

# 2025 GIRLS RULES COMPARISON

## 2025 GIRLS YOUTH RULES

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Players	4v4 / No GK	8v8	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	8v8 - Cross or 12v12 - Full	Full field
Field Lines	No 8 m or restraining line	8 M arc Restraining line	8m Arc (Cross-field) NFHS	NFHS
Balls	Soft ball	NFHS	NHFS	NFHS
Sticks	No pocket limits	Modified pocket	NFHS Pocket	NFHS Pocket
Length of Game	4 x 8 running	4 x 10 running	4 x 10 running	4 x 12 running
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3 min, sudden victory	2 x 3 min, sudden victory
Start of Game and Half	Coin toss Players lineup in defensive end to start	Draw to start and after goals	Draw to start and after goals	Draw to start and after goals
Start After Goal	Ball to defender to side of goal circle	Draw	Draw	Draw
Restraining Line	None	Midline (5 A and D ahead, +GK)	NFHS	NFHS
Cards	No cards, teams do not play short	Cards, but team does not play short	NFHS Cards	NFHS Cards
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Checking	No checking	No checking	Modified checking	Transitional checking