



2021 Girls Youth Rules

Category	USL 8U	USL 10U	USL 12U	USL 14U
Players	4v4 / No GK	8v8 / 7 Field + GK	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	8v8 - Cross or 12v12 - Full	Full field
Field Lines	Goal Circle	Goal Circle, 8M & midfield line	8v8 – U10 lines or 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, stop clock last 2 minutes
Timeouts	1 team timeouts	1 team timeouts	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3 periods, sudden victory	2 x 3 periods, sudden victory
Start of Game and Half	Coin toss Players start in their end	Draw each half 3 players from team at both 8 meters	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	2 field players behind	8v8: 2 players 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 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
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 2020 NFHS Rules Book, 8 meter FP	Major fouls per 2020 NFHS Rules Book, 8 meter FP	Major fouls per 2020 NFHS Rules Book, 8 meter FP
Self-Start and Free Movement	Allowed	Allowed	Allowed. False start penalty for a self-start when self-start is not an option	Allowed. False start penalty for a self-start when self-start is not an option

