

8v8 Boys Lacrosse Rules – Middle School Boys Winter 2026

*Last Edit December 17, 2025

Game Time

- Games will run 2 (16 Minute) Running Halves

Player Format

- 3 Midfield, 2 Attack, 2 Defense, 1 Goalie
 - 2 Defensive Players and the Goalie MUST always stay behind the midline
 - The Goalie CANNOT advance past the midline

Long Poles

- Teams may have up to Three (3) long sticks on the field at any time

Faceoffs

- Faceoffs will take place at the beginning of the 1st and 2nd halves of the game
 - Faceoff to start overtime if needed

Overtime

- Games will NOT end in a tie
 - Teams will continue to play until the first goal is scored
 - A faceoff will start the Overtime period

Restarts

- The goalie will restart the game with the ball after a goal is scored
 - Goalies will have 10 Seconds to clear the ball out of the crease area

- Restart Rule
- After a stoppage, play may restart even if defensive players are within 5 yards of the ball carrier.

Clearing Counts

- Teams must clear the ball over midfield within 20 seconds.

Over-and-Back Rule

- Once a team has established the ball in the offensive half of the field, any pass, carry, or propulsion of the ball back over midfield (unless it is a shot) results in an immediate turnover.

Restart Rule

- After a stoppage, play may restart even if defensive players are within 5 yards of the ball carrier.