

# Michigan Youth Lacrosse Association (MYLA) 2026 Boys & Girls Youth Lacrosse Info Guide



MYLA is a non-profit organization with a mission to organize and standardize lacrosse in Michigan, provide resources to new and existing programs, and build a strong foundation of support on which Michigan lacrosse can rise to the next level. Our aim is to inspire the next generation of lacrosse players to reach their full potential both on and off the field. We're here to support, provide resources, and grow the sport of lacrosse in our community.

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# Resources for Program Leaders

USA Lacrosse provides various resources for program leaders such as:

- Best practices regarding sportsmanship, safety, coaches, officials, etc.
- Field Diagrams
- USA Lacrosse National Grant Program which aims to reduce barriers, increase inclusivity, and fuel growth in communities throughout the country by awarding equipment, financial support, and educational opportunities to organizations, schools, coaches, and officials.



## AGE GROUPING QUICK REFERENCE TABLE (12 MONTHS)

For play occurring between September 01, 2025 – August 31, 2026

AGE BRACKETS	RULES USED
18U-15U	See NFHS Rules
14U-13U	See 14U Rules
12U-11U	See 12U Rules
10U-9U	See 10U Rules
8U-7U	See 8U Rules
6U and Below	See 6U Rules

BIRTH MONTH	BIRTH YEAR													
	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
JANUARY	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
FEBRUARY	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
MARCH	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
APRIL	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
MAY	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
JUNE	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
JULY	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
AUGUST	6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026	
SEPTEMBER		6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026
OCTOBER		6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026
NOVEMBER		6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026
DECEMBER		6U 2038	7U 2037	8U 2036	9U 2035	10U 2034	11U 2033	12U 2032	13U 2031	14U 2030	15U 2029	16U 2028	17U 2027	18U 2026

Standard high school graduation year is listed under age as a guide. Birthdate is the determining factor for placement.

# RULES

## Links to USA Lacrosse Rule Books

- [Boys \(2026\)](#)
- [Girls \(2026\)](#)

## 2026 BOYS YOUTH RULES COMPARISON

Category	6U & 8U	10U	12U	14U
FIELD SIZE	L:60-70 yds W:35-40 yds (Cross-Field)	7v7 Cross Field 10v10 Full Field	7v7 Cross Field 10v10 Full Field	Full Field
CROSS LENGTH	FP: 37"-42" GK: 37"-54" LP: None	FP: 37"-42" GK: 37"-54" LP: 47"-54" (7v7= 3 max, 10v10= 4 max)	FP: 40"-42" GK: 40"-72" LP:52"-72" (7v7= 3 max, 10v10= 4 max)	FP: 40"-72" GK: 40"-72" LP: 52"-72" (4 Max)
PLAYERS	4v4 1GK 3 Field Players	6v6 7v7 or 10v10 (NFHS) 1 GK 5 or 6 Field Players	7v7 1GK 2D 2A 2M 10v10 NFHS	10V10 NFHS
EQUIPMENT	NFHS – Loss of helmet is an Illegal Procedure Technical Foul			
LENGTH OF GAME	2 x 12 min Running	4 x 10 min Running	4 x 10 min Running	4 x 10 min Running
OVERTIME	N/A	10v10 ONLY see 12U	4 min Sudden Victory	4 min Sudden Victory
TIMEOUTS	None. Officials Only	None. Officials Only	2 / half, 1 each OT	2 / half, 1 each OT
SUBSTITUTIONS	No "on the fly"	No "on the fly" except 10v10 NFHS	NFHS	NFHS
COUNTS	4-sec GK only, no advance GK out of crease gets 5 seconds to return.	4-sec GK only, no advance GK out of crease gets 5 seconds to return. 10v10 see 12U	GK 4s + 20s Def Zone + 10s Off. Zone No count for GK if outside of crease.	GK 4s + 20s Def Zone + 10s Off. Zone No count for GK if outside of crease.
OVER & BACK	N/A	10v10 ONLY see 12U	In effect once 10 sec count satisfied	In effect once 10 sec count satisfied
SCRUM	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
RESTARTS	All players must be 5 yards from ball carrier		Defense can be within 5 yards, BUT must gain 5-yard separation before engaging. Offensive players must be 5 yards away	
STALLING	N/A	10v10 ONLY: See 14U	10v10 ONLY: See 14U	Final 2m if team ahead 1-4 goals.
FACEOFFS	No FO: Coin flip winner Center X. Others on own def. half >5 yds from each other. Other team ball start 2 <sup>nd</sup> half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL). FO Neutral grip, knee down is OK	7v7 1 FO 1 GK 2 behind each G.L.E 1 wing (foot on either sideline) 10v10 same as NFHS Standing Neutral Grip	NFHS incl. Standing Neutral Grip
ONE PASS RULE	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
FOULING OUT	Personals = 3X or 5-mins			
FLAG DOWN	Stop play when ball hits ground, not a shot. OR "G.O.O.D.I.E.S"			
MAN UP OR MAN DOWN	N/A: Player serves, team plays at full strength	N/A: Player serves team plays full strength 10v10 see 12U	Yes (3-down max) All time serving fouls are Non-Releaseable	Yes (3 down max) All time serving fouls Non-Releaseable
OFFSIDES	N/A	7v7= >4 on Off. Or >5 on Def. (exclude penalty area: never man-down)	7v7= >4 on Off. Or >5 on Def. (incl. penalty area) 10v10 see 14U	>6 on Off. Or >7 on Def. (include penalty area)
3 YARD RULE	All legal holds, pushes & checks must be on a player with possession or within 3 yards of a loose ball			
BODY CONTACT	Legal Holds & Pushes, Box Out, Riding, Incidental No "take-out" checks		Below neck and Above waist. No "take-out" checks	
CHECKING WITH CROSS	Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. No one-handed checks permitted		See 3-yard rule, Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. One handed OK	

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# Boys Rules Changes

## NOTABLE RULE CHANGES FOR HIGH SCHOOL

- 1-2-12d — Requires a cone be placed at the corner of the coaches' area and the team area to clearly mark the team area
- 1-9-1b (4 & 5) — Eliminates the restrictions on color and prohibits items attached to the tooth and mouth protector that do not support the function of protecting the teeth and/or mouth
- 1-9-1h (3) — Modifies uniform number size on the back of the jersey by decreasing the minimum height to 8 inches – matching the minimum height requirement on the front of the jersey
- 1-12 — Requires a working horn to be accessible at the sideline table
- 3-5-1 & 2 (NEW) — Establishes that an interrupted game that cannot be resumed on the same day is considered complete if three quarters have elapsed while maintaining that state associations may modify game-ending procedures
- 4-3-3e — Allows an official to assess a delay-of-game penalty if player positioning on the faceoff must be adjusted repeatedly
- 4-8 — Clarifies that a goal is scored if the ball is or becomes loose behind the plane regardless of who caused the ball to cross the line
- 4-18-4 PENALTY; 5-6-2 (NEW) — Reclassifies the foul for a player, other than the properly equipped goalkeeper, that enters the crease with the intent to block a shot as a personal foul for illegal equipment
- 4-22-1c — Eliminates the five seconds awarded to a goalkeeper to re-enter the crease on any restart. NOTE: At Youth level only adopted for 12U and 14U levels
- 6-3-2c — Adds hooking, lifting or pinning an opponent's body with the crosse in describing illegal actions related to holding
- 6-5-2y — Establishes that the loss of a helmet is an illegal procedure unless it is due to direct contact to the head by an opponent
- 7-3 — Establishes consistency in penalty administration by moving the restart to laterally outside the goal area when the ball crosses the end line before or after the penalty occurs

## YOUTH ONLY CHANGES – Rule Changes Distinct from High School

- 10U Option to play 10 v 10
- 10U Small Sided Fouling Out Rules and Rough Play Penalty Enforcement

# Boys Points of Emphasis

## Eyeshade

The USAL Boys Lacrosse Rules Committee has seen noticeable improvement in the use of properly worn eyeshade. As a reminder, eyeshade (grease or non-glare strips or stickers) shall be a solid stroke and may not include words, numbers, logos or other symbols. It should be emphasized that eyeshade which extends outside the eye socket or below the cheekbone is prohibited. A player found to be in violation of the NFHS eyeshade rule (1-10-1h) will be subject to a one-minute non-releasable personal foul for illegal equipment.

## Properly Worn Mandatory Equipment

The chinstrap shall be worn on the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). Rule 5-6: A player may not use equipment that does not conform to specifications. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul. The new wording emphasizes that the manufacturer intended chin straps to be worn securely on the chin and not under the chin.

## HIGH SCHOOL VS. YOUTH RULES

The high school and youth rules are nearly the same, however some modifications are made for safety and to benefit the development of youth athletes. The following points are some key differences that officials should know between high school and youth lacrosse:

- No "Take Out" Body Checks
- Time serving penalties are non-releasable
- Targeting the Head/Neck Fouls are Automatic Ejections
- Fouling Out is 3 personal fouls or 5 minutes of Personal Foul Penalty time
- With regard to when a player may check an opponents crosse with their own crosse, youth rules use 3 yards from a loose ball or ball in flight versus 5 yards at the high school level
- One-handed checks are a penalty at 10U and below
- When the ball hits the ground on a flag down / Slow Whistle Situation (excluding a shot), the play is dead

# 2026 GIRLS YOUTH RULES COMPARISON

Category	6U & 8U	10U	12U	14U
PLAYERS	3v3 up to 7v7	3v3 up to 8v8 with goalkeeper	NFHS	NFHS
GOALKEEPER	Goalkeeper optional, not recommended for 6U, no deputy goalkeeper	Goalkeeper optional, no deputy goalkeeper	<u>No deputy goalkeeper</u>	NFHS
BALLS	Soft balls or NOCSAE lacrosse balls	NFHS	NFHS	NFHS
EYE WEAR	Required if NOCSAE balls used	NFHS	NFHS	NFHS
STICKS	Small stick allowed, no pocket limits	Small stick allowed, modified pocket	NFHS	NFHS
FIELD SIZE	Cross field	Cross field	NFHS	NFHS
FIELD LINES	Goal circle, center line, 8M arc optional	Goal circle, center line, 8M arc if goalkeeper used	NFHS	NFHS
GOALS	3'x3' or 4'x4'	4'x4' or NFHS	NFHS	NFHS
LENGTH OF GAME	<u>6 to 8-minute quarters, running clock</u>	<u>Up to 10-minute quarters, running clock,</u>	<u>10-minute quarters, running clock</u>	<u>12-minute quarters, running clock</u>
TIMEOUTS	1 team timeout	1 team timeout	NFHS: 2 team timeouts	NFHS: 2 team timeouts
START OF GAME AND QUARTERS	No draw, players line up in defensive end 5 yds from center	Draw optional, players line up in defensive end 5 yds from center	NFHS	NFHS
START AFTER GOAL	Ball to defender at side of goal circle, all players 4M away, player self-starts	No Goalkeeper: ball to defender at side of goal circle, all players 4M away, player self-starts Goalkeeper: goalkeeper clear, all players outside 8M arc.	NFHS : Draw unless mercy rule in effect	NFHS: Draw unless mercy rule in effect
SELF-START	Players must pause before self-starting	Players must pause before self-starting	NFHS	NFHS
OFFSIDES	Not applicable	No more than 5 field players in offensive and defensive ends	NFHS	NFHS
COVERING BALL	No covering ball with stick or body	No covering ball with stick or body	NFHS	NFHS
CHECKING	<u>No checking</u>	<u>No checking</u>	<u>Modified checking</u>	<u>Transitional checking</u>
DEFENSE 1v1	1v1 defense required in midfield	1v1 defense in midfield	NFHS	NFHS
PENALTY TIME	Players leave field briefly for major fouls	Players leave field briefly for major fouls	NFHS	NFHS
CARDS	No cards, teams do not play short	No cards, teams do not play short	NFHS	NFHS
DEFENDING GOAL	No defending goal 5-yard in front of goal unless marking an opponent	No defending goal 5-yard in front of goal unless marking an opponent	NFHS	NFHS
<u>3-SECONDS CLOSELY GUARDED</u>	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>NFHS: Not applicable</u>
3-SECONDS IN 8M ARC	Not applicable	Not applicable	NFHS	NFHS

## Girls Rules Changes

2-4-5 — Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods

2-8-3 (NEW) & PENALTY — No on-field player can wear an audio or video device during the game

4-3-3d, e — If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play

5-2 PENALTY 1 — When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball

7-3 PENALTIES 1a, 3a — When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind

YOUTH ONLY CHANGES - Rules Distinct from High School

Allow deputy goalkeepers for 14U

## Girls Points of Emphasis

### TREATMENT OF OFFICIALS

Disrespectful and inappropriate treatment of officials remains a persistent issue—particularly at youth games, where the impact is most damaging. Officials at every level deserve to be treated with respect and dignity. Poor sportsmanship, verbal abuse, and harassment directed at officials by coaches, players, or spectators will not be tolerated. Such behavior directly contradicts the values we aim to instill in our athletes: integrity, respect, and fair play. USA Lacrosse is committed to fostering a safe and positive environment for everyone involved in the game. That begins with holding everyone accountable for how they treat those who uphold the rules.

### ILLEGAL STICK TO BODY CONTACT

Proper and safe use of the crosse is essential to minimizing player risk and preserving the integrity of girls' lacrosse as a sport played with limited protective gear. Players must not use their stick to initiate contact with an opponent's body by hitting, pushing, or displacing them. Coaches should reinforce this with their athletes as officials are responsible for identifying and penalizing illegal stick-to-body contact in accordance with the rules.

### OFFICIATING 3-SECONDS GOOD DEFENSE

This rule applies to a player with the ball, not a defender. If the offensive player with the ball holds it for more than three seconds while being closely guarded, the whistle will blow, and the ball will be turned over to the defender. To be considered "closely guarded," the following three conditions must be met:

- The defender is within a stick's length of the offensive player with the ball.
- The defender has both hands on their stick.
- The defender is in a position to legally check the ball carrier, if checking were allowed at that level of play.

For the offense it encourages to work on developing stick handling skills like cradling, changing hands, and moving with the ball to avoid the foul. For defenders, it provides an opportunity to be rewarded for their hard work and proper positioning. It is often confused with the "3-seconds in the 8M" defensive foul. The key difference is that the "good defense" rule applies to the player with the ball, while the "in the 8M" foul applies to a defender who is in the 8-meter arc without guarding an opponent.

### OFFICIATING FORCING THROUGH

The rule regarding "forcing through" is frequently misunderstood and misapplied by officials. "Forcing through" is a major foul that occurs when a player in possession of the ball attempts to force their crosse through the crosse of one or more opponents. This is distinct from a charging foul, which involves a player using their body to charge or push an opponent's body or crosse. Importantly, forcing through is a foul committed by the attacking player and must be called against the offensive team. Defenders who are in a legal position should not be penalized when an opponent initiates contact by forcing their crosse through the defenders' crosses.

## Referees

For the sake of player safety and game integrity, trained and certified lacrosse officials should be used for youth lacrosse games. Coaches, high school players, college players, etc. are great candidates to become referees. However, without training and mentorship from experienced refs, most will not have sufficient knowledge and experience to safely and successfully ref youth lacrosse. Your local officials organizations and assignors can help connect you with appropriately-trained referees for the games that you organize.

## Referee Assignors

### MichLOA – Southeast Michigan

Karl Brunzman- (586) 601-8937; [kbrunzman5@gmail.com](mailto:kbrunzman5@gmail.com)

### CAOA – Lansing / Mid-Michigan

Jessie Reed- (517) 420-8555; [Jessielax77@gmail.com](mailto:Jessielax77@gmail.com)

### GRALOA - Grand Rapids/West Michigan

Kyle Smoes - [kjsinc41@gmail.com](mailto:kjsinc41@gmail.com)

Brett Svacha-(616) 634-4413; [brett.svacha@gmail.com](mailto:brett.svacha@gmail.com)

Scott Knopp – [graloe.assignor@gmail.com](mailto:graloe.assignor@gmail.com)

### Kalamazoo / Portage

Rick Hurdelbrink – [rhurdelbrink@aol.com](mailto:rhurdelbrink@aol.com)

Decker Hains – [Decker.hains@gmail.com](mailto:Decker.hains@gmail.com)

### GIRLS – MI

Grand Rapids / Mid-MI - Paige Winnie - [pbwinne@gmail.com](mailto:pbwinne@gmail.com)

SE MI – Dan Reason – [danielreason@aol.com](mailto:danielreason@aol.com) / 810.422.8797

SE MI – Pat Hayes - [patmhayes@live.com](mailto:patmhayes@live.com)

Contact the Officials' Organization in your region to learn more about new officials training.



The advertisement features a central graphic with the US Lacrosse logo at the top. Below the logo, the text "BECOME AN OFFICIAL" is prominently displayed in a red banner and large blue letters. To the left and right of the central text are stylized black and white illustrations of a male and a female lacrosse official, respectively, both wearing caps and holding whistles. The background of the graphic consists of a geometric pattern of triangles.

**US Lacrosse**

**BECOME AN OFFICIAL**

**JOIN THE TEAM.** The officiating community is the third team on the field. Stay actively involved in the game and enjoy great camaraderie.

**GIVE BACK TO THE GAME.** Officials are important ambassadors for the sport. Share your knowledge to help the game grow responsibly.

**STAY FIT.** Exercise while having fun. Officiating schedules are flexible. You can work games as your schedule permits.

**LEARN A NEW SPORT.** If you've officiated other sports, you can easily transfer those experiences to America's fastest-growing team sport.

**EARN INCOME.** Supplement your regular paycheck. Officials at all levels are paid for working games.

## Resources for Coaches

### Coach Development Clinics

MYLA seeks to organize Coach Development Clinics in each region of the State. We will provide the trainers and materials. We need YOUR help organizing the site in your community. Generally, a classroom with a projector/screen that can fit appx 20+ coaches works great. If there is also (indoor) field/demo space available, that's even better but not required. Preferred dates are any Saturday or Sunday in February or early March. Please contact Mark Greaney if you have an option that would be central for other programs and a good host site: [greaney.myla@gmail.com](mailto:greaney.myla@gmail.com)

**USA Lacrosse provides resources, training, etc. for coaches**  
<https://www.usalacrosse.com/coaches>