

Bay Valley Lacrosse Association (BVLA) - Youth Boys Rules 2025

| Rule | USLacrosse Rules | 10U Rules | 12U Rules | 14U Rules |
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| 1.2 | Field Size | Thirty-five (35) yards X Sixty (60) yards. | Regulation Field: One hundred and ten (110) yards X Sixty (60) yards. | |
| 1.5 | Ball Specifications | Ball must be stamped "Meets NOCSAE Standards." | | |
| 1.6 | Cross Length | Thirty-seven (37)" inches - Forty-two (42)" inches, No long poles. | Thirty-seven inches (37") - Forty-two inches (42"), Long poles permitted fifty-two inches (52") - Seventy-two inches (72"), Not recommended to be taller than the player. | |
| 1.9 | Equipment | Officials and Coaches meet together pre-game. Coaches must certify "Yes" that all players are legally equipped. | | |
| 1.9 | Equipment | Goalies required to wear chest protector that meets SEI/NOCSAE ND two hundred (200) standard to prevent commotio cordis, helmet with throat guard, goalie gloves, mouth guard and goalie stick. Recommended: Arm pads, shin guard and/or thigh pads. | | |
| 1.9 | Equipment | Mouthguards and protective cups required at all levels. | | |
| 1.9 | Jerseys | Jersey or pinnie not required to completely cover the shoulder pad; Home team should wear pinnies if same color. | | |
| 1.10 | Official Stick Checks | Officials permitted to check sticks that appear to be in violation of NFHS rules. | | |
| 1.10 | Random Stick Checks | Not permitted. | | |
| 1.11 | Coaches Certification | All Coaches must be certified or qualified Coach to be in the box - Twelve (12) months from start. | | |
| 1.12 | Spectators | Spectators should be in stands or opposite of bench within restraining line limits. | | |
| 1.12 | Culture Keeper | Required for both home and away teams. | | |
| 1.12 | Fan Behavior | Zero tolerance for unsportsmanlike behavior by fans can result in fouls against teams and coaches. | | |
| 2.1 | Number of Players | 8 v 8 Players (2-3-2 + Goalie) | 10 v 10 Players (3-3-3 + Goalie) | |
| 2.3 | Coaches on Field | Yes, permitted early in the season. | No | |
| 2.5 | Officials | Two (2) Certified Officials strongly recommended. One (1) Certified Official and Head Coach, if a second Certified Official is unavailable. | Two (2) Certified Officials. | |
| 3.1 | Length of Game | Ten (10) minute running time quarters. | Twelve (12) minute running time quarters. Running Clock: One (1) minute penalty = Serve one (1) minute thirty (30) seconds in penalty box. | |
| 3.1 | Overtime | No overtime during regular season. Sudden victory "golden goal" in conference tournament games. | | |
| 3.3 | Final Two Minutes | Waived | Get it in, Keep it in. | |
| 4.3 | Faceoff | Upon winning faceoff, must pass ball once prior to shot attempt. Violations result in possession change, ball goes to Goalie. Defense permitted to be positioned inside crease for faceoff. | NA | |
| 4.3 | Faceoff/Mercy Rule | If there is a six (6) or more goal lead, losing team can take the ball at midfield and running clock. | | |

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| 4.3 | Faceoff Taping | Waived | |
| 4.10 | Advancing the Ball | | |
| 4.10 | Clearing Count | Waived | Twenty (20) Seconds |
| 4.11 | Into The Box | Waived | Ten (10) Seconds |
| 4.12 | Over & Back Rule | Waived | Yes, NFHS Enforced: Once ball has been advanced to goal area, ball cannot be advanced across midfield line by attacking team. |
| 4.15 | Three (3) Yard Rules | All stick checks, legal holds and legal pushes must be on a player in possession of ball or within three (3) yards of a loose ball. | |
| 4.19 | Goalie Possession Count | Waived | Upon gaining possession of the ball the goalkeeper or a defender must leave the crease area within in four (4) seconds. |
| 4.19 | Goal Crease Prohibitions | No offensive player may enter the crease at any time. Offensive player may reach their stick into the crease for the sole purpose of collecting a loose ball as long as they do not make contact with the goalkeeper or the goalkeeper's crosse. | |
| 4.19 | Goal Crease Prohibitions | No defensive player, other than a properly equipped Goalkeeper, can enter their own crease with the perceived intent on blocking a shot or acting as a Goalkeeper. Defensive players are allowed to be in or pass through the crease but never to block a shot. | |
| 4.22 | Quick Start | Waived | |
| 4.24 | Official Timeouts | If a Player in possession loses ANY piece of equipment, stop play immediately. | |
| 4.25 | Team Timeouts | One (1) minute timeout per half with a maximum of two (2) minutes total for game. | |
| 4.31 | Get it in/Keep it in | Waived | Enforced - Four (4) goals or less. |
| 5.3 | Illegal Body Check | No take out checks allowed at any level (No lowering shoulder, excessive aggression, no blindside checks or checks against a defenseless player, head or neck area). Two (2) or three (3) minute non-releaseable foul. | |
| 5.3 | Body Checks | No body checks (Man/ball, loose ball boxing out permitted). | Limited body checks permitted, should be generally upright. |
| 5.4 | Checks to Head and Neck | Players may not initiate contact to opponents head or neck area with the cross or any part of their body. Two (2) or three (3) minute non-releaseable foul. An excessively violent violation may result in an ejection. | |
| 5.7 | Slashing | One-handed checks not permitted. Checks must be on the opponents crosse or gloved hand on his crosse. May not come from above the shoulder. | |
| 5.9 | Unnecessary Roughness | An excessively violent infraction including punching blows, non-releaseable foul. | |
| 5.10 | Unsportsmanlike Conduct | First (1st) foul: One (1) - Three (3) minute non-releaseable foul. Second (2nd) Foul: Three (3) minute non-releaseable and ejection. Note: An immediate/direct ejection can take place, if the situation warrants. | |
| 5.11 | Fouling Out | Three (3) personal fouls or Five (5) minutes. | Four (4) personal fouls or Five (5) minutes of personal foul penalty time. |
| 7.1 | Time Serving Penalties | Offending player must leave the field for the length of the penalty but is replaced by another player (no man up situations; in home serves goalie penalties). | Time serving penalties are enforced per NFHS rules (In home serves goalie penalties). Running Clock: 1 minute penalty = Serve 1 minute 30 seconds in penalty box. |