



# 10U – BOYS SMALL SIDED

Players: 7 v 7 **WITH** a goalie (field is 2-2-2)

Field Size: Cross field

Equipment: Full equipment, NOCSAE lacrosse ball

Goal Size: 6 feet by 6 feet

Penalties: Time-serving penalties or substitution penalties allowed if agreed upon before the game – default is NO timeserving.

Body Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed:

- legal holds
- legal pushes
- positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out)
- defensive positioning to redirect an opponent.
- incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a

loose ball.

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.

Long Poles allowed

1 Pass rule after F/O or restart after goal scored.



## 8U Rules - BOYS

Players: 5 v 5 with no goalie (1-3-1)

Field Size: 60 yards x 35 yards (cross field)

Equipment: Full equipment, regular ball Goal Size: 3 feet by 3 feet or 6 x 6 flipped over

Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed. Body

Checking: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed:

- legal holds
- legal pushes
- positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out)
- defensive positioning to redirect an opponent.
- incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.

No Long Poles allowed

1 Pass rule after F/O or restart after goal scored.