

**DISCLAIMER:** This Matrix is a supplementary resource and provided for convenience. It is not a substitute for reading and studying the official 2025 AYL or NFHS Boys' Lacrosse Rulebook. In the event of any conflict, the Rulebook controls.

**\*BEFORE THE START OF EACH GAME FOR ALL GRADES 1-8, THE OFFICIALS MUST CONDUCT A PRE-GAME MEETING w/ ALL COACHES & PLAYERS TO CERTIFY TEAMS ARE EQUIPPED BY RULE & REVIEW THE RULES FOR THAT GRADE LEVEL.**

**Eye Shade/Eye Shade Strips Permitted. CANNOT contain offensive words, shapes, images, or logos. ALL GKs sit penalties. If team has only one (1) GK, Nominated Defender sits GK penalty. ALL Stick Penalties are 2-Min. N/R. Stick can be fixed.**

**Game Ball Labeled: "MEETS NOCSAE STANDARD" If no NOCSAE stamped ball is available, then game is NOT played. Grades 1-8: Goal Keeper CANNOT score on himself.**

**MOUTH GUARD: Any Color EXCEPT Clear or White!**

**All Players must wear a Protective Cup & NOCSAE ND200 Shoulder Pads. No equipment violation penalty is assessed. Officials rely on H/C's certification. NO "Vs or Us" in ANY crosse. Mouth Guard Violation = Technical Foul. NO FISH HOOKING!**

# of Players: 1st Grade/Some 2nd Grade: 7v7; Some 2nd-3rd: 10 v10. ALL: 4th -8th Grade: 10v10. Team may start w/ 8 players & play "man down" w/o forfeit. Long Poles: 4 Maximum on the Field when permitted by Rule.

Only H/C speaks to Officials. Unlimited # of Coaches in Coaches Area. Each Coach MUST BEHAVE! *ALL Spectators must sit on the far side of the field. NO photographers/videographers and/or equipment is permitted on bench sideline or end lines.*

**Facing Off: Standing Neutral Grip. PALM UP! No Motorcycle. Knee Down OK for younger players. Cannot body check F/O opponent. Move ball immediately (1-step). (Exception: Flag down at end of period or man-up & period ends w/ team in possession).**

12-Min. RUNNING Qtrs. 1-Min. Qtr. Break. 5-Min. Halftime. 3 T/O Per Game, ≥ 2 Per Half (1 Min). O/T: 1 T/O. Teams play ONE 4-min. running O/T. If no score, game ends in tie. Penalties = Start/Stop on Whistle! Clock Stops: Team/Officials/Injury T/O.

**3-Yard Rule:** ALL **LEGAL** Stick Checks, Body Checks, Holds, & Pushes **MUST BE** w/in 3 Yards of Player in Possession of Ball or w/in 3 Yards of Loose Ball/Ball in Flight. **RE-STARTS: 5-Yard Rule for Grades 1-5. Quick Re-Starts for Grades 6-8 ONLY!**

**All Unnecessary Roughness Penalties are Non-Releaseable!** **MERCY RULE:** 6 Goal lead any time during game. Trailing Team May Waive. (N/A to 7th and 8th Grade). **OVER & BACK:** Grades 1-3: (1-Pass Rule Resets); Grades 4-8: NFHS Rules.

**NO TAKE-OUT CHECKS AT ANY AGE LEVEL IN THE AYL! NO BODY CHECKING OF A PLAYER IN A DEFENSELESS POSITION: "Blind Side," Playing w/ Head Down, Head Turned Away to Receive Pass. THESE PENALTIES ARE 2-3 MIN. NON-RELEASABLE!**

**Contact to Head/Neck Area: Blocking w/ Head, Targeting, Spearling, Initiating or Following Through to Head/Neck. PENALTY: 1-Min N/R for Indirect Contact; 2-Min. N/R for Direct Contact; 3-Min N/R or Ejection for Excessive/Flagrant Contact.**

**Flag Down Slow Whistle: Grades 1-5 = GROUNDED ; Grades 6-8 = GOODIES . ALL Substitutions are "on-the-fly." EXCEPTION: Grades 1-3 ("time breaks" for sub every 3-4 min. on lose ball or out-of bounds whistle. DO NOT KILL FAST BREAK!)**

**FOULING OUT / D.Q. (ALL GRADE LEVELS):** 3 Personal Fouls OR 5 Total Personal Foul Minutes. Table Tracks ALL Fouls, Player #, and Penalty Minutes. Grades 1-8: ALL Players sit penalties. Grades 1-2 playing 7v7 ONLY: Max 1 player in penalty box.

		Body Checking (3-Yard Rule)	Stick Checking	Below Shoulder	1-Handed Stick Check	Stick Length	Game Time	Timeouts (1 min). 1 T/O in OT	≤ 2 Goals in last 2- Min. Clock stops on whistle.	Tie Game: Sudden Victory: 1, 4-Min. OT Period. No Braveheart.	≤ 4 Goals "Keep it In" Last 2-Min.	4 Sec. GK Count	Get It In/Keep It In	Counts: D = 20 Sec. O = 10 Sec.	Mercy Rule = 6 Goals. Trailing Team May Waive.	Time-Serving Penalties	Foul Out / D.O.: 3 Personal Fouls / 5 Min. Total	Eye Black	1-Pass Rule	Coach on Field	Subs (3-4 Min.)	Timed Breaks	Over & Back: Ball Inside Attack Box	Equip. Check
1st - 3rd Grade	NO	YES	NO	37"-42"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	NO	YES	NO	NO	YES	YES (Stop Clock) (Man Down) (Max 1 in penalty box for 7v7 ONLY)	YES	YES - No offensive words, logos, #s	YES	YES	YES	YES: 1-Pass Rule Re- Sets	Head Coach Request			
4th Grade	NO	YES	NO	40"-42" 47"-54"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	NO	YES	NO	NO	YES	YES (Stop Clock) / (Man Down)	YES	YES - No offensive words, logos, #s	NO	NO	NO. On the Fly	YES. Turnover.	Head Coach Request			
5th Grade	NO	YES	NO	40"-42" 52"-72"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	NO	YES	NO	NO	YES	YES (Stop Clock) / (Man Down)	YES	YES - No offensive words, logos, #s	NO	NO	NO. On the Fly	YES. Turnover.	Head Coach Request			
6th Grade	YES	NO	NO	40"-42" 52"-72"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	YES	YES	YES	NO	YES	YES (Stop Clock) / (Man Down)	YES	YES - No offensive words, logos, #s	NO	NO	NO. On the Fly	YES. Turnover.	Head Coach Request			
7th Grade	YES	NO	YES (Must hit crosse or gloved hand on crosse	40"-42" 52"-72"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	YES	YES	YES	YES	NO	YES (Stop Clock) / (Man Down)	YES	YES - No offensive words, logos, #s	NO	NO	NO. On the Fly	YES. Turnover.	Head Coach Request			
8th Grade	YES	NO	YES (Must hit crosse or gloved hand on crosse	40"-42" 52"-72"	4-12 Min. Running Qtrs.	3 per game; ≤ 2 per half // 1 T/O in OT	YES	YES	YES	YES	YES	YES	NO	YES (Stop Clock) / (Man Down)	YES	YES - No offensive words, logos, #s	NO	NO	NO. On the Fly	YES. Turnover.	Head Coach Request			

**Grades 1-3: ONE PASS RULE: Legitimate overhand pass attempt in offensive end of field OR Completed clearing pass caught in the air made from defensive end of field over midfield line to offensive end of field.**

**1-PASS RULE** resets after every WHISTLE in team's offensive end of field. **EXEPTION:** Shot on goal that goes out-of-bounds: If officials award ball to attack, then attack is still Hot. **FDSW/Penalty:** Team is Hot

**Example:** There can be multiple changes of possession in offensive end after attacking team makes their 1-attempted pass. These turnovers have no effect on the 1-Pass rule. The attacking team is **HOT** & can go to goal.

**NOTE: Lead Official will extend his/her arm & hold 1-finger in the air to designate that team must make their 1-pass. Lead Official will point in the direction of goal to designate the team is "hot" and may shoot.**