

2026 NVYLL Rules Quick Reference					
	8U SIXES	10U		12U	14U
	Modified Field	Modified Field	Full Field	B/C	A
Game Time	4x8-minute quarters	4x10-minute quarters		4x12-minute quarters	
Clock	Running	Running, start/stop during last 2 min and OT			
Tie-Breaker	none during regular season			1x4-min Sudden Victory (regular season)	
Time-outs	1 per half		2 per half + 1 for OT		
Advancement	No	N/A		20 (clear) & 10 (box)	
Over and Back	No	N/A		Enforced at this level	
Pass attempt	1 pass attempted/completed in OFFENSIVE HALF of field		n/a		
Fast Restart allowed?	No. (5-yd separation required)		Yes		
Long poles	none	none	up to 3 (47-72")	up to 4	
Crosse Length	37"-42"		40"-42", 52"-72"		
Stalling	No Shot Clock	N/A		During game + last 2 min (lead of 4 goals or less)	
Slashing	One handed checks - whether or not contact is made			full stick checking, IAW NFHS Rule 4-16-1 and NFHS Rule 5-6-7	
Checking	No body checks			Limited Body Checks - 3 yards (No Takeout Checks)	
Targeting	"Targeting" body checks will result in a 3-minute non-releasable penalty and ejection from the game. See definition below.				
Goalkeeper Penalty	Before the game, the head coach shall nominate a starting defender to serve any time-serving penalty on the GK, or to come off the field if Goalkeeper helmet comes off.				
Time-serving penalty	See Note 1 below.		Player serves penalty and team is man-down See Note 2 Below		
Req'd Equipment	Goalkeeper NOT required to wear arm pads at any age				
Mercy Rule	n/a (no score)	6 goals or more		12 goals or more	
Other	6 v 6 (GK + 5 Field)	7v7 (2-2-2-GK)			
Officials use Penalty Flag and not cards for SIXES	1 coach on the field				
	no score posted				
	no playoffs				
	GK optional (no hector)				

Rev 2026.0

No Change from 2025

Change for 2026

All levels: SPORTSMANSHIP IS PARAMOUNT DURING ALL NVYLL PLAY.

All unnecessary roughness penalties are non-releasable for youth lacrosse.

Eye shade or other markings are allowed that include words, numbers, or logos so long as not profane or offensive.

Full field games may be started with fewer than 10 players, but if the team ever goes below seven field players due to injuries or penalties, the game will be forfeited immediately. (The intent of this rule is to allow a game to start on time if other players are enroute, or if a team wants to avoid a forfeit and is willing to play down.) The opponent is not required to play down.

TARGETING: Intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could also include a check with the crown of the helmet (spearing) that targets the head or neck. Also, a player shall not intentionally take aim at a player in a defenseless position.

Teams must have a properly equipped goalie with chest protection that meets the NOCSAE ND200 standard and contains the SEI certified logo or the game cannot be played.

Note 1: For 8U and 10U Modified Field time-serving penalties: Player serves but is replaced on the field. Restart is a 3-on-2 fast break at midfield. One midfielder from the offended team starts 5 yards below the midfield line. Other 3 midfielders are behind the midfield line. Attack and Defense players are allowed to position themselves to execute/defend fast break. All players are released on the whistle to restart play. **GK helmet coming off is NOT a time serving penalty, so this is NOT a fast break situation.**

Note 2: Time serving penalties will be releasable or non-releasable IAW NFHS rules and as modified in the NVYLL Operating Rules and Regulations. NFHS Rule 5-4-2 does NOT apply for youth lacrosse. **In case of a Flag Down Slow Whistle situation, officials will employ the Slow Whistle Technique as outlined in NFHS Rule 7-8.**

Note 3: NFHS 2026 Boys Lacrosse Rules and USA Lacrosse 2026 14U youth rules shall govern boys' youth play except as amended by NVYLL. The amended boys' rules are in Appendix #2 of the NVYLL 2026 League Operational Rules & Regulations, which can be found at [www.nvyll.org](http://www.nvyll.org) under "Documents." The above chart is a summary of those amended rules, but all youth officials should be familiar with the actual rules.