



North Florida Youth Lacrosse League

BOYS YOUTH RULES COMPARISON CHART

2024 Spring REC Season



Category	8U	10U	12U	14U
Field Size	40 yds x 23 yds	60 yds x 35 yds	7v7 Small Field (60 yds x 35 yds) 10v10 Full Field (110 yds x 60 yds)	7v7 Small Field (60 yds x 35 yds) 10v10 Full Field (110 yds x 60 yds)
Goal Size	4' x 4'	6' x 6'	6' x 6'	6' x 6'
Players	4v4: 1GK, 3 Field Players	7v7: 1GK 2D 2A 2M	7v7: 1GK 2D 2A 2M 10v10: 1GK 3D 3A 3M	7v7: 1GK 2D 2A 2M 10v10: 1GK 3D 3A 3M
Cross Length	FP: 37"- 42" GK: 37"- 54" LP: Not Permitted	FP: 37"- 42" GK: 37"- 54" LP: 47"- 54" (3 max)	FP: 40"- 42" GK: 40"- 72" LP: 52"- 72" (3 max)	FP: 40"- 42" GK: 40"- 72" LP: 52"-72" (7v7: 3 max; 10v10: 4 max)
Player Equipment	NFHS	NFHS	NFHS	NFHS
Length of Game	4 x 8' Minute Running	4 x 10' Minute Running; 2' Qtr & 5' Half	4 x 10' Minute Running; 2' Qtr & 5' Half	4 x 10' Minute Running; 2' Qtr & 5' Half
Overtime	N/A	N/A	4' Stop-Time, Sudden Victory	4' Stop-Time, Sudden Victory
Team Timeouts	None. Officials Only	None. Officials Only	2 per half, 1 each OT	2 per half, 1 each OT
Counts	4-sec GK Only (No Advance)	4-sec GK Only (No Advance)	7v7: 4-sec GK 10v10: GK + Advance	7v7: 4-sec GK 10v10: GK + Advance
Faceoffs	No FO; Coin flip winner Center X. Others on own def. half >5yds from each other. Alternate possession.	1 FO, 1GK, 2 behind each GLE, 1 wing (foot on either sideline) FO knee is OK	7v7: 1 FO, 1GK, 2 behind each GLE, 1 wing (foot on either sideline) Standing Neutral Grip 10v10: Same as NFHS	7v7: 1 FO, 1GK, 2 behind each GLE, 1 wing (foot on either sideline) Standing Neutral Grip 10v10: Same as NFHS
Substitutions	Dead Ball Only; No "On the Fly"	Dead Ball Only; No "On the Fly"	NFHS	NFHS
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 prior to restart	All players must be 5 yards from ball carrier prior to restart	Can restart play w/ defense within 5 yards, must gain 5 yard separation from spot before engaging	Can restart play w/ defense within 5 yards, must gain 5 yard separation from spot before engaging
Restart After Goal	Ball given to scored upon team at GLE (>5 yards & One Pass Rule)	Goalie Clear (Defense encouraged to drop back)	7 v 7: Goalie Clear 10 v 10: Face-off	7 v 7: Goalie Clear 10 v 10: Face-off
Fouling Out	3 Personal Fouls or 5-mins	3 Personal Fouls or 5-mins	3 Personal Fouls or 5-mins	3 Personal Fouls or 5-mins
Advancing	N/A	N/A	7v7: N/A 10v10: 20s Def zone + 10s Off zone (+Over/Back)	7v7: N/A 10v10: 20s Def zone + 10s Off zone (+Over/Back)
Stalling	N/A	N/A	10v10: Final 2' if team ahead 1 - 4 goals	10v10: Final 2' if team ahead 1 - 4 goals
One Pass Rule	1 attempted pass in offensive half at qtr start, change in possession or restart after goal scored	1 attempted pass in offensive half after FO, change in possession or restart after goal scored	7v7: 1 attempted pass in offensive half after FO, change in possession or restart after goal scored 10v10: N/A	7v7: 1 attempted pass in offensive half after FO, change in possession or restart after goal scored 10v10: N/A
Flag Down Situations	N/A (Immediate Whistle)	Stop play when ball hits ground (bounce shot allowed to conclusion)	Stop play when ball hits ground (bounce shot allowed to conclusion)	Stop play when ball hits ground (bounce shot allowed to conclusion)
Man-Up or Man-Down	N/A (Player Out, Team Full Strength)	N/A (Player Out, Team Full Strength)	Yes (3-down max)	Yes (3 down max)
Offsides	N/A	>4 players on offensive half, Or >5 players on defensive half	7v7: >4 on off. half Or >5 on def. half 10v10: >6 on off. half Or >7 on def. half	7v7: >4 on off. half Or >5 on def. half 10v10: >6 on off. half Or >7 on def. half
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. No one-handed checks permitted		See 3-yard rule, one handed OK	
Score Differential (Mercy Rule)	If score differential reaches 6 goals or more, trailing team shall start with possession of the ball at midfield. Players positioned per FO restart with FO Def >5 yard behind ball handler. If the score reverts to 4 goals or less, normal restart after goal will apply.			