

Maryland Youth Lacrosse Association Recreation Rules

Rule Highlights – 2026

NFHS Rules to be used with the following exceptions

OLD Federation Sticks (less than 3” throat are LEGAL)

New for 2026:

Per NHFS rules, Goalies no longer get 5 seconds to get back to their goals if they leave the crease.

If a player has their helmet come off for any reason during a game, Play is stopped immediately and that player has to leave the field until the next whistle restating play.

Equipment:

Mouthguards

All players must wear – including goalie
Violation is not a penalty unless repeated

Shoulder Pads

Goalie excepted
All field players must wear
Football shoulder pads are prohibited

Helmets

Hockey helmets are prohibited
Football helmets are prohibited
Helmets must have current NOCSAE certification

Arm Pads

ALL PLAYERS - including Goalie must wear

Gloves

Top side of all fingers must be completely protected – **padding must be secured to the fingers**
Worn-out or cut-out gloves are permitted but fingers must remain “in” (protected) by the glove
Unsafe gloves are not to be assessed a penalty – but must removed from the game immediately (may return if repaired)

Crosses

	<u>Tykers</u>	<u>Lightnings</u>	<u>Mid & Jun</u>
Legal Lengths	36” - 52”	36” – 72”	40”-42” & 52”-72”
Long Crosse Limits	N/A	4, 42”+ max	4, 42”+ max
Illegal Crosse Penalty	by book -	by book -	by book

Stick head dimensions may be legal by **either the OLD HS Federation (throat width less than 3” is OK) or NCAA rule book. But stick must be completely legal by one or the other.**

Play of the Game:

4 Goal Rule

Free clear following goal for the team losing by 4 goals or more
Face-off to begin every quarter unless excepted by NFHS rule

1 Hand Check	<p>Personal foul (a slash) Penalize only legitimate attempts to dislodge the ball</p>
Body-checks Tyker	<p><u>Tyker ONLY</u> – bodychecking permitted ONLY on player with <u>possession</u> of the ball. The technique of using the gloved hands to keep a player from the goal is legal, but should not be used in a thrusting motion. This will be considered a body check which is not permitted.</p>
Substitutions	<p><u>Substitution horn</u> (yelling) on ANY out-of-bounds ball For use in Ltg age group and younger NO HORN on Non-time serving penalties Inadvertant whistles Officials' Time-outs (not including injuries)</p>
Time-outs	<p>2 per half and 1 in each OT period for all levels playing OT Time-outs during play can be called <u>ANYWHERE ON THE FIELD</u></p>
Stalling	<p><u>AUTOMATIC "KEEP IT IN"</u> during the <u>last 2 minutes</u> of game for the team ahead – <u>EXCEPT - LTG & TYKERS!</u> Officials may put “stall warning” on if appropriate at any time during game. <u>Middies ONLY</u> – During the <u>LAST 2 MINUTES</u> of the game, (regardless of the score) both teams required to follow NFHS clearing rules (counts). <u>Juniors ONLY</u> – During the <u>ENTIRE</u> game, (regardless of score) teams will be required to follow NFHS clearing and count rules (20/10). <u>In and Back</u> – Juniors will follow the “Backcourt” rule as stated in NFHS manual. Once offensive team has advanced ball into the offensive box, it is illegal for ball to go back into defensive end unless last touched by defense or a shot. <u>Middies use during final 2 minutes.</u></p>
Goalie Foul	<p>Goalie will serve a penalty only if the penalty is Unsportsmanlike Conduct. Otherwise, the in-Home will serve any Goalie penalties. Replacement goalie has 2 minute warm-up period.</p>
Field Player in GOAL	<p><u>NO PLAYER</u> other than the <u>designated Goalie</u> may assume the position of a Goalie in the mouth of the goal. If this occurs, there will be <u>IMMEDIATE</u> (no flag down slow whistle) whistle stopping play. Penalty will be a Releasable 60 second Unsportsmanlike Conduct time-serving penalty.</p>
Conduct	<p>Inappropriate conduct by an official, player, coach, or spectator has no place in the MYLA. Inappropriate conduct must be dealt with immediately and appropriately. First responder to inappropriate conduct is to be the coach if a player or spectator is at fault. If the coach doesn't act or if the spectator doesn't comply, the official needs to take charge and remedy the situation. If possible, the official</p>

Face-off	<u>NO contrasting tape required.</u>
Injury	Injured player – <u>except Goalie</u> – must come out of game If injury is to goalie, he may remain in the game <u>if he and his coach agree.</u>
Spectators	All spectators should view the game from the non-bench side of the field.

ILLEGAL HITS THAT ARE SERIOUSLY VIOLENT SHOULD BE CONSIDERED FOR EJECTION.