

ESYLA Proposed Boy's Division Rules (Updated 03/2023)

GAME FORMAT AND EQUIPMENT

ESYLA Age Bracket	8U	10U	12U	14U
Grade Range	Current 1st & 2nd Grade	Current 3th & 4th Grade	Current 5th & 6th Grade	Current 7th & 8th Grade
Game Format	8 v 8 (2D, 2A, 3M, G)	10 v 10	10 v 10	10 v 10
Field Size	(60-70) yard X (35-45) yard Field	Full Size Regulation 110 yard X 60 yard Field	Full Size Regulation 110 yard X 60 yard Field	Full Size Regulation 110 yard X 60 yard Field
Number of Officials	1 Official	2 Officials	2 Officials	2 Officials
Required Equipment - Field Player	Helmet, Shoulder Pads, Arm Guards, Gloves, Mouthguard and Cup all required	Helmet, Shoulder Pads, Arm Guards, Gloves, Mouthguard and Cup all required	Helmet, Shoulder Pads, Arm Guards, Gloves, Mouthguard and Cup all required	Helmet, Shoulder Pads, Arm Guards, Gloves, Mouthguard and Cup all required
Required Equipment - Goalie	Helmet with Throat Guard, Mouthguard, Gloves, Chest Protector, Cup all required	Helmet with Throat Guard, Mouthguard, Gloves, Chest Protector, Cup all required	Helmet with Throat Guard, Mouthguard, Gloves, Chest Protector, Cup all required	Helmet with Throat Guard, Mouthguard, Gloves, Chest Protector, Cup all required
NOCSAE	Must use NOCSAE balls and all helmets must be NOCSAE approved	Must use NOCSAE balls and all helmets must be NOCSAE approved	Must use NOCSAE balls and all helmets must be NOCSAE approved	Must use NOCSAE balls and all helmets must be NOCSAE approved
Long Pole Length And Maximum Allowable on Field	Minimum 37" - Maximum 42"	Maximum 54 inches; Maximum 4 on Field, Not Including Goalie	Maximum 72 inches; Maximum 4 on Field, Not Including Goalie	Maximum 72 inches; Maximum 4 on Field, Not Including Goalie
Game Time	Four 10-minute running time quarters with a 2-minute break between each quarter and a 5-minute halftime.	Four 10-minute running time quarters with a 2-minute break between each quarter and a 5-minute halftime.	Four 12-minute running time quarters with a 2-minute break between each quarter and a 5-minute halftime. The clock will start/stop in the last 2 minutes of the 4th quarter in a 2 goal game.	Four 12-minute running time quarters with a 2-minute break between each quarter and a 5-minute halftime. The clock will start/stop in the last 2 minutes of the 4th quarter in a 2 goal game.
Timeouts	None	1 per half	2 per half; 1 per overtime	2 per half; 1 per overtime
Overtime	none	none	Sudden-victory overtime, 4 minutes periods, If the game is still tied after two overtime periods, the game is over and considered a tie, unless it is mandatory to break the tie (e.g., Championship).	Sudden-victory overtime, 4 minutes periods, If the game is still tied after two overtime periods, the game is over and considered a tie, unless it is mandatory to break the tie (e.g., Championship).
Substitutions	Can ask official for horn to sub as well as sub on the fly or after a goal or penalty whistle	No horns - on the fly or after a goal or penalty whistle	No horns - on the fly or after a goal or penalty whistle	No horns - on the fly or after a goal or penalty whistle
Change of Goals	Teams switch sides at halftime	Teams switch sides at quarters	Teams switch sides at quarters	Teams switch sides at quarters

	Rules Highlights & Special Enforcement			
ESYLA Age Bracket	8U	10U	12U	14U
Body Checking	Not Allowed, some minimal contact allowed - see " Body Contact - legal holds and pushes"	Not Allowed, some minimal contact allowed - see " Body Contact - legal holds and pushes"	Not Allowed, some minimal contact allowed - see " Body Contact - legal holds and pushes"	Allowed in moderation when applied to a player who has both hands on his crosse, AND is in possession of or within 3 yards of a loose ball (on the ground or in flight). All checks shall be made from the front or side and between players shoulders and waste. Any excessive body check in which the checking player lowers his head or shoulder with intent to put the opposing player on the ground shall be penalized as an illegal body check - 2 or 3 minute unrealizable penalty
Body Contact	"Legal Holds and Pushes" Allowed - non-violent contact only applied to player with possession or within 3 yards of loose ball; "Boxing Out" allowed;	"Legal Holds and Pushes" Allowed - non-violent contact only applied to player with possession or within 3 yards of loose ball; "Boxing Out" allowed;	"Legal Holds and Pushes" Allowed - non-violent contact only applied to player with possession or within 3 yards of loose ball; "Boxing Out" allowed;	"Legal Holds and Pushes" Allowed - non-violent contact only applied to player with possession or within 3 yards of loose ball; "Boxing Out" allowed;
Stick Checks	Only "Lift Checks", "Poke Checks" and "Downward Checks" initiated from below both players shoulder height are allowed	Only "Lift Checks", "Poke Checks" and "Downward Checks" initiated from below both players shoulder height are allowed	Only "Lift Checks", "Poke Checks" and "Downward Checks" initiated from below both players shoulder height are allowed	May only be made to a player in possession of the ball or within 3 yards of a loose ball or ball in flight
Penalties	Technical and Personal Fouls shall be time serving; Personal Fouls may be assessed 1, 2 or 3 minute penalties depending on severity and intent at official's discretion; "Slow Whistle" technique shall be used	Technical and Personal Fouls shall be time serving; Personal Fouls may be assessed 1, 2 or 3 minute penalties depending on severity and intent at official's discretion; "Slow Whistle" technique shall be used	Technical and Personal Fouls shall be time serving; Personal Fouls may be assessed 1, 2 or 3 minute penalties depending on severity and intent at official's discretion; "Slow Whistle" technique shall be used	Technical and Personal Fouls shall be time serving; Personal Fouls may be assessed 1, 2 or 3 minute penalties depending on severity and intent at official's discretion; "Slow Whistle" technique shall be used
Strict Enforcement	Illegal Body Checks and Checks Involving the Head or Neck are mandatory 2 or 3 minute non-releasable (official's discretion as to duration)	Illegal Body Checks and Checks Involving the Head or Neck are mandatory 2 or 3 minute non-releasable (official's discretion as to duration)	Illegal Body Checks and Checks Involving the Head or Neck are mandatory 2 or 3 minute non-releasable (official's discretion as to duration)	Illegal Body Checks and Checks Involving the Head or Neck are mandatory 2 or 3 minute non-releasable (official's discretion as to duration)
Offsides	Enforced	Enforced	Enforced	Enforced
Clarification of Frequently Asked Questions				
ESYLA Age Bracket	8U	10U	12U	14U
Counts - Goalie	Enforced	Enforced	Enforced	Enforced
Counts - Advancement	Not Enforced	Not Enforced	20/10 count is Enforced	20/10 count is Enforced
"Over and Back"	Not Enforced	Not Enforced	Enforced as written as part of Advancement Rules	Enforced as written as part of Advancement Rules
Contrast Tape For Faceoff	Not Enforced	Not Enforced	Not Enforced	Enforced
Slow Whistle After Penalty	Yes - slow whistle is over when a goal is scored, the ball hits the ground, goes out of bounds, hits the opposing goalie, crossbar, or goalposts, the opposing team gains possession, an injury occurs, or the attacking team commits a foul	Yes - slow whistle is over when a goal is scored, the ball hits the ground, goes out of bounds, hits the opposing goalie, crossbar, or goalposts, the opposing team gains possession, an injury occurs, or the attacking team commits a foul	Yes - slow whistle is over when a goal is scored, the ball hits the ground, goes out of bounds, hits the opposing goalie, crossbar, or goalposts, the opposing team gains possession, an injury occurs, or the attacking team commits a foul	Yes - slow whistle is over when a goal is scored, the ball hits the ground, goes out of bounds, hits the opposing goalie, crossbar, or goalposts, the opposing team gains possession, an injury occurs, or the attacking team commits a foul
Stalling	Not Enforced	Not Enforced	During the last 2 minutes of the game, if a team leads by 4 or less goals, they must "Get it in/Keep it in" once the ball has been brought into the goal area	During the last 2 minutes of the game, if a team leads by 4 or less goals, they must "Get it in/Keep it in" once the ball has been brought into the goal area
Illegal Stick Checks	Only if opposing coach requests it	Only if opposing coach requests it	Only if opposing coach requests it	Only if opposing coach requests it
Shot Restriction	2 pass attempts in offensive half before scoring opportunity allowed. The 2 pass attempts only reset if the ball travels back across the midline for any reason.	None	None	None
"Scrum Situation"	If a loose ball becomes trapped by multiple sticks for more than 4 seconds, the official may stop play and award the ball via "Alternate Possession" rules	If a loose ball becomes trapped by multiple sticks for more than 4 seconds, the official may stop play and award the ball via "Alternate Possession" rules	N/A	N/A