



MAYLA/USAL RULES COMPARISON CHART 2022 GIRLS YOUTH

Category	3rd-4th Grade/USAL 10U	5th-6th Grade/USAL 12U	7th-8th Grade/USAL 14U
Players	8v8 / 7 Field + GK	8v8 or 12v12	12v12
Field Size	Cross Field	Cross or Full	Full field
Field Lines	Goal Circle, 8M	12v12 - HS lines	HS lines
Goals	4'x4' or 6'x6'	6' x 6'	6' x 6'
Balls	Regulation	Regulation	Regulation
Sticks	Modified pocket	Regulation Stick	Regulation Stick
Length of Game	2 x 20 running	2 x 20 running	2 x 25 running
Timeouts	1 team timeouts	2 team timeouts	2 team timeouts
Overtime	No Overtime	No Overtime	No Overtime
Start of Game and Half	Draw each half 3 players @ both 8m	8v8 – Same as 3rd/4th Grade 12v12 – HS Draw	HS Draw
Start After Goal	Goalkeeper clear, mercy rule applies for 6 goal differential	Draw, mercy rule applies for 6 goal differential	Draw, mercy rule applies for 6 goal differential
Restraining Line	None	8v8: None 12v12: 4 players	4 field players behind
Cards	Cards, but team does not play short	Team plays short	Team plays short
Ground Balls	No restrictions/ kicking allowed	No restrictions/ kicking allowed	No restrictions/ kicking allowed
Covering Ball	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Minimum Pass Rule	No minimum passing rule	No minimum passing rule	No minimum passing rule
1 v 1 Defense	1v1 defense in midfield	Not Applicable	Not Applicable
Checking	No checking	Modified checking	Transitional checking
3 sec, guarded	Applies	Applies	Not applicable
3 sec, 8 meter arc	Applies	Applies	Applies
Major Fouls	Major fouls per NFHS Rules Book, 8 m FP	Major fouls per NFHS Rules Book, 8m FP	Major fouls per NFHS Rules Book, 8m FP
Self -Start / Free Movement	Allowed	Allowed.	Allowed.

Adopted 2/15/2022