



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2026 GIRLS GAME DAY RULES

Modified from 2026 USA Lacrosse Youth Rulebook

2/7/26

SFYLL is a recreational league. The purpose of the league is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Emphasis should be on having FUN!

Bantam

- 7 v 7 plus GK (if available); (2-3-2 on draw-2 stay back)
- NOCSAE ball; No checking; No offsides
- 1 certified coach on field not interfere with players/official
- All players start on their defensive end of the field
- No Draw; win coin toss to start with ball at center; other team gets 1st alt. poss. And starts 2nd half with ball; one pass attempt rule; no covering ball
- Restarts after goal 8m away from side of goal circle.
- 8m free positions are **direct** when **shot blocker** is used-- Rolling ball under the shot blocker not allowed
- 8m FPs are **indirect** when using **flipped goal**
- Must play 1 v 1 defense; no 3 seconds foul
- Youth sticks, mesh allowed, modified pocket
- Carded player out for 2 minutes and sub takes place

Lower School

- 7 v 7 plus GK (if available); (2-3-2 on draw-2 stay back)
- Direct free position allowed on 8m if no goalie.
- NOCSAE ball; No Checking; modified pocket allowed
- 1 v 1 defense in midfield (foul: players go back; 4m away)
- Carded player out for 2 minutes and sub takes place
- Short field; after goal- players clear 8m until GK clears ball

Middle School

- 12v12; regulation field; **deputy allowed**
- Transitional Checking (Modified- if requested by both coaches)
- NOCSAE ball; Regulation stick with regulation pocket
- Same as 12U except the following:
- No 3 Sec. Closely Guarded/Position to Check (apply for Modified)

Duration

Bantam & LS: 10 minute running quarters 2 timeouts per game; No overtime if tied

MS: 12 minute running quarters; 2 timeouts per game; Overtime: (1) 3 min sudden victory with 1 timeout

All: 2 min break between Q1 & Q2, 5 minute half, 2 min break between Q3 & Q4; Running Clock- **clock runs in last 1 min of each quarter on CSA fouls**, stop clock on timeouts

Field Size

MS: Length: 110 yd (goals 90 yds apart; 10 yds behind goal)
Width: 60-70 yds; restraining line 30 yds above goal line. All regulation lines used and dots below GLE. Unified field for 110 or 120 yards may be used. Teams may opt for Bantam/LS field.

Bantam/LS: Length: 60-70 yds. 8m arc, goal circle, goal line, **cones at midfield on sideline**

All fields must have 4m of clear space around ALL sidelines.

FOUL Definitions (ALL DIVISIONS)

- **3 Second Position to Check:** (**Bantam/LS**) opportunity to legally check the crosse without fouling; count starts when official deems player with the ball could be legally checked if checking were allowed. Defender must have both hands on the stick. Count stops when stick is removed from checkable position and restarts if returned to checkable position.
- **Checking: Transitional-** outside 12 in. sphere and away from body, if defender is behind, down and away & below shoulder of ball carrier; **Modified-** down & away from body; checking below shoulder of ball carrier
- **Card:** yellow-2 min; red- 4min; 7U/LS-sub allowed; MS-no sub

ALL DIVISIONS

- No stick to body contact initiated by Defense
- Players must come to a stop before self-starting
- **Illegal Draw: any player takes the free position at spot of ball**
- **Timeout: if ball in goal circle, any player, whistle restart on dot**
- **Crosse Inspection: before/after goal, between quarters, TO**
- Defense self-starts in CSA on attack fouls unless stopped clock.
- Attacker's stick may follow through goal circle on a shot. Defender's stick that's directly marking the attacker can too.
- Goalie can carry the ball into the goal circle.
- When ball is outside CSA & above GLE on 3 sec call, FP is on 12m. When ball is outside CSA & below GLE, FP at closest dot.
- Players may not step on or over restraining line after official's hand is in contact with draw sticks.
- No Alternate Possession if one foul is cardable.
- Mercy Rule: (MS/LS) **4** goal difference after goal, trailing team starts with FP at center instead of draw. Shot not allowed until ball is **passed**. May be waived by trailing coach.
- All spectators must be on the opposite side from the teams.
- Jersey color conflict: home team will wear pinnies
- Illegal uniforms: FP to start the game
- Goalies must wear a helmet, separate throat protector, chin strap, chest protector (NOCSAE ND200 & wearing the same color jersey as team OVER it), abdominal & pelvic protection, GK gloves, and leg padding on the shins & thigh padding manufactured shorts /pants with integrated protective padding, and mouthpiece.; No Deputy
- No jewelry of any kind including newly pierced ears. **Bandages over jewelry is not permitted.**
- Mandatory- ASTM certified eye wear; Optional- soft headgear
- Home team will provide air horn & timer/scorekeeper, who will STAY at the table. Scorekeeper will notify officials when there is a 4 goal differential, 30 seconds left in quarter and count down the last 10 seconds
- Coaches notify program director if anyone is ejected.