

Age Group	Roster Size (SLYLA developed ranges as a guideline. No ranges are included in USL rules.)	# of Field Players	Goalie?	Field Demension	Goal Size
6U Boys	9-13	3	No	35/45 X 60/70	3X3 (PVC pipe goals)
8U Boys	9-13	4	Optional w/goal blocker if goalie not available	35/45 X 60/70	3X3 (PVC pipe goals)
10U Boys	12-15	5	Optional w/goal blocker if goalie not available	35/45 X 60/70	6x6. A 2' drop net is recommended to reduce the height of the goal to 4'.
12U Boys	Max 25	9	Required	regulation	6x6
14U Boys	Max 25	9	Required	regulation	6x6

Equipment	Ball	Defense / Body Checking	Penalty Enforcement
sticks and mouthguards only. Mini sticks should be used but a cut-down regulation stick not to exceed the height from the ground to the players waist is permitted. Lacrosse gloves and eyeware are optional. Hemlets and all other equipment not permitted	Soft, pink indoor balls to be used and will be supplied by home team	No "body to body" contact	Player leaves the field. No time serving penalties. Penalties used as a teachable moment to explain the foul that has been committed
full including protective cup	Soft, pink indoor balls to be used and will be supplied by home team	no body checking but some contact is allowed. No take-out checks permitted	Player leaves the field. No time serving penalties. Penalties used as a teachable moment to explain the foul that has been committed
full including protective cup	NOCSAE	no body checking but some contact is allowed. No take-out checks permitted	Time serving penalties
full including protective cup	NOCSAE	no body checking but some contact is allowed. No take-out checks permitted	Time serving penalties
full including protective cup	NOCSAE	Only be delivered by a player with both hands on their own stick. Must be on player with the ball, within 3 yards of a loose ball or to a player within 3 yards of a ball in flight. All must be below the neck, above the waist and delivered to the front or side of an opponent. No take-out checks permitted	Time serving penalties

Stick Contact	Face-Off	Offside	Coaches/Officials	Score	Game Time
Stick to stick contact not allowed	None	None	(1)Ref on field. (1) Coach per team is permitted on the field to help coach players. Coaches must remain close to the wing area and not interfere with the play of the game.	Not kept	(2) 12-minute running halves with a (4) minute halftime
2 handed. only lift, poke or downward stick check initiated below BOTH players shoulders	None	None	(1)Ref on field. (1) Coach per team is permitted on the field to help coach players. Coaches must remain close to the wing area and not interfere with the play of the game.	Not kept	(2) 12-minute running halves with a (4) minute halftime
2 handed. only lift, poke or downward stick check initiated below BOTH players shoulders	1v1 with no players releasing from wing area All other players below GLE- 2 on each side	None	Coaches are not permitted on the field of play / 2 certified officials at all times	kept	(2) 16-minute running halves with a (4) minute halftime
2 handed. only lift, poke or downward stick check initiated below BOTH players shoulders	regulation	regulation	Coaches are not permitted on the field of play / 2 certified officials at all times	kept	(2) 20-minute running halves with a (4) minute halftime
Only be delivered by a player with both hands on their own stick (no 1 handed). Must be on player with the ball, within 3 yards of a loose ball or to a player within 3 yards of a ball in flight.	regulation	regulation	Coaches are not permitted on the field of play / 2 certified officials at all times	kept	(2) 20-minute running halves with a (4) minute halftime

Substitutions	Team Timeouts	Raking the Ball	Scrum Situation	Excessive Possession (Coach/League Optional)
Whole team only after each goal or natural stop in play. Shift should be no longer than approx. 2-minutes. No on-the-fly subs permitted	none	turnover	Referee discretion would be alternate possession	if a player holds the ball for more than 5-7 seconds NTE 8 seconds (with a verbal warning from ref) without passing or shooting it would be a turnover.
Whole team only after each goal or natural stop in play. Shift should be no longer than approx. 2-minutes. No on-the-fly subs permitted	none	turnover. Except the goalie while in the crease	Referee discretion would be alternate possession	if a player holds the ball for more than 5-7 seconds NTE 8 seconds (with a verbal warning from ref) without passing or shooting it would be a turnover.
Whole team only after each goal or natural stop in play. Shift should be no longer than approx. 2-minutes. No on-the-fly subs permitted	1 per game	turnover. Except the goalie while in the crease or the players taking the face-off	Referee discretion would be alternate possession	N/A
normal	1 per game	permitted	N/A	N/A
normal	1 per game	permitted	N/A	N/A

Stick Length

should be no longer than the distance from the ground to players waist. No minimum

Short 37"-42" / goalie 37"-54". No long poles

Short 37"-42" / long 47"-54" / goalie 37"-54".

Short 40"-42" / long 52"-72" / goalie 40"-72". If 7v7 - 2 long sticks allowed on the field not counting the goalie stick. 3 long sticks permitted not including the goalie

regulation