**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.

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| **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** |
|  |  | **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**