

SAYLL Boys Youth Lacrosse Rules - 2024

Rule	8U	10U	Rule	8U	10U
1. Length of Game	Four 12-minute running quarters. 2 min between qtrs., 4 min halftime. No overtime. 1 timeout per team per half.	Four 12-minute running quarters. 2 min between qtrs., 4 min halftime. No overtime. 1 timeout per team per half.	10. Coach on Field	1 Coach per team may be on field	No coaches on field
2. Cross Specifications	37"– 42" for all players (no long poles) Hanging strings are limited to 2" No shooting strings more than 4" from top of crosse	37"– 42" for all players (no long poles) Hanging strings are limited to 2" No shooting strings more than 4" from top of crosse	11. 3-Yard Rule	All stick checks, legal holds, and legal pushes must be on a player with possession or within 3 yds of a loose ball	All stick checks, legal holds, and legal pushes must be on a player with possession or within 3 yds of a loose ball
3. Equipment	NOCSAE Helmet Mouth Guard Gloves Shoulder pads Arm pads Protective Cup Rib Pads recommended Goalies: add Chest Protector & Throat Protector	NOCSAE Helmet Mouth Guard Gloves Shoulder pads Arm pads Protective Cup Rib Pads recommended Goalies: add Chest Protector & Throat Protector	12. Offsides	2 field players from each team must stay behind the "restraining line," which is the Midfield line (can be waived, i.e. no offsides, if both coaches agree) Ref can help remind players of the rule before calling it.	2 field players from each team must stay behind the "restraining line," which is the Midfield line (can be waived, i.e. no offsides, if both coaches agree) Ref can help remind players of the rule before calling it.
4. Faceoffs	Coin toss to start, practice faceoffs at game-start and after goals. 6 goal mercy rule - ball starts with the losing team (losing team can waive it)	Coin toss to start, practice faceoffs at game-start and after goals. 6 goal mercy rule - ball starts with the losing team (losing team can waive it)	13. Stick Checking	Lift/poke bottom hand or head of stick below chest area -OR- downward check initiated below BOTH player's shoulders (Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player)	Lift/poke bottom hand or head of stick below chest area -OR- downward check initiated below BOTH player's shoulders (Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player)
5. One-pass Rule	Teams must make one pass attempt or run through X between two players who are past the Midfield line before going to goal. Note, if the attacking team intercepts/ recovers the ball in their offensive zone, they may go directly to goal, no additional pass required.	Teams must make one completed pass or run through X between two players who are past the Midfield line before going to goal. Note, if the attacking team intercepts/ recovers the ball in their offensive zone, they may go directly to goal, no additional pass required.	14. Foul Penalty Time	Personal Foul: Stop play, offending player removed, eligible to return on next substitution. Offended team given the ball. NO man down. Technical Foul: Stop play. Ball awarded to the offended team. NO man down. Fouling out: 4 personal fouls	Personal Foul: Stop play, offending player removed for 1, 2, or 3 mins at team bench & offended team given the ball. NO man down. Technical Foul: Stop play. Ball awarded to the offended team. NO man down. Fouling out: 4 personal fouls or 5 minutes in personal penalty time
6. Free Clear to Midline	With a goalie save/clear, the attacking team must retreat to the Midfield line until the ball is back in play (has left the goalie's stick)	With a goalie save/clear, the attacking team must retreat to the Midfield line until the ball is back in play (has left the goalie's stick)	15. Allowable Body Contact	Legal pushes and holds, boxing out, riding, incidental (No body checking of any kind)	Legal pushes and holds, boxing out, riding, incidental (No body checking of any kind)
7. Advancing the Ball	No Counts	No Counts	16. Field Size	60-70 yds x 35-44 yds, often across the field on a full-size field (Use goal line to the 30yd line – set goal on the 10, give at least 5 yds behind goal for X, place cones for mid field)	60-70 yds x 35-44 yds, often across the field on a full-size field (Use goal line to the 30yd line – set goal on the 10, give at least 5 yds behind goal for X, place cones for mid field)
8. Stalling	None	None	Referee Procedure (tape measure, 20 second timer, flags, score card, pencil, coin, whistles)	<ul style="list-style-type: none"> Certify the Coaches Coin Toss Line-up Stick Checks after the 1st and 3rd quarters Score the game 	<ul style="list-style-type: none"> Certify the Coaches Coin Toss Line-up Stick Checks after the 1st and 3rd quarters Score the game
9. Substitutions	Whenever (on the fly or dead ball situations)	Whenever (on the fly or dead ball situations)			

- SAYLL games are 7v7, not scored, and ideally every player plays every position.
- In the event the score is lopsided, discuss ways to alleviate: add more than 1-pass, require going to X before the 1-pass, losing team awarded the ball after goals
- If a player loses ANY piece of required equipment, stop play **IMMEDIATELY**, regardless of proximity of opposing players.

- **Unnecessary Roughness – 1, 2 or 3 minute non-releasable penalty (taken at**
- **Targeting the head – minimum 2 minute non-releasable penalty**
- If the Referee deems that the game is out of control, he/she is to stop and end the game.
- 8U only requires one official, though two would be better