

<b>USA LACROSSE BOYS YOUTH RULES COMPARISON CHART 2026</b>				
<b>Category</b>	<b>1/2nd Grade 6U &amp; 8U</b>	<b>3/4th Grade 10U</b>	<b>5/6th Grade 12U</b>	<b>7/8th Grade 14U</b>
<b>FIELD SIZE</b>	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	10v10 Full Field	Full Field
<b>CROSS LENGTH</b>	FP: 37"-42" GK 37"-54" LP none	FP 37"-42" GK 37"-54" LP 47"-54" (3 max)- <b>CAN NOT BE TALLER THAN PLAYER</b>	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)
<b>PLAYERS</b>	6V6 6 field players no goalies	7v7: 1 GK, 6 field players	10v10 NFHS	10 v 10 NFHS
<b>EQUIPMENT</b>	<b>NFHS – Loss of helmet is an Illegal</b>			
<b>LENGTH OF GAME</b>	2 x 20' halves Running	4 x 10min Running	Season: 4 x 12' (Running)	Season: 4 x 12' (Running)
<b>OVERTIME</b>	N/A	N/A	No overtime regular season 4' Stop-Time, Sudden Victory- Playoffs ONLY	No overtime regular season 4' Stop-Time, Sudden Victory- Playoffs ONLY
<b>TIMEOUTS</b>	None. Officials only	None. Officials Only	2 per half, 1 each OT	2 per half, 1 each OT
<b>SUBSTITUTIONS</b>	<b>No "on the fly"</b>	<b>No "on the fly" except 10v10</b>	<b>NFHS</b>	<b>NFHS</b>
<b>COUNTS</b>	N/A	4-sec GK only, no advance	GK 4 + 20s Def zone +10s Off.zone	GK 4 + 20s Def zone +10s Off.zone
<b>OVER &amp; BACK</b>	N/A	N/A	In effect once 10 sec count subsfied	In effect once 10 sec count subsfied
<b>SCRUM</b>	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
<b>RESTARTS</b>	All players must be 5 yards from ball carrier		Can restart play w/ defense within 5 yards, must gain 5 yard separabon before engaging.	
<b>STALLING</b>	N/A	N/A	Final 2m if team ahead 1-4 goals	Final 2m if team ahead 1-4 goals
<b>FACEOFFS</b>	1 FO at each half , 2 behind each GLE: FO on knee is OK	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL). FO Neutral grip, on knee is OK	7v7 1 FO 1GK 2 behind each GLE 1 wing) foot on either sideline) 10v10 Same as NFHS Standing Neutral Grip	Same is NFHS incl. Standing Neutral Grip.
<b>ONE PASS RULE</b>	1 attempted pass after FO possession- also must pass once over midfield separate from FO	1 attempted pass after FO possession- also must pass once over midfield separate from FO	N/A	N/A
<b>FOULING OUT</b>	Personals= 3X or 5-mins			
<b>FLAG DOWN</b>	Stop play when ball hits ground, not a shot			
<b>MAN UP OR MAN DOWN</b>	N/A; Player serves, team plays at full strength	N/A; Player serves team plays full strength	Yes (3-down max) <b>All Gme serving fouls are Non-Releasable</b>	Yes (3 down max) <b>All Gme serving fouls are Non-Releasable</b>
<b>OFFSIDES</b>	N/A	> 4 on offense >5 on def	>6 on off. half >7 on def. half (include penalty area)	>6 on off. half >7 on def. half (include penalty area)
<b>3 YARD RULE</b>	<b>All legal holds, pushes &amp; checks must be on a player with possession or within 3 yards of a loose ball</b>			
<b>BODY CONTACT</b>	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			Below neck and Above waist
<b>CHECKING WITH CROSS</b>	Lift/poke bottom hand or head of cross below chest area OR downward check initiated below BOTH players' shoulders. One-hand checks not allowed		See 3 Yard rule- one handed ok * RECOMMEND ALLOWING ONE-HAND CHECKS PER USAL, WITH GUIDANCE TO REFS TO ENSURE UNDER CONTROL	See 3 Yard rule- one handed ok

