

GNLL Girls Sixes League Rules & Policies

With the exception of the rules below; high school games adhere to 2025 NFHS rules and youth games adhere to 2025 USAL Youth rules.

Pregame

- Coaches or team captains (18yoa) 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, heads may meet 2025 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**
- **In pool play, the game clock will not stop, and timeouts may not be taken in the last two minutes of the game.**
- In bracket play, the timeout may be taken in the last two minutes or in OT, and the game clock will stop.

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; an 8m shot will be awarded at the marked spot at the top of the 8m
- 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 which must stay on-side.
- 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