

Bay Valley Lacrosse Association (BVLA) - Youth Boys Rules 2026

BVLA Mission Statement				
Pre-Tournament BVLA League Play		Development focused and it is highly recommend that coaches strive to have all players see time in both halves based on their effort and attendance at practices to encourage that development. Exception goalies, where there should be a plan to rotate them or participate as a field player. Score is kept but no rankings are kept.		
End of Season BVLA Tournament		A more competitive environment and opportunity for teams to compliment the Pre-tournament league Play. It is still highly recommended that coaches look for opportunities to provide all players with meaningful minutes in each half of the game. Sharing of players is still encouraged if to make sure all have the opportunity to see field time but is not required.		
Rule	USA Lacrosse Rules	U10 (3rd/4th Grades)	U12 (5th & 6th Grades)	U14 (7th & 8th Grades)
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)	
	Game Format	Coaches are required to meet 10-15 minutes prior to the game to discuss their team sizes and align on the best game format to allow for development and participation of all players. When possible it is strongly recommended that teams should push to play at the max game format size. If the larger team has more than double the number of players of the smaller team and the smaller team is not able to play at the max format for that age level it is strongly recommended that the loaning of players occurs to make even teams to give more development opportunities as opposed to playing a smaller game format. If loaning players occurs coaches should discuss needs to make the teams balanced and adjustments can be made at halftime if needed to improve the balance.		

	Team Size	Recommended: Max team size fourteen (14) and split to add an additional team if greater than fourteen (14).	Recommended: Max team size twenty-six (26) and split to an additional team if greater than twenty-six (26).
2.3	Coaches on Field	Yes, permitted early in the season.	No
2.5	Officials	<u>In-Season</u> : One (1) Certified Official required. Coaches to also help coach and enforce appropriate behavior. <u>EOS Tournament</u> : One (1) Certified Official required. Two (2) Certified Officials recommended.	<u>In-Season & EOS Tournament</u> : 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.	
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.