



2026 Game Day Field Packet

Boys Division Rules ADDENDUM

Boys Divisions
8U, 10U, 12U Stripes, 12U Stars, 14U Stripes, 14U Stars



Southern California Lacrosse Association

2026 Game Day Rules – Field Packet

Unless specified otherwise in this document,
All USA Lacrosse Boys Rules Shall Apply – download the digital rule book here:
<https://www.usalacrosse.com/boys-and-mens-rules>

Face-Offs:

- Players must stand for the faceoff position (optional 10U).
- All fingers shall be wrapped around the crosse.
- Crosse head and gloved hands shall be touching the ground.
- Hand closer to the throat of the lacrosse head shall be in a palm-up position.
- The “Motorcycle Grip” or Moto grip is Illegal
- Faceoff players must play the ball first - no body checking or stick checking an opponent’s body.
- Players in the wing areas must avoid checking the faceoff players battling for control of the ball in the initial faceoff spot.

USA Lacrosse Youth Rule Differences vs NFHS Rules

- No “Take Out” body checks
- 3-yard contact rule vs 5-yards contact rule
- Targeting Fouls are an automatic Ejection
- One-handed stick checks are an automatic Slash **EXCEPT 14U STARS DIVISION**
- Fouling out = 3 Personal Fouls or 5 Minutes of Personal Foul time
- Ball hitting the ground (not on a shot) stops a Slow Whistle situation

2026 SCLA Boys Game Time

JAMBOREE

All boys age groups

20-Minute Running Half

5-Minute Half Time

20-Minute Running Half

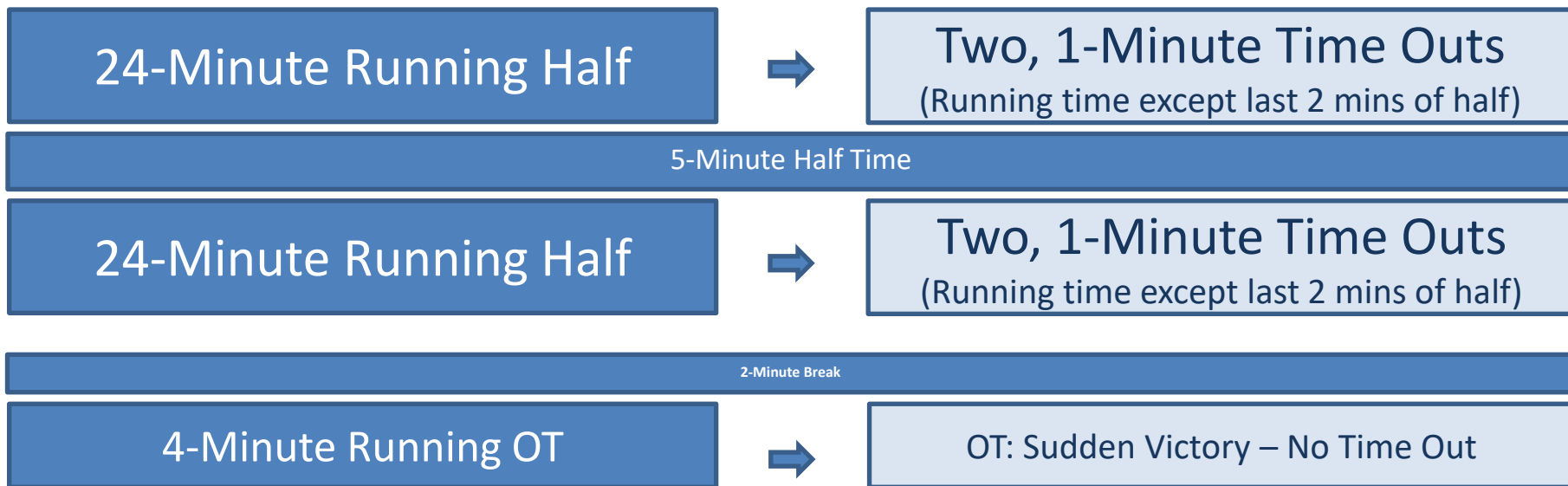
One 1-Minute
RUNNING Time Out

NO OVERTIME

2026 SCLA Boys **Game Time**

REGULAR SEASON

(Does not apply to 8U and 10U)



Boys 8U

20-Minute Running Half

No Time Outs

- 5-Minute Half Time

20-Minute Running Half

No Time Outs

# of Players	Field Size	Other Information
4 v 4 (no goalie)	65 x 35 Yards	• Goal size: 4 x 4 • Face offs: No face offs; flip a coin for first possession; team that is scored on restarts possession at GLE • Game Time: Two (2) 20-minute running time halves, with a five-minute halftime period • Time Outs: None • Official(s): None; 1 coach per team can be on the field to assist/officiate • Other: • One attempted pass rule applies • No body/stick checking allowed • No offside penalties; no man down penalties, but player who commits foul will leave field and serve penalty

Game Time 10U

24-Minute Running Half

Two, 1-Minute Time Outs

5-Minute Half Time

24-Minute Running Half

Two, 1-Minute Time Outs

- Referees keep time on the field. Clock does not stop although play may stop for time outs or injury or ref's time.
- No OT period. Games may end in a tie.

Boys 10U

# of Players	Field Size	Other Information
7 v 7 (includes goalie)	65 x 35 yards	• Goal size: 6 x 6 • Face offs: 2 D / 2M / 2 A format; D/A behind GLE (no release until possession on face offs); Wing Middie with one foot on sideline; 6 goal mercy rule applies (i.e., free clear/no face off). Standing or kneeling allowed. • Game Time: Two (2) twenty-four-minute running time halves and 5-minute halftime. Clock does not stop although play may stop for time outs or injury or ref's time. • No overtime. Games may end in a tie. • Coach/Team Time Outs: 2 per half (clock does not stop, except in last two minutes of half) • Official(s): 1 (no coaches on field) • Other: ○ One attempted pass rule applies and must occur on attack side of the field ○ Some body contact, lift and poke checks, stick checks below shoulder allowed ○ No man down penalties, but player who commits foul will leave field and serve penalty ○ Offsides applies ○ Max 3 Long Poles on the field (47" - 54")

Boys 12U

24-Minute Running Half

Two, 1-Minute Time Outs

5-Minute Half Time

24-Minute Running Half

Two, 1-Minute Time Outs

2-Minute Break

4-Minute Running OT

Sudden victory – No Time Out

- Running clock. Timeouts stop game clock only in last two minutes of either half.
- One overtime period only, then end in tie

Boys 12U Stripes

# of Players	Field Size	Other Information
7 v 7 (includes goalie)	80 x 45 yards	• Goal size: 6x6 • Face offs: Same as U10, except kneeling not allowed. • Game Time: Two (2) 24-minute running time halves and 5-minute halftime. Clock does not stop although play may stop for time outs or injury or ref's time. • One 4-minute sudden-victory overtime period with no time outs. Games may end in a tie. • Coach/Team Time Outs: 2 per half (clock does not stop, except in last two minutes of half) • Official(s): 2 • Other: ○ No minimum pass rule ○ Some body contact, lift and poke checks, stick checks below shoulder allowed ○ Penalties/man-up apply, fast restarts applies ○ Max 3 Long Poles on the field (52" - 72") ○ 20-second count for clearing. ○ No offensive area, so no 10-second count, "get it in, keep it in," or over-and-back fouls ○ Players foul out with 3 personal fouls or 5 minutes of personal fouls

Boys 12U Stars

# of Players	Field Size	Other Information
10 v 10 (includes goalie)	110 x 60 yards	• Goal size: 6x6 • Face offs: Face offs at beginning of game and half and after each goal; 6 goal mercy rule applies (i.e., free clear/no face off) • Game Time: Two (2) 24-minute running time halves and 5-minute halftime. Clock does not stop although play may stop for time outs or injury or ref's time. • One 4-minute sudden-victory overtime period with no time outs. Games may end in a tie. • Coach/Team Time Outs: 2 per half (clock does not stop, except in last two minutes of half) • Official(s): 2 • Other: ○ No minimum pass rule ○ Some body contact, lift and poke checks, stick checks below shoulder allowed ○ Penalties/man-up apply, fast restarts applies ○ Max 4 Long Poles on the field (52" - 72") ○ Players foul out with 3 personal fouls or 5 minutes of personal fouls

Boys 14U

24-Minute Running Half

Two, 1-Minute Time Outs

5-Minute Half Time

24-Minute Running Half

Two, 1-Minute Time Outs

2-Minute Break

4-Minute Running OT

Sudden victory – No Time Out

- Running clock. Timeouts stops game clock only in last two minutes of either half.
- One overtime period only, then end in tie

Boys 14U Stripes and Stars

# of Players	Field Size	Other Information
10 v 10 (includes goalie)	110 x 60 yards	• Goal size: 6x6 • Face offs: Face offs at beginning of game and half and after each goal; 6 goal mercy rule applies (i.e., free clear/no face off) • Game Time: Two (2) 24-minute running time halves and 5-minute halftime. Clock does not stop although play may stop for time outs or injury or ref's time. • Up to two four-minute sudden victory overtime periods, with no timeouts. Games may end in a tie. • Coach/Team Time Outs: 2 per half (clock stops only in the last two minutes of the half) • Official(s): 2 • Other: ○ No minimum pass rule ○ Body checking legal; but no take-out checks ○ Stick checking legal, but no one-handed checks EXCEPT 14U STARS ○ Penalties/man-up apply, fast restart applies ○ Targeting fouls are 3-minute NR with automatic ejection ○ Players foul out with 3 personal fouls or 5 minutes of personal fouls ○ Max 4 Long Poles on the field (52" - 72")