

2026

BOYS - 8U RULES SUMMARY			
Crosse Length	Short: 37"-42" / Goalie 37" - 54". No Long Poles permitted.	Ball Used	NOCSAE
# of Players	4v4 or 5v5 - No Goalie	Goal Size	Goal Blocker is used OR...6v6 turned over and using the triangle of goal
Equipment	Full, including protective cup	Length of Game	(2) 18-minute running halves with a (4) minute halftime
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. No take-out checks permitted	Penalty Enforcement	No man up/down. Used as a teaching moment. Player leaves the field and can be replaced. Player eligible to return at next substitution point
Off Sides	None	Face-Off	None (ball taken out to side of crease and play continues) Opposing team must retreat to half field
Coaches/Officials	(1) Ref on field. (1) Coach per team is permitted on the field to help coach all players. Coaches must remain close to the wing area and not interfere with play of game.	Stick Contact	2 handed lift, poke and downward checks initiated from below BOTH players shoulders are permitted
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	Whole team subs recommended. Subing should take place only after each goal or natural stop in play. Shift should be no longer than approx. 2- minutes.
Passing Rule	1 pass attempt must be made on offensive half of field before a goal can be scored. Reset if opposing team gets ball across half line. Failure to pass before scoring is a turnover.	Excessive Possession	If a player holds the ball for more than 7 seconds without passing or shooting it would be a turnover. Referee begin out loud count at 5 seconds to warn players.
Time-Outs	None	Score	Not Kept

BOYS - 10U RULES SUMMARY

Crosse Length	Short: 37"-42" / Goalie 37" - 54" No Long Poles Permitted	Ball Used	NOCSAE
# of Players	5v5 or 7v7 (6v6+1 goalie) (Goalie is optional - If no goalie, a blocker is used)	Goal Size	6v6
Equipment	Full, including protective cup	Length of Game	(2) 18-minute running halves with a (4) minute halftime
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. No take-out checks permitted	Penalty Enforcement	No man up/down. Player who committed foul is required to sub off the field and can be replaced with a new player.... Player who committed the foul is required to stay OFF game field for a minimum of 1 minute.
Off Sides	if teams are playing 5v5 = NO offsided. ----- If teams are playing 7v7 = More than 5 players in its Offensive half or 5 players in its Defensive half (Including players in penalty box)	Face-Off	After Every Goal. 1 Wing player is allowed, but must have foot on sideline. All other players below GLE. Teams can put as many as 4 players at GLE. Release upon whistle
Long Poles	None	Faceoff Mercy Rule	If 6 goal lead, team that is behind has the option of being given the ball at the mid-field line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials when available	Stick Contact	2 handed lift, poke and downward checks initiated from below BOTH players shoulders are permitted
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	Whole team subs recommended. Subing should take place only after each goal or natural stop in play. Subbing on fly is permitted but not encouraged. Shifts should be no longer than approx. 2- minutes.
Pass Rule	1 pass attempt must be made on offensive side of field before a goal can be scored. Reset if opposing team gets ball across half line. Failure to pass before scoring is a turnover.	Excessive Possession	If a player holds the ball for more than 7 seconds without passing or shooting it would be a turnover. Referee begin out loud count at 5 seconds to warn players.
		Score	Kept
Overtime	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule applies.	Time Outs	None

BOYS - 12U SMALL SIDED 8v8 RULES SUMMARY

Crosse Length	NFHS	Ball	NOCSAE
# of Players	7v7 + 1 goalie required. 7 field players (2A/3M/2D/1G). NO SHOT BLOCKERS - Goalies Required. If Both Coaches agree, teams can play with 2A/2M/2D/1G (i.e. 6v6 + 1 goalie)	Goal	6x6
Equipment	Full, including protective cup.	Length of Game	2x 20 minute running time halves with a (4) minute halftime).
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. NO TAKE-OUT CHECKS permitted	Penalty Time	time serving (time and a half due to running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc...)
3-Yard Rule	All legal holds, pushes and checks must be on a player w/possession or 3 yards of a loose ball	Advancing the Ball	No counts except goalie 4-seconds in the crease count
Illegal Body Checks	NO TAKE OUT CHECKS PERMITTED - 1, 2 or 3 minutes non-releasable	Slashing	All one-handed checks are called as a slash, even if contact is not made
Penalty for Checks to Head/Neck	2 or 3 minute non-releasable	Unsportsmanlike Conduct	1,2 or 3 minute non-releasable
Unnecessary Roughness	1,2 or 3 minute non-releasable	Fouling Out	4 personal fouls or 6 minutes of penalty time
Offsides	More than 5 players in its Offensive half or 5 players in its Defensive half (Including players in penalty box)	Faceoff	1v1 with 2 wing players (foot on sideline). All other players below GLE. 2 players by each goal per team. Release upon possession, ball going out of bounds, or crossing GLE
Long Poles	3 (Max)	Faceoff Mercy Rule	6 goal lead, team that is behind has the option of being given the ball at the mid-field line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials when available	Stick Contact	2 handed. Only lift, poke or downward stick check initiated below BOTH players shoulders
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	On-the-fly subs permitted
Pass/Possession Rule	None	Time-Outs	1 time out per game
Overtime	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule applies.	Over & Back	Waived

BOYS - 12U LARGE RULES SUMMARY

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Crosse Length	NFHS	Ball	NOCSAE
# of Players	10v10 - 1 goalie required & 9 field players	Goal	6x6
Equipment	Full, including protective cup.	Length of Game	2x 20 minute running time halves with a (4) minute halftime).
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. NO TAKE-OUT CHECKS permitted	Penalty Time	time serving (time and a half due to running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc...)
3-Yard Rule	All legal holds, pushes and checks must be on a player w/possession or 3 yards of a loose ball	Advancing the Ball	No counts except goalie 4-seconds in the crease count
Illegal Body Checks	NO TAKE OUT CHECKS PERMITTED - 1, 2 or 3 minutes non-releasable	Slashing	All one-handed checks are called as a slash, even if contact is not made
Penalty for Checks to Head/Neck	2 or 3 minute non-releasable	Unsportsmanlike Conduct	1,2 or 3 minute non-releasable
Unnecessary Roughness	1,2 or 3 minute non-releasable	Fouling Out	4 personal fouls or 6 minutes of penalty time
Offsides	More than 6 players in its Offensive half or 7 players in its Defensive half (Including players in penalty box)	Faceoff	1v1 with 2 wing players. All other players behind the defensive box area line, 3 on each side. Release upon possession, ball going out of bounds, or crossing Defensive area line.
Long Poles	4 (Max)	Faceoff Mercy Rule	6 goal lead, team that is behind has the option of being given the ball at the mid-field line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials	Stick Contact	2 handed. Only lift, poke or downward stick check initiated below BOTH players shoulders
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	On the fly substitution are allowed. Players must pass through the substitution box
Pass/Possession Rule	None	Time-Outs	1 time out per game
Overtime	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule applies.	Over & Back	Turnover

BOYS - 14U RULES SUMMARY

Crosse Length	NFHS	Ball	NOCSAE
# of Players	10v10 - 1 goalie required & 9 field players	Goal	6x6
Equipment	Full, including protective cup.	Length of Game	2x 20 minute running time halves with a (4) minute halftime).
Defense/Body Contact	LIMITED body checking - Checks should be generally upright. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. NO TAKE-OUT CHECKS permitted	Penalty Time	time serving (time and a half due to running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc...)
3-Yard Rule	All legal holds, pushes and checks must be on a player w/possession or 3 yards of a loose ball	Advancing the Ball	No clearing time limit and goalie 4-seconds in the crease count
Illegal Body Checks	NO TAKE OUT CHECKS PERMITTED - 1, 2 or 3 minutes non-releasable	Slashing	All one-handed checks are called as a slash, even if contact is not made
Penalty for Checks to Head/Neck	2 or 3 minute non-releasable	Unsportsmanlike Conduct	1,2 or 3 minute non-releasable
Unnecessary Roughness	1,2 or 3 minute non-releasable	Fouling Out	4 personal fouls or 6 minutes of penalty time
Offsides	More than 6 players in its Offensive half or 7 players in its Defensive half (Including players in penalty box)	Faceoff	1v1 with 2 wing player. All other players behind the defensive area box line, 3 on each side. Release upon possession, ball going out of bounds, or crossing Defensive area line.
Long Poles	4 (Max)	Faceoff Mercy Rule	6 goal lead, team that is behind has the option of being given the ball at the mid-field line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials	Stick Contact	2 handed. Only lift, poke or downward stick check initiated below BOTH players shoulders
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	On the fly substitution is allowed. Players must pass through the Substitution box
Pass/Possession Rule	None	Over & Back	Turnover
Overtime	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule applies.	Time-Outs	1 time out per game