IYLL COMPETITION RULES

NOTE: *The following rules will be in effect for all interconference play, including the IYLL All-Star Game and IYLL State Championship Tournament.*

U8 (6v6) Division

- Goalies are required for all teams
- The standard field setup is 1 defenseman (no poles allowed, standard stick sizes only), 3 midfielders, and 1 attackman
- 6x6 goals
- Face-offs after every goal. Standing neutral grip required for all face-offs.
- On fields without a designated retraining box, the whistle initiating the faceoff will also release players from GLE - No waiting until possession is called - in the instance the modified field has a clearly defined restraining box, normal faceoff rules apply and players must wait for possession to be called before releasing.
- Sportsmanship rule - Teams down by 5 or more goals can be awarded possession at the midfield after a goal if they choose
- No body checking allowed
- Stick checks are limited to lifts and legal pokes.
- Fast Break Penalty rule for U8 - offending player is subbed out, offended team gets possession in a fast break situation, all players are live once the whistle
    - If penalty is committed as time expires, an untimed fast break will awarded to the opposing team
- 14 min running halves
- No timeouts

U8 (8v8) Division

- Goalies are required for all teams
- The standard field setup is 2 defensemen (no poles allowed, standard stick sizes only), 3 midfielders, and 2 attackmen
- 6x6 goals
- Face-offs after every goal. Standing neutral grip required for all face-offs.
- On fields without a designated retraining box, the whistle initiating the faceoff will also release players from GLE - No waiting until possession is called - in the instance the modified field has a clearly defined restraining box, normal faceoff rules apply and players must wait for possession to be called before releasing.
- Sportsmanship rule - Teams down by 5 or more goals can be awarded possession at the midfield after a goal if they choose
- No body checking allowed
- Stick checks are limited to lifts and legal pokes

- Fast Break Penalty rule for U8 - offending player is subbed out, offended team gets possession in a fast break situation, all players are live once the whistle
    - If penalty is committed as time expires, an untimed fast break will awarded to the opposing team
- 14 min running halves
- No timeouts

U10

- Goalies
- Modified field (60x35 yards)
- 8v8 (1 goalie, 2 defense, 3 midfield, 2 attack). No long poles allowed.
- 6x6 goals
- No body checking allowed.
- Stick checks are limited to lifts and legal pokes.
- For personal and technical fouls, the player must serve the penalty and the team will compete man down.
- All penalty time will be time and a half due to the running clock
- Penalty time will start on the refs whistle
- Face-offs after every goal. Standing neutral grip required for all face-offs.
- On fields without a designated retraining box, the whistle initiating the faceoff will also release players from GLE - No waiting until possession is called - in the instance the modified field has a clearly defined restraining box, normal faceoff rules apply and players must wait for possession to be called before releasing.
- Sportsmanship rule - Teams down by 5 or more goals can be awarded possession at the midfield after a goal if they choose
- Two 22-minute running time halves
- One timeout per game (penalty times stops during a timeout) - 30 second timeout can be called at anytime during the game - clock stops

U12 / U14

- Goalies
- Full-field, 10v10
- 6x6 goals
- Body checking allowed per NFHS rules.
- All penalty time will be time and a half due to the running clock
- Penalty time will start on the refs whistle
- Mercy Rule - Teams down by 5 or more goals can be awarded possession after a goal if they choose
- Standing neutral grip required for all face-offs
- Two 22-minute running time halves
- One timeout per game (penalty times stops during a timeout) - 30 second timeout can be called at anytime during the game - clock stops

Updated: 4/21/2026