

NHYLA YOUTH RULES 2023

Updated February 20, 2023

	8U SHORT FIELD	10U SHORT FIELD
Players	7 v 7 including the Goalie	7 v 7 including the Goalie
Field Markers/Goals	4 x 4 / NO UPSIDE-DOWN GOAL Field Size 60-70 yards by 30-40 yards 8-meter arc - Yes 12-meter fan - No Restraining Line - Yes, Center line Goal Circle and Goal Line	4 x 4 / NO UPSIDE-DOWN GOAL Field Size 60-70 yards by 30-40 yards 8-meter arc - Yes 12-meter fan - No Restraining Line - Yes, Center line Goal Circle and Goal Line
Equipment	Ball – Soft or NOCSAE Stick - No requirements Goggles - SEI Marked (Approved on Website) Mouthguard - Back teeth covered/No white or clear Uniforms - Same color shirt	Ball – Soft or NOCSAE Stick – USL Specifications w/modified pocket Goggles - SEI Marked (Approved on Website) Mouthguard - Back teeth covered/No white or clear Uniforms - Same color shirt, visible number
Goalie Equipment	SHIN GUARDS, Helmet, Chest Protector, Thigh Pads, Gloves Required Goalkeeper Chest Protector NOCSAE/SEI Certified ND200 January 1, 2021	SHIN GUARDS, Helmet, Chest Protector, Thigh Pads, Gloves Required Goalkeeper Chest Protector NOCSAE/SEI Certified ND200 January 1, 2021
Exchange Rosters	Yes: At the beginning of the game Penalty = Play down by one (1) player for first half of game	Yes: At the beginning of the game Penalty = Play down by one (1) player for first half of game
Coaches	No more than 3 coaches – 1 of which can be on the field	No more than 3 coaches - Side lines only
Officials	1 official	2 officials
Deputy	No: Only goalie in the goal circle	No: Only goalie in the goal circle
Game Time	Two (2) 20-minutes halves, running clock If the half or game ends and the referee has awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3 second time limit from the whistle.	Two (2) 20-minutes halves, running clock If the half or game ends and the referee has awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3 second time limit from the whistle.
Half-Time	5-minutes	5-minutes
Time Outs	2	2
Overtime	None	None
Start/Draw	Draw at start of both halves Only 3 at the draw circle, the rest hold for possession After a goal, non-scoring team gets the ball at the goal line extended (all players 4M away)	Draw at start of both halves and after every goal Only 3 at the draw circle, the rest hold for possession
Score	When the ball goes over/crosses the entire line When the ball is released from the players stick before the horn blows	When the ball goes over/crosses the entire line When the ball is released from the players stick before the horn blows
Mercy Rule	None	After 4 Goal differential, team w/ less gets the ball, no draw

Shot on goal	Player's crosse may follow through into the goal circle on a shot; No Feet	Player's crosse may follow through into the goal circle on a shot; No Feet
Passing Rule	1-Pass rule after the restraining (Center) line before shooting	1-Pass rule after the restraining (Center) line before shooting
Checking	None	None
1 v 1 Defense	1 v 1 defense required over the entire field 3-Second defense count	1 v 1 defense required over the entire field 3-Second defense count Can double in the 8 M only
3-Second Closely Guarded	Yes	Yes
Scrum Rule	Yes: 2 players ONLY for ground ball, 3rd player results with the ball being awarded to the team with fewer players contesting the ball	Yes: 2 players ONLY for ground ball, 3rd player results with the ball being awarded to the team with fewer players contesting the ball
Restraining Line	2 back behind the restraining (center) line Only players sticks may cross the line on draw and restraining line; NO FEET//Same as USL	2 back behind the restraining (center) line Only players sticks may cross the line on draw and restraining line; NO FEET//Same as USL
Substitution	Recommended after goals and stoppage	Recommended after goals and during live play
Carding	NONE: Players leave briefly while replaced	Carded Players leave the field for the full penalty, but CAN BE REPLACED, NO PLAYING SHORT/DOWN A PLAYER
Stick Contact	NO CONTACT	NO CONTACT - EXCESSIVE CAN BE CARDED
Stick across the body	Not allowed	Not allowed
Kicking the ball	Not allowed	Not allowed
Covering ball	Not allowed	Not allowed
Self-Start Free Movement	Yes - Same as USL rules Yes- Defense can self-start in the critical scoring area Run in bounds Reset if a pass from out of bounds No Self-Start for Alt Possession/Offside/Clock Stop No Self-Start in the critical scoring area	Yes - Same as USL rules Yes- Defense can self-start in the critical scoring area Run in bounds Reset if a pass from out of bounds No Self-Start for Alt Possession/Offside/Clock Stop No Self-Start in the critical scoring area
Injured Player	Same as USL High School Must come off if coach goes on the field	Same as USL High School Must come off if coach goes on the field
8m Shot Set up for the Defense	Defender is awarded the closest hash mark on an 8m shot if there are 2 opposing players entitled to the spot	Defender is awarded the closest hash mark on an 8m shot if there are 2 opposing players entitled to the spot
Out of bounds	2m in Self Start – last touched loses ball, except for shot on goal, in which case closest player's team is awarded ball (ANY PLAYER – NO GOAL CIRCLE)	2m in Self Start – last touched loses ball, except for shot on goal, in which case closest player's team is awarded ball (ANY PLAYER – NO GOAL CIRCLE)
Horizontal Stick	Not allowed	Not allowed
False Start on a whistle start	False start on a whistle results in NO change of possession	False start on a whistle results in NO change of possession

	10U REGULATION FIELD	12U
Players	12 v 12 including the Goalie Can have less at the start of a draw	12 v 12 including the Goalie Can have less at the start of a draw
Field Markers/Goals	Field/Goal Markings the Same as USL High School	Field/Goal Markings the Same as USL High School
Equipment	Ball – Soft or NOCSAE Stick – USL Specifications w/modified pocket Goggles - SEI Marked (Approved on Website) Mouthguard - Back teeth covered/No white or clear Uniforms - Same color shirt, visible number	Ball – Soft or NOCSAE Stick – USL High School Pocket Goggles - SEI Marked (Approved on Website) Mouthguard - Back teeth covered/No white or clear Uniforms - Same color shirt, visible number
Goalie Equipment	SHIN GUARDS, Helmet, Chest Protector, Thigh Pads, Gloves Required Goalkeeper Chest Protector NOCSAE/SEI Certified ND200 January 1, 2021	SHIN GUARDS, Helmet, Chest Protector, Thigh Pads, Gloves Required Goalkeeper Chest Protector NOCSAE/SEI Certified ND200 January 1, 2021
Exchange Rosters	Yes: At the beginning of the game Penalty = Play down by one (1) player for first half of game	Yes: At the beginning of the game Penalty = Play down by one (1) player for first half of game
Coaches	No more than 3 coaches - Side lines only	No more than 3 coaches - Side lines only
Officials	2 Officials	2 Officials
Deputy	No: Only goalie in the goal circle	No: Only goalie in the goal circle
Game Time	Two (2) 20-minute halves, running clock If the half or game ends and the referee has awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3 second time limit from the whistle.	Two (2) 25-minute halves, running clock If the half or game ends and the referee has awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3 second time limit from the whistle.
Half-Time	5-minutes	5-minutes
Time Outs	Time Outs: 2	Time Outs: 2
Overtime	None	Yes - Two (2) 3-minute overtimes (switch sides at the end of 3 minutes, NO COACHING), SUDDEN VICTORY Rest 5-minutes after regulation game Coin toss for possession of goalie Alternate and cards stay the same
Start/Draw	Draw at start of both halves and after every goal Only 3 at the draw circle, the rest hold for possession	Draw at start of both halves and after every goal Only 3 at the draw circle, the rest hold for possession
Score	When the ball goes over/crosses the entire line When the ball is released from the players stick before the horn blows	When the ball goes over/crosses the entire line When the ball is released from the players stick before the horn blows
Mercy Rule	After 4 Goal differential, team w/ less gets the ball, no draw	After 4 Goal differential, team w/ less gets the ball, no draw
Shot on goal	Player's crosse may follow through into the goal circle on a shot; No Feet	Player's crosse may follow through into the goal circle on a shot; No Feet
Pass Rule	1-Pass rule after the restraining line before shooting	1-Pass rule after the restraining line before shooting

Checking	NO CHECKING - No contact	MODIFIED CHECKING - Checking below the shoulder, not across the body
1 v 1 Defense	1 v 1 Defense players must mark up in the midfield CAN DOUBLE IN THE CRITICAL SCORING AREA ONLY	None
3-Second Closely Guarded	Yes	Yes
Scrum Rule	Yes: 2 players ONLY for ground ball, 3 rd player results with the ball being awarded to the team with fewer players contesting the ball	None
Restraining line	Players sticks may cross the line on draw and restraining line; NO FEET/Same as USL	Players sticks may cross the line on draw and restraining line; NO FEET//Same as USL
Substitution	Live Play, Same USL High School	Live Play, Same as USL High School
Carding	Carded Players leave the field for the full penalty, but CAN BE REPLACED, NO PLAYING SHORT/DOWN A PLAYER	Carded Players leave the field for the full penalty; Team plays short/down a player for the duration of the penalty; Goes towards team Card Count
Stick Contact	None	Same as USL High School NO STICK ACROSS THE BODY IN THE SPHERE WHILE RUNNING No Horizontal Stick Incidental Contact same as USL High School
Stick across the body	Not allowed	Not allowed
Kicking the ball	Not allowed	Yes
Covering the ball	Not allowed	Yes, but only if alone
Self-Start Free Movement	Yes - Same as USL rules Yes- Defense can self-start in the critical scoring area Reset if a pass from out of bounds No Self-Start for Alt Possession/Offside/Clock Stop No Self-Start in the critical scoring area	Yes - Same as USL rules Yes- Defense can self-start in the critical scoring area CHANGE OF POSSESSION if a pass from out of bounds No Self-Start for Alt Possession/Offside/Clock Stop No Self-Start in the critical scoring area
Injured Player	Same USL High School Rules	Same USL High School Rules
8m Shot Set up for the Defense	Defender is awarded the closest hash mark on an 8m shot if there are 2 opposing players entitled to the spot	Defender is awarded the closest hash mark on an 8m shot if there are 2 opposing players entitled to the spot
Out of bounds	2M in Self Start – last touched loses ball, except for shot on goal, in which case closest player’s team is awarded ball (ANY PLAYER – NO GOAL CIRCLE)	2M in Self Start – last touched loses ball, except for shot on goal, in which case closest player’s team is awarded ball (ANY PLAYER – NO GOAL CIRCLE)
Horizontal Stick	Not allowed	Not allowed
False Start on a whistle start	False start on a whistle results in NO change of possession	Change of possession
Follow Through on a shot	Player's crosse may follow through into the goal circle on a shot; NO FEET	Player's crosse may follow through into the goal circle on a shot; NO FEET
Fouls	Same as USL High school	Same as USL High School

	14U
Players	12 v 12 including the Goalie Can have less at the start of a draw
Field Markers/Goals	Field/Goal Markings the Same as USL High School
Equipment	Ball – Soft or NOCSAE Stick – USL High School Pocket Goggles - SEI Marked (Approved on Website) Mouthguard - Back teeth covered/No white or clear Uniforms - Same color shirt, visible number
Goalie Equipment	SHIN GUARDS, Helmet, Chest Protector, Thigh Pads, Gloves Required Goalkeeper Chest Protector NOCSAE/SEI Certified ND200 January 1, 2021
Exchange Rosters	Yes: At the beginning of the game Penalty = Play down by one (1) player for first half of game
Coaches	No more than 3 coaches - Side lines only
Officials	2 Officials required; 1 must be a High School Official Level 1 or higher
Deputy	No: Only goalie in the goal circle
Game Time	Two (2) 25-minute halves, running clock, except last 2 minutes of each half No Self-Start in the last 2 minutes, whistle start If the half or game ends and the referee has awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3 second time limit from the whistle.
Half-Time	5-minutes
Time Outs	Time Outs: 2
Overtime	Yes - Two (2) 3-minute overtimes (switch sides at the end of 3 minutes, NO COACHING), SUDDEN VICTORY Rest 5-minutes after regulation game Coin toss for possession of goalie Alternate and cards stay the same
Start/Draw	USL High School Draw rules apply no more than 3//Can have less than 12 At start for both halves and after Every Goal Only 3 at the draw circle/the rest hold for possession
Score	When the ball goes over/crosses the entire line When the ball is released from the players stick before the horn blows
Mercy Rule	After 4 Goal differential, team w/ less gets the ball, no draw
Shot on goal	Player's crosse may follow through into the goal circle on a shot
Pass Rule	None
Checking	TRANSITIONAL CHECKING - 12-inch sphere, not across the body
1 v 1 defense	None
3 Second Closely Guarded	None
Scrum Rule	None
Restraining Line	Players sticks may cross the line on draw and restraining line; NO FEET//Same as USL
Substitution	Live Play, Same as USL High School
Carding	USL High School Rules: Carded Players leave the field for the full penalty; Team plays short/down a player for the duration of the penalty; Must keep 4 back plus goalie in the defensive end and attack end; Goes towards team Card Count

Stick Contact	Same as USL High School NO STICK ACROSS THE BODY IN THE SPHERE WHILE RUNNING No Horizontal Stick Incidental Contact same as USL High School
Stick across the body	Not allowed
Kicking the ball	Yes
Covering the ball	Yes, but only if alone
Self-Start Free Movement	Yes - Same as USL rules Yes- Defense can self-start in the critical scoring area CHANGE OF POSSESSION if a pass from out of bounds No Self-Start for Alt Possession/Offside/Clock Stop No Self-Start in the critical scoring area in last 2 minutes
Injured Player	Same USL High School Rules
8m Shot Set up for the Defense	Defender is awarded the closest hash mark on an 8m shot if there are 2 opposing players entitled to the spot
Out of bounds	2M in Self Start – last touched loses ball, except for shot on goal, in which case closest player’s team is awarded ball (ANY PLAYER – NO GOAL CIRCLE)
Horizontal Stick	Not allowed
False Start on a whistle start	U14 Administered as a penalty; Change of possession
Follow Through on shot	Player's crosse may follow through into the goal circle on a shot; NO FEET
Fouls	Same as High School USL