

2025 USA Lacrosse Girls Youth Rules Comparison Chart (Maine Rules that differ are highlighted)

Category	USL 6U/8U (K-2)	USL 10U (¾)	USL 12U (¾)	USL 14U (7/8)
Balls	Soft ball or NOCSAE	NOCSAE ball	NOCSAE ball	NOCSAE ball
Cards	No cards	Cards but team does not play short.	NFHS cards	NFHS cards
Checking	None	None	Modified (adult official) None if a Jr Official	Transitional
Coaches	Coach on field to instruct IF USA lacrosse certified.	USA lacrosse certified	Remain in coaching area	Remain in coaching area
Covering Ball	No covering with stick or body	No covering with stick or body	No cover if opponent within playing distance (stick length away from ball)	No cover if opponent within playing distance
Defending Goal	No defending by standing within 5 yard space unless marking opponent.	Shooting Space applies	Shooting Space applies	Shooting Space applies
Deputy/GK	NONE	NO deputy	No deputy	No deputy
Field Lines	Goal circle 6' or 8.5'/no restraining lines	8.5' goal circle +8m/ No restraining lines /small field 60-70 yds by 35-45	8v8 cross field 60-70yds by 35-45. 12v12 Full field with a restraining line	NFHS Full Field
Field Size	Small sided	Small sided	8v8 small, 12v12 full	Full field
Goals	4x4. 6x6 if no small goals.	6x6	6x6	6x6
Length of Game	4x 6 min running time. 5 min halftime. 2 min between quarters	4 x 10 min running clock 5 min halftime. 2 min between quarters	4x10 min running clock 5 min halftime.	4 x 12 min running clock Half determined by coaches
Officials	Certified coaches may "officiate". If not, JO or certified official.	1 required ,2 recommended	Officials required, 2 recommended. Can only modified check with at least 1 ADULT official.	Officials required, 2 recommended
Offsides	No offsides	No Offsides	8v8 n/a, 12v12 NFHS rules	NFHS offside rules
1v1 Defense	Required	Required In midfield	Not required	Not required
Overtime	NO	NO	2x3 min sudden victory	2x3 min sudden victory
Players	4 v 4	8v8 w/GK	8v8 w/GK or 12v12 w/GK. Teams can play with less players if they choose (9v9, 10v10)	12v12 w/GK
Restraining Line	none	none	NFHS. If small sided, no restraining line	NFHS
Scorekeeper	No score kept	Score by coaches. Not required.	Scorekeeper at table. Home team provides person to assist with recording cards, timing.	Scorekeeper at table

Category	USL 6U/8U (K-2)	USL 10U (¾)	USL 12U (⅝)	USL 14U (⅞)
Self Start	Pause before self start	Pause before self start	Pause before self start	Pause before self start
Sphere	12 inch	12 inch	12 inch	12 inch
Start of Game/Quarters	Winner of coin toss starts at center.players line up at defensive end. Opponent starts next quarter. NO DRAW	Draw. Players taking draw are ONLY two at midfield. Other players at 8m until possession gained or ball enters 8m area.	Draw. If playing small sided players taking draw are ONLY two at midfield. Other players at 8m until possession gained or ball enters 8m area.	Draw
Start after Goal	Ball to Defense at side of goal. Player self starts	Draw. Players taking draw are ONLY two at midfield. Other players at 8m until possession gained or ball enters 8m area. Option of indirect free position if 5 goal differential. AFTER A GK SAVE: All players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.	Draw. If playing small sided players taking draw are ONLY two at midfield. Other players at 8m until possession gained or ball enters 8m area. Option of indirect free position if 5 goal differential.	Draw
Sticks	Small stick/no pocket limits	NFHS stick with option of modified pocket	NFHS stick and pocket	NFHS stick and pocket
Stick to Body	NONE. Incidental will happen.	NONE. Incidental will happen.	NONE. Incidental will happen.	NONE. Incidental will happen.
3 sec closely guarded	3 sec closely guarded applies and should be called.	3 sec closely guarded applies and should be called.	3 sec closely guarded applies and should be called. If modified checking allowed, rule Does not apply	N/A
3 sec in 8m	n/a	3 sec in 8m applies	3 sec in 8m applies	3 sec in 8m applies
Timekeepers	Officials	Officials	Officials. Home team provides person to assist with recording cards, timing.	Timekeeper at table
Timeouts per game. Clock stops	1 Timeout	1 timeout	2 timeouts	2 timeouts

IF A GAME IS BEING PLAYED SMALL SIDED (% level), the RULES FOR A SMALL SIDED GAME ARE IN EFFECT. This includes a 1v1 draw with remaining players at the 8M area until possession is gained or the ball enters the 8M area. NO EXCEPTIONS!

If a team is playing with any younger player, they MUST adhere to the rules for the YOUNGER level of play. NO exceptions. EX: if a % team has a 4th grade player on the field, there can be NO CHECKING. This is a safety requirement.

All other rules are consistent with the NFHS rule book. This includes legally and fully equipped players as well as **NO JEWELRY. NO DEVIATIONS FROM THIS RULES CHART.**

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