

2026 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 stick to stick, body to body, or body to stick contact.	No stick to stick, body to body, or body to stick contact.	Stick to body contact initiated by defense prohibited. Incidental contact ok. NFHS body to body contact	Stick to body contact initiated by defense prohibited. Incidental contact ok. NFHS body to body contact
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
Deputies	Goalkeeper optional and not recommended for 6U. No deputy	No deputy	No deputy	Deputy allowed
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 10 -minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 12 - minute running clock / up to 10-minute halftime	4 x 12-minute running clock / up to 10-min halftime
Mercy Rule	Not applicable	Not applicable	Not applicable	4-goal differential mercy rule is opted in/out by each coach at C&C meeting
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	5v5 / 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, scoring team moves across midline prior to 10 second count	Goalkeeper clear, scoring team moves across midline prior to 10 second count	Draw
Sticks	Small stick / No pocket limits	Modified Pocket	NFHS stick and pocket	NFHS stick and pocket
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in 8M Arc	Not Applicable	3- Seconds Applies	NFHS	NFHS
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



Coach/Team Game Feedback Form

Use this form for feedback about a specific coach or team



Feedback Form on Game Officials

Use this form for feedback about a specific official