

2025 GNLL Girls Rules Summary and Comparison by Level of Play 2.4.25

Last revised 8-19-25	8U Rules	10U Rules	12U Rules	14U Rules
Field size	60-70 yards long x 35-40 yards wide (cross or half field)	60-70 yards long x 35-40 yards wide (cross or half field)	110-140 yds long by 60-70 yards wide (full field)	110-140 yds long by 60-70 yards wide (full field)
Field Lines	Goal circle with 6' or 8.5' radius. No restraining lines.	8.5' goal circle + 8M arc. Center line used for restraining line.	NFHS field lines	NFHS Field lines
Ball	Soft ball or standard NOCSAE	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
Goal size	3Ft x 3ft or 4 ft x 4 ft or flipped standard goal	4 ft x 4 ft preferred (or 5'x5' or 6'x6')	6 ft x 6 ft	6 ft x 6 ft
Sticks	Small size stick / Regulation stick / No pocket requirements	Regulations stick. Modified pocket allowed (only half the ball may fall below the bottom of the sidewall)	Regulation stick	Regulation stick
Number of players	4v4, no goalies	8v8 with 7 field players and a GK	12v12 with 11 field players and a GK	12v12 with 11 field players and a GK
Jersey numbers on front and back	Recommended numbers on front and back of jersey. Players can wear shorts or skorts.	Required numbers on front and back of jersey. Players can wear shorts or skorts.	Required numbers on front and back of jersey. Players can wear shorts or skorts.	Required numbers on front and back of jersey. Players can wear shorts or skorts.
All Player Equipment	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook
Coaches	Max of 3; Coach may be on field	Max of 3; Remain in coaching area	Max of 3; Remain in coaching area	Max of 3; Remain in coaching area
Scorekeeping	No score will be kept	Scorekeeper at table. Both teams report scores within 48 hours.	Scorekeeper at table. Both teams report scores within 48 hours.	Scorekeeper at table. Both teams report scores within 48 hours.
Timekeepers	Officials, if used, keep time. Teams designate a timekeeper if no official	Required timekeeper at score table	Required timekeeper at score table	Required timekeeper at score table
Officials	1 official or coach	1 official	2 officials	2 officials
Length of Game	Four 8 minute quarters/ Running clock/ 4-minute half time	Four 10-minute quarter / Running clock / 5-minute halftime	Four 10-minute quarters / Running clock / 5-minute halftime	Four 12-minute quarters/ Running clock/ 5-minute halftime
Coin toss	none	Yes, with captains if time permits (determines goals to defend and first AP). Otherwise home chooses goal and away gets AP.	Yes, with captains if time permits (determines goals to defend and first AP). Otherwise home chooses goal and away gets AP.	Yes, with captains if time permits (determines goals to defend and first AP). Otherwise home chooses goal and away gets AP.
Start of game and each half	No Draw - home team starts at center 1st half / visiting team starts second half at center and has first AP at the start of the game	1 player from each team at center for draw. 3 players from each team at 8m arc at each end of field until possession attained	Standard draw	Standard draw
Start after Goal	Official gives ball to team scored upon at side of goal circle	NFHS draw procedures. Mercy rule: team that is 4 goals or more behind may ELECT to take indirect free position at center	NFHS draw procedures. Mercy rule: team that is 4 goals or more behind may ELECT to take indirect free position at center	NFHS draw procedures. Mercy rule: team that is 10 goals or more behind may ELECT to take indirect free position at center
OT or tiebreaker	No overtime	No overtime (except possibly in tournament situations)	No overtime (except possibly in tournament situations)	No overtime (except possibly in tournament situations)
Team timeouts	1 team timeout (2 mins) per game. Clock runs during timeout	1 team timeout (2 mins) per game. Clock runs and TO cannot expire within the last 2 minutes of the game	2 team timeouts (2 mins) per game. Clock runs and the TO cannot expire without the last 2 minutes of the game	2 team timeouts (2 mins) per game. Clock runs and the TO cannot expire without the last 2 minutes of the game
Substitutions	Whole team substitutions recommended after goal or every 1-3 minutes during stoppage of play	Substitutions allowed during play. Recommended during stoppage of play or after a whistle or goal.	NFHS substitution procedures	NFHS substitution procedures
Minor fouls	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook
Yellow cards	No Cards/Teams do not play short	Team substitutes for carded player and does not play short.	NFHS Cards	NFHS Cards

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Iv1 Defense	Must play Iv1 defense in midfield. Multiple defenders on the ball allowed in an area comparable to the CSA	Must play Iv1 defense in midfield. Multiple defenders on ball allowed in area comparable to CSA	Not applicable	Not applicable
3 Seconds Closely Guarded	3 seconds closely guarded rule applies	3 second closely guarded rule applies	3 second closely guarded rule applies	Not applicable
3 Seconds in the 8M Arc	Not applicable	3 seconds rule in 8M arc applies	3 seconds rule in 8M arc applies	3 seconds rule in 8M arc applies
Goal Circle Violations	No player may enter goal circle. Player may follow through on shot	Goalkeeper, or deputy, may enter goal circle. Player may follow through on shot.	Goalkeeper, or deputy, may enter goal circle. Player may follow through on shot.	Goalkeeper, or deputy, may enter goal circle. Player may follow through on shot.
Stick checking	No checking allowed	No checking allowed	Modified checking	Transitional checking
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball when opponent within playing distance	No covering ball when opponent within playing distance
Offsides	Not applicable	Center line serves as restraining line. No more than 5 field players in offensive and defensive ends.	NFHS Offsides Procedures	NFHS Offsides Procedures
Restarts	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook	Per NFHS Rulebook
Minimum Pass Rule	One attempted pass before a shot	One attempted pass by a field player before a shot (goalie clear does not count). Pass must occur in the offensive end. Mercy Rule: if a team is ahead by 8 or more goals, the winning team must have 3 consecutive completed passes before an attempted shot on goal. The first 2 passes can occur anywhere on the field. The last pass must occur in the offensive zone.	Not applicable. Mercy Rule: if a team is ahead by 8 or more goals, the winning team must have 3 consecutive completed passes before an attempted shot on goal. The first 2 passes can occur anywhere on the field. The last pass must occur in the offensive zone.	Not applicable
8M at end of Quarters	Not applicable	A foul in the CSA occurring as time expires on the quarter, resulting in an 8m will be allowed to play out.	A foul in the CSA occurring as time expires on the quarter, resulting in an 8m will be allowed to play out.	A foul in the CSA occurring as time expires on the quarter, resulting in an 8m will be allowed to play out.
CSA Fouls	Not applicable	Not applicable	Players fouled in the 12m fan will be moved to the nearest spot on the 12m and given a direct free position shot. The lane to cage will be cleared.	Players fouled in the 12m fan will be moved to the nearest spot on the 12m and given a direct free position shot. The lane to cage will be cleared.
Goal Differential	NA: No score kept	There will be a goal differential cap set at 10 goals for all regular season games. Games where a score differs by more than 10 goals will be noted *GD CAP* in the notest section of the score reported on Tourney Machine.	There will be a goal differential cap set at 10 goals for all regular season games. Games where a score differs by more than 10 goals will be noted *GD CAP* in the notest section of the score reported on Tourney Machine.	There will be a goal differential cap set at 10 goals for all regular season games. Games where a score differs by more than 10 goals will be noted *GD CAP* in the notest section of the score reported on Tourney Machine.
Jersey Requirements for upcoming seasons	<p>Note: Beginning in 2027, jersey numbers must be at least 8 inches high on the back and 5 inches high on the front and must contrast the rest of the jersey to make them easily visible. In addition, beginning in 2028, jerseys must be a single solid color with the following exceptions:</p> <ul style="list-style-type: none"> • up to 2" of contrasting trim is allowed on the collar, at the end of the sleeves, and on the waistband • quarter-inch piping is allowed • the back of the jersey may have at most one of the following: (a) a team name (e.g., "Springfield") (b) a team nickname (e.g., "SVL") (c) "Springfield Youth Hockey" 			

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	"Springfield") (b) a team nickname (e.g., "SYLA" for "Springfield Youth Lacrosse Association") (c) a team mascot name (e.g., "Isotopes") (d) player name (e.g., "Simpson").			

- the front of the jersey may have at most one of the following: (a) a team name (e.g., "Springfield") (b) a team nickname (e.g., "SYLA" for "Springfield Youth Lacrosse Association") (c) a team mascot name (e.g., "Isotopes") (d) a team logo not to exceed 8" by 8"