

| 1/18/2025 11:16am CST | Game Time / offsides | Minimum Pass/Self Starts | Score/Overtime | Draw/Goal Scored | "Mercy Rule" | Defense/ Checking | Major / Minor Fouls | Carding/ Foul out/Subs | Playing the ball | Sideline Manager | Mandatory Cards | Goalie / Goal Circle |
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| 10U 5 v 5; No Goalie (invert Goal); 1 T/O per game | 10 min running QTRS (5 min. half) Swap ends after each QTR; Stop clock for timeout/ injury/cards/AP 1 Player from each team behind midline. If offsides occur correct w/NO penalty | 2 attempted passes AFTER MIDFIELD; No self-start if: Clock stopped in CSA,A/P, inadvertent whistle, if whistle req'd & player self starts, just reset(no loss of poss.) Player fouled must pause B4 self start | Visible scoreboard; No Overtime NO UNDERHAND shot on goal (Loss of poss.) | Draw to start each QTR: Only 1 Mid per team outside 8M; all others in 8M ARC until poss. After goals, award ball to team that was scored on at the 8M (all others 4m away); all must be marked on 1 player only; No turnover for false starts inside the 8. | If winning by 6 or more, trailing team can take ball at midfield until goal diff is under 6 | NO checking allowed 1v1 defense in midfield; With ball DBL TM allowed inside 8M; Defensive 3 Second Closely-Guarded Rule in affect (entire field) | Both Minor and Major fouls inside the 8M results in DIRECT FP on 8M ARC, Clear Lane; (Shooting Space can be called if 2 attempted pass has happened); No DBL team on attack player w/o ball, DEF 3 secs in 8M is a foul; | Player serves time but sub is allowed; 2 yellows and 1 red card player is disqual; Teams do not play short; subbing allwd on injury or a misconduct;free movement allowed. | Cannot cover; If scrum, award ball by A/P; incidental stick contact is allowed when ball is in air/ on ground; Can NOT Kick ball; | Sideline Manager REQUIRED to be present at coin toss | High School rules in effect for mandatory cards; Team does not play short; | NO GOALIE No one is allowed in GC during live play; follow thru on shot is allowed |
| 12U 6 v 6; 5FP 1G; 2 T/O PG | 10 min running QTRS (5 min. half) Swap ends after each QTR; Stop clock for timeout/ injury/cards/AP Last 2 min. of 2nd & 4th qtr Stop clock on fouls in CSA unless 10 goal diff; 1 Player from each team behind midline. Offsides rule in effect | 2 Att passes AFTER GOAL & Whistle Start ... Goalie has option to clear ball w/1 attempted pass remain or place ball on GLE for teammate to pick up ball (2 passes remain) High School rule in effect for False Starts. A Player fouled must pause B4 self start | Visible scoreboard; Overtimes rule in effect sudden victory; | Draw to start each QTR: 2 Ms (1 Mid on draw, other is Mid is 4M away); all others inside 8M arc until poss. gain; Award ball to goalie after goal is scored (all others outside 8M ARC until whistle is blown); | If winning by 6 or more, trailing team can take ball at midfield until goal diff is under 6 | "Modified" Defensive Checking BELOW and AWAY the shoulders ONLY; 3 sec closely guarded applies (entire field) | Both Minor and Major fouls inside the 8M results in DIRECT FP on 8M ARC, Clear Lane; (Shooting Space can be called if 2 attempted pass has happened); | Player serves time (yellow and red). Team plays short; subbing on injury; free movement allowed. Player fouled must pause B4 self start | Cannot cover if opponent is w/in playing distance; incidental stick contact ok when ball is in air/on ground; CAN KICK ball but not on shot; | Sideline Manager REQUIRED to be present at coin toss | High School rules in effect for mandatory cards; Team plays short; | Only Goalie in GC.. NO Deputy; follow thru allowed on shot; |
| 14U 6v6 5FP 1G; 2 T/O per game; | 10 min running QTRS (5 min. half) Swap ends after each QTR; Stop clock for timeout/ injury/cards/AP Last 2 min. of 2nd & 4th qtr Stop clock on fouls in CSA unless 10 goal diff; 1 Player from each team behind midline. Offsides rule in effect | 2 Att passes AFTER GOAL & Whistle Start ... Goalie has option to clear ball w/1 attempted pass remain or place ball on GLE for teammate to pick up ball (2 passes remain) High School rule in effect for False Starts. A Player fouled must pause B4 self start | Visible scoreboard; overtime rule in effect sudden victory; | Draw to start each QTR: 2 Ms (1 Mid on draw, other is Mid is 4M away); all others inside 8M arc until poss. gain; Award ball to goalie after goal is scored (all others outside 8M ARC until whistle is blown); | If winning by 6 or more, trailing team can take ball at midfield until goal diff is under 6 | "Transitional" Defensive Checking ABOVE the shoulders allowed with a 12 inch Sphere | Both Minor and Major fouls inside the 8M results in DIRECT FP on 8M ARC, Clear Lane; (Shooting Space can be called if 2 attempted pass has happened); | Player serves time (yellow and red). Team plays short; subbing on injury; free movement allowed. Player fouled must pause B4 self start | Cannot cover if opponent is w/in playing distance; incidental stick contact ok when ball is in air/on ground; CAN KICK ball but not on shot; | Sideline Manager REQUIRED to be present at coin toss | High School rules in effect for mandatory cards; Team plays short; | Only Goalie in GC... No Deputy; follow thru allowed on shot; |