

2025 GIRLS YOUTH RULES COMPARISON CHART

WSLA Specific rules in RED

| Category | USL 6U & 8U | USL 10U | USL 12U | USL 14U |
|---------------------------|---|---|---|---|
| Cards | No cards, teams do not play short | No cards, teams do not play short, PLAYER IS SUBBED | NFHS Cards | NFHS Cards |
| Checking | No checking | No checking | Modified checking | Transitional checking, modified checking from behind |
| Contact | No body-to-body or stick-to-body contact allowed (incidental only) | Body-to-body contact that does not displace or disadvantage opponent allowed. No stick-to-body contact. | Body-to-body contact that does not displace or disadvantage opponent allowed. No stick-to-body contact. | Body contact that does not displace or disadvantage ok. HS contact rules |
| Covering Ball | No covering ball with stick or body | No covering ball with stick or body | No covering ball if opponent in playing distance | No covering ball if opponent in playing distance |
| Defending Goal | No defending goal by standing in the 5-yard space in front of goal unless marking | Shooting Space rule applies in 8m | Shooting Space rule applies in 8m | NFHS Shooting space rule applies |
| Field Lines | Goal circle with 6' or 8.5' radius / No restraining line | Goal circle, 8m arc, half field line | Goal circle, 8m arc, half field line | NFHS field lines |
| Field Size | Small sided field | Small sided field | Small sided field | Full field |
| Goals | 3'x3' or 4'x4' | 6'x6' | 6'x6' | 6'x6' |
| Length of Game | 4 x 6-minute running clock / 5-minute halftime | 4 x 10-minute running clock / 5-minute halftime | 4 x 10-minute running clock / 5-minute halftime | 4 x 12-minute running clock / 5-min halftime |
| Offsides | Not applicable | 5 Field players in each end | 5 Field players in each end | NFHS offside procedures |
| 1 v 1 Defense | 1v1 defense required | 1v1 defense in midfield | Not required | Not required |
| Players | 3v3 up to 7v7 / No Goalkeeper | 8v8 with goalkeeper | 8v8 with goalkeepers | 12v12 with goalkeeper |
| Restraining Line | None | Center Line | Center Line | NFHS |
| Start After Goal | Ball to defender at side of goal circle / Player self-starts | Goalkeeper clear OR ball to defender on goal line extended (GLE). | Goalkeeper clear | Draw |
| Sticks | Small stick / No pocket limits | Modified Pocket | NFHS stick and pocket | NFHS stick and pocket |
| Stick to Body Contact | Prohibited except for incidental contact | Prohibited except for incidental contact | Prohibited except for incidental contact | Prohibited except for incidental contact |
| 3-Seconds Closely Guarded | 3-Seconds closely guarded rule applies | 3-Seconds closely guarded rule applies | 3-Seconds closely guarded rule applies | Not applicable |
| Timeouts | 1 team timeout | 1 team timeout | 2 team timeouts | 2 team timeouts |
| Minimum Pass Rule | One pass attempt prior to shot | One pass attempt prior to shot | One pass attempt prior to shot | Not applicable |
| | | | | |

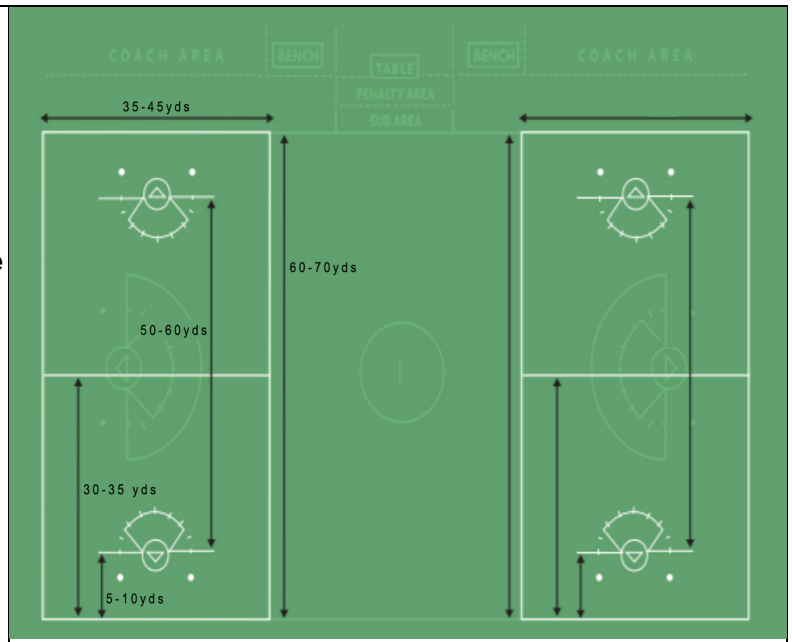
WSLA 12U - 8v8 (CHEAT SHEET)

Key Reminders

- With increased touches and involvement, the games will be fast and fun! Like basketball, players will run the field more often with less play stoppage. More touches and involvement for all players = Increased Development
- The 8v8 format will increase player skill and involvement as there is 'no where to hide.'
- Roster size recommendation > WSLA encourages 14-18 players per team: the pace of 8v8 format at the 12U level will be fast. Players will tire quickly, thus the need for substitutions (**on the fly during offensive transition**).

Field Setup and Play (8v8, including goalie)

- 5v5 settled play at either end of field, holding 2 back over mid restraining line, 1 goalie
- **Play a 2/3/2 model (like a miniature full field 4/3/4 model) OR 5/2 where the first 5 players to transition over play offense/defense while holding 2 back. BOTH WORK!!**
- Maximize length of the field widthwise
- Goalie crease and 8m are required (field lining, dots, flat cones, tape etc.)
- Game/Field time = 1 hr
- Settled play = identical to full field play & concepts but with less players.



Practice & Coaching Strategies with 12U Shift

- Keep things as they are! Practice all your 12U players together with your typical coach(es) and make a plan for game coverage.
- Coaches are encouraged to teach the same defensive, offensive, transition and draw strategies. With less bodies to manage while teaching said concepts, all players get more reps and develop at a faster pace (5v5 settled play is less crowded than 7v7).
- Coaching is more approachable under 8v8 game format. To most 12U players, it will feel like a continuation of 10U play with slightly advanced rules.
- Home games can be scheduled singularly, simultaneously or back-to-back (allows coaches to be available for multiple teams should you have more than one team under the new format)
- Away games - if your program has 2 teams and they are playing in different locations, split coaches and bring HS player helpers! Game management and subbing is easier with 8v8 play.
- Adult volunteer coaches, HS player coaching assistants, HS Player Coaches, Paid coaches - we don't want you to change what is already working for your program.