

2026 AMSLL Rules

The AMSLL primarily adheres to the NFHS Rule and Section reference followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

Rules	Guidelines
Field Size	NFHS
Officials	2 Adult
Legal Sticks	NFHS 40 to 42" or 52" – 72"
Overtime Rules (Playoffs ONLY)	NFHS
Timing Rules	10 Minute Running Clock Quarters. Only stops on timeout, official timeout, or injury. Penalties are time and a half and measured by the scoreboard.
1-Handed Checks / Stick Butt Checks	Not allowed; Penalty = Slash
Counts (20 & 10 sec)	Yes, NFHS
Keep it in	Yes, NFHS
Stalling	Yes, NFHS
Time-outs	1 Per Half {Clock Stops}
Body Checking	Limited
Mercy Rule	No
Goalie Penalties can in-home serve	No (Unless team only has 1 goalie)
Fouling out	3 personal fouls OR 5 min of penalty time

** Coaches & Officials meet 10 minutes prior to each competition to review Rules, Points of Emphasis, and any other pertinent items pertaining to that day's competition.

Points of Emphasis:

1. Safety. First & foremost.
2. Pre-game conversations between coaches especially if there is a concern with mismatch player ability and/or size. Common sense wins every time.
3. Continuous running clock regardless of score or situation. Exception for: Timeout/Injury/Extended disruption in play.

Playoffs:

1. Top (4) teams based on unique opponent win percentage.
 - a. If within 5% head-to-head win takes precedence
 - b. Ties count as ½ a win
 - c. A Playoff committee will be established to include all the teams who are potentially participating in the playoff. The host team (#1 seed) will be the leader of that committee.
2. If playing a team more than once, only the final game counts towards winning %.
3. Championship all in the same day. Final 4 in the morning, Championship in the afternoon. Top team hosts if able.

Miscellaneous:

1. HOST team coordinates game day logistics with opponents 2-3 days prior (water, ice, trainer support, directions, etc). HOST team responsible for the clock/scoreboard during all games.
2. If you need to change game times and/or location AFTER the information is in Arbiter, all teams involved directly work w/Patrick Joyce @ gloaassignor@gmail.com, **NOT** the league coordinator.
3. If you choose to play a League game(s) during the week, HOST team coordinates directly with GLOA and copies League Coordinator (matthew.smentek@paceacademy.org).
4. Feel free to play games outside of AMSLL - they do not count in League Playoff calculations.