

| 8U Girl's Youth Game Quick Reference (2020) | | | |
|--|--|-------------------------------|---|
| Players | 4v4 no goalies | Restraining Line | None |
| Field Size | Cross field | Cards | No cards, teams do not play short. |
| Field Lines | Goal circle | Ground Balls | No restriction/ kicking allowed |
| Goals | 4x4 preferred or 6v6 | Covering Balls | No covering the ball at anytime |
| Balls | Softer ball | Minimum Pass Rule | One completed pass, anywhere. |
| Sticks | No pocket requirement | 1v1 Defense | Required |
| Length of game | 2x15 running clock 5-minute half time | Checking | No checking |
| Timeouts | 1 team T.O. 2 min. | 3 Sec, closely guarded | Applies |
| Overtime | No overtime | 3 sec, 8 M arc | Not applicable |
| Start of game & half | Coin toss. Players start in their end | Major Fouls | Illegal/dangerous contact & unsportsmanlike |
| Start after Goal | Ball to defender at center | Self-Start | Allowed |

| 10U Girl's Youth Game Quick Reference (2020) | | | |
|---|--|-------------------------------|---|
| Players | 8v8 field + goalie | Restraining Line | None |
| Field Size | Cross field | Cards | Cards, teams do not play short |
| Field Lines | Goal circle, 8M | Ground Balls | No restriction/ kicking allowed |
| Goals | 4x4 or 6x6 | Covering Balls | No covering the ball at anytime |
| Balls | Regulation | Minimum Pass Rule | One pass after goalie clear – anywhere. |
| Sticks | Modified pocket | 1v1 Defense | 1v1 defense in mid field |
| Length of game | 2 x 18 running clock 5 min. halftime | Checking | No checking |
| Timeouts | 1 team T.O. 2 min. | 3 Sec, closely guarded | Applies |
| Overtime | No overtime | 3 sec, 8 M arc | Applies |
| Start of game & half | Draw each half 3 players from team at both 8 M | Major fouls | Major fouls per NFHS rulebook, 8M FP |
| Start after goal | Goalkeeper clears Defense moves above 8 M arc | Self-Start | Allowed |

****Free Movement** – allowance for players on a whistle or a stoppage of play.

****Reset (8U & 10U)** – when self-start is not an option.

****Pass** – a player using the mechanics of a throwing motion in specific direction of a teammate. No underhand throwing or bumping the ball.

****Free Movement** – allowance for players on a whistle or a stoppage of play.

****Reset (8U & 10U)** – when self-start is not an option.

****Pass** – a player using the mechanics of a throwing motion in specific direction of a teammate. No underhand throwing or bumping the ball.

| 12U Girl's Youth Game Quick Reference (2020) | | | |
|---|---------------------------------------|--------------------------------------|--|
| Players | 8v8 or 12v12 | Restraining Line | 8v8: 2 none 12v12: 4 players |
| Field Size | 8v8 Crossfield 12v12 full field | Cards | Team plays short |
| Field Lines | 8v8 – U10 lines or 12v12 HS lines | Ground Balls | No restrictions, kicking allowed |
| Goals | 6x6 | Covering Balls | No covering ball with opponent in playing distance |
| Balls | Regulation | Minimum Pass Rule | One pass after goalie clear – anywhere. |
| Sticks | Regulation sticks | 1v1 Defense | Not applicable |
| Length of game | 2x20 running clock 5 min. halftime | Checking | Modified checking |
| Timeouts | 2 team T.O. 2 min. each | 3 Sec closely guarded | Applies |
| Overtime | No overtime | 3 sec, 8 M arc | Applies |
| Start Of Game And Half | 8v8 same as 10U 12v12 – HS draw | Major Fouls | Major fouls per NFHS rules 8M FP |
| Start After Goal | Draw, mercy rule option (4) goals | Self-Start | Allowed |

****Free Movement** – allowance for free movement on a whistle or a stoppage of play.

****False Start**-When self-start is not an option. Penalty - Change of possession.

| 14U Girl's Youth Game Quick Reference (2020) | | | |
|---|-------------------------------------|--------------------------------------|--|
| Players | 12v12 | Restraining Line | 4 field players behind |
| Field Size | Full Field | Cards | Team plays short |
| Field Lines | HS Lines | Ground Balls | No restrictions, kicking allowed |
| Goals | 6v6 | Covering Balls | No covering ball if opponent in playing distance |
| Balls | Regulation | Minimum Pass Rule | No minimum |
| Sticks | Regulation Sticks | 1v1 Defense | Not Applicable |
| Length of Game | 2x25 Running 5 min. halftime | Checking | Transitional checking |
| Timeouts | 2 team T.O. 2 min. each | 3 Sec closely guarded | Not Applicable |
| Overtime | No overtime | 3 sec, 8M arc | Applies |
| Start of Game and Half | HS Draw | Major Fouls | Major fouls per NFHS rules, 8M FP |
| Start after Goal | Draw, mercy rule option (4) goal | Self-Start | Allowed |

****Free Movement** – allowance for free movement on a whistle or a stoppage of