



## **10U USA LACROSSE/LVLA RULES QUICK REFERENCE GUIDE**

[2026 USA Lacrosse Boys Youth Guidebook](#)

[2026 USA Lacrosse Boys Youth Rules Comparison Chart](#)

[2026 LVLA Rules Handbook](#)

USA Lacrosse Rules Questions? Email: [boysrules@usalacrosse.com](mailto:boysrules@usalacrosse.com)

### **LVLA Rules Handbook**

#### **13.2. CONTEST RULES**

13.2.2. Middle School will follow the US Lacrosse Rules for Boys Youth Lacrosse, except as stated below paragraph 13.3 (Rule Exceptions). \*There were no Rule Exceptions approved for 2026.

#### **6.3. YOUTH PLAYER ELIGIBILITY**

6.3.1. Youth players are divided into age divisions to ensure similarly aged, sized and developed play against each other. **Age division assignment is not waiverable.**

6.3.2. The LVLA has adopted the [Age Grouping Quick Referencing Table](#) supplied by USA Lacrosse grade level which uses a September 1 cut-off date. (Updated play occurring between September 01, 2025 - August 31, 2026)

6.3.2.5. Programs may allow younger players to "play-up a division" (a 6th grader playing on the 14U team) at program discretion and in compliance with the provisions of paragraph 6.3.4.

**6.3.4. At the youth level, floating players between teams and divisions is not allowed.**

#### **10. GAME RESULTS AND STATISTICS**

**10.2.3. Scoresheets for 10U or 8U games do not need to be kept or submitted since score is not kept at these ages.**

Participants in boys' lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the boys' game and in compliance with the USA Lacrosse Boys' Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- Players are responsible for their behavior, sportsmanship on and off the field, and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
- Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.

### **10U | Cross Field Rules | Players - 6v6 - 1 GK, 5 Field Players (Pg 20 2026 Boys Youth Guidebook)**

**Players** - 6v6. (6 Players TOTAL = 1 GK, 5 field players.) (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Length of Game** - 4 x 10 min Running (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Substitutions** - **No "on the fly" substitutions** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Counts** - 4-sec GK only, no count to advance ball. GK out of crease gets 5 seconds to return.

**After a Goal** - The goalkeeper or official will remove the ball from the goal, and **it will be given to the team that was scored upon along the goal line extended.** (Pg 23 2026 Boys Youth Guidebook). No restart shall take place with any player within 5 yards of the ball carrier. The whistle will be blown by the official, and play will resume. **Before a team can shoot the ball off of the initial possession, there must be one attempted pass.** (Pg 23 2026 Boys Youth Guidebook).

**Faceoff Setup** - 1 FO, 1 GK, 2 behind each G.L.E (USA Lacrosse Boys Youth Rules Comparison Chart 2026). **All field players are released when the whistle is blown.** All goalkeepers are confined to their crease until possession is gained during a faceoff. All players **MUST** play the ball before possession is gained. Once possession is gained, all normal body contact rules apply. **Once a team gains possession after a faceoff, there must be one attempted pass.** (Pg 27 2026 Boys Youth Guidebook).

**Score** - Scoresheets for 10U or 8U games do not need to be kept or submitted since score is not kept at these ages. (LVLA Rule Book - 10.2.3.)

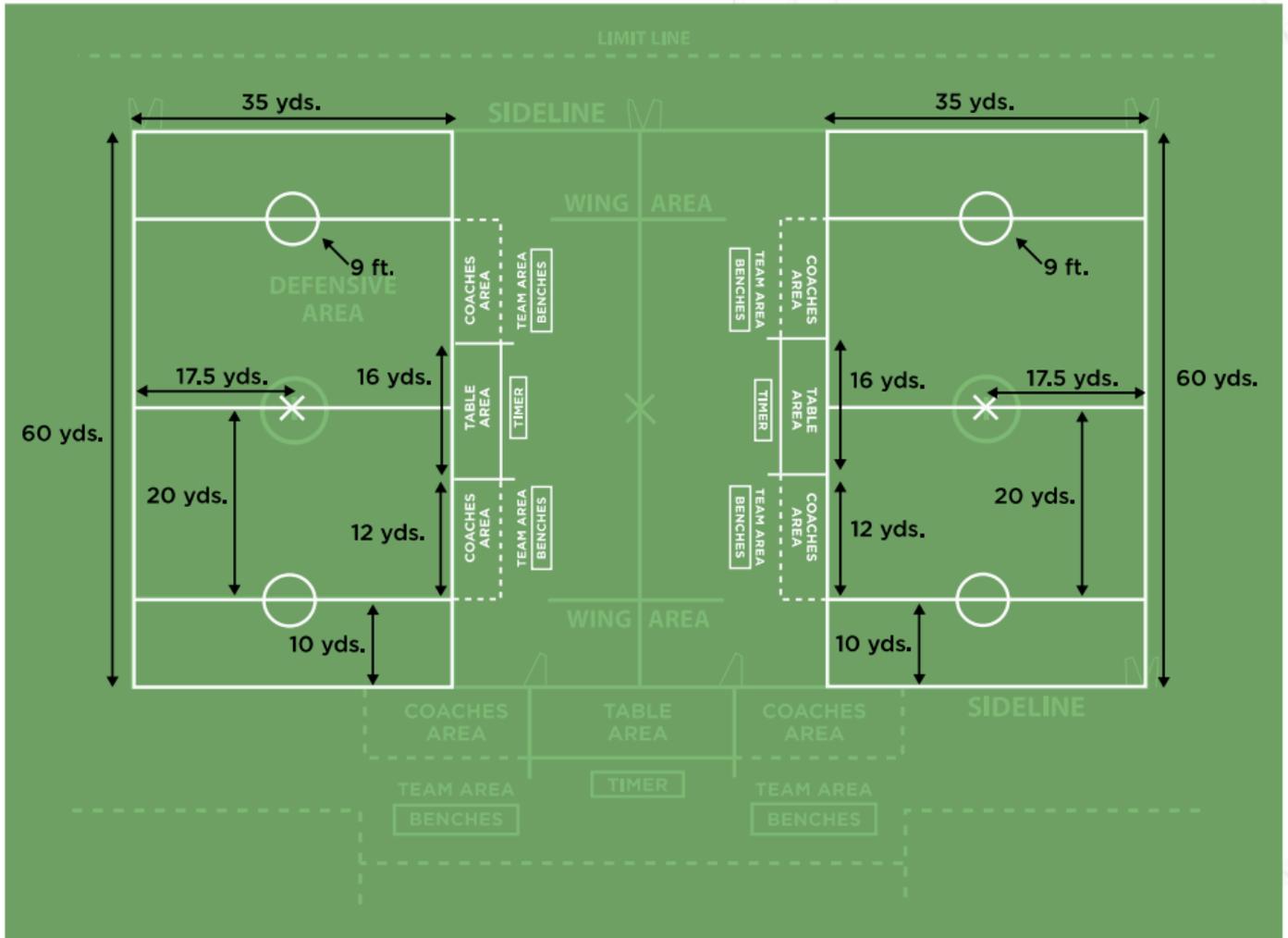
**Body Contact** - Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental (USA Lacrosse Boys Youth Rules Comparison Chart 2026). **Some body contact is allowed, but body checking is illegal.** (Pg 21 2026 Boys Youth Guidebook)

**Man-Up or Man-Down** - No man down penalties, but players who commit fouls will leave the field. (Pg 20-21 2026 Boys Youth Guidebook)

**3-Yard Rule** - Legal holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball

**Checking with Cross** - Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. **No one-handed checks permitted.** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

# 10U CROSS FIELD FOR SMALL SIDED YOUTH PLAY





## 12U USA LACROSSE/LVLA RULES QUICK REFERENCE GUIDE

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## 12U | 3/4 Field Setup | 7v7 Play (Pg 25-28 2026 Boys Youth Guidebook)

**Players** - 7v7 (7 Players TOTAL = 1GK, 2D, 2A, 2M)

**Length of Game** - 4 x 10 min, stop-time (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Counts** - **GK 4s + 20s Defensive Zone. Over & back is in effect.** (No 10s Offensive Zone as there is no Offensive Box). **No 5-second count for GK if outside of crease.** (USA Lacrosse Boys Youth Rules Comparison Chart 2026).

**After a Goal** - Play shall be started with a faceoff at the center spot at the beginning of each period and after each goal is scored **unless the score differential rules are in place** (Pg 13 2026 Boys Youth Guidebook).

**Faceoff Setup** - 7v7 - 1 FO, 1GK, 2 behind each GLE, 1 wing (foot on either sideline). Standing Neutral Grip (USA Lacrosse Boys Youth Rules Comparison Chart 2026). **All field players are released when the whistle is blown. All goalkeepers are confined to their crease until possession is gained during a faceoff. All players MUST play the ball before possession is gained.**

Once possession is gained, all normal body contact rules apply. (Pg 27 2026 Boys Youth Guidebook)

**Stick Length Rules (Maximum of 3 Long Poles on the field at once)** - Field Player 40"-42", Goalie 40"-72", Long Pole 52"-72" (7v7=3 max)

**Offsides** - 7v7 >4 on offensive half or >5 on def. half (includes penalty area). (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Goals/Creases** - 10 Yards from the End Lines (3/4 Field Setup or 7 v 7 Play (Pg 26 2026 Boys Youth Guidebook)).

**Body Contact** - Below neck and above waist. No "take-out" checks. (USA Lacrosse Boys Youth Rules Comparison Chart 2026). **Some body contact is allowed, but body checking is illegal.** (Pg 9 2026 Boys Youth Guidebook)

**Man-Up or Man-Down** - **All time serving fouls are Non-Releasable** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**3-Yard Rule** - Legal holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball

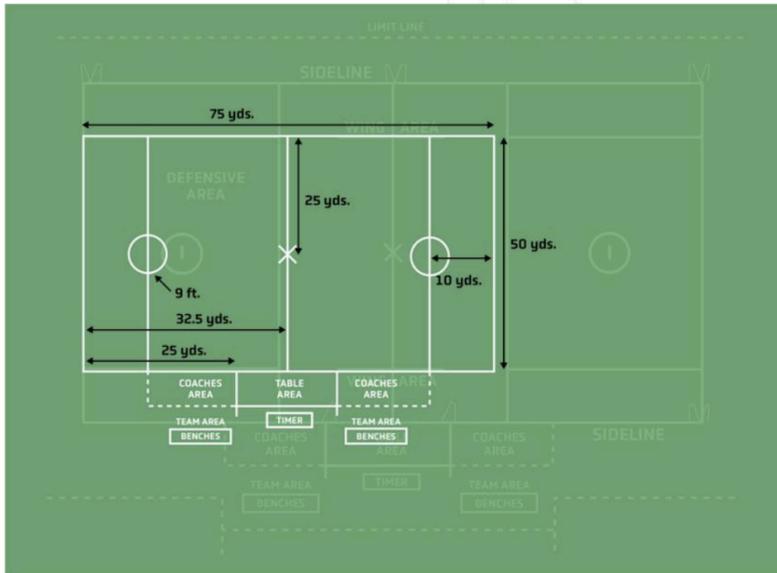
**Checking with Cross** - Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. **One handed OK.** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Score Differential 3.2.1** **If playing stopped time, After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock** Clock stops for officials, team, or injury timeout.

During a running clock situation, all time serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. **If the goal differential reverts to less than 12 goals, the running clock shall continue until the end of the game.**

**3.2.2** **After the first half, once the goal differential reaches 6 goals or more, the team's head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff.** (Pg 12 2026 Boys Youth Guidebook)

# 12U | 3/4 Field Setup | 7v7



MS/YOUTH Game Length	
Game Level	Hard Stop Game Length
14U	1 Hour, 25 Minutes
12U	1 Hour, 25 Minutes

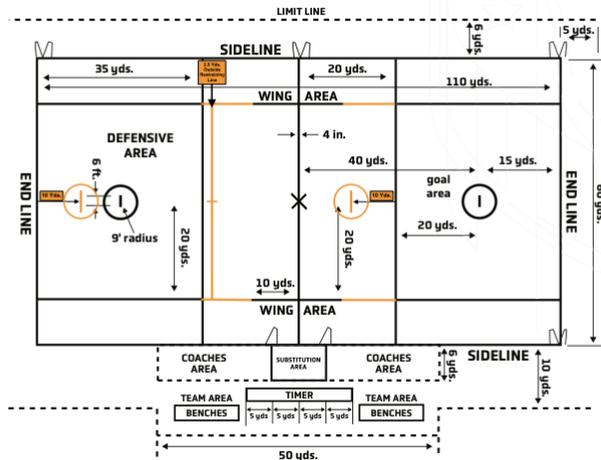
If 4th Q is being abbreviated, 4th Q Timeouts are 30-second timeouts.

14U/12U - 4th Quarter Length	
Game Length at End of 3Q*	4th Quarter Length
Under 1 Hr, 10 Mins	Keep at 10:00, stop-time
Over 1 Hr, 10 Mins	Shorten to 8:00, stop-time
Over 1 Hr, 15 Mins	Shorten to 6:00, stop-time
Over 1 Hr, 18 Mins	Shorten to 6:00, running-time

\*Length of time from **SCHEDULED** Game Start Time



## MEN'S FIELD DIAGRAM





## 14U USA LACROSSE/LVLA RULES QUICK REFERENCE GUIDE

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## 14U | Full Field (Pg 11 2026 Boys Youth Guidebook)

**Players** - 10v10 Full Field

**Length of Game** - 4 x 10 min, stop-time (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Counts** - **GK 4s + 20s Def Zone + 10s Off. Zone No count for GK if outside of crease.** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**After a Goal** - Faceoffs to start quarters and after goals (“Changes From 10U to 12U/14U” - Page 16)

**Faceoff Setup** - Same as NFHS including Standing Neutral Grip. (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Stick Length Rules** - Field Player 40”-42”, Goalie 40”-72”, Long Pole 52”-72” (4 max)

**Offsides** - >6 on off. Half Or >7 on def.half (include penalty area). (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Man-Up or Man-Down** - All time serving fouls are Non-Releasable (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

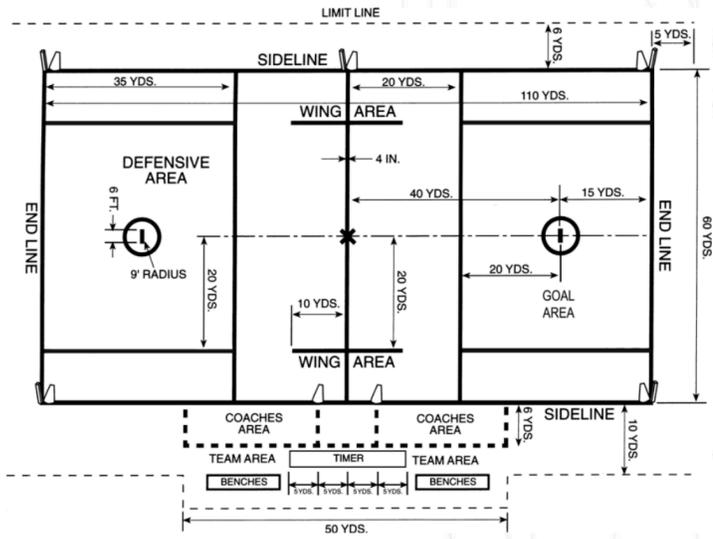
**3-Yard Rule** - Legal holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball

**Body Contact** - Below neck and above waist. No “take-out” checks (USA Lacrosse Boys Youth Rules Comparison Chart 2026). **Body checking is legal.** Targeting fouls are 3-minutes non-releasable fouls with an automatic ejection (Pg 9 2026 Boys Youth Guidebook)

**Checking with Cross** - Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player’s shoulders. **One handed OK.** (USA Lacrosse Boys Youth Rules Comparison Chart 2026)

**Score Differential 3.2.1** **If playing stopped time, After the first half, once the goal differential reaches 12 goals or more, starting on with the whistle resuming play, the game shall have a running game clock.** The clock will stop only during an official’s timeout, team timeout, or injury timeout. In the running clock situation, all time serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. **If the goal differential reverts to less than 12 goals, the running clock shall continue until the end of the game.** **3.2.2** **After the first half, once the goal differential reaches 6 goals or more, the team’s head coach that is trailing in the game shall have the option to start with possession of the ball at midfield or faceoff.** (Pg 12 2026 Boys Youth Guidebook)

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