



## 2019 Girls Youth Rules

Category	USL 8U	USL 10U	USL 12U	USL 14U
<b>Players</b>	4v4 / No GK	8v8 / 7 Field + GK	8v8 or 12v12	12v12
<b>Field Size</b>	Cross Field	Cross Field	8v8 - Cross-field 12v12 - Full-field	Full field
<b>Field Lines</b>	Goal Circle	Goal Circle, 8M & midfield line	8v8 – U10 lines or 12v12 - HS lines	HS lines
<b>Goals</b>	3'x3' or 4'x4'	4'x4' or 6'x6'	6' x 6'	6' x 6'
<b>Balls</b>	Softer ball	Regulation	Regulation	Regulation
<b>Sticks</b>	No pocket requirements	Modified pocket allowed	Regulation Stick	Regulation Stick
<b>Length of Game</b>	2 x 12 running	2 x 18 running	2 x 20 running	2 x 25 running, stop clock last 2 minutes
<b>Timeouts</b>	No team timeouts	No team timeouts	1 team timeout	1 team timeout
<b>Overtime</b>	No overtime	No Overtime	2 x 3 periods, sudden victory	2 x 3 periods, sudden victory
<b>Start of Game and Half</b>	Coin toss Players start in defensive end	Draw each half 3 players from team at both 8 meters	8v8 – Same as 10U 12v12 –HS Draw	HS Draw
<b>Start After Goal</b>	Ball to defender to side of goal circle	Goalkeeper clear	Draw, mercy rule optional	Draw, mercy rule optional
<b>Restraining Line</b>	None	2 field players behind restraining line	8v8: 2 or 12v12: 4 field players behind	4 field players behind
<b>Cards</b>	No cards, teams do not play short	Team does not play short	Team plays short	Team plays short
<b>Ground Balls</b>	No more than 2 players / Kicking ball not allowed	No more than 2 players / Kicking ball not allowed	No restrictions/ kicking allowed	No restrictions/ kicking allowed
<b>Covering Ball</b>	No covering ball at any time	No covering ball at any time	No covering ball with opponent in playing distance	No covering ball with opponent in playing distance
<b>Minimum Pass Rule</b>	One pass attempt required prior to shot	No minimum passing rule	No minimum passing rule	No minimum passing rule
<b>1 v 1 Defense</b>	Must play 1v1 defense	Must play 1v1 defense in midfield	Not Applicable	Not Applicable
<b>Checking</b>	No checking	No checking	Modified checking	Transitional checking
<b>3 sec, closely guarded</b>	Applies	Applies	Applies	Not applicable
<b>3 sec, 8 meter arc</b>	Not applicable	Applies	Applies	Applies
<b>Major Fouls</b>	Illegal/ dangerous contact & unsportsmanlike	Major fouls per 2019 NFHS Rules Book	Major fouls per 2019 NFHS Rules Book	Major fouls per 2019 NFHS Rules Book