

2026 Newtown Boys Rules

2026 Rules for Boys Youth Lacrosse: The National Federation of State High School Associations (NFHS) 2026 Boys Lacrosse Rules Book shall govern Newtown Lacrosse boys youth play, except as amended below.

Rules	U10 (2&3 Grade)	Notes	Body Checking
Field Size	60 x 35	Wing Lines are optional	Body checking isn't allowed, but legal pushes, boxing out an opponent and redirecting an opponent are allowed. <ul style="list-style-type: none"> Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with closed hands, shoulder, or forearm, and both hands shall be on the crosse. Never a violent blow! Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent) is allowed. Defensive positioning to redirect an opponent in possession of the ball (riding a player) is allowed. Incidental contact is an official's judgment call.
Official	1 Official	Adult Preferred	
Coaches	One coach from each team is allowed on the field (not permitted beyond 10 yards into the field) Max of 3 additional coaches on the sideline		
Legal Sticks	37" to 42"	NA	
Goalie Arm Pads	Required	NA	
Overtime Rules	Game ends in tie	NA	
1-Handed Checks	Slash	NA	
Timing Rules	10 minute running time quarters	Clock stops @ 5 Minutes for Subs **See Below**	
	The official will let the play continue if team with possession is hot (1 Rule Pass)		
	**If the ball is loose the play continues until once team gains position, then the play will be stopped		
Goalie	Goalie cannot leave the crease to double team the ball carrier The goalie can leave the crease to contest a pass or chase a shot The goalie is allowed to clear the ball like a field player, but is NOT allowed to shoot or score a goal ****It is illegal procedure if the goalie violates any of these rules****		
1 Pass Rule	1) A pass, completed in the air on the offensive half of the field (no bounce passes) 2) The receiving player must make a lacrosse move for the pass to be considered a completed pass. 3) Once "Hot", the offensive team remains "hot" as long as they retain possession in the offensive half.		
1 Pass Rule Shot on Goal	<ul style="list-style-type: none"> If the ball hits the pipe on the goal or another player besides the goalie and the ball goes out of bound or is picked up by the offensive team, the offensive team is STILL HOT! 		
Reset of 1 Pass Rule	A team is no longer HOT and the pass count resets if: <ul style="list-style-type: none"> ball makes contact with goalie the defense gains position, 		
Counts (10 & 20 sec)	No		NA
Keep it in	No		No
Stalling	Advance the ball / 5-second count		NA
Time-outs	1 per half		Clock Stops (60 Second Timeouts)
Mercy Rule	6 goal differential		Losing Coach Option
Goalie Penalties	Yes		The in-home can serve time for a goalie penalty
Fouling out	3 personal fouls OR 5 minutes of penalty time		NA

Officials will meet with both coaches 10 minutes prior to the contest for the coaches' certification.

Other Information:

- Penalties: No time serving penalties. Explain the error to offending player and replace them on the field
- Players: 2 attack, 2 defense, 2 middies, 1 goalie.
- Face-off: Only 1 wing middle and they have to be on opposite sides.
- There is no over and back

Points of Emphasis:

- Sportsmanship: make sure to work with the sideline manager (or head coach) if parents get out of control.
- Violent Collisions: Especially defenseless players and excessive body-checks.
- 3 yard rule for checking with cross instead of 5 yards (cf. Rule 4 Section 15).
- No take out checks.

Specific U10 Half Field 7v7 Rules:

- Goalie gets 5 Seconds to return to the goal
- No One-handed stick checks



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Rules	U12 (4&5 Grade)	U14 (6, 7 & 8 Grade)	Body Checking
Field Size	NFHS 110 or 120 yard Unified Girls/Boys Field is a legal		Limited Body Checking is allowed, but there is allowable Legal pushes, boxing out an opponent and redirecting an opponent: <ul style="list-style-type: none"> ● Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with closed hands, shoulder, or forearm, and both hands shall be on the crosse. Never a violent blow. ● Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent) is allowed. ● Defensive positioning to redirect an opponent in possession of the ball (riding a player) is allowed. ● Incidental contact is an official's judgment call.
Officials	2 Officials		
Legal Sticks	NFHS		
Goalie Arm Pads	Required	Optional	
Overtime Rules	1 - 4 Minute Period, no time outs and first to score wins. If no one scores game ends in a tie		
Timing Rules	12 Minute Running Quarters		
Counts (10 & 20 sec)	Yes, NFHS		
Keep it in	Yes, NFHS. which is ONLY if goal differential is 4 goals or less		
Stalling	Yes, NFHS**		
Time-outs	1 per half (clock stops, time-outs only last up to 60 seconds)		
Mercy Rule	6 Goals	No	
Goalie Penalties: Can in-home serve?	Yes		
Fouling out	3 personal fouls OR 5 min of penalty time		

Officials will meet with both coaches 10 minutes prior to contest for the coaches' certification & to confirm rules
USA Lacrosse Youth Rules Video for 2026: <https://www.usalacrosse.com/boys-and-mens-rules>

Points of Emphasis:

- Sportsmanship: make sure to work with the sideline manager (or head coach) if parents get out of control.
- Violent Collisions: Especially defenseless players and excessive body-checks.
- 3 yard rule for checking with cross instead of 5 yards (rule 4, section 15, NFHS book).
- No take out checks

2026 Rule Changes Information:

- U12 and higher levels, the goalie not longer gets "5 seconds" to return to the crease
- When a player has his helmet come off during play, play shall be immediately suspended. The loss of a helmet is an illegal procedure unless it is due to direct contact to the head by an opponent.
- Crowbar is illegal if hooking, lifting or pinning an opponent's body with the crosse in describing illegal actions related to holding.
- Mandatory equipment must be worn as the manufacturer intended and all equipment must be specifically designed for lacrosse.

Previous Rule Changes & Rule Emphasis:

- One-handed stick checks for 12U and 14U youth play are allowed.
- Face-offs: no knee on the ground and the hand closest to the head of the cross must be facing up (no motorcycle grip)
- Protective cup are required, but officials will not check!
- illegal crosses no longer have different penalties. All illegal crosse penalties are two-minute, non-releasable, and the crosse can be fixed before returning to play.
- On a restart a defensive player within 5 yards of the player in possession is required to allow the ball carrier a path to the goal and may not play the ball carrier until a minimum distance of 5 yards has been achieved. FDSW technical foul against a defensive player for Delay of Game.
- "Targeting" checks with crosse or body will result in a 3-minute non-releasable penalty and ejection from the game.
- It is **illegal** for the offensive player to Ward Off their opponent by using their body to create separation when making **contact** with a **defensive player BODY**. It is **legal** for a player with the ball with two hands on their crosse to **contact the crosse or the glove hand of the defensive player**.
- Possession has to be established in the offensive box for Over & Back to be called (i.e a 10-count must end).
- A defensive player may reach over the midline with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body except his gloved hand wrapped around his crosse. If he does so, it shall be turnover.
- A second flag down will result in a whistle to stop play once the offensive is no longer *in progress*.
- A shot is when the ball is propelled (either thrown from a crosse, kicked, or otherwise physically directed) toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel or above the goal line extended.
- Sub-High School games don't require 6" of tape/paint for the faceoff players crosse.
- A goal is good if the shot is released before the clock turns 0 and the shot may hit the ground and/or a defensive player.
- If a stall warning is issued (and not under 2 minutes with less than four goals differential) and there is a shot, which the goalie saves or hits the pipe of the goal will end the stall warning.

