

Youth Lacrosse Minnesota Rules by age with USAL differences

No color: YLM uses USAL rule

YLM rule differs from USAL

12U rule matches 8U/10U

Category	8U	10U	12U	14U
Field Size	60 x 40		110 X 60 (standard) or 120 x 60 (unified)	
Crosse Length	37" to 42"	Short: 37" to 42" Long: 47" to 54" (max 3) Goalkeeper: 37" to 54"	Same as NFHS: Short: 40" to 42" Long: 52" to 72" (max 4) Goalkeeper: 40" to 72"	
Players	5 v 5 no goalkeepers	7 v 7	10 v 10	
Goal Size	3' x 3', 4' x 4', or triangle		6' x 6'	
All Player Equipment	Same as NFHS (athletic cup/pelvic protector required but no inspection)			
Length of Game	4 x 10 min running or 4 x 12 min running with penalties the "normal" length (e.g. 30 sec, 1/2/3 min)			
Overtime	Generally none/weekend tournaments will have specific rules			
Team Timeouts	Generally 1 per game/weekend tournaments may vary			
Counts	None	4 sec for goalkeeper in possession in the crease and 5 seconds to return	10 second offensive count 4 sec for goalkeeper in the crease/5 sec to return No 20 second defensive clearing count	
Faceoffs	None, coin flip determines possession. Award ball after goal on GLE, no player within 5 yards	1 player in crease with GK releases on whistle, other players behind GLE until possession, F/O players may have knee on the ground	Standard NFHS faceoffs Standing, neutral grip required	
Substitutions	Goal scorer subs out remains out, teams may sub on the fly, team in possession may request subs, timekeeper should notify officials around 2 minutes to stop play and call for subs		Standard NFHS substitution rules	
Scrum	If 3+ players are in a scrum, wait approx 4 sec and then award ball via AP		No scrum rule	

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Fouling Out	Player fouls out after 3 personal fouls or 5 minutes of personal foul time			
Advancing	Not applicable		No defensive (20 sec) count, 10 second offensive count	
Stalling	None		Same as NFHS: Stall warning at the officials' discretion and automatic warning in last 2 minutes for team ahead by 1-4 goals	
One Pass Rule	Yes. One attempted pass on every possession in the team's offensive half is required before taking a shot.	Yes, required following faceoff by team that gains or is awarded possession	None	
In-Home & Nominated Defender	Not applicable	Coach names an In-Home (starting attack) to serve penalties on the bench, team, or coaches and a Nominated Defender (starting defender) to serve penalties by the goalkeeper		
Man-up or Man-Down	No uneven situations, penalized player serves but team is full strength	Yes, maximum 2 serving, additional penalties stack	Yes, maximum 3 players serving, additional penalties stack (same as NFHS)	
Offsides	No	Yes if 5+ on offense or 6+ on defense, include players serving penalties	Yes if 6+ on offense or 7+ on defense, include players serving penalties (same as NFHS)	
3-yard Rule	All LEGAL holds, pushes, & checks must be on a player with possession or within 3 yards of a loose ball			
Allowable Body Contact	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental Contact			2 hands on crosse: Below neck and above waist and generally upright
Checking with Crosse	Very restricted stick checking. Players may only: Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders No horizontal swings. No one-handed checks.		Same restrictions as NFHS rules Note: one-handed checks are allowed but will be given extra attention by officials.	