

2023 LAKC YOUTH RULES

Please note this is a summary of rules of play. Rules that are exclusive to LAKC are stipulated below. If not enumerated, please refer to 2023 USA Lacrosse rule book.

LAKC YOUTH RULES	7TH/8TH	5TH/6TH	3RD/4TH	1ST/2ND
Field Size	Full Field	Full Field	L- 60-70 yds W- 35-45yds	L- 60-70 yds W- 35-45yds
Stick Lengths	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"	Short Stick - 37"-42" Long Pole - 37"-54" (3 max) Goalie - 37"-54"	Short Stick - 37"-42". No long poles allowed.
Goal Size	6' x 6'	6' x 6'	4' x 4'	4' x 4'
Goalie Equipment	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup	No Goalie
Players	10v10	10v10	6v6 (5 field + 1 goalie)	4v4 (4 field)
Field Player Equipment	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup
Game Length	(4) 12 minute running quarters (1) 5 minute half Stoppage in last 2 minute if within 2 goals	(4) 12 minute running quarters (1) 5 minute half Stoppage in last 2 minute if within 2 goals	(4) 10 minute running quarters (1) 5 minute half	(4) 10 minute running quarters (1) 5 minute half
Overtime	4 minute sudden death, Braveheart to follow if still tied	4 minute sudden death, Braveheart to follow if still tied	None	None
Timeouts	2 per half, none in OT	2 per half, none in OT	none. officials only	none. officials only
Counts	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds	Goalie - 4 seconds no advancing counts	no counts
Start of Play & Start of Play After Goal	FACE OFF. If goal differential is 12 or more goals, no face off and possession begins at midfield; 2nd half only. If differential narrows to 6 or less, regular face-off rule resume.	FACE OFF. If goal differential is 12 or more goals, no face off and possession begins at midfield; 2nd half only. If differential narrows to 6 or less, regular face-off rule resume.	FACE OFF. Each team: 1 face off player at center of field; 2 players behind each GLE; 1 player in each goal. All field players are released after whistle is blown. No man ball by all players until possession is gained. If goal differential is 12 or more goals, no face off and possession begins at midfield; 2nd half only. If differential narrows to 6 or less, regular face-off rule resume.	NO FACE OFF EVER. Coin flip to determine possession at beginning of the game; alternate possession for remaining quarters. After goal scored, opposite team assumes possession at midfield. When play resumes, both teams have players on their respective side of the field .
Advancing	Defense - 20 seconds Offense - 10 seconds + over/back if after clear	Defense - 20 seconds Offense - 10 seconds + over/back if after clear	no counts	no counts
Offsides	Max 6 players in Offensive Half max 7 players in Defensive Half	Max 6 players in Offensive Half max 7 players in Defensive Half	none	none
Fouling Out	3 Personals or 5 Minutes	3 Personals or 5 Minutes	Penalties served, but no man down.	Penalties served, but no man down.
Allowable Body Contact	2 hands on stick below neck and above waist	2 hands on stick below neck and above waist	Legal Holds, league pushes, boxing out, riding, incidental	Legal Holds, league pushes, boxing out, riding, incidental
3 Yard Rule	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball
Illegal Body Checks	Defenseless - 2-3 minute Non-releasable, possible ejection	Defenseless - 2-3 minute Non-releasable, possible ejection	Player Sub and change of possession, if continued, player ejection	Player Sub and change of possession, if continued, player ejection
Checking	2 hands on stick (see 3 yard rule) NO ONE HANDED	2 hands on stick (see 3 yard rule) NO ONE HANDED	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders, NO ONE HANDED	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders, NO ONE HANDED
Checks to Head or Neck	2-3 minute non releasable, possible ejection	2-3 minute non releasable, possible ejection	Player serves penalty, no man down, if continued, player ejection	Player serves penalty, no man down, if continued, player ejection
Intentional Targeting	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless	Player Ejection	Player Ejection
Ejection Penalty	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave	Player Leave, Coach Leave	Player Leave, Coach Leave
# of Officials	2	2	1	NONE. Coaches ref the game
Penalties	**UPDATE FOR YOUTH 2023 SPRING SEASON** ALL PERSONAL FOULS ARE NON RELEASEABLE; PLAYER SERVES FULL TIME.			