2018 Summary of Rules By Age Level

	8U	10U	12U	14U
No of Players	4 V4, No goalie	7 V 7, Goalie optional 2-D, 3-M, 2-A	12 V 12, Goalie 4-D, 3- M, 4- A	12 V 12, Goalie 4-D, 3-M, 4-A
Field Size	Half field, side to side	60-70 yards x 30-40 yards. 8Mtr Arc Optional	110 to 140 yard length X 60-70 yard width. 8 Mtr Arc, 12 Mtr fan and restraining lines	110 to 140 yard length X 60-70 yard width. 8 Mtr Arc, 12 Mtr fan and restraining lines
Ball	Soft Ball Optional- Or Standard NOCSAE ball	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
Goal Size	3x3 to 4x4, Standard goal Flipped over	3x3 to 4x4, Standard goal Flipped over	6ft X 6ft	6ft X 6ft
Coaches	Coaches may help on the field	Must remain on sideline in team area	Must remain on sideline in team area	Must remain on sideline in team area
Player equipment	Stick, goggles and mouth guard	Jersey with number, Stick, goggles and mouth guard. Checked at the beginning of each game	Jersey with number, Stick, goggles and mouth guard. Checked at the beginning of each game	Jersey with number, Stick, goggles and mouth guard. Checked at the beginning of each game
Game length		2- 20 Min halves No OT Stop time in last 2 Mins and by Ref stoppage.	2- 22 Min Halves No OT Stop time in last 2 Mins and by Ref stoppage	2- 24 Min halves No OT Stop time in last 2 Mins And by Ref stoppage
Officials	1 or Coach helped	1 Official	2 recommended officials	2 recommended officials
Stick Checking	None	None	None	Full HS rules
Pass rules	1 attempted	3 Attempted	3 Attempted	None
Coin Toss	None	Yes- With Captains Determines goal to defend and first AP	Yes- With Captains Determines goal to defend and first AP	Yes- With Captains Determines goal to defend and first AP
Draws	No draw / players line up in their defensive end to start game	Draw after each goal. Utilize Free Draw Rule	Draw after each goal. Utilize 4 & 8 Rule	Draw after each goal. Utilize 4 & 8 Rule
Team Time outs	none	Two- 2 Min Per Game	Two- 2 Min Per Game	Two- 2 Min Per Game

Scoring	No score is kept	No Score is Kept	Score is kept Both teams report within 48 hours. If second team fails to report, first team score stands.	Score is kept Both teams report within 48 hours. If second team fails to report, first team score stands.
Score reporting	No Score is reported	No Score is reported	Both teams report within 48 hours. If second team fails to report, first team score stands.	Both teams report within 48 hours. If second team fails to report, first team score stands.
Substitutions		After goals or during play	After goals or during play	After goals or during play
Restraining Line/ Offside	None	None	4 players behind when ball is in offensive end plus the goalie. 4 players behind when it is in the defensive end,	4 players behind when ball is in offensive end plus the goalie. 4 players behind when it is in the defensive end,
Stick Length	No requirement	PLAYER- 90-110 CM/35.5”-43.5” GOALIE- 35.5”-52”	PLAYER- 90-110 CM/35.5”-43.5” GOALIE- 35.5”-52”	PLAYER- 90-110 CM/35.5”-43.5” GOALIE- 35.5”-52”
Pages in 2018 Youth Girls Rulebook	18-27	28-37	38-47	48-57