

2025 GIRLS YOUTH RULES COMPARISON

Category	USAL 6U & 8U	USAL 10U	USAL 12U	USAL 14U
BALLS	Soft balls or NOCSAE lacrosse balls	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
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
SHOOTING SPACE	No defending goal by standing in the 5-yard space in front of goal unless marking an opponent	Shooting space rule applies if 8M	Shooting space rule applies	Shooting space rule applies
DEFENSE 1V1	1v1 defense required in midfield	1v1 defense in midfield	Not required	Not required
EYE WEAR	Required if NOCSAE balls used	Required	Required	Required
FIELD LINES	Goal circle, center line used for restraining line if more than 5 v 5, 8M arc optional	Goal circle, center line used for restraining line if more than 5 v 5, 8M arc optional	8v8: Goal circle, center line, 8M arc 12v12: NFHS field lines	NFHS field lines
FIELD SIZE	Cross field or shortened field	Cross field or shortened field	8v8: Cross field 12v12: Full field	Full field
GOALKEEPER	Goalkeeper optional and not recommended for 6U. No deputy	No deputy	No deputy	No deputy
LENGTH OF GAME	6- or 8-minute quarters, running clock, 5-minute halftime	Up to 10-minute quarters, running clock, 5-minute halftime	10- or 12-minute quarters, running clock, 5-minute halftime	12-minute quarters, running clock, 5-minute halftime
MERCY RULE	Not applicable	Not applicable	Restart at center w/ 4-goal differential unless waived by team that is losing	Restart at center w/4-goal differential unless waived by team that is losing
OFFICIALS	Not required, USAL certified coaches may officiate	1 required, 2 recommended	1 required, 2 recommended	2 Required
OFFSIDES	Not applicable for 3 v 3. For 5 v 5 or more, center line serves as restraining line. A team may not have more than 5 field players below centerline	Center line serves as restraining line. A team may not have more than 5 field players below centerline	8v8: Center line, no more than 5 field players over RL 12v12: NFHS offside procedures	NFHS offside procedures
OVERTIME	Optional, if used Two 3-minute sudden victory periods			
PENALTY TIME	Players leave field briefly for major fouls	Players leave field briefly for major fouls	NFHS penalty time	NFHS penalty time
PLAYERS	3v3 up to 7v7 (8 with a goalie)	3v3 up to 8v8 with goalkeeper	8v8 or 12v12 with goalkeepers	12v12 with goalkeeper
SELF-START	Players must pause before self-starting			
SPHERE	12-inch			
START OF GAME AND QUARTERS	Winner of coin toss starts at center, players line up in defensive end at least 5 yds from center, opposing team starts next quarter	Without Draw: Same as 6U & 8U With Draw: 1 player from each team at center, all other players below unmarked line at top of 8M arc at either end	8v8: 1 player from each team at center, all other players below unmarked line at top of 8M arc 12v12 NFHS Draw	NFHS Draw
START AFTER GOAL	Ball to defender at side of goal circle, all players 4M away, player self-starts	Goalkeeper clear if goalkeeper used, all players outside 8M arc. If no goalkeeper, ball to defender at side of goal circle, all players 4M away, player self-starts	Draw unless mercy rule in effect	Draw unless mercy rule in effect
STICKS	Small stick allowed / No pocket limits	Small or NFHS stick, modified pocket allowed	NFHS stick and pocket	NFHS stick and pocket
STICK TO BODY 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
TIMEOUTS	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts