

Asia Pacific Lacrosse Union Youth Lacrosse Guidelines

April 14th, 2025 - 1st Edition

APLU
ASIA PACIFIC
LACROSSE UNION



Authority and Implementation

Youth Lacrosse Official Playing Rules (Youth Rules) & Guidelines for the Asia Pacific Lacrosse Union (APLU) have been endorsed by the APLU Board of Directors on April 14th, 2025.

The rules are in effect immediately and will be used for future APLU-endorsed youth lacrosse events. It's important to note that these rules are intended for international play and only serves as a benchmark for domestic play of member countries.

The rules implemented are specifically tailored for U12 Youth Lacrosse and are applicable to both boys, girls, and co-ed teams. Any variations in rules based on gender or age will be clearly specified within the rule set.

Additionally, these rules act as supplementary provisions to the World Lacrosse Sixes rules published by World Lacrosse. This document serves as a modifier of the rules, and any missing or unclear rules should be referred to the Sixes rules for further clarification.

Also included is a guideline which explains the youth lacrosse game, and includes coaching tips and modifications for development.

The rules and guidelines will be implemented in English. Any translations or versions in other languages will be superseded by the official English version as endorsed by the APLU Board of Directors.

Participants are entrusted with ensuring the safety of the sport, and the APLU disclaims any liability for damages that may occur during gameplay.

Rules

Please click here for [rules](#)

Guideline

The guidelines were created to help understand the youth game and quick start youth development. If anything is unclear or not specified, please refer back to the youth lacrosse rules, or the sixes rules for more detailed guidance.

- Any rules referred will be noted in brackets ex. (1.1.1.Y). If there is the letter “Y” after the number, please refer to the youth rules. if there is no letter after the rule number or a “M” or “W”, please refer to [World Lacrosse Sixes rules](#).
- Coaching tips and acceptable modifications to the game are shown within a box and a ★ mark.

What is APLU Youth Lacrosse

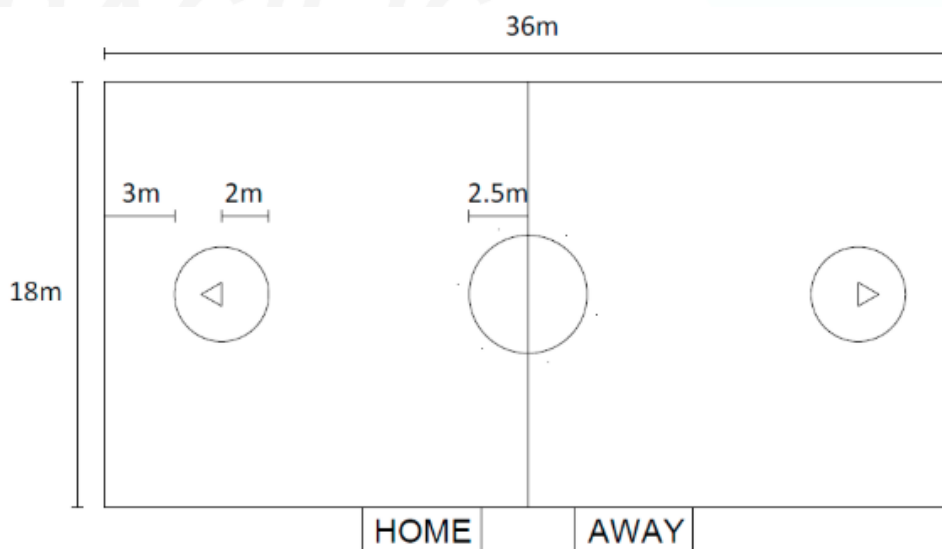
APLU Youth Lacrosse is played by two teams of four Players each with no protective equipment needed. It is designed so that anyone with lacrosse sticks and goals can play and begin learning about the game.

The rules were created to establish standard rules for international competition and as a guide for groups trying to launch new youth programs, particularly under the age of twelve. Any endorsed official tournament shall use the rules, but coaches and tournament organizers are encouraged to be creative with the tools and facilities at hand, and adjust rules accordingly.

1. The Field

1.1 Field Dimensions

The playing field for Youth Rules are as follows (1.1.1.Y)



- ★ If you cannot secure or guarantee a surface areas of this size, it is OK to be creative and use any field dimension you have while adjusted number of players

on the field.

1.2 The Goals

Youth Rules shall use goals that are 1.2 meters in height and width. (1.2.1.Y)



- ★ If you cannot obtain a 1.2 x 1.2m goal, you can use a standard lacrosse goal, or a collapsible mini soccer goal instead.
- ★ If there are no goalies present, you can use a goal blocker instead



(Mini Soccer Goal)

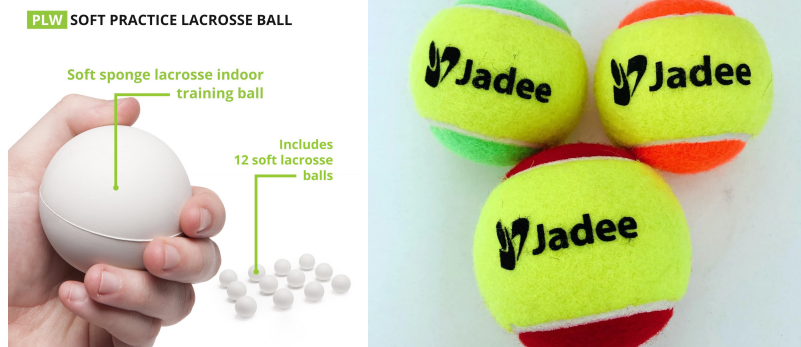


(Goal Blocker)

2. The Ball & Equipment

2.1 The Ball

The ball should be any type of sponge or low compression tennis ball, that should not hurt when hit. A “regular lacrosse ball” shall not be permitted for youth play (2.1.1.Y)



- ★ Using a regular lacrosse ball is strictly prohibited without protective equipment as this could seriously damage or hurt a player and could demotivate them to continue playing.

2.2 The Stick

Field Stick

Any girls or boys stick can be used to play Youth Lacrosse Rules as long as the stick is within 0.8 ~ 1.1m in length (2.2.1.Y).



(Men's Lacrosse Stick)

(Soft Lacrosse Stick)

(Girls Lacrosse Stick)

Goalie Stick

Goalies may use any field goalie stick as long as the stick is within 0.8 ~ 1.1m in length (2.2.7Y)

2.4 Protective Equipment

Field Players

Protective equipment is not required in youth lacrosse rules, although it is recommended that players wear eye-guards to avoid injuries. (2.4.1Y)



Goalies

The goalkeeper must wear a chest or body pad, a helmet designed for field lacrosse with a chin strap that must be fastened, a facemask, and an attached throat protector. The goalkeeper must wear padded gloves and may wear shoulder/arm pads, leg pads, and a box/cup (where necessary), as designed by the manufacturer.



3. The Teams

3.1 Number of Players

A team may comprise no more than 12 players on an active roster, with goalies (3.1.1.Y).

There shall be four field players and one goalie on the field to start the game (3.1.4.Y).

- ★ There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a smaller area like a tennis court, 3v3 may be more ideal. If you have a larger field, 5v5 or 6v6 can be played instead.
- ★ It is recommended for U12 players to use a goal blocker instead of a goalie player.

4. The Officials

The game is controlled by one to three Officials (4.1.1.Y).

- ★ In the event of a dispute, we recommend using an alternate possession system to keep pace of play.
- ★ Particularly for Youth Play, it is strongly recommended an adult supervisor steps in as an official to ensure the safety of the game.

5. The Length of the Game

5.1 Game Length

The game will be played in halves with playing time varying for age groups (5.1.1Y).

Half-time is 2 minutes for all age groups.

- Under 10 - 8 minutes
- Over 10 - 10minutes

When the score is tied at the end of playing time, there will be an additional three minute period until a goal is scored. Interval breaks will be one-minute long (5.1.2.Y).

- ★ For festival games on a fixed schedule, we recommend ending the game with a tie (no overtime).
- ★ It is recommended that teams play no more than 3 games on a particular day. Playing time may be adjusted according to the number of players or games played in a particular game. In example, if each team needs to play more than 3 games, a game may be shortened.

6. Playing the Game

6.4 The Toss-Up

Each half and overtime period will begin with a toss-up at the center of the field (6.4.1.Y).

- i. One player from each team will face each other at the center circle (6.4.3.Y).
- ii. All other players must stay out of the center circle until the whistle is blown (6.4.3.Y)
- iii. The official tosses the ball in the air and blows the whistle to start play (6.4.5.Y)
- iv. Players may bat or catch the ball in order to gain possession (6.4.5.Y)

6.5 Restarts (Out of Bounds and Ball Possession)

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team (6.5.1.) Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds (6.5.3.).

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their stick within 5 seconds. (6.5.7.Y) Then, the official will sound their whistle and the player must either pass or run it out of the goal circle to resume play within another additional 5 seconds (8.3.3.)

7. Substitutions

Substitutions during play are permitted and may take place at any time through the substitution area.

9. Fouls

Fouls are inappropriate acts committed by a player inconsistent with the accepted rules of the game. A minor foul will be a change in possession (offensive minor foul) or an additional free possession. Major fouls will be 30 seconds. An expulsion foul may be called on a player who has committed a foul. All time serving fouls shall be served in their entirety.

10 Minor Fouls (30 seconds)

- Interference (10.1)
 - A player may not interfere with an opponent attempting to scoop a loose ball except when both are within three meters of the ball.
 - A player may not intentionally block an opponent who is in pursuit of an opponent who has possession of the ball
- Pushing / Warding (10.2)
 - A Player may not push an opponent with their Stick, elbow or body.
- Holding (10.4)
 - A Player shall not hold an opponent's body, clothing or Stick with any part of their body or Stick.
- Withholding the Ball from Play (10.5)
 - No covering the ball with your stick or body
- Illegal Procedure (10.8)
 - Any procedural violation by a Player not in conformity with the Rules or other regulations governing the play of the game may be termed illegal procedure.
 - An offensive player entering the crease
 - Any player substituting illegally

11 Major Fouls (30 seconds)

- Illegal Body-Checking (11.1)
 - Body to Body contact is not allowed. Equal pressure between opposing players intended to redirect a player to defend the goal or interfere with a loose ball is legal
- Stick Checking (11.2Y)
 - A player must not use his/her stick to hit on an opponent's stick nor body, whether or not the contact is fully under-control or is unintentional
- Dangerous Follow Through (11.8W)

- A player must not pass or shoot through a defending player
- Walling (11.10)
 - A player must not defend the goal by standing in front of the goal, except when playing a stick's length away from an attacking opponent.

12 Expulsion Foul (Removed from Game)

An expulsion foul is the act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team.

Optional Restrictions

- ★ The below restrictions may be added to support development of players.
 - Pass Count
 - A minimum pass count may be added before shooting.
 - Keep Count
 - A minimum keep count (ex. 5 seconds) may be added for players possessing the ball.
 - Ground balls may only be contested 1v1 to avoid over-crowding. If a groundball situation of more than 2 players occurs, the official may blow the whistle to stop play, and award the ball by alternate possession.