

2018 NSYL Rules – Quick Reference

	K/2 (8u)	3/4 (10u)
Crosse Lengths short/long/goalie	Short 37-42"/ No long poles allowed/ Goalie 37-54"	
# of Long Crosses	Not allowed	
Goals	4'x4' or face down 6'x6'	6'x6'
Players on field	4 v. 4 no goalie	6 v. 6 including goalies (6 players on field per team)
Ball	NOCSAE ball	NOCSAE ball
Game Length	4 quarters, 12 minute running clock	4 quarters, 8 minute stop clock
Time outs	Two Team time outs per half, two minutes each	
Quarter time/Half time	2 minutes between each quarter, 5-10 minutes between each half	
Side Changes	Teams will change sides of field at half time (NOT at second and fourth quarters)	
Overtime	None during regular season games	
Regular Face-off	No face-off. Alternating possession in center. All other players on their defensive side of center. Players must be 5 yards from opponents.	Face-off is 1v1. Other players behind GLE, goalie in crease, until possession called or ball passes GLE.
Final 2 Minutes	n/a	
Advancing the Ball (20 & 10 sec. counts)	No limit to how long a player can hold the ball	
Stalling	No limit to how long a player can hold the ball	
Face-off Mercy Rule	6 or more goal differential, trailing team starts with ball, unless trailing coach declines	
Running Clock Mercy Rule	6 or more goal differential in second half, game switches to running clock (unless trailing coach declines). Game returns to stop clock if/when differential is removed	
Substitution Procedure	According to head coach, on dead balls	According to head coach, on dead balls, through box
Passing Rule	Must attempt 2 passes before taking a shot on goal	
Stick Checks/Slashing	Allowed: Lift checks, poke checks, downward stick checks below both players' shoulders Not allowed: one-handed checks (see USL document for more info)	
Penalty Enforcement	Player leaves the field, no time serving penalties	Player leaves field and serves penalty time in score table box, but is immediately replaced. No man down/man up situations.
Fouling Out	Not applicable at this level	
Body Checking	Not allowed	
3-Yard Rule	All legal checks, holds, and pushes must be on a player with possession or within 3 yards of a loose ball (see USL document for more info)	
Raking	Not enforced as a technical foul	

2018 NSYL Rules – Quick Reference

	5/6 (12u)	7/8 (14u)
Crosse Lengths short/long/goalie	Short 40-42"/ Long 52-72"/ Goalie 40-72"	
# of Long Crosses	4 (not including goalie's crosse)	
Goals	6'x6'	6'x6'
Players on field	10 v. 10	10 v. 10
Ball	NOCSAE ball	NOCSAE ball
Game Length	4 quarters, 10 minute stop clock.	4 quarters, 10 minute stop clock.
Time outs	Two Team time outs per half, two minutes each.	
Quarter time/Half time	2 minutes between each quarter, 5-10 minutes between each half	
Side Changes	Teams will change sides after each quarter	
Overtime	None during regular season games.	
Regular Face-off	All face-offs are 3 v. 3 unless there is a penalty situation.	
Final 2 Minutes	"Get it in / Keep it in"	
Advancing the Ball (20 & 10 sec. counts)	20 & 10 second counts enforced.	
Stalling	All stalling/advance the ball rules in effect.	
Face-off Mercy Rule	6 or more goal differential, trailing team starts with ball, unless trailing coach declines.	
Running Clock Mercy Rule	6 or more goal differential in second half, game switches to running clock (unless trailing coach declines). Game returns to stop clock if/when differential is removed.	
Substitution Procedure	According to head coach, through the box. Subbing on the fly allowed.	
Passing Rule	n/a	
Stick Checks/Slashing	Allowed: Lift checks, poke checks, downward stick checks below both players' shoulders Not allowed: one-handed checks (see USL document for more info).	
Penalty Enforcement	Player leaves field, serves penalty time in front of score table in the box, his team plays man down. Goalies must serve their own penalties during regular season play. Team has 1 minute to warm up replacement goalie once he gets into the cage. During running clock games, penalties are served as time and a half. (30 sec penalty = 45 seconds)	
Fouling Out	3 personal fouls or 5 min of total personal foul time	3 personal fouls or 5 min of total personal foul time
Body Checking	Both hands on crosse, from front or side, contact below neck and above waist. No defenseless checks.	
3-Yard Rule	All legal checks, holds, and pushes must be on a player with possession or within 3 yards of a loose ball (see USL document for more info).	
Raking	No US Lacrosse rule at this level.	