

GNLL Girls Sixes League Rules & Policies

With the exception of the rules below; high school games adhere to 2026 NFHS rules and youth games adhere to 2026 USAL Youth rules.

Pregame

- Coaches or team captains (18yo) will certify together.
- No coin toss, first-team list on the schedule in Tourney Machine shall be the home team.
- The home team shall choose which goal to defend first, and wear white/light.
- The visiting team shall have 1st AP and wear color/dark.
- Field Managers will be provided at each field to track time, goals, penalties and penalty time.

Equipment

- Standard protective equipment rules apply
- At all levels of play, stick heads may meet 2026 NFHS
- Random equipment checks will not be performed

Time Factors

- **No on-field time is allotted for team warm-ups**
- **Girls games are 2 x 16 with a 2 minute halftime**
- **The game clock does not stop for timeouts, injuries, or equipment checks**

Timeouts

- **One 60-second timeout per team per game, game clock does not stop**
- **Penalty time stops during timeouts**
- **Timeouts may not be taken in the last two minutes of the game.**

Girls Play of the Game, Points of Emphasis

- Small Sided 6v6 (including Goalie)
- One player (goalie counts) must remain behind the defensive half. A player is NOT required to remain behind the offensive half.

- Fouls in the critical scoring area will result in a possession to the player fouled and they will be placed at the judgement of the official where the 8m should be, and be played out just as an 8m on a normal sized field. This is considered a DIRECT foul.
- Players must wait for the whistle to re-start in the critical scoring area, all other areas are self-start
- 3 seconds will be instituted at the officials' discretion.
- Substitutions are done on the fly but a player cannot enter the field until a player exits.
- If a goal is scored, the goalkeeper will get a free clear in the defensive end. **Players from the scoring team must retreat to the midline before re-engaging.** Players from the scoring team may not intercept that first pass in their offensive zone.
 - If a goalie comes out of the circle with the ball, the "free goalie clear" is no longer in effect.
 - If the goalie passes the ball to one of her teammates and the ball is dropped or bobbled, the "free goalie clear" is no longer in effect and the defending team can now try to get the ball.
 - If the goalie passes the ball past the midline, the "free goalie clear" is no longer in effect
- Backup Rule for shots WILL stand. Players closest to the ball after a shot will get possession
- If a ref deems a foul flagrant, that player will sit out for an unreleasable 2 minute penalty, otherwise the player who fouls will be placed 4m to keep play going.
- If a player accumulates more than 4 minutes of unreleasable penalties, they must sit out the remainder of the game
- Games will start with a draw at each half, players must be 10m away.
- **Unreleasable penalties may be given, but a player may substitute on.**
- No mercy rule