### 10U Boys' Youth Game Quick Reference Card (2019)

<table>
<thead>
<tr>
<th>Field Size</th>
<th>Crosse Lengths</th>
<th>Goal Size</th>
<th>Players (6v6 or 7v7)</th>
<th>Goalkeeper Equipment</th>
<th>Length</th>
<th>Timeouts</th>
<th>Faceoffs</th>
<th>Scrum</th>
<th>Advancing</th>
<th>Offsides</th>
<th>Allowable Body Contact (4.15)</th>
<th>Illegal Body Checks</th>
<th>Intentional Targeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>L: 60-70 yds</td>
<td>(FP) 37&quot;-42&quot;</td>
<td>6' x 6'</td>
<td>1 GK, 5 or 6 field</td>
<td>See 14U</td>
<td>4x10' Running, 5' Half</td>
<td>None</td>
<td>1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either sideline)</td>
<td>Extended w/3 or more players, use A/P</td>
<td>Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed</td>
<td>Ejection + 3 min NR for head/neck/defenseless, possible ejection</td>
<td>3 min NR (player) + leave, 1 min NR (coach) + leave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: 35-45 yds</td>
<td>(FP) 37&quot;-54&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Field</td>
<td>(LP) 47&quot;-54&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 8U Boys' Youth Game Quick Reference Card (2019)

<table>
<thead>
<tr>
<th>Field Size</th>
<th>Crosse Lengths</th>
<th>Goal Size</th>
<th>Players (4v4)</th>
<th>Goalkeeper Equipment</th>
<th>Length</th>
<th>Timeouts</th>
<th>Faceoffs</th>
<th>Scrum</th>
<th>Advancing</th>
<th>Offsides</th>
<th>Allowable Body Contact (4.15)</th>
<th>Illegal Body Checks</th>
<th>Intentional Targeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>L: 60-70 yds</td>
<td>(FP) 37&quot;-42&quot;</td>
<td>3' x 3'</td>
<td>1 GK, 3 field</td>
<td>See 14U</td>
<td>2x12' Running, 4' Half</td>
<td>None</td>
<td>No FO; Coin flip winner Center-X. Others on own def half +5 yds from each other. Other team ball start 2nd H.</td>
<td>Extended w/3 or more players, use A/P</td>
<td>Lift/poke bottom hand or head of stick below chest area, OR Downward check initiated below BOTH players' shoulders, No one-handed</td>
<td>Ejection + 3 min NR for head/neck/defenseless, possible ejection</td>
<td>3 min NR (player) + leave, 1 min NR (coach) + leave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: 35-45 yds</td>
<td>(FP) 37&quot;-54&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Field</td>
<td>(LP) 47&quot;-54&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Equipment

- NOCSAE Helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup, arm pads, gloves, arm sleeves, shoulder pads (max 12/ player, No shoulder protection (axillary guard), face protection, replacement face mask. **All** players wear a mouth guard. **Goalkeeper(s) wear a chest protector, mouth guard, face mask (no guest), helmet.**

### Officials

- Field Size: 540.0 x 720.0
- Length: 6' x 6'
- Players: 6v6 or 7v7
- Field Size: 6’ x 6” (allowable)
- Goal Size: 4’ x 4’ (FP) Goal Size 4” x 4” (GK) Field Size 40” x 40” (LP) 42” x 42” (FP) 37” x 37” (GK) 1 Wing (foot on either sideline) 1 FO, 1 GK, 2 behind each GLE, 7v7 adds 1 Wing (foot on either sideline) 7v7 players, use A/P 7v7 adds 1 Wing (foot on either sideline) 1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline) 10v10: NFHS 10v10 adds 1 Wing (foot on either sideline) 1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline) 10v10: NFHS 10v10 adds 1 Wing (foot on either sideline) 1 FO, 1 GK, 2 behind each GLE, 1 Wing (foot on either sideline) 10v10: NFHS 10v10 adds 1 Wing (foot on either sideline)

### Equipment

- Helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/cleats, protective cup, arm pads, gloves, arm sleeves, shoulder pads (max 12/ player, No shoulder protection (axillary guard), face protection, replacement face mask. **All** players wear a mouth guard. **Goalkeeper(s) wear a chest protector, mouth guard, face mask (no guest), helmet.**

### Officials

- Field Size: 540.0 x 720.0
- Length: 6' x 6'
- Players: 6v6 or 7v7
- Field Size: 6’ x 6” (allowable)
Instructions for creating the Quick Reference Card for boys youth lacrosse:

1. Open PowerPoint.
2. Open the file containing the QRC.
3. Print slide 1 of the file onto standard-sized 8.5x11’ paper.
4. Fold the page along the short dotted line to create two halves of the paper.
5. Fold the page again along the other dotted line to create a book.
6. Trim the excess paper on the sides and bottom of the book (leave the top edge untrimmed or the QRC will fall apart), which will produce a card that is approximately 3.75” wide and 4.75” tall.
7. You are done.
8. Note: You might want to laminate the card, if you want to protect it from rain or sweat. The QRC fits nicely into a front shirt pocket or the back pocket of pants/shorts.
QRC folds twice for a nice front-and-back book-style design.
QRC (at 4.75” tall) is shorter than an NCAA scorecard
QRC (at 3.75” wide) is narrower than an NCAA scorecard
QRC fits easily inside a lacrosse official’s shirt pocket
QRC fits completely inside and is hidden from view
### 14U BOYS' YOUTH GAME
#### QUICK REFERENCE CARD (2019)

<table>
<thead>
<tr>
<th>Field Size</th>
<th>Full field</th>
<th>Crosse Length</th>
<th>40'–42' (FP)</th>
<th>52'–72' (LP) (4 max)</th>
<th>40'–72' (GK)</th>
</tr>
</thead>
</table>

**Players**
- NFHS
- Goal size: 6' x 6'

**Field Player Equipment**
- NOCSAE Helmet, mouth guard, shoulder pads, arm pads, gloves, shoes/ cleats, protective cup
- Goalkeeper Equipment: NOCSAE Helmet, mouth guard, throat protector, chest protector designed for lacrosse, gloves, shoes/ cleats, protective cup

**Length**
- 4x10' stop-time, 5' Half Time

**Timeouts**
- 2 per H, 1 OT (each tm.)
- Extended with 3 or more

**4x10' stop**
- None

**Goalkeeper**
- Personals = 3X or 4

**Faceoffs**
- NFHS
- Substitution: None

**Scrum**
- Extended w/3 or more
- Fouling out
- Personals = 3X or 4

**Advancing**
- 20s Def. + 10s Off. + Over/Back if after Clear
- Stalling

**Offsides**
- > 6 players in off. half
- > 7 players in def. half
- (incl. penalty box)

**Allowable Body Contact**
- 2 hands on stick below neck and above waist (See 3-yard rule)
- Checking with Crosse

**Illegal Body Checks**
- Defenseless 2-3 NR, possible ejection
- Checks to Head/Neck

**Intentional Targeting**
- Ejection + 3 min NR for head/neck/defenseless
- Ejection penalty

**6U BOYS' YOUTH GAME**
#### QUICK REFERENCE CARD (2019)

<table>
<thead>
<tr>
<th>Field Size</th>
<th>L: 60-70 yds W: 35-45 yds (Cross-Field)</th>
<th>Crosse Length</th>
<th>(FP) 37”-42”</th>
<th>(GK) 37”-54” (LP) 42”-54” (3 max)</th>
</tr>
</thead>
</table>

**Players**
- 1 GK, 5 or 6 field

**Field Player Equipment**
- NFHS
- Goalkeeper Equipment: NFHS

**Length**
- 4x10' Running, 5' Half Time

**Timeouts**
- None. Officials only
- Counts: 4-sec GK only; no advance

**Faceoffs**
- 1 FO, 1 GK; 2 behind each GLE, 7v7 adds 1 Wing (foot on either side)
- Substitution: Full team sub after goals or every 1-3 min during dead-ball; no "on-the-fly"
- Fouling out: Personals = 3X or 4

**Scrum**
- Extended w/3 or more
- Fouling out
- Personals = 3X or 4

**Advancing**
- Not used
- Stalling: Not used

**Offsides**
- 6v6 – none
- 7v7 – yes, >4 on defense, or >5 on offense
- (incl. penalty box)

**Allowable Body Contact**
- A. Legal Holds
- B. Legal Pushes
- C. Boxing out
- D. Riding
- E. Incidental
- Checking with Crosse

**Illegal Body Checks**
- Defenseless 2-3 NR, possible ejection
- Checks to Head/Neck

**Intentional Targeting**
- Ejection + 3 min NR for head/neck/defenseless
- Ejection penalty

**Ejection + 3 min NR for head/neck/defenseless**
- 3 min NR (player) + leave
- 1 min NR (coach) + leave