

6U

Players: 3v3 with no goalie

Field Size: 60-70 yards by 35-45 yards (cross field)

Equipment: Sticks, mouthguard and soft ball; no eyewear required

Goal Size: 3 feet by 3 feet

Fouls: For major fouls, player leaves field for a brief time; team does not play short

Other notes: No draw – after a goal the defense is given the ball for a clear; no score is kept; one pass rule before shooting; teams must play 1v1 defense.

8U

Players: 4v4 with no goalie

Field Size: 60-70 yards by 35-45 yards (cross field)

Equipment: Sticks, mouthguard, eyewear and soft ball

Goal Size: 3 feet by 3 feet (4x4 is allowable)

Fouls: For major fouls, player leaves field for a brief time; team does not play short

Other notes: No draw – after a goal the defense is given the ball for a clear; no score is kept; one pass rule before shooting; teams must play 1v1 defense.

10U

Players: 8v8, includes goalie

Field Size: 60-70 yards by 35-45 yards (cross field)

Equipment: Sticks, mouthguard, eyewear and NOCSAE ball

Goal Size: 3 feet by 3 feet (4x4 or 5x5 is allowable)

Fouls: Time serving cards, team does not play short
Other notes: Traditional lineup for draw; officials are required and score can be kept; introduction of the 8-meter arc and restraining line; after goal, goalkeeper clears; no checking and 3 seconds closely guarded applies; no pass rule before shooting; teams must play 1v1 defense.

12U

Players: 8v8 or 12v12, includes goalie
Field Size: 60-70 yards by 35-45 yards (cross field) for 8v8; 60-70 by 110-140 (full field) for 12v12
Equipment: Sticks, mouthguard, eyewear and NOCSAE ball
Goal Size: 6 feet by 6 feet
Fouls: Time serving cards, team plays down
Other notes: Draws after goals (mercy rule can be applied); modified checking is allowed; 3 seconds closely guarded applies; no pass rule before shooting; must play 1v1 defense outside of the critical scoring area (unless playing shorthanded).

14U

Players: 12v12, includes goalie
Field Size: 60-70 yards by 110-140 yards (full field)
Equipment: Sticks, mouthguard, eyewear and NOCSAE ball
Goal Size: 6 feet by 6 feet
Fouls: Time serving cards, team plays down
Other notes: Draws after goals; modified checking is

allowed; 3 seconds closely guarded applies; no pass rule before shooting.

Questions concerning the new US Lacrosse girls' youth lacrosse rules can be addressed to Caitlin Kelley, women's game senior manager, at ckelley@uslacrosse.org



