

# OYL Boys Youth Rules Matrix 2026

	<b>1/2 (8U) Rules</b>	<b>3/4 (10U) Rules</b>	<b>5/6 (12U) Rules</b>	<b>7/8 (14U) Rules</b>
<b># of players</b>	3v3, 4v4, 6v6 (no goalies)	6v6 (+goalie)	10v10	10v10
<b>Field Size</b>	60 yd x 35yd (cross-field)	60 yd x 35 yd (cross-field)	Regulation Field	Regulation Field
<b>Ball</b>	Soft or Standard NOCSAE	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
<b>Goal Size</b>	3 ft x 3 ft or 4 ft x 4 ft	6 ft x 6 ft	6 ft x 6 ft	6 ft x 6 ft
<b>Penalties Releasable unless specified non-releasable</b>	Player leaves, no man down Ejections still possible	Player leaves, no man down Ejections still possible	Time serving, man down	Time serving, man down
<b>Body Checking</b>	None	None	NFHS Rules – No take-out checks	NFHS Rules – No take-out checks
<b>Stick Checking</b>	No contact permitted. No one-handed checks	Poke and lift checks below the chest to bottom hand and stick head only. No one-handed checks.	NFHS Rules  One-handed checks are legal	NFHS Rules  One-handed checks are legal
<b>Equipment:</b> Helmet, gloves, shoulder & arm pads, non-white/clear mouth guard, athletic cup, athletic shoes	Same	Same–plus: Goalie–chest and throat protector (shin pads recommended)	Same–plus: Goalie–chest and throat protector (shin pads recommended)	Same–plus: Goalie–chest and throat protector (shin pads recommended)
<b>Face-Offs</b>	None; coin toss for first possession, then team scored upon gets ball at GLE to start	2 attack, 2 defense behind GLE, released on whistle. MUST play ball, not man, prior to possession. After a faceoff, one pass must be attempted before a goal. Goal differential of 12 or more ball given to trailing team	NFHS Rules  Goal differential of 12 or more ball given to trailing team -coach’s choice	NFHS Rules
<b>Officials</b>	Not required–Coach or 1 official	1 Official	2 Officials (minimum)	2 Officials (minimum)
<b>Coaches</b>	Can roam field if no officials, can roam entire sideline if official is used	Can roam entire sideline, however, can’t go through table area or other coach area	Must stay in coaches’ box Exceptions – injured player, goalie warm up, halftime	Must stay in coaches’ box Exceptions – injured player, goalie warm up, halftime
<b>Flag Down Slow Whistle</b>	Same as NFHS but also ends when ball hits ground	Same as NFHS but also ends when ball hits ground	Same as NFHS but also ends when ball hits ground	Same as NFHS but also ends when ball hits ground

	<b>1/2 (8U) Rules</b>	<b>3/4 (10U) Rules</b>	<b>5/6 (12U) Rules</b>	<b>7/8 (14U) Rules</b>
<b>Time factors</b>	20-minute halves- running clock	25-minute halves- running clock	25-minute halves or 15-minute quarters- running clock 10 min. quarters - stop clock	25-minute halves or 15-minute quarters- running clock 12 min. quarters – stop clock
<b>Overtime</b> None			Unless required by tournament rule	Unless required by tournament rule
<b>Team time out</b>	None	None	1 per team per half	1 per team per half
<b>Substitution</b>	Sub all players during dead ball (whole team substitution) No on-the-fly subs during live ball	Sub all players during dead ball (whole team substitution) No on-the-fly subs during live ball	Normal substitution	Normal substitution
<b>Stopping play for Subs</b>	If play is longer than 2 minutes without stoppage, officials will look for an opportunity to stop play Whole team substitution	If play is longer than 2 minutes without stoppage, officials will look for an opportunity to stop play Whole team substitution	Normal substitution	Normal substitution
<b>Misconduct</b>	5 minutes can be added to a penalty. Player serves penalty time, then sits for 5 minutes (but team is not man down)			
<b>Offside</b>	None	Yes – goalie stays back	NFHS Rules	NFHS Rules
<b>Scrum Ball Rule</b>	Quick whistle at referee’s discretion (3-5 seconds) Award ball by AP	Quick whistle at referee’s discretion (3-5 seconds) Award ball by AP	None required but referee’s discretion to award ball by AP	NFHS Rules
<b>Restarts</b>	Enforce 5-yard separation	Enforce 5-yard separation	Enforce delay of game (NFHS) No 5-second goalie count	Enforce delay of game (NFHS) No 5-second goalie count
<b>Score Keeping</b>	None	Not kept (except to award ball at face-off)	Not kept (except to award ball at face-off)	NFHS Rules
<b>Maximum Number of Long Poles</b>	Zero	Zero	Zero for rec Four for select	Four
<b>Advancement Counts</b>	None	None	Four second goalie count 20-sec count to midfield if club supplies timer 10 seconds to box	Four second goalie count 20-sec count to midfield if club supplies timer 10 seconds to box
<b>Stick Length</b>	37” - 42” field player	37”- 42” field player 37” - 54” goalie	40” - 42” short 52” - 72” long (see above) 40” - 72” goalie	40” - 42” short 52” - 72” long 40” - 72” goalie
<b>Deep pocket/ Roll out test</b>	Replace or fix stick	Replace or fix stick	2-minute NR penalty	2-minute NR penalty
<b>Screens</b>	Not allowed	Not allowed	NFHS Rules	NFHS Rules
<b>Automatic Stalling</b>	Not used	Not used	Only in last 2 minutes if goal differential is 4 or less (NFHS)	Only in last 2 minutes if goal differential is 4 or less (NFHS)

