



Boys Youth Field Lacrosse - League Rules

Registration/Organizational

The team's captain/contact must register the team online or in person.

Teams may submit scheduling requests at time of registration. We will try to honor scheduling requests whenever possible but they are never guaranteed. Only the team captain/contact can submit a scheduling request.

Game times cannot be changed once the full season schedule is released.

The team must pay the referee fee in cash prior to each game.

Teams that forfeit a game are responsible for paying a forfeit fee (both teams' referee fees).

Zero-tolerance policy: Any verbal or physical abuse towards a referee or any other GoodSports USA staff will not be tolerated. Doing so will result in ejection from the facility and possible suspension. This goes for all players, coaches, and spectators before, during, or after a game.

Team Roster

All players must be on their team's roster to play. Teams are recommended to have a minimum of 12 players.

Non-rostered players are not permitted to play. Doing so may result in a forfeit loss.

Any issues with non-rostered players playing for the opposing team need to be brought to the attention of GoodSports staff prior to the game.

General Rules

Leagues will follow rules from the National Federation of Lacrosse rule book. GoodSports will also emphasize the following rules:

There is limited contact.

There are no one-handed checks.

Due to limited space on the sidelines, no excessive force to push or hit a player out of bounds is allowed. A player may be forced out of bounds on a ride, but if contact or force is excessive where injury to a player, spectators, or bench players is possible, a penalty may be called at the referees' discretion.

There is a 5-goal mercy rule for 3rd/4th and 5th/6th grade leagues (free clear). The rule is 10 goals in the 7th/8th grade league.

There are no time outs. Horns will be allowed in the 3rd/4th grade league. Older leagues must change on the fly.

Games are played with 20 minute halves with a 2-minute halftime. Games must start on time.

In the 7th/8th grade league, teams must clear the defensive end of the field within 10 seconds.

There is a 4-second goalie count.

The substitute box is extended to the 2nd yellow line from midfield (about 6 yards). Keep players outside of the box.

The 3rd/4th grade league will have a fast break on penalties. The offending player is subbed out, and the incoming player will come on the field from midfield at the whistle. The offense starts in alley goal line high.