



10U – BOYS SMALL SIDED

Players: 7v7 plus a goalie

Field Size: 60 yards x 35 yards (cross field)

Equipment: Full equipment, NOCSAE lacrosse ball

Goal Size: 6 feet by 6 feet

Default to USAL Rules if not mentioned below

Penalties: Time-serving penalties or substitution penalties allowed *if agreed upon before the game*

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed:

- legal holds
- legal pushes
- positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out)
- defensive positioning to redirect an opponent
- incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

- Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- Downward check initiated below the shoulders of both players.

If the goal differential is six or more- the losing team can elect to take the ball rather than face off.

1 pass after the face-off before a goal can be scored



8U – BOYS SMALL SIDED

Players: 4v4 with no goalie or 5v5 with a goalie

Field Size: 60 yards x 35 yards (cross field)

Equipment: Full equipment, regular ball

Goal Size: 3 feet by 3 feet or 6 x 6 flipped over

Default to USAL Rules if not mentioned below

Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed.

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed:

- legal holds
- legal pushes
- positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out)
- defensive positioning to redirect an opponent
- incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

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If the goal differential is six or more- the losing team can elect to take the ball rather than face off.

1 pass after the face-off before a goal can be scored

**Due to the fact that not all teams in the Midwest are playing the same formats, we ask coaches to discuss and agree ahead of time on number of players, size of goal, etc. This is a play day festival, not a tournament, the goal is to have everyone enjoy themselves.*