

2018 OYLA Regulation Summary

The 2018 OYLA Regulations and Rules Summary tables are supplemental to the US Lacrosse NFHS (National Federation of High Schools) Boys Lacrosse Rulebook which includes the US Lacrosse Youth Rules. OYLA rules are based on US Lacrosse Rules and every coach and official should only use this information in conjunction with the rulebook.

Grades	5 + 6	7 + 8
USLAX Rule Category	U12	U14
Team Time Outs	Stop Clock Games - 2 per team per half Running Clock games 1 per team per half	Stop Clock Games - 2 per team per half Running Clock games 1 per team per half
Overtime	No-(No Bravehearts) (Unless required by tournament rule)	No-(No Bravehearts) (Unless required by tournament rule)
Time Serving Penalty	Yes	Yes
Offsides Enforced	Yes	Yes
Official Scores	Yes	Yes
Table	Yes	Yes
Stalling	Waived	NFHS Rules
Advancing the Ball	'Advance the ball' verbal command followed by a 5 second visual count in either offensive or defensive end at referee's discretion	Defensive Advancing 20 second count if official's timers are available. Otherwise, 'Advance the Ball' with 5 second visual count. Offensive 10 second count used. Over and Back Enforced
Face-Offs	When the score has reached a four or more goal differential, in lieu of face-off, the ball will be given to the trailing team at midfield Coaches May Not Waive This Requirement!	NFHS Rules
Body Checking	TAKE OUT CHECKS ARE NOT ALLOWED AT ANY LEVEL. See attached.	TAKE OUT CHECKS ARE NOT ALLOWED AT ANY LEVEL. No lowering shoulder, no excessive aggression, no blindside checks, no checks against a player in a defenseless position.
Slashing	Poke and lift checks to the bottom hand (below the chest). Poke and lift checks to the head of the stick (below the chest). Downward check initiated from below both players' shoulders. Any one handed check is a slash.	NFHS Any one handed check is a slash.
4 Second Goalie Count	Yes	Yes
Game Time (Running clock)	25 min halves or 15 min qtr (Select optional stop-clock)	25 min halves or 15 min qtr (Select optional stop-clock)

USE ONLY NOCSAE APPROVED BALLS