

# 2024 MSLax Summary of Rules by Age Level

	8U	10U	12U	14U
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<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 min halves / 5 min half – running	4 x 10 min quarters / 5 min half – running	4 x 10 min quarters / 5 min half – running	4 x 12 min quarters / 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 quarter	Draw at each quarter	Draw at each quarter
<b>Start After Goal</b>	Ball to defender to side of goal circle	Draw See 4 & 8 rule below	Draw 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 See 4 & 8 rule below	1 completed pass prior to shot in offensive zone 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 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	Official timekeeper at table required	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.  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.  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.  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.  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 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