

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 |

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|  | 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 |
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