



6U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 6U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if you would like additional clarification.

Philosophy of 6U Lacrosse

6U lacrosse is the first experience with the sport of lacrosse for many young athletes. The boys entering at this point have a vast difference in their physical and cognitive developments. The game they play should be designed to “level the playing field” and provide opportunity for any and every child that wants to participate. The emphasis at this age group should be to instill a love and excitement of playing, while developing fundamental movement skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again, helping to develop physical literacy.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Simple rules of play**
- **Good Sportsmanship**



AGE AND ELIGIBILITY

Player must be 5 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when organizing teams. At no time should players younger than 4 years of age be permitted to play at the 6U level. Ideally, players should be playing in single age year classifications.

6U BOYS' GAME SUMMARY AND EQUIPMENT

- 3 v 3 play, with no goalkeepers
- 60 x 35 yard field, adjustable for local conditions
- 3'x3' goals
- No team timeouts
- Mini stick type crosses recommended
- Soft lacrosse balls
- Mouth guards are mandatory. Lacrosse gloves and eyewear are optional. Helmets, shoulder pads, and arm guards are not permitted.

6U BOYS' RULES OVERVIEW

- No body contact allowed
- No stick-on-stick or stick-on-body contact allowed
- No faceoff
- No offside



8U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 8U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Philosophy of 8U Lacrosse

8U lacrosse is many young athletes first experience with the sport of lacrosse. The boys entering at this point have a vast difference in their physical and cognitive development. The game they play should be designed to level the playing field. Every effort should be made so kids have the opportunity to play and develop the fundamental skills of lacrosse. The emphasis at this age group is on instilling a love and excitement of playing, while developing the fundamental athletic skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to "touch" the ball, encourages experimentation, and is a place that the athlete will want to come back to again and again.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Introduce basic lacrosse concepts**
- **Explore competition in lacrosse**
- **Basic rules of play**
- **Good sportsmanship**



AGE AND ELIGIBILITY

Player must be 7 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 6 years of age be permitted to play at the 8U level. Ideally, players should be playing in single age classifications.

8U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 4 v 4 play, 1 goalkeeper plus 3 field players
- 60 x 35 yard field
- 3'x3' goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- Soft lacrosse balls
- No team timeouts

8U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- No faceoff
- No offsides



10U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 10U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Philosophy of 10U Lacrosse

10U lacrosse is where young athletes begin developing fundamental technical skills in lacrosse. The boys entering the sport at this point have a vast difference in their physical and cognitive development and the game they play should be designed to develop a combination of athletic movement skills, and fundamental technical skills for playing lacrosse. The emphasis at this age group is on instilling a love and excitement of playing, while developing the fundamental athletic skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and a progressive development of existing technical skills. Athletes should be coached to have a “Growth Mindset” by having effort is praised ahead of results.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Trying new skills in a team setting**
- **Learning and exploring overall play of the game**
- **Sportsmanship**



AGE AND ELIGIBILITY

Player must be 9 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 8 years of age be permitted to play at the 10U level. Ideally, players should be playing in single age classifications.

10U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 6 v 6 play, 1 goalkeeper plus 5 field players
- 60 x 35 yard
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- No team timeouts

10U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- Faceoffs with no players releasing from wing area
- No offsides
- Time serving fouls



12U BOYS' LACROSSE

In the event situations or questions arise that are not directly addressed in the 10U Rules, the 14U Rules and Approved Rulings (ARs) shall apply. Please contact US Lacrosse if this occurs or if you would like additional clarification.

Philosophy of 12U Lacrosse

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse. The boys entering the sport at this point have a vast difference in their physical and cognitive development and the game they play should be designed to reinforce fundamental technical skills and practical tactical applications for playing lacrosse. Essentially, they are preparing to be competitors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and a progressive development of existing technical skills. Additionally, the technical skills they are honing, are now being applied to the tactical aspect of the game. Athletes should be coached to have a “Growth Mindset” by having effort praised ahead of results.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Using technical skills in game situations**
- **Exploring and applying new tactical skills**
- **Sportsmanship**



AGE AND ELIGIBILITY

Player must be 11 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 10 years of age be permitted to play at the 12U level. Ideally, players should be playing in single age classifications.

12U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 10 v 10 or 7 v 7
- 110 x 60 yard field (10 v 10) or 60 x 35 yard field (7 v 7)
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- 2 Team timeouts per half

12U BOYS' RULES OVERVIEW

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- Faceoffs with 1 player releasing from wing area for each team
- Offsides is a technical foul at this age level



14U BOYS' LACROSSE

Below is a detailed summary of the 14U Rules. In the event situations or questions arise that are not directly addressed in this summary the online 14U Youth Rules and Approved Rulings (ARs) shall apply. The 14U ARs are available at uslacrosse.org/rules/boys-rules. Please first check the online rulebook and if you still are unclear contact US Lacrosse if you would like clarification.

Philosophy of 14U Lacrosse

14U lacrosse is where young athletes begin emerging into a competitive environment. With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **Fun**
- **Sportsmanship**
- **Using technical skills in game situation.**
- **Exploring and applying new tactical skills**



AGE AND ELIGIBILITY

Player must be 13 years old or younger on August 31 of the year preceding competition. It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. At no time should players younger than 12 years of age be permitted to play at the 14U level. Ideally, players should be playing in single age classifications.

14U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 10 v 10
- 110 x 60 yard field
- 6 x 6 goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- NOCSAE lacrosse balls
- 2 Team timeouts per half

14U BOYS' RULES OVERVIEW

The US Lacrosse 14U rules align with the National Federation of State High School Associations (NFHS) with some modifications for player safety.