

RULES COMPARISON

2022 GIRLS YOUTH

Category	USAL 8U	USAL 10U	USAL 12U	USAL 14U
Players	4v4 / No GK	8v8 / 7 Field + GK	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	Cross or Full	Full field
Field Lines	Goal Circle	Goal Circle, 8M	12v12 - HS lines	HS lines
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6' x 6'	6' x 6'
Balls	Softer ball	Regulation	Regulation	Regulation
Sticks	No pocket limits	Modified pocket	Regulation Stick	Regulation Stick
Length of Game	2 x 12 running	2 x 18 running	2 x 20 running	2 x 25 running
Timeouts	1 team timeouts	1 team timeouts	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3, sudden victory	2 x 3, sudden victory
Start of Game and Half	Coin toss Players in their end	Draw each half 3 players @ both 8m	8v8 – Same as 10U 12v12 – HS Draw	HS Draw
Start After Goal	Ball to defender to side of goal circle	Goalkeeper clear	Draw, mercy rule optional	Draw, mercy rule optional
Restraining Line	None	None	8v8: None 12v12: 4 players	4 field players behind
Cards	No cards, teams do not play short	Cards, but team does not play short	Team plays short	Team plays short
Ground Balls	No restriction/ kicking allowed	No restrictions/ kicking allowed	No restrictions/ kicking allowed	No restrictions/ kicking allowed
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Minimum Pass Rule	One pass attempt prior to shot	No minimum passing rule	No minimum passing rule	No minimum passing rule
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not Applicable	Not Applicable
Checking	No checking	No checking	Modified checking	Transitional checking
3 sec, guarded	Applies	Applies	Applies	Not applicable
3 sec, 8 meter arc	Not applicable	Applies	Applies	Applies
Major Fouls	Illegal/ dangerous contact, unsportsmanlike	Major fouls per NFHS Rules Book, 8 m FP	Major fouls per NFHS Rules Book, 8m FP	Major fouls per NFHS Rules Book, 8m FP
Self-Start / Free Movement	Allowed	Allowed	Allowed.	Allowed.