

## Honor the Game – Midland – May 17, 2025



### Game Timing

Two 20-minute (14U, 12U, 10U) or 12-minute (8U) running-clock halves with a 5-minute halftime.

### Team Timeouts

1 30-sec timeout per team per game with none in last 2 minutes of game (14U, 12U); no team timeouts for 8U and 10U

### Penalty Times

1.5X because of running clock

### OT

No overtime except for the championship games (braveheart)

For everything else, we're following USA Lacrosse youth rules

| USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2025 |   |  |  |   |
|---|---|--|--|---|
| Category  | 6U/8U   | 10U  | 12U  | 14U   |
| Field Size  | L: 60-70 yds<br>W: 35-45 yds (Cross-Field)  | L: 60-70 yds<br>W: 35-45 yds (Cross-Field)   | 7v7 Cross Field<br>10v10 Full Field  | Full Field  |
| Cross Length  | FP: 37"-42"<br>GK 37"-54"<br>LP none  | FP 37"-42"<br>GK 37"-54"<br>LP 47"-54" (3 max)   | FP 40"-42"<br>GK 40"-72"<br>LP 52"-72" (7v7=3 max, 10v10=4max)   | FP 40"-42"<br>GK 40"-72"<br>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<br>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 <sup>nd</sup> 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) <b>All time serving fouls are Non-Releasable</b>  | Yes (3 down max) <b>All time serving fouls are Non-Releasable</b> |

| 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. <b>No one-handed checks permitted</b> |   | See 3-yard rule, One handed OK  |  |