

# 2024 GIRLS YOUTH RULES COMPARISON

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Balls	Soft ball regulation size or larger	Soft balls or NOCSAE lacrosse balls	NOCSAE lacrosse balls	NOCSAE lacrosse balls
Cards	No cards, teams do not play short	No cards, teams do not play short	NFHS Cards	NFHS Cards
Checking	No checking	No checking	Modified checking	Transitional checking
Coaches	Coach may be on field to instruct ALL players and officiate	Remain in Coaching Area	Remain in Coaching Area	Remain in Coaching Area
Covering Ball	No covering ball with stick or body	No covering ball with stick or body	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Defending Goal	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	Shooting space rule applies	Shooting space rule applies
Deputy Goalkeeper	If goalkeeper used, no deputy goalkeeper	No deputy goalkeeper	No deputy goalkeeper	No deputy goalkeeper
Field Lines	Goal circle with 6' or 8.5' radius / No restraining line	8.5' goal circle + 8M arc / No restraining line	8v8: Cross-field 60-70yds x 35-45yds 12v12: Full field	NFHS field lines
Field Size	Small sided field	Small sided field	8v8: Small sided field 12v12: Full field	Full field
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'	6'x6'
Length of Game	4 x 6-minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 12-minute running clock
Officials	Not required / 1 Official may be used	1 Official required / 2 recommended	Officials required / 2 recommended	Officials required / 2 recommended
Offsides	Not applicable	Not applicable	8v8: Not applicable 12v12: NFHS offside procedures	NFHS offside procedures
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Overtime	No overtime	No overtime	2 x 3-minute sudden victory periods	2 x 3-minute sudden victory periods
Players	3v3 up to 7v7 / Goalkeeper not recommended	4v4 up to 8v8 with goalkeeper	8v8 or 12v12 with goalkeepers	12v12 with goalkeeper
Restraining Line	None	None	NFHS	NFHS
Scorekeepers	Score not kept	Scorekeeping a local level decision	Scorekeeper at table	Scorekeeper at table
Self-Start	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting
Sphere	12-inch	12-inch	12-inch	12-inch
Start of Game and Quarters	Winner of coin toss starts at center / Players line up in defensive end to start / Opposing team starts next quarter	Draw	Draw	Draw
Start After Goal	Ball to defender at side of goal circle / Player self-starts	Goalkeeper clear if goalkeeper used / If no goalkeeper, ball to defender at side of goal circle & player self-starts	Draw	Draw
Sticks	Small stick / No pocket limits	Small or NFHS stick / No pocket limits	NFHS stick and pocket	NFHS stick and pocket
Stick to Body Contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in 8M Arc	Not applicable	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies	3-Seconds rule in 8M arc applies
Timekeepers	Official, if used, keeps time / Teams designate timekeeper if no official	Officials keep time or designate timekeeper	Timekeeper at table	Timekeeper at table
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts