



8U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 60-70 yds W: 35-45 yds (Cross Field)	Crosse Length	(FP) 37"-42" (G) 37"-54" (LP) None
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Chest Protector • Protective Cup
Length of Game	(2) - 12 min Running Halves 4 min Halftime	Overtime	None
Faceoffs	Coin Toss to start; then Alternating Possession	Substitutions	Full team subbing during deadball situations; no "on-the-fly" subbing
Advancing the Ball	No counts	Stalling	None
Offsides	None	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	Stop Play. Player subbed out; eligible to return on next full team substitution. NO man down.	Technical Foul Penalty Time	Stop play. Ball awarded to the offended team. NO man down.



10U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 60-70 yds W: 35-45 yds (Cross Field)	Crosse Length	(FP) 37"-42" (G) 37"-54" (LP) 47"-54"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Chest Protector • Protective Cup
Length of Game	(4) - 8 min Running Qtrs 2 min Btwn Qtrs	Overtime	None
Faceoffs	1 player at center X, goalie in crease, 2 players behind each GLE (Per team)	Substitutions	Full team subbing during deadball situations; no "on-the-fly" subbing
Advancing the Ball	No counts	Stalling	None
Offsides	None	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	1, 2, or 3 mins & offended team given the ball	Technical Foul Penalty Time	30 seconds if in possession; turn over if loose ball



12U BOYS' GAME QUICK REFERENCE CARD

Field Size	7 v 7 (Cross Field) L: 60 - 70 yds W: 35 - 45 yds 10 v 10 (Full Field) L: 110 - 120 yds W: 60 - 70 yds	Crosse Length	(FP) 40"-42" (G) 40"-72" (LP) 52"-72"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup
Length of Game	(4) - 10 min Stop Time Qtrs 2 min Btwn Qtrs 5 min Halftime	Overtime	4 min Sudden Victory period 2 mins btwn periods
Faceoffs (7v7)	1 player center X 1 wing, foot on SL, Goalie in crease, 2 players behind each GLE (Per team)	Substitutions	Full team subbing during deadball situations; no "on-the- fly" subbing
Advancing the Ball	20 sec (Midline) 10 sec (Goal Area) Over & Back in effect	Stalling	None
Offsides (7v7)	> 4 players in offensive half or > 5 players in defensive half	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	<ul style="list-style-type: none"> • Legal Holds • Legal Pushes • Boxing out • Riding • Incidental 	Stick Checking	<ul style="list-style-type: none"> • Lift/poke bottom hand or head of stick below chest area • Downward check initiated below BOTH player's shoulders
Personal Foul Penalty Time	1, 2, or 3 mins & offended team given the ball	Technical Foul Penalty Time	30 seconds if in possession; turn over if loose ball



14U BOYS' GAME QUICK REFERENCE CARD

Field Size	L: 110-120 yds W: 53 1/3-60 yds (Full Field)	Crosse Length	(FP) 40"-42" (G) 40"-72" (LP) 52"-72"
Field Player Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup 	Goalie Equipment	<ul style="list-style-type: none"> • NOCSAE Helmet • Throat Protector • Mouth Guard • Gloves • Shoulder Pads • Arm Pads • Protective Cup
Length of Game	(4) - 10 min Stop Time Qtrs 2 min Btwn Qtrs 5 min Halftime	Overtime	4 min Sudden Victory period 2 mins btwn periods
Faceoffs	Normal	Substitutions	On the fly or dead ball
Advancing the Ball	20 sec (Midline) 10 sec (Goal Area) Over & Back	Stalling	Final 2 mins "Get it in, keep it in" in effect for team ahead 4 goals or less
Offsides	> 6 players in offensive half or >7 players in defensive half	3-Yard Rule	All LEGAL contact must be made to a player w/ possession or within 3 yards of a loose ball
Allowable Body Contact	2 hands must be on stick. Contact must be below the neck & above the waist	Stick Checking	2 hands must be on stick; contact to a players stick or gloved hands only.
Personal Foul Penalty Time	1, 2, or 3 mins & offended team given the ball	Technical Foul Penalty Time	30 seconds if in possession; turn over if loose ball