



US Lacrosse Player Segmentation Policy

US Lacrosse, the national governing body for men's and women's lacrosse, has adopted a player segmentation policy to help ensure player safety, competitive fairness and a consistent youth lacrosse. The policy went into effect on September 1, 2017. Among the notable items in the player segmentation policy:

An emphasis on grouping players by single-age years (12-month span).

Age is based on player's age as of September 1 in an attempt to align with the majority of school systems nationwide to allow players to play with people in their own grade level.

Firmly defined playing season that begins its 12-month cycle on September 1.

Standardized nomenclature that lists age first, i.e., 12U.

In order to help leagues and events monitor the age of participants, US Lacrosse has developed an online age verification system, which includes a review of a birth certificate or other legal document to confirm a player's birth date.

US Lacrosse recognizes that many leagues and programs are currently grouped in age spans beyond 12 months. For local league and community-based play, organizations may form teams with up to a 24-month age variance if necessary to ensure participation. If two age groups are combined, the even year age should be the maximum age for the paired segment (i.e., 7U/8U) and teams with a greater than 12-month variance must play by the rules for the youngest age group of the team. Local organizations that choose to form teams with a 24-month variance should have appropriate risk management policies and planning in place to ensure that player safety is not compromised.

A task force that included US Lacrosse staff, volunteers, and lacrosse leaders from around the country developed the player segmentation policy. A complete copy of the policy is available on the [US Lacrosse web site](#). Helping to guide the decision making process was a [research-based position paper](#) on recommendations for youth lacrosse participation published in 2011.

Lacrosse Development Model & Age Specific Rules (Boys)

6U

Players: 3v3 with no goalie

Field Size: 60 yards x 35 yards (cross field)

Equipment: Sticks only, soft-type ball

Goal Size: 3 feet by 3 feet

Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.

Body Checking: No body to body contact is permitted.

Stick Checking: Stick to stick contact is not permitted

8U

Players: 4v4 with no goalie or 3v3 plus a goalie

Field Size: 60 yards x 35 yards (cross field)

Equipment: Full equipment, soft-type ball

Goal Size: 3 feet by 3 feet

Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: legal holds / legal pushes / positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) defensive positioning to redirect an opponent / incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball

8U (continued)

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.

10U

Players: 6v6 with no goalie or 5v5 plus a goalie

Field Size: 60 yards x 35 yards (cross field)

Equipment: Full equipment, NOCSAE lacrosse ball

Goal Size: 6 feet by 6 feet (5x5 or 4x4 allowable)

Penalties: Time-serving penalties.

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: legal holds / legal pushes / positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) defensive positioning to redirect an opponent / incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.

12U

Players: 7v7 or 10v10, depending on size of field used

Field Size: 60 yards x 35 yards (cross field) or 110 yards by 60 yards

Equipment: Full equipment, NOCSAE lacrosse ball

Goal Size: 6 feet by 6 feet

Penalties: Time-serving penalties.

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed: legal holds / legal pushes / positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out) defensive positioning to redirect an opponent / incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.

14U

Players: 10v10

Field Size: 110 yards by 60 yards

Equipment: Full equipment, NOCSAE lacrosse ball

Goal Size: 6 feet by 6 feet

Penalties: Time-serving penalties.

Body Checking: Limited body checking is permitted. However body checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.

Stick Checking: Last season's US Lacrosse stick checking rules will still apply which includes a rule prohibiting one-handed stick checks.

Questions with the new rules? Contact Rick Lake, men's game sr. manager, at rlake@uslacrosse.org



USA
LACROSSE

AGE GROUPING QUICK REFERENCE TABLE

For play occurring between September 01, 2022 - August 31, 2023

AGE BRACKETS RULES USED

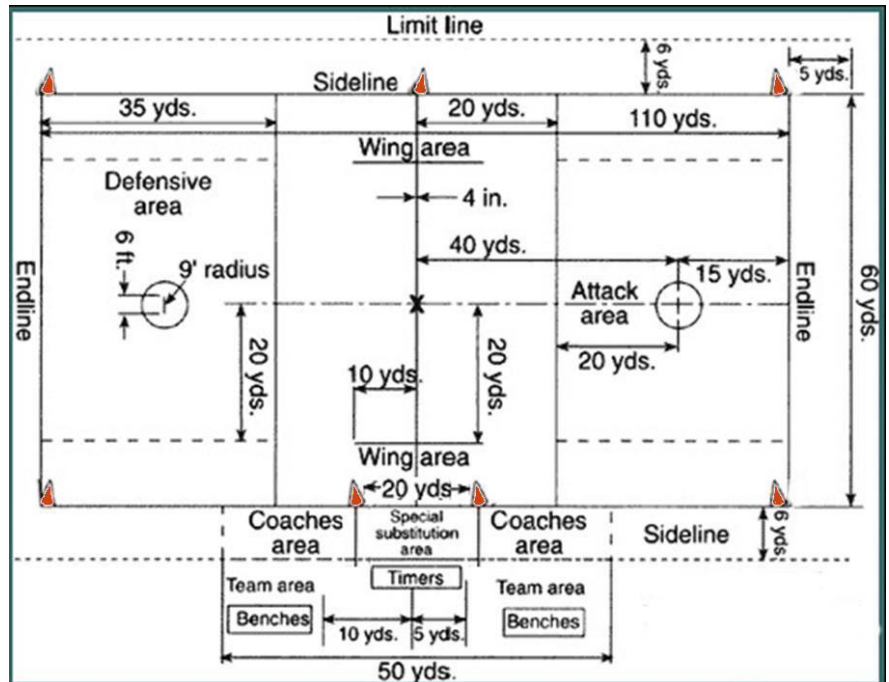
19U-15U	See NFHS Rules
14U-13U	See 14U Rules
12U-11U	See 12U Rules
10U-9U	See 10U Rules
8U-7U	See 8U Rules
6U and Below	See 6U Rules

BIRTH MONTH	BIRTH YEAR														
	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003
JANUARY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
FEBRUARY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
MARCH	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
APRIL	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
MAY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
JUNE	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
JULY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
AUGUST	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
SEPTEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
OCTOBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
NOVEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
DECEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U

Boys Game-Day Information Sheet

Unless modified as defined below, MYLA fields shall be 110 x 60 yards. The following alterations to field dimensions are designed to promote safety, player participation, and player development.

6U – 3v3 with no goalie.	Field: 30x60 Goal: 3x3
8U – 4v4 no goalie or 3v3+1	Field: 60x35 Goal: 3x3
10U – 6v6 no goalie or 5v5+1	Field: 60x35 Goal: 6x6 (or smaller)
12U – 7v7 or 10v10 between 53-60 x 110-120 yards	Field: 60x35 or Goal: 6x6
14U – 10v10 60 x 110 – 120 yards	Field: Between 53 – Goal: 6x6



Girls Game-Day Information Sheet

Pre-Game Procedure

1. **Home Team Coach** needs to make sure the field is in good condition and safe for play. All obstacles in the field of play need to be shown to the opposing coach and official.

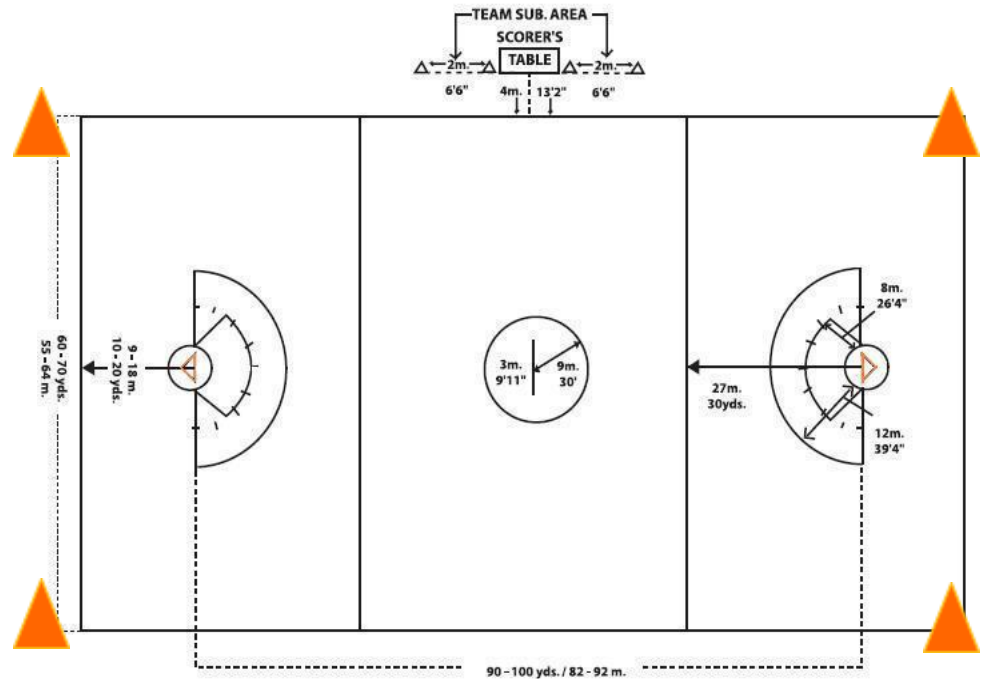
2. **Home Team Coach** needs to put cones on field and put extra balls on the end-line. Cones should be placed in the locations indicated on the field-map.

3. **ALL COACHES** should introduce themselves to each other and the officials.

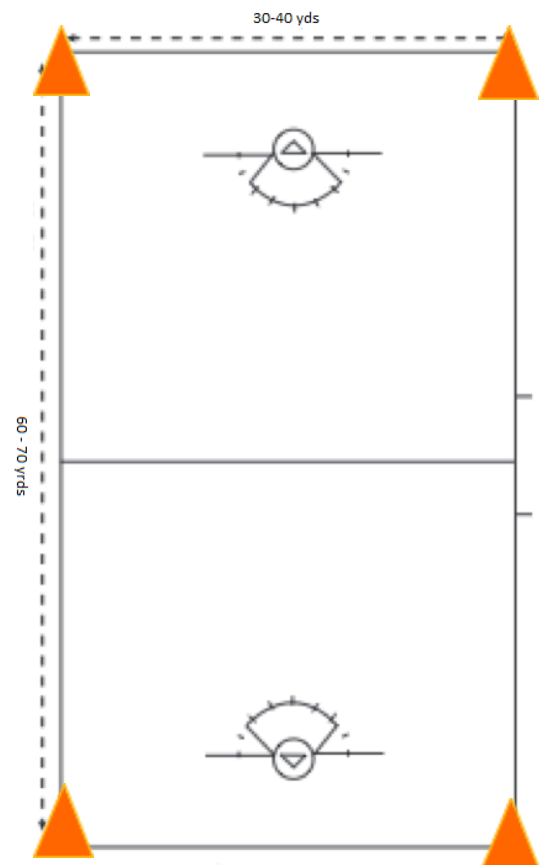
4. **ALL COACHES** should remind the officials of the Age Bracket playing as well as the MYLA Rule Modifications.

5. **COACHES** should confer regarding the Rule Modifications and determine the game format. NOTE: Our goal is to maximize playing time for ALL PLAYERS.

6. **PARENTS** and spectators must sit 6 yards from the sideline opposite the team benches and never behind the end line.



Modified (6U, 8U, 10U)



Post-Game Procedure

1. **ALL COACHES** should encourage their teams to congratulate their goalie.

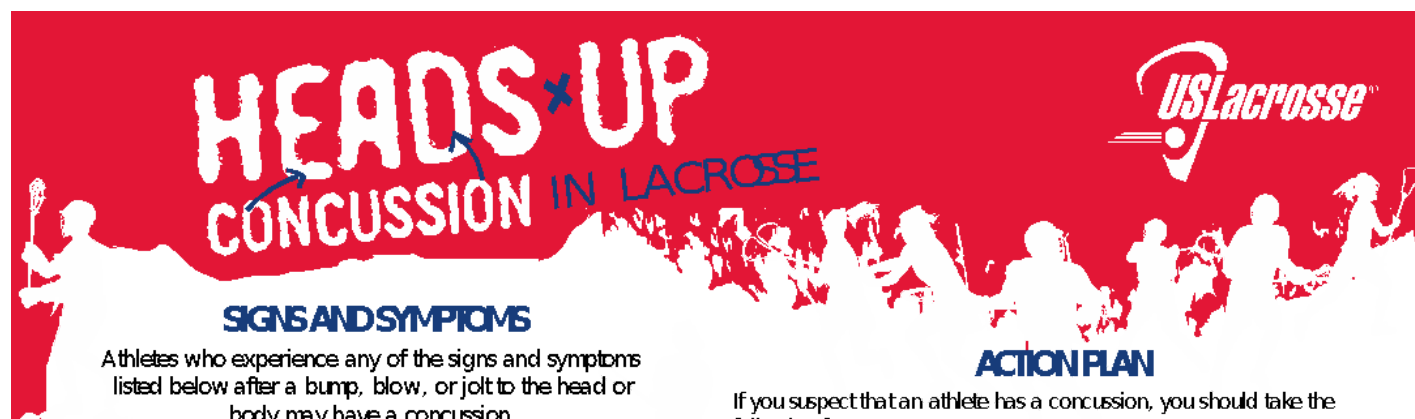
2. **ALL COACHES** should thank the officials and encourage their players to do the same.

3. **ALL COACHES** should have their teams line up and congratulate and shake-hands with the opposing team.

4. **AFTER** the congratulatory lineup, **ALL COACHES** should confer with the officials on the final score.

BE MODEST IN VICTORY AND GRACIOUS IN DEFEAT.

Coaches' Game-Day Information Sheet



SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC/ US Lacrosse fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

IMPORTANT PHONE NUMBERS

Emergency Medical Services:

Name: _____ Phone: _____

Health Care Professional:

Name: _____ Phone: _____

League/ School Staff Available During Practices

Name: _____ Phone: _____

League/ School Staff Available During Games:

Name: _____ Phone: _____

For more information and safety resources, including a fact sheet for parents and athletes, visit:
www.cdc.gov/Concussion and www.uslacrosse.org/safety

Centers for Disease
Control and Prevention



Violent Collisions

Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques. However, sports-medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit and other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Therefore, there is no justification for deliberate and excessively violent collision by any player at any youth level, especially intentional player-to-player collisions with defenseless players (so-called "blindsides" and "buddy-pass" checks), checks involving the head and/or neck, and excessive body-checks ("take-out checks").

The 2014 NFHS Rules and US Lacrosse Boys Youth Rules more clearly define such violent collisions, and in many cases increase the severity of the penalties that prohibit them. US Lacrosse urges officials to apply these rules and utilize the more severe penalty options, and reminds them that body checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly. Coaches are encouraged to coach players to avoid delivering such checks, and to support the officials when they call such penalties. All participants must work together to reduce or eliminate such violent collision from the game.

Michigan state law requires that all sports programs provide and collect the following Concussion Awareness Form from each participant. In addition, many events will require these forms so it's useful to collect them once, and have them in an electronic format that can be shared easily.

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

MYLA Code of Conduct

Players

1. Respect your teammates, coaches, referees and opponents at all times.
2. Give 100% effort at each practice and game.
3. Know the rules of the game of lacrosse and abide by them.
4. Support and encourage your teammates. Set a positive example.
5. Wear the required equipment at all games and practices, and keep your equipment well maintained.
6. Display good sportsmanship at all times on and off the field.
7. Don't be afraid to make a mistake; that's part of learning.
8. Learn from your coaches; practice hard; play smart; Have Fun!
9. Be modest in victory and gracious in defeat

Coaches

1. A coach is a role model, who must act with the highest moral character possible.
2. Coaches must reinforce the self image of each player. A coach must be positive and constructive.
3. Respect the game of lacrosse. Respect the officials.
4. Know & teach the rules of lacrosse. Abide by those rules in practices and games.
5. Establish objectives for the team and players and inform them of team and individual goals.
6. Teach and practice good sportsmanship at all games and practices.
7. Be modest in victory and gracious in defeat.

Parents

1. Teach and practice good sportsmanship at all games and practices. You are role models!
2. Know the rules of the game of lacrosse.
3. Respect the game of lacrosse. Respect the officials. Respect the coaches.
4. Do not coach your child. Let players play and coaches coach, and support both positively.
5. Do not EVER criticize other players irrespective of the circumstances.
6. The referees are only to be approached and spoken to by the head coaches of each team. Please respect the coaches and officials by allowing them to handle all game circumstances.
7. Follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach or appropriate organization member on the following day.
8. If there is a serious problem, notify either the head of your respective youth program or the President of MYLA.
9. Emphasize the FUN of the game and the team, putting forth 100% effort at all times, not wins and losses.

All

1. Any conduct, including abusive language and/or gestures, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on yourself, program, or league is unacceptable and will not be tolerated. This rule applies to all players, parents, siblings and guests at all times when in or around any MYLA Lacrosse games, practices, and/or functions.

2. During a tournament or game when you are away, you represent your team, your community, and the game of lacrosse. Any conduct unbecoming or any other conduct that reflects poorly on yourself, your program, or your league will not be tolerated.

Officials Organizations and Assignors

Assignors

<u>Girls</u>	<u>MichLOA / SE MI</u>	<u>Mid Michigan</u>	<u>West</u>
Dan Reason Sportguy66@icloud.com 810.422.8787 <u>Lansing / SE MI</u> Paige Winnie 269.350.6094	-Karl Brunzman- (586) 601-8937 kbrunzman5@gmail.com Guy Bellemare gjbellemare@hotmail.com Training/New Officials: Brian Effinger baeffinger@sbcglobal.net (734) – 464-4931	-Jessie Reed- Jessielax77@gmail.com (517) 420-8555 -Brian Feeney feeneybr@comcast.net <u>Bay Area</u> Lee Morgan (989) 860.8004 <u>Elint</u> Jack Servis (989) 205.5753	-Scott Knopp- graloe.assignor@gmail.com -Brett Svacha- brett.svacha@gmail.com (616) 634-4413 <u>Kzoo/Portage</u> - Decker Hains – Decker.hains@gmail.com - Rick Hurdelbrink – rhurdelbrink@aol.com

Officials' Organizations

MichLOA (SE MI)– Guy Bellemare – (734) 502-6236 – gjbellemare@wowway.com

CAOA (LANSING)– Kevin Garnett – (517)-505-1432 - garnettkt@gmail.com

Grand Rapids/West Michigan Kyle Smoes - kjsinc41@gmail.com

NOCSAE Ball & Equipment Mandate

As of January 1, 2014, all lacrosse balls used for play MUST meet NOCSAE standards and include the words "Meets NOCSAE Standard".

NOCSAE, the National Operating Committee on Standards for Athletic Equipment, commissions research in sports medicine & science and establishes standards for athletic equipment.

All three governing bodies for lacrosse in the United States – US Lacrosse, the NCAA and the NFHS - have agreed to mandate that only balls marked as "Meets NOCSAE Standard" will be allowed for use in games. MYLA fully supports this mandate.

Additionally, the process of visually identifying these NOCSAE balls will become much easier. Beginning in January 2014, the only balls deemed legal for play will be those that state "Meets NOCSAE Standard" in type size that will be simple for consumers and game officials to read.

Men's and women's game officials are being reminded that only balls with the NOCSAE wording will be allowed for play.

Balls that do not have the NOCSAE Standard approval printed on them cannot be used in gameplay. If no NOCSAE approved balls are available, the game cannot be played!

Effective January 1, 2021, boys' and girls' goalie chest protectors must be designed for lacrosse and meet the NOCSAE standard, ND200. **All chest protectors and shoulder pads must contain the NOCSAE logo and SEI certification mark on both the packaging and the product to be legal for play.**

2023 MYLA Boys Rules Reference Card



12U BOYS' GAME QUICK REFERENCE CARD

Field Size	7 v 7 (Cross Field) L: 60 - 70 yds W: 35 - 45 yds 10 v 10 (Full Field) L: 110 - 120 yds W: 60 - 70 yds	Crosse Length	(FP) 40"-42" (G) 40"-72" (LP) 52"-72"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup
Length of Game	(4) - 10 min Stop Time Qtrs 2 min Btwn Qtrs 5 min Halftime	Overtime	4 min Sudden Victory period 2 mins btwn periods
Faceoffs (7v7)	1 player center X 1 wing, foot on SL, Goalie in crease, 2 players behind each GLE (Per team)	Substitutions	Full team subbing during deadball situations; no "on-the-fly" subbing
Advancing the Ball	20 sec (Midline) 10 sec (Goal Area) Over & Back in effect	Stalling	None
Offsides (7v7)	> 4 players in offensive half or > 5 players in defensive half	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	1, 2, or 3 mins & offended team given the ball	Technical Foul Penalty Time	30 seconds if in possession; turn over if loose ball



14U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 110-120 yds W: 53 1/3-60 yds (Full Field)	Crosse Length	(FP) 40"-42" (G) 40"-72" (LP) 52"-72"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup
Length of Game	(4) - 10 min Stop Time Qtrs 2 min Btwn Qtrs 5 min Halftime	Overtime	4 min Sudden Victory period 2 mins btwn periods
Faceoffs	Normal	Substitutions	On the fly or dead ball
Advancing the Ball	20 sec (Midline) 10 sec (Goal Area) Over & Back	Stalling	Final 2 mins "Get it in, keep it in" in effect for team ahead 4 goals or less
Offsides	> 6 players in offensive half or > 7 players in defensive half	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	2 hands must be on stick. Contact must be below the neck & above the waist	Stick Checking	2 hands must be on stick; contact to a players stick or gloved hands only.
Personal Foul Penalty Time	1, 2, or 3 mins & offended team given the ball	Technical Foul Penalty Time	30 seconds if in possession; turn over if loose ball



8U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 60-70 yds W: 35-45 yds (Cross Field)	Crosse Length	(FP) 37"-42" (G) 37"-54" (LP) None
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Chest Protector • Protective Cup
Length of Game	(2) - 12 min Running Halves 4 min Halftime	Overtime	None
Faceoffs	Coin Toss to start; then Alternating Possession	Substitutions	Full team subbing during deadball situations; no "on-the-fly" subbing
Advancing the Ball	No counts	Stalling	None
Offsides	None	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	Stop Play. Player subbed out; eligible to return on next full team substitution. NO man down.	Technical Foul Penalty Time	Stop play. Ball awarded to the offended team. NO man down.



10U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 60-70 yds W: 35-45 yds (Cross Field)	Crosse Length	(FP) 37"-42" (G) 37"-54" (LP) 47"-54"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Chest Protector • Protective Cup
Length of Game	(4) - 8 min Running Qtrs 2 min Btwn Qtrs	Overtime	None
Faceoffs	1 player at center X, goalie in crease, 2 players behind each GLE (Per team)	Substitutions	Full team subbing during deadball situations; no "on-the-fly" subbing
Advancing the Ball	No counts	Stalling	None
Offsides	None	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	Stop Play. Player subbed out; eligible to return on next full team substitution. NO man down.	Technical Foul Penalty Time	Stop Play. Player subbed out; eligible to return on next full team substitution. NO man down.

Girls Rules Quick Reference Card

Category	USL 8U	USL 10U	USL 12U	USL 14U
Players	4v4 / No GK	8v8 / 7 Field + GK	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	8v8 - Cross or 12v12 - Full	Full field
Field Lines	Goal Circle	Goal Circle, 8M & midfield line	8v8 – U10 lines or 12v12 - HS lines	HS lines
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6' x 6'	6' x 6'
Balls	Softer ball	Regulation	Regulation	Regulation
Sticks	No pocket limits	Modified pocket	Regulation Stick	Regulation Stick
Length of Game	2 x 12 running	2 x 18 running	2 x 20 running	2 x 25 running, stop clock last 2 minutes
Timeouts	1 team timeouts	1 team timeouts	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3 periods, sudden victory	2 x 3 periods, sudden victory
Start of Game and Half	Coin toss Players start in their end	Draw each half 3 players from team at both 8 meters	8v8 – Same as 10U 12v12 – HS Draw	HS Draw
Start After Goal	Ball to defender to side of goal circle	Goalkeeper clear	Draw, mercy rule optional	Draw, mercy rule optional
Restraining Line	None	2 field players behind	8v8: 2 players 12v12: 4 players	4 field players behind
Cards	No cards, teams do not play short	Cards, but team does not play short	Team plays short	Team plays short
Ground Balls	No more than 2 players / Kicking ball not allowed	No more than 2 players / Kicking ball not allowed	No restrictions/ kicking allowed	No restrictions/ kicking allowed
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Minimum Pass Rule	One pass attempt prior to shot	No minimum passing rule	No minimum passing rule	No minimum passing rule
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not Applicable	Not Applicable
Checking	No checking	No checking	Modified checking	Transitional checking
3 sec, guarded	Applies	Applies	Applies	Not applicable
3 sec, 8 meter arc	Not applicable	Applies	Applies	Applies
Major Fouls	Illegal/ dangerous contact & unsportsmanlike	Major fouls per 2020 NFHS Rules Book, 8 meter FP	Major fouls per 2020 NFHS Rules Book, 8 meter FP	Major fouls per 2020 NFHS Rules Book, 8 meter FP
Self-Start and Free Movement	Allowed	Allowed	Allowed. False start penalty for a self-start when self-start is not an option	Allowed. False start penalty for a self-start when self-start is not an option

“1 More” Officials Recruiting Initiative

As the leaders of the lacrosse programs across Michigan, you may be aware that MYLA partners with the various lacrosse officials organizations across the state in an effort to improve the assignment of and coverage for your games.

MYLA is working closely with the leadership of MichLOA, CAO, KAO, and WMLO, to improve the quality of the officials working your games and most importantly the availability of officials. The individuals who officiate our games have the daunting task of covering not only all the youth games in Michigan, but also all the high school, college club, varsity college, and even post-collegiate club games- mostly from the same pool of officials.

Each of these officials associations will assign the officials for our games and do so with US Lacrosse Certified Officials. This in and of itself should generate an improvement and create even greater uniformity.

The officials associations are also asking for you to help.

How can you help?

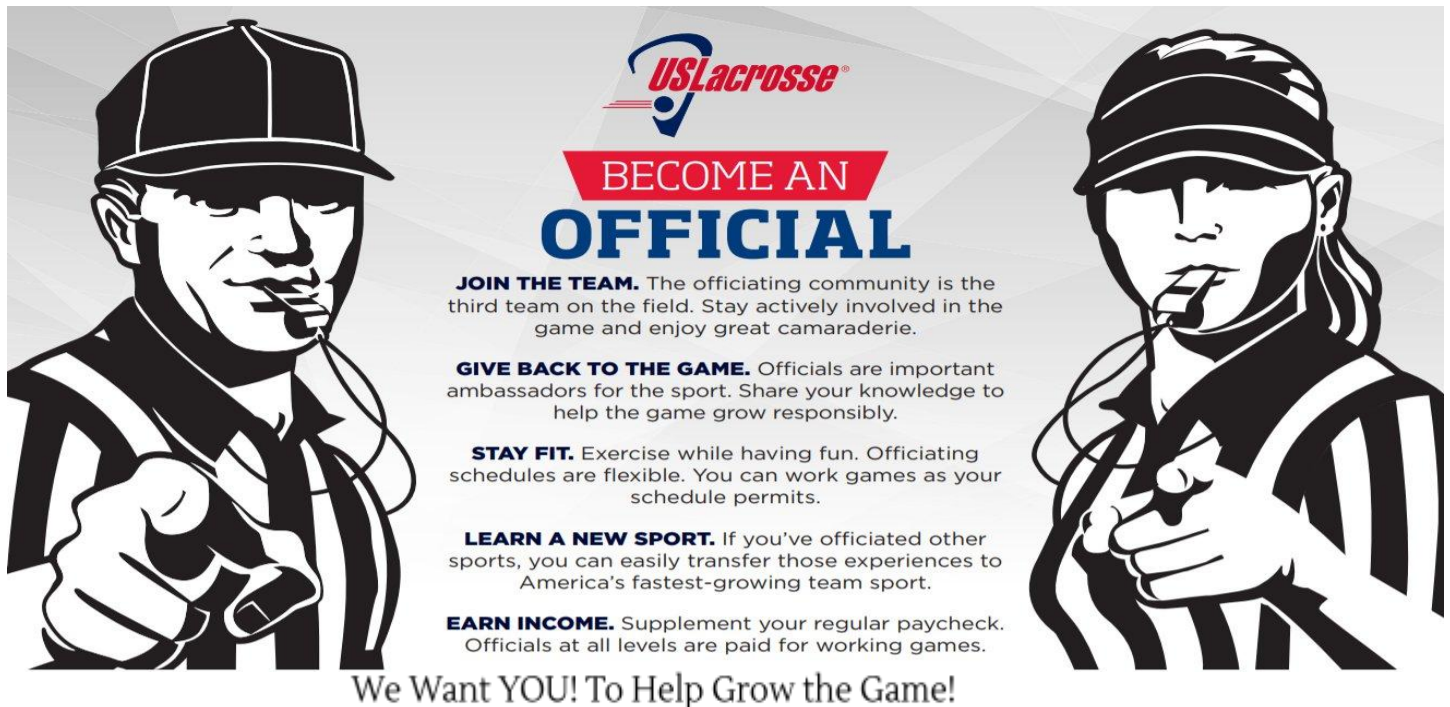
By nominating just “1 more” person per program who are willing to take the new officials training. It's quick and easy!

Assigners would then work closely with the individuals so that they would be assigned with a veteran official and work a game that involves your program, but not a game involving their child.

The individuals will become US Lacrosse Certified Officials!

To nominate an individual or sign up, fill out the form below:

<https://forms.gle/jFG7nUa7mEvFjedA8>



The graphic features two stylized black and white illustrations of lacrosse officials. On the left, a male official in a cap and striped shirt points forward. On the right, a female official in a cap and striped shirt blows a whistle. In the center, the US Lacrosse logo is at the top, followed by the text 'BECOME AN OFFICIAL' in large blue letters. Below this, five bullet points describe the benefits of officiating: JOIN THE TEAM, GIVE BACK TO THE GAME, STAY FIT, LEARN A NEW SPORT, and EARN INCOME. At the bottom, the text 'We Want YOU! To Help Grow the Game!' is displayed.

US Lacrosse

BECOME AN OFFICIAL

JOIN THE TEAM. The officiating community is the third team on the field. Stay actively involved in the game and enjoy great camaraderie.

GIVE BACK TO THE GAME. Officials are important ambassadors for the sport. Share your knowledge to help the game grow responsibly.

STAY FIT. Exercise while having fun. Officiating schedules are flexible. You can work games as your schedule permits.

LEARN A NEW SPORT. If you've officiated other sports, you can easily transfer those experiences to America's fastest-growing team sport.

EARN INCOME. Supplement your regular paycheck. Officials at all levels are paid for working games.

We Want YOU! To Help Grow the Game!

Involvement

For more information about how you can get involved, please email us at the address below.

Best of luck to all youth players, coaches, and communities in 2023.

Play Fast, Play Fair, and Have Fun!

Best,

Mark Greaney

MYLA President

Greaney.MYLA@gmail.com



MYLA stands for “Michigan Youth Lacrosse Association.” MYLA is an independently governed subsidiary of the US Lacrosse - Michigan Chapter with a mission to grow, protect, and foster youth lacrosse in Michigan.



Mission

The mission of the Michigan Youth Lacrosse Association is to support and enhance the lacrosse experience for all players, parents, officials, coaches, and administrators.

