

2025 MAYLA GIRLS YOUTH RULES COMPARISON

If a team can't roster that number by the week of the game, they'll make arrangements with the opposing coach and work out an alternative. That could be sharing players to get to the right number, rescheduling (not preferred), or playing at a smaller number.

Category	USAL 10U	USAL 12U	USAL 14U
Balls	NOCSAE lacrosse balls	NOCSAE lacrosse balls	NOCSAE lacrosse balls
Cards	No cards, teams do not play short	NFHS Cards	NFHS Cards
Checking	No checking	Modified checking	Transitional checking
Coaches	Remain in Coaching Area	Remain in Coaching Area	Remain in Coaching Area
Covering Ball	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Defending Goal	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	Shooting space rule applies	Shooting space rule applies
Deputy Goalkeeper	No deputy goalkeeper	No deputy goalkeeper	No deputy goalkeeper
Field Lines	8.5' goal circle + 8M arc / Midfield line painted or coned out	NFHS field lines	NFHS field lines
Field Size	8v8: Small sided field	12v12: Full field	12v12: Full field
Goals	6'x6'	6'x6'	6'x6'
Length of Game	4 x 10-minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 12-minute running clock / 5 minute halftime
Officials	1 Official required / 2 recommended Yes, must have 3 players in defensive zone	Officials required / 2 recommended	Officials required / 2 recommended
Offsides		NFHS offside procedures	NFHS offside procedures
1 v 1 Defense	1v1 defense in midfield	Not required	Not required
Overtime	No overtime	2 x 3-minute sudden victory periods	2 x 3-minute sudden victory periods
Players	8v8 with goalkeeper	12v12 with goalkeeper or 10v10 with goalkeeper	12v12 with goalkeeper
Restraining Line	Mid-field line	NFHS	NFHS
Scorekeepers	Scorekeeper at table	Scorekeeper at table	Scorekeeper at table
Self-Start	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting
Sphere	12-inch	12-inch	12-inch
Start of Game and Quarters	Draw	Draw	Draw
Start After Goal	Draw	Draw	Draw
Sticks	NFHS stick and pocket	NFHS stick and pocket	NFHS stick and pocket
Stick to Body Contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in 8M Arc	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies
Timekeepers	Timekeeper at table	Timekeeper at table	Timekeeper at table
Timeouts	2 team timeouts, 1 minute stop clock	2 team timeouts, 1 minute stop clock	2 team timeouts, 1 minute stop clock
10U Pass Minimum	2 Pass Minimum At Change Of Possession & Draw	N/A	N/A
Draw Team Placement	2 in the circle, remainder in 8Ms until possession	NFHS	NFHS
Play Up	Can play up 1 grade, must be rostered - can't play on 2 teams	Can play up 1 grade, must be rostered - can't play on 2 teams	Can play up 1 grade, must be rostered - can't play on 2 teams
Min # of Players to Play	8	10	12

Approved: February 04, 2025

Revised: March 15, 2025