

2024 Girls Rules Summary by Age Level

	6U & 8U	10U	12U	14U	NFHS
Players	3v3 to 7v7, GK not recommended.	8v8: 7 FP + GK or 7v7 with no GK: if one team does not have a GK	8v8: 7 FP + GK or 12v12: 11 FP + GK	12v12: 11 FP + GK	
Field Size	Cross or Half Field	Cross Field	8v8 Cross Field or 12v12 Full Field	Full Field	
Field Lines	Goal Circle - 6' or 8.5' radius, no Restraining Lines	8.5' Goal Circle, 8M Arc, no Restraining Lines	8v8: 8.5' Goal Circle, 8m Arc, no Restraining Lines 12v12: NFHS Field Lines	NFHS Field Lines	
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'		
Balls	Soft Balls regulation size or larger, or regulation NOCSAE Ball with protective eyewhere required.	Regulation NOCSAE Ball			
Sticks	Small size stick, no pocket requirements.	Small or Regulation stick / no pocket limits.	NFHS Regulation Stick		
Length of Game	4x 6 min quarters running clock, 5 min halftime	4x 10 min quarters, running clock, 5 min halftime		4x 12 min quarters, running clock (see last 2 min below), 5 min halftime	4x 12 min quarters, Stop Clock, 10 < min halftime
Last 2 Min of Each Half	Running Clock			Teams may choose Stop Time unless Mercy Rule.	Last 2 min of each half, stop clock in CSA < 10 Goals
Mercy Rule	Not Applicable		Ahead by 4+ goals losing team gets IFP at center	Ahead by 4+ goals - running clock	
Timeouts	1x 2 min - running time	1x 2 min - stop time	2x 2 min - stop time	2x 2 min - stop time	2x 2 min - stop time, 1 OT
Overtime	No OT	No OT	2x 3 min periods, sudden victory	2x 3 min periods, sudden victory	2x 3 min periods, sudden victory
Coin Toss	Yes - Winner gets IFP at center to start 1st half, all other players 4m away in defensive half. Opposing team starts next quarter.	Yes – with captains Determines goal to defend and first AP			
Start of Game and Quarters	No Draw. All players in defensive half; See Coin Toss above	1 player from each team for the Draw, 3 players from each team inside the 8m arc at each end of the field	8v8: 1 player from each team for the Draw, 3 players from each team inside the 8m arc at each end of the field, 12v12: NFHS start procedures	NFHS start procedures	
Start After Goal	Ball to defender side of goal circle	GK Clear, if no GK FP beside the goal	NFHS start procedures (see mercy Rule)	NFHS start procedures (see mercy Rule)	NFHS Start Procedures
Defending Goal	No defending goal by standing in 4m space in front of goal unless marking an				Shooting space rule applies
Restraining Line	None	3 FP from each team inside 8m until possession on Draw	8v8: 3 FP from each team inside the 8m until possession on Draw, or 12v12: 4 FP from each team below the Restraining Lines	4 FP from each team below the Restraining Lines	
Sphere	12 inch				7 inch
Cards	No Cards, Player should be Subbed out but team does not play short.		2 min Yellow, 4 Red, Team Plays Short >= 4		
Ground Balls	1v1 - Kicking ball is allowed	1v1 - Kicking ball is allowed	No restrictions /		
Covering Ball	No covering with the stick or body.		No covering ball if opponent in playing distance		
Minimum Pass Rule	No minimum pass rule, coaches may agree to maximum time player may possess ball	No minimum pass rule, coaches may agree to maximum time player may possess ball	1 completed pass prior to shot in offensive zone- see Mercy Rule above	No pass restrictions	
1v1 Defense	Max 1v1 required		Not applicable		
Checking	Not allowed		Modified, below shoulder	Transitional 12" Sphere	Full
3 sec, closely guarded	Applies				Not applicable
3 sec, 8 meter arc	Not applicable	Applies			
Major Fouls	Illegal/dangerous contact and unsportsmanlike	Major fouls per NFHS rules book			
Self-Start / Free Movement	Allowed - after pause				Allowed - no pause required
Player Equipment	Goggles and mouthguard	Jersey with number, goggles and mouthguard			
Goalie Equipment	Not applicable	Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, ND200 chest protector, pelvic protector, shin guards and thigh protection with integrated protective padding	Helmet w/ face mask and properly secured chin strap, throat protector, padded gloves, mouthguard, ND200 chest protector, pelvic protector, thigh protection with integrated protective padding		
Deputy Goalkeeper	No deputy.				Allowed
Coaches	Coaches may be on field to instruct ALL players and officiate if no official present	Remain on sideline in coaching area			
Timekeepers	Officials, if used, or teams designate timekeeper if no official	Officials keep time or designate timekeeper	Timekeeper at table		
Score	No score is kept	Scorekeeping is a local decision	Score is kept by		

Substitutions	Whole team substitutions recommended after every goal or every 1-3 min during a stoppage in play	Substitutions allowed during play, recommended during a stoppage in play, or after a whistle	NFHS substitution procedures	
Offsides	None	None	8v8: None 12v12: NFHS Offsides procedures	NFHS Offsides procedures
Goal Circle	No player may enter goal circle / Player may follow through on shot		Shooter and defender may follow through on shot	Goalkeeper or deputy goalkeeper may enter goal circle / Shooter and defender may follow through on shot
Stick to Body Contact	Prohibited except for incidental contact			Prohibited - horizontal stick
Unsportsmanlike Conduct	Major foul; Offending Player Subbed Out ; No Card; Team does not play short		Major foul / Mandatory Card	
Officials	Not required, 1 Official may be used	1 Official required, 2 Recommended		2 Official required, 3 Recommended