

OYL Boys Youth Rules Matrix 2025

	1/2 (8U) Rules	3/4 (10U) Rules	5/6 (12U) Rules	7/8 (14U) Rules
# of players	3v3, 4v4, 6v6 (no goalies)	6v6 (goalie)	10v10	10v10
Field Size	60 yd x 35yd (cross-field)	60 yd x 35 yd (cross-field)	Regulation Field	Regulation Field
Ball	Soft or Standard NOCSAE	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
Goal Size	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
Penalties	Player leaves, no man down Ejections still possible	Player leaves, no man down Ejections still possible	Time serving, man down All penalties are full time	Time serving, man down All penalties are full time
Body Checking	None	None	NFHS Rules – No take-out checks	NFHS Rules – No take-out checks
Stick Checking No one handed checks	No contact permitted	Poke and lift checks below the chest to bottom hand and stick head only.	NFHS Rules One-handed checks are legal	NFHS Rules One-handed checks are legal
Equipment: 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)
Face-Offs	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. One pass must be attempted before a goal can be scored. Goal differential of 12 or more ball given to trailing team - coach's choice	NFHS Rules Goal differential of 12 or more ball given to trailing team - coach's choice	NFHS Rules
Officials	Not required—Coach or 1 official	1 Official	2 Officials (minimum)	2 Officials (minimum)
Coaches	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
Flag Down Slow Whistle	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

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Time factors	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
Over Time None			Unless required by tournament rule	Unless required by tournament rule
Team time out	None	None	1 per team per half	1 per team per half
Substitution	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
Stopping play for Subs	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
Misconduct	5 minutes can be added to a penalty. Player serves penalty time, then sits for 5 minutes (but team is not man down)			
Offside	None	Yes – goalie stays back	NFHS Rules	NFHS Rules
Scrum Ball Rule	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
Restarts	Enforce 5-yard separation	Enforce 5-yard separation	Enforce delay of game (NFHS)	Enforce delay of game (NFHS)
Score Keeping	None	Not kept (except to award ball at face-off)	Not kept (except to award ball at face-off)	NFHS Rules
Maximum Number of Long Poles	None	None	None for Rec. league Four for Select	Four
Advancement Counts	None	None	Four-second goalie count	Four second goalie count 20 sec count to midfield only if club supplies timer 10 seconds to box once ball crosses midfield
Stick Length	37" - 42" field player	37"- 42" field player 37" - 54" goalie	40" - 42" short 52" - 72" long 40" - 72" goalie	40" - 42" short 52" - 72" long 40" - 72" goalie
Deep pocket/ Roll out test	Replace or fix stick	Replace or fix stick	2-minute NR penalty	2-minute NR penalty
Screens	Not allowed	Not allowed	NFHS Rules	NFHS Rules
Automatic Stalling	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)

