

Category	K-2 (8U)	3/4 (10U)	5/6 (12U)	7/8 (14U)
Field	Goal Circle, no RL 60-70yds x 35-45yds	Goal Circle, 8M arc, no RL 60-70yds x 35-45yds	Spring: NFHS Full Field Fall: Goal Circle, 8M arc, 12M fan, no RL 60- 70yds x 35-40yds	NFHS Full Field
Goals	3'x3' – each team brings their own	6'x6' with shot blocker	6'x6'	6'x6'
Sticks	Small size – no pocket depth requirements	Regulation stick – modified pocket allowed	Regulation stick	Regulation stick
Players	4v4 field players (no goalie)	7v7 field players (no goalie)	Spring: 12v12 (11 field players + goalie) Fall: 8v8 (7 field players + goalie)	12v12 (11 field players + goalie)
Timing: Running Clock, only stop for team timeouts and injuries	<ul style="list-style-type: none"> ▪ 18-minute halves, 5-minute halftime ▪ 1 timeout per game per team ▪ No overtime 	<ul style="list-style-type: none"> ▪ 18-minute halves, 5-minute halftime ▪ 1 timeout per game per team ▪ No overtime 	<ul style="list-style-type: none"> ▪ 20-minute halves, 5- minute halftime ▪ 2 timeouts per game per team Spring: one (1) 3- minute sudden victory overtime Fall: no overtime 	<ul style="list-style-type: none"> ▪ 25-minute halves, 5- minute halftime ▪ 2 timeouts per game per team Spring: one (1) 3- minute sudden victory overtime Fall: no overtime
Draw	<ul style="list-style-type: none"> ▪ No Draw - winner of coin toss starts game at center, opponent has first AP and starts second half ▪ After goals official awards ball to the side of the goal circle 	<ul style="list-style-type: none"> ▪ Start of game and half time - 1 player center, 3 players from each team in each 8M until possession ▪ After goals official awards ball to the side of the goal circle 	NFHS	NFHS
Mercy and Scoring	Score not kept (so no mercy rule)	No mercy (opposing team gets possession after each goal)	Mercy optional – team behind by 4 goals may elect to take an indirect FP at center line	Mercy optional – team behind by 4 goals may elect to take an indirect FP at center line
Offsides	No offsides	No offsides	Spring: NFHS Fall: No offsides	NFHS
Substitutions	<i>During stoppage of play</i> Recommended: whole team subs after goal or every 1-3 minutes	Allowed during play Recommended: during stoppage of play or after goal	NFHS	NFHS
Covering the ball	No intentional covering allowed at any time	No covering allowed at any time	No covering the ball when disadvantaging opponent	No covering the ball when disadvantaging opponent
1v1 Defense	1v1 in the midfield, double- team allowed in 8M area	1v1 outside the 8M, double-team allowed in 8M	Not Applicable	Not Applicable
3-seconds Closely Guarded	Applies	Applies	Applies	Not Applicable
3-seconds in the 8M	Not applicable	Applies	Applies	Applies
Checking	No checking allowed	No checking allowed	Modified checking	Transitional checking
Cards	No cards	Sub for carded player (team does not play short), carded player serves time in penalty area	Teams play short on both attacking and defensive ends	Teams play short on both attacking and defensive ends

Notes: K-2 (8U) coaches may be on the field

K-2 (8U) may use standard NOCSAE ball

K-2 (8U) 1 pass minimum per possession

***Highlighted** items are IMLAX modifications to the USA Lacrosse rules.