



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2026 Game Day Rules- Boys

SFYLL follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “SFYLL Game Day Rules”.

GAME LENGTH/COUNTS

6U – 10 minute running (Whistle at 5 minutes for quick substitution only)

8U, 10U - 12 minute running

12U, 14U – 15 minute running

All games are running time. There are no horns. All subs on the fly. Clock stops at timeouts (officials and team). 2 time outs per half. 5 minute halftime.

10U, 12U, 14U - 1 OT - 4 minute Sudden Victory if needed with 1 time out (can end in a tie if both coaches agree). Final 2 minute stalling rule is in effect for 12U, 14U only. **12U, 14U 20 second defensive count and 10 second offensive count WILL be used. Over and Back rule WILL BE be used at 12U and older**

CONTACT

No Take-Out Checks are allowed at any level. A take-out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

6U, 8U, 10U – No body checking (incidental contact OK per guidelines) Incidental contact or use of hips on ground balls and on defense is allowed, **within 3 yards of the ball.**

12U, 14U – Body checking is allowed per rules

3 Yard Rule is in effect at all levels

FIELD SIZE/# OF PLAYERS

6U – 5 v 5 (can go 7 v 7 if both coaches agree), Modified size field, shot blockers (Rolling the ball under the shot blocker does not count as a goal- ball awarded to defensive team)

8U – **7 v 7 plus Goalies 2-3-2** (if team has no Goalie shot blocker can be used-no rolling ball shots – see 6U) or flip goal over to small V. **On faceoff att/def are behind goal line extended. Middies on opposite sides (draw side).**

10U, 12U, 14U – Full Field. **7v7 plus goalie (2-3-2) for 10U optional** if programs agree.

GOALIES

Goalies are no longer **required** to wear arm pads

COACHES ON FIELD

6U, 8U- 1 coach is allowed on field in alleys during games (no stick, gloves etc)

10U, 12U, 14U – No coaches on field

PASS RULE

NO ONE PASS RULE AT ANY DIVISION

SUBSTITUTIONS

On-the-fly substitutions are allowed in all divisions



STICK LENGTH

6U/8U - 37 to 42 inches, no D poles

10U - 37 to 42 inches, **D poles 47- 54 inches** - max **3** on field, max 2 for **7v7**

12U/14U - Short crosse 40 to 42 inches, Long crosse 52 to 72 inches with 4 max on field.

FACEOFFS – Kneeling and motorcycle grip ok for **10U and below**. **No kneeling at 12U & 14U**. **6U BOYS** -NO Faceoffs. Alternating possession to start each quarter then ball awarded at midfield to the team that was scored upon. Players line up as if there is a faceoff.

PENALTIES – ALL PENALTIES ARE FULL SERVE

6U – Change of possession (use Flow method of officiating to keep game moving). Manage overly aggressive players by sending them off the field.

8U & 10U (7v7) – 3 on 2 fast break from midline. Other players 10yds behind midline. Offending player is sent off the field and must stay off the field for the time of his penalty. Another player may replace him on the field.

10U (10v10), 12U, 14U – Full time serving penalties (30 sec, 1 min, etc. No 1.5X)

Foul Out – 4 personal fouls or 5 minutes in personal foul penalty time

One-handed checks allowed at 12U & 14U - need to make contact to be a penalty.

Slow whistle – In effect for 10U-14U when ball hits ground. 6U, 8U immediate whistle.

QUICK RESTARTS

6U, 8U, 10U - No quick restarts **12U, 14U** – Quick restarts will be used. The player with ball must have feet set before whistle to start.

MERCY RULE

ALL DIVISIONS - With **6** goal lead team down awarded ball at midfield after goals unless waived by trailing coach.

NOTES:

* It is required that spectators/fans/parents be on opposite side of field from players (unless field layout prohibits it). **No spectators or parents are to be behind player benches unless stands are in place at least 20 yards from the bench area.**

* All expulsion/ejection fouls need to be reported to your league Board and to the SFYLL (both coaches and referee should report).

* Coaches are responsible for their own behavior as well as that of their staffs, players and parents/spectators. The SFYLL has zero tolerance for derogatory behavior and profanity. Maintain the integrity of both sidelines and the game.

2026 Points of Emphasis

NO PLAYING DOWN FOR ANY REASON-Programs will be subject to fines and suspension

CHIN STRAPS MUST BE TIGHT ON THE CHIN or be subject to a 1 minute penalty

Sportsmanship- Unsportsmanlike conduct will not be tolerated. Foul language, berating officials or the other team is a penalty. Players, coaches, parents and fans need to be aware of this zero tolerance rule. This game is about the kids not the adults – let's remember that at all times.

HONOR THE GAME. Only "Meets NOCSAE Standards" balls are allowed in the SFYLL.