



2022 MAYLA BOYS YOUTH RULES SUMMARY

Approved: N/A

Rule	USL Rules Followed	3/4 Grade (Bantam) Played under 10U rules	5th/6th Grade (Junior) Played under 12U rules	7th/8th Grade (Senior) Played under 14U rules
1-2	Field Size	40' x 60'	Should be Regulation Size but may be adjusted by notifying Director	
1-2	Spectators	Spectators should be in stands or opposite of bench within restraining line limits - 5 yards from the field sideline		
1-5	Ball Specifications	Ball Must be Stamped "Meets NOCSAE Standards"		
1-6	Cross Length	37"-42" No Long Poles	40" - 42", Long Poles Allowed 52" - 72"- Long poles shall not be taller than the player.	
1-9	Equipment	Goalies required to wear helmet with throat guard, goalie gloves, chest protector, mouth guard; Recommended: Arm Pads, shin guards, or thigh pads		
1-9	Equipment	Protective Cups Required at All Levels		
1-9	Jerseys	Jersey, pinnie, or under jersey should completely cover the shoulder pad; Home team should wear pinnies if same color		
1-12	Culture Keeper	Required for both home and away teams		
	Coaches Certification	ALL COACHES Must be Certified "USAL Coach" to be in the box - 12 months from start		
3-1	Length of Game	(4) 10 minute running time quarters	(4) 10 minute stop time quarters/optional 12 minute running time quarters	
3-1	Overtime	No Overtime		
3-3	Final Two Minutes	Waived		Get it in, Keep it in
4-3	Faceoff / Mercy Rule	At a 6 or more goal lead, losing team can choose to faceoff or take the ball at mid-field		Follow USAL Rules - At a 12 or more goal lead, losing team can choose to faceoff or take the ball at mid-field - Clock Runs in Second Half
4-3	Faceoff	Standing Neutral Grip (No knee on the ground)		Standing Neutral Grip (No knee on the ground)
4-13	Advancing the Ball	Waived		20/10 Count Enforced
4-14	Over-and-Back	Waived		USAL Enforced: Once ball has been advanced to goal area, ball cannot be advanced across midfield line by attacking team
4-15	3 Yard Rule / Body Contact	All Stick Checks, Legal Holds, and Legal Pushes Must Be On A Player In Possession Of Ball Or Within 3 Yards Of A Loose Ball		
4-21	Substitutions	Sideline Horn upon coaches request on OB and Time Serving Penalty (No Endline Sub Horn)		
4-24	Official Timeouts	If A Player In Possession Loses ANY Piece Of Equipment, Stop Play Immediately		
4-25	Team Timeouts	Two Timeouts Per Half With a Maximum of Two Minutes		
4-31	Get it in/Keep it In	Waived		Enforced - 4 goals or less
5-3	Illegal Body Check	No Take Out Checks Are Allowed At Any Level (No Lowering Shoulder, Excessive Aggression, No Blindside Checks or Checks Against a Defenseless Player, Head or Neck area) Two or Three Minute Non-releasable Foul		
5-3	Body Check	No Body Checks (Loose Ball Boxing Out Allowed)		Limited Body Checking Should be Generally Upright
5-4	Checks to Head And Neck	Players May Not Initiate Contact to Opponents Head or Neck with the Cross or Any Part of His Body Two or Three Minute Non-Releasable Foul. An Excessively Violent Violation May Result in an Ejection		
5-7	Slashing	One Handed Checks Are Not Allowed. Checks must be on the opponents crosse or gloved hand on his crosse. *May not come from above the shoulder.		
5-9	Unnecessary Roughness	An Excessively Violent Infraction Including Punching Blows Non-Releasable Foul		
5-10	Unsportsmanlike Conduct	1st Foul 1-3 Minute Non-Releasable 2nd Foul 3 Minute Non-Releasable and Ejection		
5-11	Fouling Out	3 Personal Fouls or 5 Minutes		3 Personal Fouls or 5 Minutes of Personal Foul Penalty Time
7-1	Time Serving Penalties	Offending Player Must Leave the Field for the Length of the Penalty but is replaced by another player (no man up situations) (In home serves goalie penalties)		Time Serving Penalties Are Enforced Per USAL Rules (In home serves goalie penalties)
	Goalie Gear	Goalie Stick, helmet, throat guard, chest protector, goalie gloves, cup, mouth guard. Recommended: Thigh pads, arm pads, shin guards		

