

2024 USA Youth Lacrosse Rules & MYLA Exceptions

In an effort to simplify and clarify the differences and conflicts between USA Lacrosse (USAL) Youth Rules and Maine Youth Rules (also referred to as “Maine Wrinkle Rules”), the MYLA Rules Committee has recommended that MYLA teams comply with USAL Rules to the greatest extent possible. With a predominant focus and view toward player safety and regional practicality and logic, USAL Rules will be followed for the 2024 Lacrosse Season, with the following exceptions (Note: please also refer to the summary age level cards that provide the exceptions for various age levels).

BOYS

The USA Lacrosse Youth Rules committee passed the allowance of one-handed stick checks for 12U youth play beginning in Spring 2024.

MYL recommends that all major fouls result in a penalty being administered beginning in the spring of 2024 at the 5/6 grade level. The penalty should be for **1 minute**. Penalty administration is the responsibility of the home team (coach, parent, table monitor, etc.)

LIST OF MAJOR PENALTIES:

- Cross Check
- Illegal Body Check and Checks to the Head
- Targeting
- Illegal Crosse
- Use Of Illegal Equipment
- Slashing
- Tripping
- Unnecessary Roughness
- Unsportsmanlike Conduct
- Fouling Out
- Ejection
- Misconduct

Definitions for Major Fouls can be found in Appendix A of the Boys Youth Guidebook at the link below. Please review these fouls with coaches and players.

2024 Boys Youth Guidebook

NOTE: Penalties at the 3/4 level will still be served by the offending player, however, the player can be replaced by a teammate on the field of play.

Playing Format Recommendations:

Grade 1/2 – Small-sided play per 6U and 8U rules (4 v 4, including a Goalie)

Grades 3/4 - continue with small-sided play (7v7, including 1 Goalie) per 10U rules.

Grades 5/6 - Continue with small-sided play for 2024 (7v7, including 1 Goalie)

Full transition to Sixes in Spring 2025

Continued discussion in future

Full field 10v10 play for all programs that have fields and enough players to field a team. Recommended minimum of 16 players per full field team

BOYS MYLA EXCEPTIONS.

a. Long Poles (LP) – Crosse length as defined by USAL Rules for field players (including Short Poles and Long Poles), which measure in length greater than 42” inches are not permitted at the 10U – 12U levels of play when playing small-sided games.

Exception to USAL Rule 1.6, Appendix V.

****Long poles will be allowed when games are full field, 10 v 10 contests.****

b. Officials – Recognizing the official shortage statewide (and nationwide), one (1) Official is permitted for 12U & 14U level of play, however two (2) officials are recommended (and strongly recommended for 10 v 10 games). *Exception to USAL Rule 2.5.*

c. No overtime – No overtime shall be observed at any levels of play. *Exception to USAL Rule 3.4.*

GIRLS

1. Grade 1/2 (8U)

- a. Softer ball used during games -
 - i. Preferably a SwaxLax Ball
 - ii. Tennis balls and Pinkies are too bouncy in the crosse.
- b. 4x4 Goals Highly encouraged.
- c. All other rules in accordance with US Lacrosse guidelines

2. Grades 3/4 (10U)

- a. 4x4 goal size highly recommended / encouraged.
- b. No offsides to be called by officials or requested by coaches.
 - i. Reasoning: the field is too small, decision to keep players back and midfield and into the defensive end is a coaching decision.
- c. Eliminating goalie or defensive clears after a goal is scored. The ball will go back to the center for a draw. Two players to take the draw are the only players at midfield. All other players need to be inside the 8 Meter until possession is gained or the ball enters into the 8 Meter area.
 - i. Reasoning: having 3 players lined up across the center of field is not a traditional draw set up. Eliminates a scrum and/or potential fouls (empty stick check).
- d. Teams have an option for an indirect free position at center of the field when there is a five-goal differential.
- e. No stick to body contact initiated by defense at youth level.
 - i. Maintains consistency with the USA Lacrosse Youth Rules for Girls
 - ii. Reasoning: US Lacrosse is very vocal about this due to injuries. Officials will be strongly encouraged to call 3 seconds closely guarded.
- f. Length of game:
 - i. 4 - 10-minute quarters, 2 minutes in between quarters. 5-minute half.
- g. All other rules in accordance with US Lacrosse guidelines

3. Grades 5/6 (12U)

- a. Teams will have an option to play full field. Teams are allowed to play with less players if they choose: 9v9, 10v10 etc.
- b. Modified checking allowed if an adult is officiating the game.
- c. All other rule recommendations are the same as 10U.

MYLA EXCEPTIONS.

a. Grades 3/4 (10U)

i. Goals – Goalkeepers (GK) are strongly encouraged at this level of play, but in the event one or more teams does not field a GK, goals are to be triangles-up or have a shooter tutors attached to the goals of both teams. *See USAL Rules 1.3 and 3.1.*

ii. Restart after Goal / 5 Goal Differential - After each goal, players will return to the 8m or the midfield to take a draw after each goal scored. In the event of a five (5) goal differential, with or without a GK, the trailing team can elect to take an indirect free position at the draw center. *Exception to USAL Rule 5.3*

b. Grades 5/6 (12U)

i. No overtime – No overtime shall be observed. *Exception to USAL Rule 4.3.*

ii. Checking – Modified Checking below the shoulder (and as defined by USAL Rules) is permitted if and only the following condition is satisfied: (I) Certified Adult Officials are officiating the competition *Exception to USAL Rule 6.12.*

c. Grades 7/8 (14U)

i. Number of Players – 12 v 12 is strongly encouraged at this level of play, however competitions may proceed in an 8v8 format. *Exception to USAL Rule 3.1.*

ii. No overtime – No overtime shall be observed. *Exception to USAL Rule 4.3.*

iii. Checking – Transitional Checking, as defined by USAL Rules, is permitted for U14 (7th and 8th grade), however, if one (1) 6th grader player plays in the competition, checking for that competition will revert to Modified Checking. *Exception to USAL Rule 6.12.*