



MAYLA

2021

Girls Youth Rules Summary Modifications

Category	10U - Bantams (3rd/4th)	12U - Juniors (5th/6th)	14U - Seniors (7th/8th)
Players	8v8 - 2/3/2/G [p] 7v7 - 2/2/2/G or 2/3/2/M 6v6 - 2/2/2/M 5v5 - 2/1/2/M smaller (smaller team decides format) No goalies if one team does not have a goalie	12v12 – 4/3/4/G (ff) [p] 10v10 – 3/3/3/G (ff) 8v8 – 2/3/2/G (ff) (smaller team decides format)	12v12 – 4/3/4/G (ff) [p] 10v10 – 3/3/3/G (ff) 8v8 – 2/3/2/G (ff) (smaller team decides format)
Field Size	Cross-Field, 60-70 yds x 35-45 yds	Full Field	Full Field
Field Lines	Regulation Goal Circle, 8M Arc, Midfield Restraining Line	Regulation Field Lines	Regulation Field Lines
Goals	4'x4' or 6'x6' as long as they are same	6'x6'	6'x6'
Balls	Regulation Lacrosse Balls	Regulation Lacrosse Balls	Regulation Lacrosse Balls
Sticks	Regulation Stick	Regulation Stick	Regulation Stick
Coaches	1 Certified, all others Qualified Remain on Sideline in Coaching Area	1 Certified, all others Qualified Remain on Sideline in Coaching Area	1 Certified, all others Qualified Remain on Sideline in Coaching Area
Officials	1 Official required, 2 recommended	2 Officials minimum required No checking if less than 2 officials	2 Officials minimum required No checking if less than 2 officials
Timekeepers	Timekeeper at table required	Timekeeper at table required	Timekeeper at table required
Score	Score is kept at table required	Score is kept at table required	Score is kept at table required
Length of Game	Two 20 minute halves, 5 minute halftime, running clock	Two 25 minute halves, 5 minute halftime, running clock	Two 25 minute halves, 5 minute halftime, running clock
Timeouts	1 Team Timeout per game	1 Team Timeout per game	1 Team Timeout per game
Overtime	No Overtime	No Overtime	No Overtime
Start of Game and Half	Regulation Game start procedures	Regulation Game start procedures	Regulation Game Start Procedures
Start after Goal	Regulation draw procedures Mercy Rule Optional, Team 6 or more goals behind may elect to take indirect free position at center	Regulation draw procedures Mercy Rule Optional, Team 6 or more goals behind may elect to take indirect free position at center	Regulation draw procedures Mercy Rule Optional, Team 6 or more goals behind may elect to take indirect free position at center
Self-Start	No Self Starts	Regulation Self-Start Procedures Apply	Regulation Self-Start Procedures Apply
Restraining Line	2 field players from each team must be behind midfield line	4,3,2 field players, based on game format, from each team must be behind restraining line.	4,3,2 field players, based on game format, from each team must be behind restraining line.
Goal Circle	Only goalkeeper may enter goal circle. Field players may not follow through on shot	Only goalkeeper may enter goal circle. Field players may not follow through on shot	Only goalkeeper may enter goal circle. Field players may not follow through on shot
Cards	Team substitution allowed for carded player, teams do not play short	Team plays short	Team plays short
Ground Balls	No restrictions, kicking ball NOT allowed	No restrictions, Safe kicking of ball allowed	No restrictions, Safe kicking of ball allowed
Covering Ball	No covers at any time	No covering if it keeps opponent from playing the ball.	No covering if it keeps opponent from playing the ball.
Minimum Pass Rule	2-pass attempts required	2-pass attempts required	No minimum passing rule
1v1 Defense	Must play 1v1 defense in Midfield	Not applicable	Not applicable
Checking	No Checking	Modified Checking	Modified Checking
3-Sec Closely Guarded	3-seconds closely guarded rule applies	Not applicable	Not applicable
3-Sec in 8M Arc	3-seconds rule in 8M applies	3-seconds rule in 8M applies	3-seconds rule in 8M applies
Major Fouls	Major Fouls apply per 2020 NFHS Rules Book	Major Fouls apply per 2020 NFHS Rules Book	Major Fouls apply per 2020 NFHS Rules Book
Unsportsmanlike Conduct	Major Foul/Mandatory Card	Major Foul/Mandatory Card	Major Foul/Mandatory Card

Additional Questions or clarifications? girls.director@mayla.org Yellow highlights indicate deviation from 2020 Youth Rules Guidelines

Effective as of: 28 Mar 2021

Rule hierarchy: 2020 NFHS Rules Book is the base; is modified by 2020 US Lacrosse YOUTH Rules Book; is modified by 2021 MAYLA Youth rules modifications.

Player Notes:

(sf) = small field, (ff) = full field, G = goalie, M = netminder, [p] = preferred format
##/#/ix = Attack/Mid/Defense/Goal

No Goalie Notes:

Goals must be of a shot, NO ROLLING THE BALL INTO GOAL.

If ball comes to rest within the goal circle without scoring, then ball is awarded to defensive team player closest to the ball; starts next to goal circle, behind goal line extended.

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