

2019 NSYL Tournament 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	20 minute running clock each half	20 minute running clock each half
Quarter time/Half time USL 3.1	5 minutes between each half	
Overtime	No overtime	Overtime is played in championship bracket only, 5 min period stop clock. One T/O per period.
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	
Time outs	One team time out per half, one minute each, not in the last 5 minutes. No carry over to overtime	
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 reported total personal foul time	3 personal fouls or 5 min of reported 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	

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	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	20 minute running clock each half	20 minute running clock each half
Quarter time/Half time USL 3.1	5 minutes between each half	
Overtime NSYL	Overtime is played in championship bracket only, 5 min period stop clock. One T/O per period.	
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	Teams will change sides of field at half time	
Time outs	One team time out per half, one minute each, not in the last 5 minutes. No carry over to overtime	
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 reported total personal foul time. Ejection for illegal contact is ejection for the day.	
Stalling USL 6.10	All stalling/advance the ball rules in effect.	
Raking NSYL 6.13	No US Lacrosse rule at this level.	

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Rules of the day

Teams in championship bracket play are limited to regular season roster only, with exception for swing players that have played with that team before.

All games that are not in championship bracket are exhibition or consolation.

Time is kept at each table. Refs may stop the clock for injury or some other unforeseen event.

Penalties are reported to the table with normal times by the refs. The score table will convert penalties 1.5x.

Penalties begin when play resumes. Penalty time does not run during a team timeout or any time the game clock is stopped.

Coaches and players are restricted to the team area. Teams may only send two volunteers to the score table.

Board members may be in the score table area or team bench. This is limited to President, VP, Athletic Director, Youth Director, or Asst Youth Director.

Only head coaches may address the officials from the team area.

Parents and spectators are restricted to the sideline opposite the team areas.

Canopies are limited to the south end of the complex only.

An ejection from a game is an ejection from the rest of the day. This includes ejections for high hits to the neck or head reported the ref.

Each team provides an equal number of game balls, as needed.

4 end line balls should be placed immediately before each half for 56 and 78 games.

No drones allowed.

Overtime is full teams, no Braveheart.

No pregame lineups except championship.

Teams will shake hands after each game.