

2025 MSLax Summary of Rules by Age Level

	8U	10U	12U	14U
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Players	4v4, No Goalkeeper	8v8: 7 Field + GK	12v12: 11 Field + GK	12v12: 11 Field + GK
Field Size	Cross/shortened field	Cross/shortened field	Full field	Full field
Field Lines	Goal Circle	Goal circle, 8M arc & midfield restraining line	Regulation field lines	Regulation field lines
Goals	3'x3' to 4'x4', or 6' x 6' flipped over	6' x 6'	6'x 6'	6'x 6'
Balls	Soft Ball/Regulation	Regulation	Regulation	Regulation
Sticks	Unified, small or regulation stick	Unified, small or regulation stick	Regulation stick	Regulation stick
Length of Game	2 x 12 min halves / 5 min half – running	4 x 10 min quarters/ 5 min half – running	4 x 10 min quarters / 5 min half – running	4 x 12 min quarters / 5 min half – running
Timeouts	1 x 2 minutes – running	1 x 2 minutes – stop	2 x 2 minutes – stop	2 x 2 minutes – stop
Overtime	No OT	No OT	No OT	No OT
Start of Game and Half	Home starts 1 st half, visitor starts 2 nd half	Draw at each quarter Each team has 1 player at center, all other players will need to be below an unmarked line even with the top of the 8m arc	Draw at each quarter	Draw at each quarter
Start After Goal	Ball to defender to side of goal circle	Draw See 4 & 8 rule below	Draw See 4 & 8 rule below	Draw
Restraining Line	None	2 players behind	4 players behind	4 players behind
Cards	No cards, teams do not play short	Team substitutes for carded player, but does not play short	Team plays short	Team plays short
Ground Balls	No restrictions / Kicking ball is allowed	No restrictions / Kicking ball is allowed	No restrictions / Kicking ball is allowed	No restrictions / Kicking ball is allowed
Covering Ball	Not allowed anytime	Not allowed anytime	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Minimum Pass Rule	1 attempted pass prior to shot	1 attempted pass prior to shot in offensive zone See 4 & 8 rule below	1 completed pass prior to shot in offensive zone See 4 & 8 rule below	No pass restrictions

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1v1 Defense	Max 1v1 in midfield	Max 1v1 in midfield	Not applicable	Not applicable
Checking	Not allowed	Not allowed	Modified checking	A – Full High School B – Transitional
3 sec, guarded	Applies	Applies	Applies	Not applicable
3 sec, 8 meter arc	Not applicable	Applies	Applies	Applies
Major Fouls	Illegal/dangerous contact and unsportsmanlike	Major fouls per NFHS rules book	Major fouls per NFHS rules book	Major fouls per NFHS rules book
Self-Start / Free Movement	Allowed	Allowed	Allowed	Allowed
Player Equipment	Goggles and mouthguard	Jersey with number, goggles and mouthguard	Jersey with number, goggles and mouthguard	Jersey with number, goggles and mouthguard
Goalie Equipment	Not applicable	Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection	Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection	Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, chest protector, pelvic protector, and shin and thigh protection
Coaches	Coaches may be on field to instruct ALL players and officiate if no official present	Remain on sideline in coaching area	Remain on sideline in coaching area	Remain on sideline in coaching area
Timekeepers	Officials, if used, or teams designate timekeeper if no official	Official timekeeper at table required	Official timekeeper at table required	Official timekeeper at table required
Score	No score is kept	Score is kept by official scorer at table	Score is kept by official scorer at table	Score is kept by official scorer at table
Score Reporting	No score is reported	Both teams report within 48 hours. If second team fails to report, first team score stands.	Both teams report within 48 hours. If second team fails to report, first team score stands.	Both teams report within 48 hours. If second team fails to report, first team score stands.
Substitutions	Allowed any time	Allowed after goals or during play	Allowed after goals or during play	Allowed after goals or during play

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4 & 8 Rule (mercy rule)	Not applicable	<p>If ahead by 4+ goals, losing team gets indirect free position at center line.</p> <p>If ahead by 8+ goals, in addition, winning team must have 3 consecutive completed passes before attempted shot on goal. The first 2 consecutive passes can occur anywhere on the field while the last pass must occur inside the offensive zone.</p> <p>Team up by 8+ is recommended to play using non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	<p>If ahead by 4+ goals, losing team gets indirect free position at center line.</p> <p>If ahead by 8+ goals, in addition, winning team must have 3 consecutive completed passes before attempted shot on goal. The first 2 consecutive passes can occur anywhere on the field while the last pass must occur inside the offensive zone.</p> <p>Team up by 8+ is recommended to play using non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.</p>	Not applicable
Offsides	None	When team playing short due to cards, 2 field players behind restraining line in both offensive & defensive ends	When team playing short due to cards, 4 field players behind restraining line in both offensive & defensive ends	When team playing short due to cards, 4 field players behind restraining line in both offensive & defensive ends
Goal Circle	No player may enter goal circle / Player <u>may</u> follow through on shot	No player other than goalkeeper may enter goal circle / Player <u>may</u> follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may</u> follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Player <u>may</u> follow through on shot
Unsportsmanlike Conduct	Major foul / Player removed for brief time / no card / Team does not play short	Major foul / Mandatory Card	Major foul / Mandatory Card	Major foul / Mandatory Card

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Officials	1 Official or Coach	1 Official	2 Recommended Certified Officials	A – 2 Adult Certified Officials B – 2 Recommended Certified Officials
Coin Toss	None	Yes – with captains Determines goal to defend and first AP	Yes – with captains Determines goal to defend and first AP	Yes – with captains Determines goal to defend and first AP