

Bay Valley Lacrosse Association (BVLA) - Youth Girls 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.		
USA Lacrosse Rules	U10 (3rd/4th Grades)	U12 (5th/6th Grades)	U14 (7th/8th Grades)
Players	8v8 - 2/3/2/G 7v7 - 2/2/2/G or 2/3/2/M 6v6 - 2/2/2/M 5v5 - 2/1/2/M (smaller team decides format) No goalies if one team does not have a goalie	12v12 - 4/3/4/G 10v10 - 3/3/3/G 8v8 - 2/3/2/G (smaller team decides format)	12v12 - 4/3/4/G 10v10 - 3/3/3/G 8v8 - 2/3/2/G (smaller team decides format)
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).	
Field Size	Cross-Field 60-70 yds x 35-45 yds	Full Field	Full Field
Field Lines	Regulation Goal Circle, 8M Arc Midfield Restraining Line	Regulation Field Line	Regulation Field Lines
Goals	4x4 or 6x6 as long as they are the same	6x6	6x6

Balls	Regulation Lacrosse Ball	Regulation Lacrosse Ball	Regulation Lacrosse Ball
Sticks	Modified Pocket	Regulation Stick	Regulation Stick
Coaches	1 Certified, all others qualified Remain on sideline in coaching area	1 Certified, all others qualified Remain on the sideline in coaching area	1 Certified, all others qualified Remain on the sideline in coaching area
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.	2 officials minimum required	No checking is less than 2 officials
Timekeepers	Timekeeper at table required	Timekeeper at table required	Timekeeper at table required
Score	Score is kept at table required	Score is kept at table required	Score is kept at table required
Length Of Game	Two 20 minute halves, 5 minute halftime, running clock	Two 20 minute halves, 5 minute halftime, running clock	Two 25 minute halves, 5 minute halftime, running clock
Timeouts	1 team timeout per game	2 team timeout per game	2 team timeout per game
Overtime	No overtime	No overtime	No overtime
Start of Game and Half	Draw each half 3 players @ both 8M	8v8 - Same as 3rd/4th grade 12v12 - HS game	HS Draw
Start After Goal	Goal Keeper clear, mercy rule applies for 6 goal differential	Draw, mercy rule applies for 6 goal differential	Draw, mercy rule applies for 6 goal differential
Self-Start	Allowed	Allowed	Allowed
Restraining Line	None	8v8 none, 12v12: 4 players	4 field players behind
Goal Circle	Only goal keeper may enter goal circle. Field players may not follow through on shot.	Only goal keeper may enter goal circle. Field players may not follow through on shot.	Only goal keeper may enter goal circle. Field players may not follow through on shot.
Cards	Team substitution allowed for carded player, teams do not play short	Team plays short	Team plays short
Ground Balls	No restrictions, kicking the ball NOT allowed	No restrictions, safe kicking the ball allowed	No restrictions, safe kicking the ball allowed
Covering Ball	No covers at anytime	No covering if it keeps opponent from playing the ball	No covering if it keeps opponent from playing the ball
Minimum Pass Rule	No minimum passing	No minimum passing rule	No minimum passing rule

1v1 Defense	Must play 1v1 defense in midfield	Not applicable	Not applicable
Checking	No checking	Modified checking	Transitional checking
3-sec Closely Guarded	3-seconds closely guarded rule applies	Not applicable	Not applicable
3-sec in 8M Arc	3-seconds rule in 8M applies	3-seconds rule in 8M applies	3-seconds rule in 8M applies
Major Fouls	Major fouls apply per 2020 NFHS Book	Major fouls apply per 2020 NFHS Book	Major fouls apply per 2020 NFHS Book
Unsportsmanlike Conduct	Major foul/Mandatory Card	Major foul/Mandatory Card	Major foul/Mandatory Card