

**2025 GIRLS YOUTH LACROSSE RULES COMPARISON**

Category	K-2 (8U)	3/4 (10U)	5/6 (12U)	7/8 (14U)
Field	Goal Circle, no RL 60-70yds x 35-45yds May play on smaller field with smaller Goal Circle	Goal Circle, 8M arc, no RL 60-70yds x 35-45yds	NFHS Full Field – (minimum dimensions)	NFHS Full Field
Goals	3'x3' – each team brings their own	6'x6' with shot blocker	6'x6'	6'x6'
Sticks	Small size – no pocket depth requirements	Small size – modified pocket allowed	Regulation stick	Regulation stick
Players	4v4 field players (no goalie)	7v7 field players (no goalie)	10v10 (9 field players + goalie)	12v12 (11 field players + goalie)
Timing <b>Running Clock</b> - Stop only for team timeouts and injuries *Allow shot on an FP on the 8m if time expires before restart	<ul style="list-style-type: none"> <li>10-minute quarters, 1 minute between quarters, 5-minute halftime</li> <li>one (1) 2-minute timeout per game per team</li> <li>No overtime</li> </ul>	<ul style="list-style-type: none"> <li>10-minute quarters, 1 minute between quarters, 5-minute halftime</li> <li>one (1) 2-minute timeout per game per team</li> <li>No overtime</li> </ul>	<ul style="list-style-type: none"> <li>12-minute quarters, 1 minute between quarters, 5-minute halftime</li> <li>two (2) 2-minute timeouts per game per team</li> <li><b>Spring:</b> one (1) 3-minute sudden victory overtime</li> <li><b>Fall:</b> no overtime</li> </ul>	<ul style="list-style-type: none"> <li>12-minute quarters, 1 minute between quarters, 5-minute halftime</li> <li>two (2) 2-minute timeouts per game per team</li> <li><b>Spring:</b> one (1) 3-minute sudden victory overtime</li> <li><b>Fall:</b> no overtime</li> </ul>
Draw	<ul style="list-style-type: none"> <li>No Draw - winner of coin toss starts game at center, opponent has first AP and starts second quarter</li> <li>After goals official awards ball to the side of the goal circle – <b>allow for subs, whistle start</b></li> </ul>	<ul style="list-style-type: none"> <li>Start of game and each quarter - 1 player center, 3 players from each team in each 8M until possession</li> <li>After goals official awards ball to the side of the goal circle – <b>allow for subs, whistle start</b></li> </ul>	NFHS	NFHS
Mercy and Scoring	Score not kept (so no mercy rule)	No mercy (opposing team gets possession after each goal)	Mercy optional – team behind by 4 goals may elect to take an indirect FP at center line	Mercy optional – team behind by 4 goals may elect to take an indirect FP at center line
Offsides	No offsides	No offsides	6 offense, 7 defense below RL (3 back)	NFHS
Substitutions	<i>During stoppage of play</i> Recommended: whole team subs after goal or every 1-3 minutes	Allowed during play Recommended: during stoppage of play or after goal	NFHS	NFHS
Covering the ball	No intentional covering allowed at any time	No intentional covering allowed at any time	No covering the ball when disadvantaging opponent	No covering the ball when disadvantaging opponent
1v1 Defense	1v1 defense	1v1 outside the 8M, double-team allowed in 8M	Not Applicable	Not Applicable
3-seconds <b>Closely Guarded</b>	Applies	Applies	Applies	Not Applicable
3-seconds in the 8M	Not applicable	Applies	Applies	Applies
Checking	No checking allowed No stick-to-body contact	No checking allowed No stick-to-body contact	Modified checking No stick-to-body contact	Transitional checking No stick-to-body contact
Cards	No cards	Sub for carded player (team does not play short), carded player serves time in penalty area	Teams play short on both attacking and defensive ends	Teams play short on both attacking and defensive ends

Notes: K-2 (8U) coaches may be on the field

K-2 (8U) may use standard NOCSAE ball

K-2 (8U) one (1) pass minimum after a goal. The one-pass rule does not apply on a turnover.

All Youth Levels: **No deputies allowed.** Goalies must wear shin protection.

\***Highlighted** items are IMLAX modifications to the USA Lacrosse rules.