

Our Goal

Player Safety, Sportsmanship, Fair Play, and Fun Always

FOR LEVEL 5/6 GAMES ONLY (PLAYING WITH 12U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 5th or 6th grade AND under 13 years old as of March 30, 2025.

- 10 v 10 Players on full-size regulation field (up to 120 x 65 yds is new Unified Field size)
- Up to four "long poles" measuring up to 60" (including stick head & shaft) are permitted
- Substitutions are allowed on all sideline out-of-bounds (not endlines)
- After a stoppage in play, the game can restart when the defensive player(s) are within 5 yards of the ball carrier
- Level 5/6 teams will apply the 20-second count to clear the ball over the midfield line and will apply the 10-second count to get the ball into the offensive box
- The "over-and-back" rule will be in effect
- The 2-minute stalling rule will apply to level 5/6
- A stall warning can also be issued at any point in the game when an official feels an offensive team is not making an effort to make an attempt at scoring

FOR LEVEL 3/4 GAMES ONLY (PLAYING WITH 10U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 3rd or 4th grade AND under 11 years old as of March 30, 2025.

- 8 v 8 Players on modified field (at or near 90 x 40 yds)
- There are no time-served penalties or fast-breaks after penalties
- Substitutions are allowed on sidelines and endlines
- There are no body checks, no long poles, and no counts
- Downward stick checks are allowed as long as the checking player does not raise his hands above shoulder height
- There is offsides but no "over-and-back" rule
- When defending a player in possession of the ball, defender should use no more than equal pressure to prevent progress of ball carrier
- Team with possession of ball must make 1 completed pass in the offensive side of the field prior to shooting. In the event of a whistle, if the offensive team has made 1 completed pass, they are not required to complete another
- 1 coach may be on the field (within 5 yards of the sideline) to give positive instruction without having to yell

FOR LEVEL 1/2 GAMES ONLY (PLAYING WITH 8U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 1st or 2nd grade AND under 9 years old as of March 30, 2025.

- 7 v 7 Players on half-sized field (at or near 60 x 40 yds)
- Games are played in two 25-minute running-time halves
- There are no time-served penalties or fast-breaks after penalties
- Substitutions are allowed on sidelines and endlines
- There are no body checks, no long poles, and no counts
- Downward stick checks are allowed as long as the checking player does not raise his hands above shoulder height
- There is offsides but no "over-and-back" rule
- When defending a player in possession of the ball, defender should use no more than equal pressure to prevent progress of ball carrier
- Team with possession of ball must make 2 attempted passes in the offensive side of the field prior to shooting. In the event of a whistle, if the offensive team has made 2 attempted pass, they are not required to attempt another
- 1 coach may be on the field (within 5 yards of the sideline) to give positive instruction without having to yell

IT'S YOUR LEAGUE Let's make it better & a great experience for all involved.

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Pregame Checklist & Rules Review

Head Coaches & Officials must meet together to review before the start of all MYL CLASSIC and MYL SELECT Games

Our Mission

To Teach, Grow, and Honor the Game



It is required for all MYL Classic, Select, and Jamboree games that both head coaches and all assigned officials meet together before the start of the contest to review this checklist.

RULES

This game is being played by US Lacrosse Youth Rules with MYL Modifications. While USL Youth Rules are based on NFHS rules of lacrosse, this is not a high-school game and should not be officiated as one. If there are any questions, uncertainties, clarifications, or points of emphasis, the pregame meeting is the time for the “team of adults” to discuss and concur.

The following “checklist” should guide the conversation:

- Do the coaches have valid credentials?
- Do all coaches on the sideline have a 2025 MYL Coaching Badge?
- Does 1 coach on each sideline have a 2025 MYL Coaching Badge WITH Certification Sticker?
- Which is the home team? Is there a designated timekeeper and/or scorer?
- Do the coaches certify the players are properly equipped by rule?
- Who are the captains? Who is each team’s In-Home?
- Review the rules chart below for the level of game to be played
- Do coaches have any rules questions or clarifications for the referee?

Please use the following chart to clarify particular rules for specific levels

RULE	LEVEL 1/2	LEVEL 3/4	LEVEL 5/6	LEVEL 7/8
Format	7 v 7	8 v 8	10 v 10	10 v 10
Field	60 x 40 yards	90 x 40 yards	120 x 65 yards	120 x 65 yards
Goals/Nets	4' x 4'	6' x 6'	6' x 6'	6' x 6'
Periods	2 Halves	4 Quarters	4 Quarters	4 Quarters
Time	25-min Running	15-min Running	15-min Running	15-min Running
Timeouts	2 per half	2 per half	2 per half	2 per half
Time-Serving Penalties	No	Yes	Yes	Yes
Substitutions	End/Side	End/Side	Sidelines OK	Sidelines OK
Long poles	No	No	Up to four 60"	Up to four 72"
6+ diff = no faceoff	Yes	Yes	Classic Only	Classic Only
20/10 counts	No	No	Yes	Yes
“Over and Back”	No	No	Yes	Yes
Stalling	No	No	Yes	Yes
Quick Restarts	No	No	Yes	Yes
Coaches on field	1 (5 yards)	1 (5 yards)	No	No
Offsides = penalty	Yes	Yes	Yes	Yes
Unique Pass Rules	Yes	Yes	No	No

Our Philosophy

- ★ Evenly Balanced Teams at All Levels in Classic program: No ‘A’ or ‘B’ or ‘stacked’ Teams
- ★ Equal Playing Time for All Players on Team in All MYL Classic Games
- ★ Players participating on MYL Select Team must also play on their Classic Team
- ★ Coaches are Teachers & Role Models focused on Teamwork, Fundamentals, & Fun-Factor

UNIVERSAL RULES & POINTS OF EMPHASIS

- **Safety & Sportsmanship are top priorities. Zero tolerance** for taunting, swearing, obscene or out-of-control, overly-aggressive conduct by a player, coach, or spectator on the field, bench, sideline, or viewing area. These actions (including those of spectators) will result in an unsportsmanlike ‘locked-in’ penalty & could END game.
- **3-YARD rule: Controlled stick & body checks** (aka “Man ball” GB) allowed at Levels 5/6 and 7/8 only within 3 yards of the ball. However, NO hitting or pushing a player from behind at any level and NO helmet-to-helmet hits. Contact must be from the **front, above the waist, and below the neck** and NOT a take-out check.
- **Uncontrolled stick check, 1-handed check, or a wild “swing ‘n’ miss” are all called a SLASH** and result in a 1-minute personal foul penalty. Except as allowed at L7/8 for proper 1-handed checks. **Cross-checking or repeatedly stick checking** free hand, arm, or side of a player with or without ball is NOT allowed and will also be given 1-minute penalty.
- **Take-out checks (or blindsides checks) are NOT allowed and will be severely penalized.** A take-out check is defined as any hit with or without possession of the ball that has the **intent** – in the Referee’s opinion – of injuring OR putting OR knocking the opponent to the ground. NO checks are allowed against an opponent in a defenseless position.
- **Take-out check is an unsportsmanlike conduct foul** and results in an automatic time-serving **non-releasable** 2 or 3-minute penalty (Ref’s discretion). A 2nd offense by the same player results in an immediate **Ejection** from game (team serves another non-releasable penalty).
- **A player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time** shall be disqualified from the game.
- **If any team gains a 6+ goal lead**, the trailing team receives the ball at midfield and faceoffs are suspended – unless waived by the trailing team – until the goal margin returns to 5 goals or less.
- **If any team gains a 12+ goal lead**, the coach of the lead team should make **discrete** adjustments.
- **Coaches are reminded to stay off the field** – except as allowed for in Level 1/2 and 3/4 games – and remain out of the substitution box area, during the game unless official(s) request or safety dictate otherwise. Parents & spectators are to view game on opposite side from teams.
- **Player lineup before start of game is highly recommended.** Starting players on each team should lineup at midfield facing their opponent 5 yards apart. Official should give brief pregame equipment reminders (mouthpieces in, etc.), review any field issues, as well as expected game conduct (safety, sportsmanship, and fair play). Players should then shake hands and go to their positions before game start.

FOR LEVEL 7/8 GAMES ONLY (PLAYING WITH 14U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 7th or 8th grade AND under 15 years old as of March 30, 2025.

- 10 v 10 Players on full-size regulation field (up to 120 x 65 yds is new Unified Field size)
- Up to four “long poles” measuring up to 72” (including stick head & shaft) are permitted
- Substitutions are allowed on all sideline out-of-bounds (not endlines)
- Level 7/8 teams will apply the 20-second count to clear the ball over the midfield line and will apply the 10-second count to get the ball into the offensive box
- The “over-and-back” rule will be in effect
- The 2-minute stalling rule will apply to Level 7/8
- A stall warning can also be issued at any point in the game when an official feels an offensive team is not making an effort to make an attempt at scoring
- After a stoppage in play, the game can restart when the defensive player(s) are within 5 yards of the ball carrier
- 1-handed checks are allowed at L7/8. Wild “swing ‘n’ miss” and 1-handed check that results in a slash will be called a SLASH and result in a 1-minute personal foul penalty