

# 2025 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	<b>No cards, teams do not play short, PLAYER IS SUBBED</b>	NFHS Cards	NFHS Cards
Checking	No checking	No checking	Modified checking	Transitional checking, modified checking from behind
Contact	No body-to-body or stick-to-body contact allowed (incidental only)	Body-to-body contact that does not displace or disadvantage opponent allowed. No stick-to-body contact.	Body-to-body contact that does not displace or disadvantage opponent allowed. No stick-to-body contact.	<b>Body contact that does not displace or disadvantage ok. HS contact rules</b>
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	<b>Shooting Space rule applies in 8m</b>	<b>Shooting Space rule applies in 8m</b>	NFHS Shooting space rule applies
Field Lines	Goal circle with 6' or 8.5' radius / No restraining line	<b>Goal circle, 8m arc, half field line</b>	<b>Goal circle, 8m arc, half field line</b>	NFHS field lines
Field Size	Small sided field	Small sided field	Small sided field	Full field
Goals	3'x3' or 4'x4'	<b>6'x6'</b>	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 10-minute running clock / 5-minute halftime	4 x 12-minute running clock / 5-min halftime
Offsides	Not applicable	5 Field players in each end	<b>5 Field players in each end</b>	NFHS offside procedures
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Players	<b>5v5 / No Goalkeeper</b>	<b>8v8 with goalkeeper</b>	<b>8v8 with goalkeepers</b>	12v12 with goalkeeper
Restraining Line	None	<b>Center Line</b>	<b>Center Line</b>	NFHS
Start After Goal	Ball to defender at side of goal circle / Player self-starts	Goalkeeper clear OR ball to defender on goal line extended (GLE).	<b>Goalkeeper clear</b>	Draw
Sticks	Small stick / No pocket limits	Modified Pocket	NFHS stick and pocket	NFHS stick and pocket
Stick to Body Contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact	Prohibited except for incidental contact
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts
Minimum Pass Rule	One pass attempt prior to shot	<b>One pass attempt prior to shot</b>	<b>One pass attempt prior to shot</b>	Not applicable