

# 14U

## Draft Version 1

Players	10 v 10 with goalie	Body Contact  Stick Checks	must be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight.
Field Size	110- 120 x 60 - 70, 10 v 10		
Goals	6'x6' goals in 9' radius		
Timeouts	2 Per Half		
Overtime	Sudden Victory	Offsides	Technical Foul
Stalling	NFHS	Penalties	Time Serving Fouls
Equipment	See Cross Lengths Table	Restarts after Goal	Faceoff
Equipment	Mouth guards, Lacrosse gloves, and protective cups are mandatory	Length of Game	(4) 10 Minute Stop Time Quarters, 2 Minutes between quarters
Equipment	Helmets, shoulder pads, and arm guards are mandatory	Fouling Out	4 personal fouls or 5 minutes of penalty time

# 12U

## Draft Version 1

Players	7 v 7 play, with goalie or 10 v 10 with goalie	Body Contact	No body checking but some contact allowed
Field Size	110- 120 x 60 - 70, 10 v 10 or 60 -70 x 35 - 45, playing 7 v 7	Stick Checks	1) Lift Checks 2) Poke Checks 3) Downward stick checks below both players shoulders
Goals	6'x6' goals in 9' radius	Faceoffs	With One Wing Player releasing
Timeouts	2 Per Half	Offsides	Technical Foul
Overtime	Sudden Victory	Penalties	Time Serving Fouls
Stalling	NFHS	Scoring	Local Decision
Equipment	See Cross Lengths Table	Restarts after Goal	Faceoff
Equipment	Mouth guards, Lacrosse gloves, and protective cups are mandatory	Length of Game	(4) 10 Minute Stop Time Quarters, 2 Minutes between quarters
Equipment	Helmets, shoulder pads, and arm guards are mandatory	Substitutions	Whole Team

# 10U

Players	6 v 6 play, with no goalie or 5 v 5 with goalie	Body Contact	No body checking but some contact allowed
Field Size	60 -70 x 35 - 45 yards	Stick Checks	1) Lift Checks 2) Poke Checks 3) Downward stick checks below both players shoulders
Goals	6'x6' goals in 9' radius	Faceoffs	Yes, Note: Wing Players cannot release
Goals	40 yards apart	Offsides	None
Timeouts or Overtime	None	Penalties	Time Serving Fouls
Equipment	Regular Lacrosse Balls	Scoring	Local Decision
Equipment	See Cross Lengths Table	Restarts after Goal	Faceoff
Equipment	Mouth guards, Lacrosse gloves, and protective cups are mandatory	Length of Game	(4) 8 Minute Running Time Quarters, 2 Minutes between quarters
Equipment	Helmets, shoulder pads, and arm guards are mandatory	Substitutions	Whole Team