

YOUTH RULES

- Two 25-minute halves
- 8v8 total (restraining line at midfield incorporated)
 - 7v7 field players (2 attack, 3 middies, 2 defenders) +1 goalie (8v8 total)
 - 2, 12 min halves with 5 min half time
- Goalie required
 - If a team plays without a goalie for any reason, they will receive an automatic "L" in bracket play, no matter the score
- Eyewear required
- Mouthguard required
- Modified pocket allowed (no more than half the ball can be seen below sidewall)
- 6x6 goal
- No checking
- Standard 3 seconds and shooting space applies
- Self-start and free movement apply
- Card penalties/progressions will follow US Lacrosse 10U Youth rules (i.e. players sits out but teams does not play man-down)
- Draw after every goal
- Players hold for possession of the draw
 - 3 players will be placed on the 8m offensive end and 3 players on the 8-meter defensive end
 - The 7th field player will be at the center to take the draw
 - Players must hold in the 8-meter until the official has signaled that possession has been attained
- Double mercy rule (use when the score differential is 5 or more) – the team that is up by 5 or more goals must complete one pass before they are able to shoot and score; the team that is down by 5 or more goals will have a free possession at the draw after a goal (THIS IS NOT OPTIONAL)
- 1v1 contested ground balls not heavily enforced as long as play is safe
- 1v1 defense in midfield not heavily enforced as long as play is safe
- Kicking of ball is permitted
- Player with the ball may not hold the ball for more than 3 seconds when
 - closely guarded
 - the defense has both hands on their stick
 - the defense is in a position to legally check if checking were allowed
- No coaches on the field and ONLY 3 coaches allowed on the team sideline
- No timeouts
- No overtime except in Sunday championship play, which will be done in a Braveheart 3v3