



MAYLA 2025 BOYS YOUTH RULES

Red = different than USAL Yellow = different last year

	Little Scoopers	Bantam (3/4)	Junior (5/6)	Senior (7/8)
Category	6U/8U	10U	12U	14U
Field Size	L: 60-70 yds W: 35-45 yds (Cross Field)	L: 60-70 yds W: 35-45 yds (Cross Field)	Full Field	Full Field
Crosse Length	FP: 37"-42" (GK) 37"-54" (LP) none	FP: 37"-42" (GK) 37"-54" (LP) none	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (3 max)	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (4 max)
Players	4v4 , 4 field players, GK optional and added if discussed in advance.	7v7 1GK 2D 2A 2M	10v10: NFHS	10v10: NFHS
Goal Size	3' x 3' or 6' x 6'	6' x 6'	6' x 6'	6' x 6'
All Player Equipment	NFHS -- Helmet (NOCSAE standards), gloves, protective cup, arm pads (optional for goalie), mouthguard, shoulder pads (NOCSAE ND 200 compliant)			
Length of Game	4 ten minute running periods. (40 + 2 + 10 + 2 = 54 minutes)	4 ten minute running periods. (40 + 2 + 10 + 2 = 54 minutes)	4 twelve minute running periods. (48 + 2 + 10 + 2 = 62 minutes)	4 ten minute stopping periods. (40+ minutes + 2 + 10 + 2 = 75 minutes). If up by 12 in second half, running clock (returns to stop-clock if differential is 6 or below)
Overtime	N/A	N/A	4-minute sudden victory (1 max)	4-minute sudden victory (1 max)
Team Timeouts	2 per half	2 per half	2 per Half, 1 each OT	2 per Half, 1 each OT
Counts	4-sec GK only; no advance	4-sec GK only; no advance	GK 4 + 20s Def + 10s Off.	GK 4 + 20s Def + 10s Off.
Faceoffs	1 Wing (foot on either SL). Knee down fine.	1 Wing (foot on either SL). Knee down fine.	Same as NFHS, incl. Standing Neutral Grip	Same as NFHS, incl. Standing Neutral Grip
Substitutions	"on-the-fly" & dead ball	"on-the-fly" & dead ball	NFHS	NFHS
Scrum	Extended w/3 or more players, use A/P	Extended w/3 or more players, use A/P	N/A	N/A
Fouling Out	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties
Advancing	N/A	N/A	20s Def + 10s Off + Over/Back if after Clear	20s Def + 10s Off + Over/Back if after Clear
Stalling	N/A	N/A	Final 2m: Get it in, Keep it in = team ahead 1-4 goals	Final 2m: Get it in, Keep it in = team ahead 1-4 goals
One Pass Rule	1 attempted pass after FO possession. 1 attempted pass on offensive half of field after a change in possession.	1 attempted pass after FO possession	N/A	N/A
Man-up or Man-Down	N/A; player serves, team plays at full strength	Yes (only personal fouls, technical no man down, but player serves in box) Both releasable and non-releasable in accordance with NFHS rules.	Yes (3-down max). Both releasable and non-releasable in accordance with NFHS rules.	Yes (3-down max). Both releasable and non-releasable in accordance with NFHS rules.
Flag Down Situations	Stop play when ball hits ground			
Offsides	N/A	7v7 - >4 on off. or >5 on def. (Exclude penalty area; never man-down)	> 6 players on off or > 7 players on def. (Include penalty area)	> 6 players on off or > 7 players on def. (Include penalty area)
Restarts	All players must be 5 yards from ball carrier			
3-Yard Rule	Legal holds, pushes, checks must be w/in 3 yards of ball			
Allowable Body Contact (4.15)	legal holds, pushes, boxing out, riding, incidental (no hits)	legal holds, pushes, boxing out, riding, incidental (no hits)	Some body contact, no body checking	Body checking legal, no take out checks

Checking with Crosse (4.16)	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Same as USAL, one-handed checking allowed
Other Notable Rules	N/A (If goalie in crease and clamps ball, goalie ball)	If goalie in crease and clamps ball, goalie ball	N/A	N/A