket allowed	Regulation stick	Regulation stick
Stick Length	No requirement	PLAYER- 90-110 CM/35.5" - 43.5" GOALIE- 35.5"-52"	PLAYER- 90-110 CM/35.5" - 43.5" GOALIE- 35.5"-52"	PLAYER- 35.5"-43.5" GOALIE- 35.5"-52"

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Other Player Equipment	Goggles and mouth guard required. Goggles must be listed on Approved Eyewear Listing of USL website.	Jersey with number, goggles and mouth guard required. Goggles must be listed on Approved Eyewear Listing of USL website. Checked at the beginning of each game	Jersey with number, goggles and mouth guard required. Goggles must be listed on Approved Eyewear Listing of USL website. Checked at the beginning of each game	Jersey with number, goggles and mouth guard required. Goggles must be listed on Approved Eyewear Listing of USL website. Checked at the beginning of each game
Coaches	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
Timekeepers	Officials keep time or designate timekeeper	Official timekeeper at table required	Official timekeeper at table required	Official timekeeper at table required
Score	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.
Score Reporting	No Score is reported	Home team enters game score directly into MSLax website within 24 hours. If Home team fails to report, Away team enters game score within 24 hours.	Home team enters game score directly into MSLax website within 24 hours. If Home team fails to report, Away team enters game score within 24 hours.	Home team enters game score directly into MSLax website within 24 hours. If Home team fails to report, Away team enters game score within 24 hours.
Substitutions	Substitution can happen at any time	After goals or during play	After goals or during play	After goals or during play
Length of Game	Two 12-minute running time halves / 4-minute halftime / Four 6-minute quarters allowed	2 20-minute running time halves / 5-minute halftime. Clock stops on cards, player injuries, or official's timeout	2 22-minute running time halves / 5-minute halftime. Clock stops on team timeouts, cards, player injuries, or official's timeout	2 25-minute running time halves / 5-minute halftime. Clock stops on team timeouts, cards, player injuries, or official's timeout

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8M Foul when Time Runs Out at End of Half or Game	N/A	Foul setup in the 8M as time runs out at half or end of game, allow foul shot on goal to be taken by fouled player	Foul setup in the 8M as time runs out at half or end of game, allow foul shot on goal to be taken by fouled player	Foul setup in the 8M as time runs out at half or end of game, allow foul shot on goal to be taken by fouled player
Overtime	No OT	No OT	No OT	No OT
Team Timeouts	No team timeouts	No team timeouts	Two- 2 Min Per Game, clock stops on timeout, cards, injury, or official's timeout	Two- 2 Min Per Game, clock stops on timeout, cards, injury, or official's timeout
Start of Game & Half/Draws	No draw / Winner of coin toss starts at center spot / Player from opposing team starts second half / Players start in defensive end	Regulation game start procedures with 2 players at Center for Draw / 3 players placed on the 8m offensive end and 3 players on the 8m defensive end until possession attained.	12 v 12 - Regulation game start procedures with draw / 2 players at Center for Draw / 3 players from each team at restraining line of each end of field until possession attained	Regulation game start procedures with draw
Start After Goal	Ball given to team scored upon at side of goal circle. Whistle start by official if present.	Draw after each goal/ Mercy Rule optional: Team 4 or more behind may elect to take indirect free position at center.	Draw after each goal/ Mercy Rule optional: Team 4 or more behind may elect to take indirect free position at center.	<u>14U-A & 14U-B</u> play regular high school rules. <u>14U-B only:</u> Mercy Rule optional after 4-goal lead: indirect free position at center or losing team has choice to draw.
Self-Start	Regulation self-start procedures apply	Regulation self-start procedures apply;	Regulation self-start procedures apply	Regulation self-start procedures apply
False Start	Teaching of foul principles to player by parent or official.	Teaching of foul principles to player by parent or official.	If player self-starts when not an option,	If player self-starts when not an option,

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			false start & change of possession	false start & change of possession
POE: Delay of Game	Teaching of foul principles to player by parent or official.	Teaching of foul principles to player by parent or official.	Attempt to self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play is penalized. Officials to manage the delays with warning, upgrade to a major foul and use delay of game fouls (green, green-Yellow, yellow cards).	Attempt to self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play is penalized. Officials to manage the delays with warning, upgrade to a major foul and use delay of game fouls (green, green-Yellow, yellow cards).
POE: Repeated Fouls	Teaching of foul principles to player by parent or official.	Teaching of foul principles to player by parent or official.	When continually committing a foul or a series of fouls, warning given and any consecutive foul may be carded.	When continually committing a foul or a series of fouls, warning given and any consecutive foul may be carded.
Free Movement	Allowance for free movement of players on a whistle or a stoppage of play except the offending & fouled players	Allowance for free movement of players on a whistle or a stoppage of play except for offending & fouled players	Allowance for free movement of players on a whistle or a stoppage of play except for offending & fouled players	Allowance for free movement of players on a whistle or a stoppage of play except for offending & fouled players.
Penalty Zone	N/A	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots	<u>Penalty administration for foul in 8M:</u> 8-meter arc and both “pie” areas and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots

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Restraining Line	Not applicable / No offside violations	2 field players from each team must be behind midfield restraining line.	Up to 12v12 – 4 field players from each team must be behind RL	4 field players from each team must be behind RL.
Offsides	None	2 field players from each team must be behind midfield restraining line	When team playing short, 4 <u>field</u> players behind Restraining Line in both attack & defensive ends	When team playing short, 4 <u>field</u> players behind Restraining Line in both attack & defensive ends
Goal Circle	Player may not follow through on shot	Player may not follow through on shot	Player may not follow through on shot	Player may follow through on shot
Goalkeeper	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.	Goalkeeper or deputy goalkeeper may enter goal circle
Cards	On card, teams do not play short. Player fouling leaves field to serve penalty.	On card, teams do not play short. Player fouling leaves field to serve penalty.	Team plays short	Team plays short
Ground Balls	Loose ball contested by no more than 2 players; turnover if third player into scrum. / Kicking ball is <u>not allowed</u> . Penalty: Minor foul	Loose ball contested by no more than 2 players; turnover if third player into scrum. / Safe kicking ball is allowed	No ground ball restrictions / Safe kicking of ball allowed	No ground ball restrictions / Safe kicking of ball allowed
Covering Ball	No covering of ball at any time	No covering of ball when opponent within playing distance	No covering of ball when opponent within playing distance	No covering of ball to keep opponent from playing ball
Minimum pass rules	One pass attempted required prior to shot	3 attempted passes (includes bounce pass) when ball passes over offensive restraining line. <i>MSLax recommends that player passes</i>	1 completed pass when ball passes over offensive restraining line; <i>MSLax recommends that player passes</i>	No pass restrictions

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		<p><i>are made more than 3 feet apart.</i></p> <p><u>4 and 8 Rule:</u> if ahead by 8+ goals, 3 <u>completed</u> (in the air) passes before attempted goal below restraining line.</p> <p>If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	<p><i>are made more than 3 feet apart.</i></p> <p><u>4 and 8 Rule:</u> if ahead by 8+ goals, 3 <u>completed</u> (in the air) passes before attempted goal below restraining line.</p> <p>If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	
Offensive Turnover (with impact to minimum pass rule)	Not applicable	Offensive turnover below restraining line, minimum pass rule restarts if defense carries ball completely over the midfield line.	Offensive turnover below restraining line, minimum pass rule restarts if defense carries ball completely over the midfield line.	Not applicable
1v1 Defense	Must play 1v1 defense / Double teaming ball carrier is a Minor penalty	Must play 1v1 defense in midfield / More than one player can defend the ball in the critical scoring area	Not applicable	Not applicable
Goalie has Possession of Ball in Goal Circle	NA	Goalie has possession of ball in goal circle, defenders must fall back & allow goalie to pass ball; defenders may match up with	NA	NA

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		opponent below defensive restraining line		
Stick Checking	No checking	No checking	Modified checking (both 12A & 12B): player may check if ball below ball carrier shoulders / player may not check if within 7" sphere of ball carrier's head; defender must check away from body of ball carrier	Full checking (both 14A & 14B): player may not check if within 7" sphere of ball carrier's head; defender must check away from body of ball carrier
3-Seconds Closely Guarded All Over Field	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in the 8M	Not applicable	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier as within a stick's length	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier within a stick's length	3-Second rule in 8M arc applies / more than one defender can mark the ball carrier within a stick's length
Major Fouls	Illegal or dangerous contact & unsportsmanlike conduct – all other fouls Minor fouls	Major fouls per 2020 NFHS/USL rules book	Major fouls per 2020 NFHS/USL rules book	Major fouls per 2020 NFHS/USL rulebook
Unsportsmanlike Conduct	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
Officials	1 Official or Coach helps	1 Official	2 recommended / Certified officials	2 recommended / Certified officials
Coin Toss	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	Yes- With Captains Determines goal to defend and first AP
Pages in 2020 Youth Girls Rulebook	8-17	18-27	28-37	38-47

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