

## WPYLA 2025 RULES COMPARISON CHART

Category	6U/8U	10U	12U	14U
Field Size	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
Cross Length	FP: 37"-42" GK 37"-54" LP none	FP 37"-42" GK 37"-54" No Long Poles	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)
Players	4v4 - 4 field players	7v7 - 1GK & 6 field players	10v10 NFHS	10 v 10 NFHS
Goal Size	3'x3' or 6'x6'	6'x6'	6'x6'	6'v6'
All Player Equipment	NFHS			
Length of Game	2 X 12:00 (Running)	4 X 10:00 (Running)	4 x 10:00 Stop-time Score Differential: NFHS	
Overtime	N/A	N/A	4' Stop-Time, Sudden Victory	
Team Timeouts	None. Officials only	1 per half	2 per half, 1 each OT	
Counts	N/A	4-sec GK only, no advance	GK 4 + 20s Def zone +10s Off.zone	
Faceoffs	No FO; Coin flip winner Center X. Others on own def. half >5yds from each other. Other team ball start 2 <sup>nd</sup> half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL) FO on knee is OK (Wings release on whistle)	Same is NFHS incl. Standing Neutral Grip	Same is NFHS incl. Standing Neutral Grip.
Substitutions	"On The Fly"	"On The Fly"	NFHS	NFHS
Scrum	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
Restarts	All players must be 5 yards from ball carrier		Can restart play w/ defense within 5 yards, must gain 5 yard separation before engaging.	
Fouling Out	Personals = 3X or 5-mins			
Advancing	N/A	N/A	20s Def zone + 10s Off zone + Over/Back if after clear	20s Def zone + 10s Off zone + Over/Back if after clear
Stalling	N/A	N/A	Final 2 min. if team ahead 1-4 goals	
One Pass Rule	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
Flag Down Situations	Stop play when ball hits ground, not a shot			
Man-Up or Man-Down	N/A	N/A; Player serves team plays full strength	Yes (3-down max)	Yes (3 down max)
Offsides	N/A	7v7 > on off. Or >5 on def.(exclude penalty area: never man-down)	>6 on off. Half Or >7 on def.half (include penalty area)	
3-Yard Rule	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball			
Body Contact	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			Below neck and Above waist
Checking with Cross	Lift/poke bottom hand or head of cross below chest area OR downward check initiated below BOTH players' shoulders. <b>NO ONE HANDED CHECKS</b>		ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball. <b>NO ONE HANDED CHECKS</b>	
HELMET LOSS	IMMEDIATE WHISTLE. WHOEVER HAS POSSESSION KEEPS POSSESSION. LOOSE BALL GOES TO AP.			
COACHES ROSTER MAX	5 COACHES MAX ON THE SIDELINE. ANY COACH NOT LISTED OR HIGHLIGHTED INELIGIBLE MAY NOT BE ANYWHERE NEAR THE SIDELINE. REF SHALL ISSUE A WARNING, AND THE GAME WILL BE A FORFEIT IF NOT COMPLIANT. GAME WILL NOT START UNTIL WITHIN MAX # OF COACHES. REF SHALL ISSUE A WARNING AND THE GAME WILL BE A FORFEIT IF NOT COMPLIANT.			
PLAYER ROSTER CHECK	EVERY WPYLA GAME (CONFERENCE, NON-CONFERENCE, SCRIMMAGE) WILL HAVE AN OPTIONAL ROSTER CHECK BEFORE THE START OF THE GAME. A ROSTER CHECK <b>MUST</b> BE COMPLETED IN THE EVENT THAT EITHER HEAD COACH REQUESTS IT. BOTH HEAD COACHES <b>DO NOT</b> NEED TO REQUEST A ROSTER CHECK FOR IT TO OCCUR. ANY PLAYER NOT LISTED OR HIGHLIGHTED INELIGIBLE MAY NOT PLAY. REF SHALL ISSUE A WARNING, AND THE GAME WILL BE A FORFEIT IF NOT COMPLIANT.			
SIDELINE ACCESS	Only rostered coaches within the maximum number and <u>equipped players</u> shall be on the bench sideline. Spectators, including additional coaches, friends, relatives, and younger siblings, shall not all be near the sidelines of the field. <b>REF SHALL ISSUE A WARNING AND THE GAME WILL BE A FORFEIT IF NOT COMPLIANT.</b>			
PLAYER/COACH EJECTION = SUSPENSION	IF A PLAYER OR COACH IS EJECTED FROM A GAME, THEY WILL BE SUSPENDED FOR THEIR NEXT GAME. A PLAYER OR COACH WITH MORE THAN ONE EJECTION WILL BE SUBJECT TO FURTHER DISCIPLINARY ACTION.			
SPECTATORS	Officials have the right to ask a coach to assist them with spectator behavior. After a warning, officials have the right to remove disruptive fans from the premises of a game. It is a coach's responsibility to assist with the removal of said spectator.			
FORCED FORFEITS	If a team is forced to forfeit due to the rules stated above. The game is not to be played, even as a scrimmage; the refs are still to be paid their full game fees.			

WHERE NOT STATED ABOVE AS OTHERWISE, WPYLA WILL FOLLOW USA LACROSSE RULES.  
If a situation that is not stated above occurs, please contact the WPYLA Board so that we can adapt where necessary.