

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

| Last revised 2-4-25 | 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. No restraining lines. | 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 |

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

| | | | | |
|----------------------------------|--|--|--|--|
| 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 |
| 1v1 Defense | Must play 1v1 defense in midfield. Multiple defenders on the ball allowed in an area comparable to the CSA | Must play 1v1 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 | Not applicable | 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 before a shot. 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 |