

EAST BAY LACROSSE LEAGUE

2025 GAME RULES SUMMARY



Pre-game statement: After the referees ask the coaches to certify their equipment, the referees would ask the coaches: “Coaches, do you certify that all players are compliant with EBLL roster rules”, and “if there are any exceptions, please describe those now to your opponents”.

Boys: All boys lacrosse games will follow the 2025 USA Lacrosse Boys Youth Rules with the associated time bands.

- 8U: 2, 12 min running clock (need a 45 min band)
 - 10U: 4, 10 min running clock (need a 60 min band)
 - 12U and 14U: 4, 10 min - stopped clock (need a 75 min band)
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- Reminder U10: 6' goals for U10 boys and 1 long pole (cut down the pole), no LSM - 47-54”



USAL Rules Page: USA Rules Page: <https://www.usalacrosse.com/boys-and-mens-rules>