

## 2026 BOYS YOUTH RULES COMPARISON

Category	6U & 8U	10U	12U	14U
FIELD SIZE	L:60-70 yds W:35-40 yds (Cross-Field)	7v7 Cross Field 10v10 Full Field	7v7 Cross Field 10v10 Full Field	Full Field
CROSS LENGTH	FP: 37"-42" GK: 37"-54" LP: None	FP: 37"-42" GK: 37"-54" LP: 47"-54" (7v7= 3 max, 10v10= 4 max)	FP: 40"-42" GK: 40"-72" LP:52"-72" (7v7= 3 max, 10v10= 4 max)	FP: 40"-72" GK: 40"-72" LP: 52"-72" (4 Max)
PLAYERS	4v4 1GK 3 Field Players	6v6 7v7 or 10v10 (NFHS) 1 GK 5 or 6 Field Players	7v7 1GK 2D 2A 2M 10v10 NFHS	10V10 NFHS
EQUIPMENT	NFHS – Loss of helmet is an Illegal Procedure Technical Foul			
LENGTH OF GAME	2 x 12 min Running	4 x 10 min Running	4 x 10 min Running	4 x 10 min Running
OVERTIME	N/A	10v10 ONLY see 12U	4 min Sudden Victory	4 min Sudden Victory
TIMEOUTS	None. Officials Only	None. Officials Only	2 / half, 1 each OT	2 / half, 1 each OT
SUBSTITUTIONS	No "on the fly"	No "on the fly" except 10v10 NFHS	NFHS	NFHS
COUNTS	4-sec GK only, no advance GK out of crease gets 5 seconds to return.	4-sec GK only, no advance GK out of crease gets 5 seconds to return. 10v10 see 12U	GK 4s + 20s Def Zone + 10s Off. Zone No count for GK if outside of crease.	GK 4s + 20s Def Zone + 10s Off. Zone No count for GK if outside of crease.
OVER & BACK	N/A	10v10 ONLY see 12U	In effect once 10 sec count satisfied	In effect once 10 sec count satisfied
SCRUM	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
RESTARTS	All players must be 5 yards from ball carrier		Defense can be within 5 yards, BUT must gain 5-yard separation before engaging. Offensive players must be 5 yards away	
STALLING	N/A	10v10 ONLY: See 14U	10v10 ONLY: See 14U	Final 2m if team ahead 1-4 goals.
FACEOFFS	No FO: Coin flip winner Center X. Others on own def. half >5 yds from each other. Other team ball start 2 <sup>nd</sup> half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL). FO Neutral grip, knee down is OK	7v7 1 FO 1 GK 2 behind each G.L.E 1 wing (foot on either sideline) 10v10 same as NFHS Standing Neutral Grip	NFHS incl. Standing Neutral Grip
ONE PASS RULE	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
FOULING OUT	Personals = 3X or 5-mins			
FLAG DOWN	Stop play when ball hits ground, not a shot. OR "G.O.O.D.I.E.S"			
MAN UP OR MAN DOWN	N/A: Player serves, team plays at full strength	N/A: Player serves team plays full strength 10v10 see 12U	Yes (3-down max) All time serving fouls are Non-Releasable	Yes (3 down max) All time serving fouls Non-Releasable
OFFSIDES	N/A	7v7= >4 on Off. Or >5 on Def. (exclude penalty area: never man-down)	7v7= >4 on Off. Or >5 on Def. (incl. penalty area) 10v10 see 14U	>6 on Off. Or >7 on Def. (include penalty area)
3 YARD RULE	All legal holds, pushes & checks must be on a player with possession or within 3 yards of a loose ball			
BODY CONTACT	Legal Holds & Pushes, Box Out, Riding, Incidental No "take-out" checks		Below neck and Above waist. No "take-out" checks	
CHECKING WITH CROSS	Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. No one-handed checks permitted		See 3-yard rule, Lift/poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH player's shoulders. One handed OK	