

2019 NSYL Rules – Quick Reference

	K/2 (8u)	3/4 (10u)
Goals NSYL 1.3.1	4'x4' or face down 6'x6'	6'x6'
Ball USL 1.5	White or yellow NOCSAE ND049 ball	White or yellow NOCSAE ND049 ball
# of Long Crosses NSYL 1.6	Not allowed	
Crosse Lengths short/long/goalie	Short 37-42" / No long poles allowed/ Goalie 37-54"	
Players on field NSYL 2.1.1	4 v. 4 no goalie	7 v. 7 including goalies (7 players on field per team)
Game Length NSYL 3.1	4 quarters, 12 minute running clock	4 quarters, 8 minute stop clock
Quarter time/Half time USL 3.1	2 minutes between each quarter, 5 minutes between each half	
Running Clock Mercy Rule NSYL 3.1	6 or more goal differential in second half, trailing coach may elect to have running clock. Game returns to stop clock if/when differential is removed	
Overtime NSYL 3.4	None during regular season games	
Regular Face-off NSYL 7.1	No face-off. Alternating possession in center. All other players on their defensive side of center. Players must be 5 yards from opponents.	Face-off is 2v2. Other players behind GLE, goalie in crease, until possession called or ball passes GLE.
Face-off Mercy Rule NSYL 4.3	6 or more goal differential in second half, trailing coach may elect to start with ball	
Advancing the Ball (20 & 10 sec. counts) USL 4.11	No limit to how long a player can hold the ball	
Body Checking USL 4.15	Not allowed, see USL 4.15 Allowable Body Contact	
Stick Checks/Slashing USL 4.16	Allowed: Lift checks, poke checks, downward stick checks below both players' shoulders Not allowed: one-handed checks (see USL 4.16 Checking with Crosse)	
3-Yard Rule USL 4.15, 4.16	All legal holds, pushes, and checks must be on a player with possession or within 3 yards of a loose ball	
Substitution Procedure NSYL 4.21	According to head coach, on dead balls	According to head coach, on dead balls
Side Changes NSYL 4.23	Teams will change sides of field at half time (NOT at second and fourth quarters)	
Time outs NSYL 4.25	Two Team time outs per half, two minutes each	
Final 2 Minutes	n/a	
Passing Rule NSYL 4.33	Must attempt 2 passes (on offensive side of field for 34) before taking a shot on goal	
Penalty Enforcement USL 5, 2.1	Player leaves the field, no time serving penalties	Player leaves field and serves penalty time in score table box, but is immediately replaced. No man down/man up situations. Goalie does not serve.
Fouling Out USL 5.12	3 personal fouls or 5 min of total personal foul time	3 personal fouls or 5 min of total personal foul time, pinched crosse (head) shall not count toward 5 min total
Stalling	No limit to how long a player can hold the ball	
Raking NSYL 6.13	Not enforced as a technical foul	

2019 NSYL Rules – Quick Reference

	5/6 (12u)	7/8 (14u)
Goals	6'x6'	6'x6'
Ball USL 1.5	White or yellow NOCSAE ND049 ball	White or yellow NOCSAE ND049 ball
Crosse Lengths short/long/goalie	Short 40-42" / Long 52-72" / Goalie 40-72"	
Players on field NSYL 2.1.1	10 v. 10	10 v. 10
# of Long Crosses USL 2.1	4 (not including goalie's crosse)	
Game Length USL 3.1	4 quarters, 10 minute stop clock.	4 quarters, 10 minute stop clock.
Quarter time/Half time USL 3.1	2 minutes between each quarter, 5 minutes between each half	
Running Clock Mercy Rule NSYL 3.1	6 or more goal differential in second half, trailing coach may elect to have running clock. Game returns to stop clock if/when differential is removed	
Overtime NSYL 3.4	None during regular season games.	
Regular Face-off, USL 4.3, 4.4	All face-offs are 3 v. 3 unless there is a penalty situation.	
Face-off Mercy Rule NSYL 4.3	6 or more goal differential in second half, trailing coach may elect to start with ball	
Advancing the Ball (20 & 10 sec. counts) USL 4.11	20 & 10 second counts enforced.	
Body Checking USL 4.15	No body checking – see Allowable Body Contact USL 4.15	Both hands on crosse, to front or side, contact below neck and above waist. No defenseless checks.
Stick Checks/Slashing USL 4.16	Allowed: Lift checks, poke checks, downward stick checks below both players' shoulders. Not allowed: one-handed checks (see USL document for more info).	Both hands on crosse, check to crosse of opponent or gloved hand, in possession of ball or w/i 3 yards of loose ball/ball in flight
3-Yard Rule USL 4.15, 4.16	All legal holds, pushes, and checks must be on a player with possession or within 3 yards of a loose ball	
Substitution Procedure NSYL 4.21	According to head coach, through the box. Subbing on the fly allowed.	
Side Changes USL 4.23	Teams will change sides after each quarter	
Time outs USL/NSYL 4.25	Two Team time outs per half, two minutes each.	
Final 2 Minutes USL 4.31 or 6.10	"Get it in / Keep it in" by team if leading by 4 or less goals.	
Passing Rule	n/a	
Penalty Enforcement USL 5, 2.1	Player leaves field, serves penalty time in front of score table in the box, his team plays man down. Goalies may have the defensive in-home serve their penalty. During running clock games, penalties are served as time and a half. (ex. 30 sec penalty = 45 seconds)	
Fouling Out USL 5.12	3 personal fouls or 5 min of total personal foul time	3 personal fouls or 5 min of total personal foul time
Stalling USL 6.10	All stalling/advance the ball rules in effect.	
Raking NSYL 6.13	No US Lacrosse rule at this level.	