



10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	8v8 / Field + GK	RESTRAINING LINE	2 field players behind
FIELD SIZE	Cross Field	CARDS	Cards, but team does not play short
FIELD LINES	Goal Circle, 8M & midfield line	GROUND BALLS	No more than 2 players / Kicking ball not allowed
GOALS	4'x4' or 6'x6'	COVERING BALLS	No covering ball at any time
BALLS	Regulation	MINIMUM PASS RULE	No minimum passing rule
STICKS	Modified pocket allowed	1 V 1 DEFENSE	1v1 defense in midfield
LENGTH OF GAME	2 x 18 running	CHECKING	No checking
TIMEOUTS	1 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	No Overtime	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	Draw each half 3 players from team at both 8 meters	MAJOR FOULS	Major fouls per 2020 NFHS Rules Book, 8 meter FP
START AFTER GOAL	Goalkeeper clear	SELF START	



12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	8v8 or 12v12	RESTRAINING LINE	8v8: 2 players 12v12: 4 players
FIELD SIZE	8v8 – Cross-field 12v12 – Full-field	CARDS	Team plays short
FIELD LINES	8v8 – U10 lines or 12v12 – HS lines	GROUND BALLS	No restrictions/ kicking allowed
GOALS	6' x 6'	COVERING BALLS	No covering ball with opponent in playing distance
BALLS	Regulation	MINIMUM PASS RULE	No minimum passing rule
STICKS	Regulation Stick	1 V 1 DEFENSE	Not Applicable
LENGTH OF GAME	2 x 20 running	CHECKING	Modified checking
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	2 x 3 periods, sudden victory	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	8v8 – Same as 10U 12v12 – HS Draw	MAJOR FOULS	Major fouls per 2020 NFHS Rules Book, 8 meter FP
START AFTER GOAL	Draw, mercy rule optional	SELF START	



14U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	12v12	RESTRAINING LINE	4 field players behind
FIELD SIZE	Full field	CARDS	Team plays short
FIELD LINES	H5 lines	GROUND BALLS	No restrictions/ kicking allowed
GOALS	6' x 6'	COVERING BALLS	No covering ball with opponent in playing distance
BALLS	Regulation	MINIMUM PASS RULE	No minimum passing rule
STICKS	Regulation Stick	1 V 1 DEFENSE	Not Applicable
LENGTH OF GAME	2 x 25 running, stop clock last 2 minutes	CHECKING	Transitional checking
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Not applicable
OVERTIME	2 x 3 periods, sudden victory	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	H5 Draw	MAJOR FOULS	Major fouls per 2020 NFHS Rules Book, 8 meter FP
START AFTER GOAL	Draw, mercy rule optional	SELF START	



8U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	4v4 / No GK	RESTRAINING LINE	None
FIELD SIZE	Cross Field	CARDS	No cards, teams do not play short
FIELD LINES	Goal Circle	GROUND BALLS	No more than 2 players / Kicking ball not allowed
GOALS	Softer ball	COVERING BALLS	No covering ball at any time
BALLS	No pocket requirements	MINIMUM PASS RULE	One pass attempt required prior to shot
STICKS	2 x 12 running	1 V 1 DEFENSE	1v1 defense required
LENGTH OF GAME	1 team timeouts	CHECKING	No checking
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	No overtime	3 SEC, 8 METER ARC	Not applicable
START OF GAME AND HALF	Coin toss Players start in their end	MAJOR FOULS	Illegal/ dangerous contact & unsportsmanlike
START AFTER GOAL	Ball to defender to side of goal circle	SELF START	