

**Summary of 2020 Minnesota Youth Rules**

	<b>8U Rules</b>	<b>10U Rules</b>	<b>12U Rules</b>	<b>14U Rules</b>
<b>Number of players</b>	<b>5 v 5, no goalies</b>	<b>7 v 7 (1G, 2A, 2M, 2D)</b>	10 v. 10	10 v. 10
<b>Field size</b>	60 yd x 35 yd	60 yd x 35 yd	110 yd x 53 1/3-60 yd	110 yd x 53 1/3-60 yd
<b>Ball</b>	Soft ball <b>or</b> standard NOCSAE	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
<b>Goal size</b>	4 ft x 4 ft preferred (or flipped standard goal)	4 ft x 4 ft preferred (or 5'x5' or 6'x6')	6 ft x 6 ft	6 ft x 6 ft
<b>Penalties</b>	Player serves penalty but team plays full strength (fouling out and ejections possible)	Time-serving, man-down	Time-serving, man-down	Time-serving, man-down
<b>Scorekeeping</b>	No score will be kept	Yes	Yes	Yes
<b>Jersey numbers on front and back</b>	Recommended	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)
<b>Max # of long crosses (not counting goalies)</b>	None permitted	Two	Four	Four
<b>Body checking</b>	None (ejection is likely for a violent hit)	None; min. 1:00 NR penalty for takeover checks (could be 1:00-3:00 releasable for completely upright non-takeout check)	None; min. 1:00 NR penalty for takeover checks (could be 1:00-3:00 releasable for completely upright non-takeout check)	No take-out checks; minimum 1:00 NR penalty. Body contact must be non-violent and checker must be completely upright. Can't be more aggressive than needed to stop player.
<b>Stick checking</b>	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Restricted stick checking rules (see text of rule document)	No one-handed checks (violation is a slash)
<b>Face-offs</b>	None; coin toss for first possession, then team that is scored upon gets ball on GLE to restart. Start each quarter by alternate possession.	One "wing" player with foot on his own crease released on whistle. 2A+2D players behind GLE and GK in crease released when faceoff ends	Standard for 10 v. 10	Standard for 10 v. 10
<b>Coin toss</b>	Yes, with one player <b>or</b> coach from each team (not necessarily a "captain"). Winner gets first actual possession and other teams gets first AP	Yes, with captains; determines goals to defend and first AP	Yes, with captains; determines goals to defend and first AP	Yes, with captains; determines goals to defend and first AP
<b>Line-up</b>	All players	All players	All players	Starters only
<b>Officials</b>	Not required. Coaches officiate or 1 official (2 could be used)	Required. Two will normally be used but one can be used in some circumstances.	At least 2 (3 could be used upon request in some situations)	At least 2 (3 could be used upon request in some situations)
<b>Coaches</b>	Roam field if there are no officials; can roam entire sideline except opposing coach box (off field of play) if an official is used	Roam field if there are no officials; can roam entire sideline (but can't go through table area or other coach/bench area) if an official is used	Must stay in coaches box (exceptions: injured player; goalie warm-up, halftime; get info from table; cross exchange in table area)	Must stay in coaches box (exceptions: injured player; goalie warm-up, halftime; get info from table; cross exchange in table area)
<b>Time factors</b>	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible
<b>OT or tiebreaker</b>	None (no score kept)	None (except possibly in tournament situations; must use at least 4 players)	None (except possibly in tournament situations; must use at least 4 players)	None (except possibly in tournament situations; must use at least 4 players)
<b>Team timeouts</b>	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less
<b>Dead-ball substitution and face-off after goal</b>	Goal scorer <b>must</b> sub out of the game unless there are no subs. Other players <b>may</b> sub. Ball is awarded to scored-upon team on the GLE.	Goal scorer <b>must</b> sub out of the game unless there are no subs. Other players <b>may</b> sub. A face-off will take place unless there is a post-goal foul that awards possession to one team.	Standard substitution rules	Standard substitution rules

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	<b>8U Rules</b>	<b>10U Rules</b>	<b>12U Rules</b>	<b>14U Rules</b>
<b>Dead-ball substitution (not after goal)</b>	Whole- or partial-team dead-ball subs are allowed after a penalty is reported, after a team timeout, to start a quarter, or any time the offensive team requests subs during a live ball when they are not at risk of losing possession.	Whole- or partial-team dead-ball subs are allowed after a penalty is reported, after a team timeout, to start a quarter, or any time the offensive team requests subs during a live ball when they are not at risk of losing possession.	Standard substitution rules	Standard substitution rules
<b>Live or dead ball subs through table area</b>	Standard substitution rules	Standard substitution rules	Standard substitution rules	Standard substitution rules
<b>Stopping play for subs</b>	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	<b>None</b>	<b>None</b>
<b>Offside</b>	<b>None</b>	No more than 4 players in offensive end or 5 players in defensive end, including players serving penalties. Based on cone if no midfield line; only called if player is clearly past cone.	Standard rules (violation if a team has <b>too many</b> players on either end of the field)	Standard rules (violation if a team has <b>too many</b> players on either end of the field)
<b>Scrum ball rule</b>	Award ball by AP if 3 or more players near ball can't pick it up within 4 seconds	Award ball by AP if 3 or more players near ball can't pick it up within 4 seconds	<b>None</b>	<b>None</b>
<b>Raking/ covering ball</b>	Legal (withholding foul if ball covered and not moved immediately)	Legal (withholding foul if ball covered and not moved immediately)	Legal	Legal
<b>Routine officials equipment inspections</b>	Check protective gear and end cap. Visually inspect stick (pocket depth and rollout checked only if stick is obviously illegal, in which case it is confiscated). No penalties.	Check protective gear (penalize if missing). Check stick for everything but measurements; if illegal, stick no penalty but stick can return if adjusted	Check protective gear and all aspects of stick except measurements. Normal penalties apply.	Check protective gear and all aspects of stick except measurements. Normal penalties apply.
<b>Coach-requested equipment inspections</b>	<b>No coach-requested checks</b>	Check protective gear/stick as above, but illegal sticks and deep pockets are penalized. No measurements will be checked except for length of long stick upon request by coach.	Check all aspects of protective gear and crosse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).	Check all aspects of protective gear and crosse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).
<b>Stalling rule</b>	<b>None</b>	<b>None</b>	Standard NFHS "get-it-in/keep-it-in" stalling rules; can be applied in the defensive end	Standard NFHS "get-it-in/keep-it-in" stalling rules; can be applied in the defensive end
<b>Restarts</b>	No player is allowed with 5 yards of player awarded possession	No player is allowed with 5 yards of player awarded possession	No offensive player within 5 yards; play restarts if defensive players is with 5 yards (possible foul if defensive player doesn't yield properly)	No offensive player within 5 yards; play restarts if defensive players is with 5 yards (possible foul if defensive player doesn't yield properly)
<b>Offensive 10-count/over-and-back</b>	Small field, so rule doesn't apply	Small field, so rule doesn't apply	<b>Yes</b>	<b>Yes</b>
<b>Special rules</b>	One-pass rule: in any situation where a faceoff would normal occur, the team that ends up with possession must attempt one pass before they can shoot	One-pass rule: in any situation where a faceoff would normal occur, the team that ends up with possession must attempt one pass before they can shoot (even if faceoff doesn't occur)	<b>None</b>	<b>None</b>
<b>Short stick lengths</b>	37"-42"	37"-42"	40"-42"	40"-42"
<b>Long stick lengths</b>	<b>None permitted</b>	47"-54" (recommend no taller than player)	52"-72" (recommend no taller than player)	52"-72" (recommend no taller than player)
<b>Goalie stick lengths</b>	<b>None permitted</b>	37"-54"	40"-72"	40"-72"

## Summary of 2020 Minnesota Youth Rules

Additional rules at ALL youth levels	Equipment rules at ALL youth levels
Creases can be marked with paint, soccer disks, or foldable creases, and spectators must be kept <b>6 yards</b> back from the far sideline	Goalie arm pads and shin/knee/thigh pads: recommended but not required (not allowed to significantly increase blocking area)
Body contact and stick checking during a loose ball is <b>illegal</b> if more than 3 yards from the ball	Shaft with contrasting color (natural color, paint, tape) to head and gloves <b>not</b> required for face-off players
Games can be terminated by officials for flagrant USC, rough play, encouragement of rough play by coaches and spectators, etc.	Players must wear protective cups (verified by coaches and not officials)
Players foul out with 3 separate personal fouls or 5 minutes or more of personal foul penalty time	Rib pads recommended but not required
No 20-second clear rule at 8U, 10U, <b>12U, or 14U</b>	Obviously illegal shooting strings (more than 4" from scoop) will be treated as illegal at all levels even if they are not measured
<b>No mercy rule at any level</b>	No template test for stick heads. Minimum width 6", inside measurement, for widest point of the stick head.
<b>Immediately stop play for any lost protective gear (no foul unless intentional)</b>	<b>Eye black limited to a single stroke within the eye socket with no words or symbols</b>
Any stick-to-helmet contact during an attempted stick check is a slash, regardless of how hard the contact is (no "brush" calls)	NOCSAE chest protectors required for goalies starting in 2020
Flag-down rule differs from NFHS rule	NOCSAE shoulder pads required for field players starting in 2021

Standard US Lacrosse Youth Rules in black text. Minnesota variations in **blue text**. Changes from last year on gray background. Last updated 1/15/20 by Harold Buck.