

2026 GIRLS YOUTH RULES COMPARISON

Category	6U & 8U	10U	12U	14U
PLAYERS	3v3 up to 7v7	3v3 up to 8v8 with goalkeeper	NFHS	NFHS
GOALKEEPER	Goalkeeper optional, not recommended for 6U, no deputy goalkeeper	Goalkeeper optional, no deputy goalkeeper	<u>No deputy goalkeeper</u>	NFHS
BALLS	Soft balls or NOCSAE lacrosse balls	NFHS	NFHS	NFHS
EYE WEAR	Required if NOCSAE balls used	NFHS	NFHS	NFHS
STICKS	Small stick allowed, no pocket limits	Small stick allowed, modified pocket	NFHS	NFHS
FIELD SIZE	Cross field	Cross field	NFHS	NFHS
FIELD LINES	Goal circle, center line, 8M arc optional	Goal circle, center line, 8M arc if goalkeeper used	NFHS	NFHS
GOALS	3'x3' or 4'x4'	4'x4' or NFHS	NFHS	NFHS
LENGTH OF GAME	<u>6 to 8-minute quarters, running clock</u>	<u>Up to 10-minute quarters, running clock,</u>	<u>10-minute quarters, running clock</u>	<u>12-minute quarters, running clock</u>
TIMEOUTS	1 team timeout	1 team timeout	NFHS: 2 team timeouts	NFHS: 2 team timeouts
START OF GAME AND QUARTERS	No draw, players line up in defensive end 5 yds from center	Draw optional, players line up in defensive end 5 yds from center	NFHS	NFHS
START AFTER GOAL	Ball to defender at side of goal circle, all players 4M away, player self-starts	No Goalkeeper: ball to defender at side of goal circle, all players 4M away, player self-starts Goalkeeper: goalkeeper clear, all players outside 8M arc.	NFHS : Draw unless mercy rule in effect	NFHS: Draw unless mercy rule in effect
SELF-START	Players must pause before self-starting	Players must pause before self-starting	NFHS	NFHS
OFFSIDES	Not applicable	No more than 5 field players in offensive and defensive ends	NFHS	NFHS
COVERING BALL	No covering ball with stick or body	No covering ball with stick or body	NFHS	NFHS
CHECKING	<u>No checking</u>	<u>No checking</u>	<u>Modified checking</u>	<u>Transitional checking</u>
DEFENSE 1v1	1v1 defense required in midfield	1v1 defense in midfield	NFHS	NFHS
PENALTY TIME	Players leave field briefly for major fouls	Players leave field briefly for major fouls	NFHS	NFHS
CARDS	No cards, teams do not play short	No cards, teams do not play short	NFHS	NFHS
DEFENDING GOAL	No defending goal 5-yard in front of goal unless marking an opponent	No defending goal 5-yard in front of goal unless marking an opponent	NFHS	NFHS
3-SECONDS CLOSELY GUARDED	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>NFHS: Not applicable</u>
3-SECONDS IN 8M ARC	Not applicable	Not applicable	NFHS	NFHS