8/13/2026 10:12am 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
10U 6 v 6; 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 requ'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;	GOALIE (YES) NO DEPUTY ALLOWED follow thru on shot is allowed
12U 6 v 6; Goalie; 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	NO ATTEMPTED PASS RULE 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;	NO DEPUTY ALLOWED follow thru allowed on shot;
14U 6v6; Goalie 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	NO ATTEMPTED PASS RULE 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;	NO DEPUTY ALLOWED follow thru allowed on shot.