

2021 GELL Rules Matrix

Rule	78 D1 (88)	78 D2 (78)	78 JV (77)	56	34
USL Equivalent	14U			12U	10U
Field Size	full field				half field
Game Format	10v10				7v7 w/ goalies 6v6 w/o goalies
Stick Dimensions	Short (A/M): 40" - 42" Long (D, LSM): 52" - 72" Head: 6" x 10"				Short: 37" - 42" Long: NONE
Time Slot (Minimum/Ideal)	1h-30m / 2h				1h / 1h-30m
Time	Four 10 min stop time quarters, 2 min bet. quarters, 5 min halftime				20 min running time halves
Timeouts per team	2 timeouts per half, 1 timeout per overtime period				None
Overtime	Sudden Victory Overtime with up to two 4 minute periods with 2 minutes between periods until victor (as field availability permits)				No SVO Game ends in a tie
Auto Stall (Final 2 minutes)	Enforced (Team with the lead must "get it in and keep it in" in final 2 minutes EXCEPT 4 goal or more differential)				Not Enforced
Faceoff Mercy Rule	If a team achieves a 12 goal lead in the second half, change to running time (no free faceoff)				6 goal lead, the trailing team can take the ball without a face off
Face offs	Player may not carry the ball in the back of his stick				N/A
Advancing the Ball	20/10 Advancement counts				Waived: No Counts
Quick Restarts (4.22)	After a stoppage in play, the game can restart when the defensive player(s) are within 5 yards of the ball carrier.				N/A
Time Serving Penalties	Regular NFHS Rules				N/A
Substitutions	No horns, wider box (20 yards)				Horns allowed
Fouling Out	4 Personal Fouls or a total of 5 minutes of personal foul time for a given player				N/A

Other Rules that are true for ALL LEVELS of play:

Field Sidelines	If Lacrosse sidelines are not available, but both soccer and football are available, you must use the football lines
Specators	Must be on opposite side from the teams. Sideline managers are highly recommended
Equipment	Goal keeper arm pads optional but recommended at all levels. Goals 6'x6'
Legal Contact	All legal body checks, checks, pushes or holds must be done with player who has possession or is with 3 YARDS of a loose ball. Body checks not allowed at 3/4 and 5/6. For details on allowable body contact , see p.30 for 3/4 (10U), p.46 for 5/6 (12U), and p.62 for 7/8 (14U): https://www.uslacrosse.org/sites/default/files/public/documents/rules/2019-boys-youth-rulebook.pdf
Illegal Body Checks	NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL (no lowering shoulder, no excessive aggression, no blindside checks, no checks against an opponent in a defenseless position) Targeting: intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. Includes a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. A player shall not intentionally take aim at a player in a defenseless position.
One Handed Checks	No one handed checks allowed

Rules specific to 34

Positions at Face Off	At face off, middies shall be on opposite wings from each other with a foot touching the sideline and can release at the whistle. Defense and attack will start behind GLE and release on possession.
Face Off Player	The faceoff player that wins possession of the ball must transition the ball to another player before being allowed to shoot on goal. The transition can be a pass or a sweep to a teammate.
Serving a Penalty	The penalized player immediately leaves the game. The substituted player enters upon the referee's whistle to restart play. This gives the coach an opportunity to coach-up the player.