

SJYLL Youth Girl's Rules Comparison 2019

January 14, 2019

	U-8	U-10	U-12	U-14
Fees (teams split fees)	\$60	\$60	\$60 each	\$60 each
Players	7v7, no goalie	8v8, includes goalie	12 v 12	12 v 12
Coaches (3 max.)	1 Coach may be on field to assist kids.	Stay on sideline in coaching "box".	Stay on sideline in coaching "box".	Stay on sideline in coaching "box".
Game Length	Running Clock 2-20 min. halves Play out 8m both halves <i>league specific not USL</i>	Running Clock 2-20 min. halves Play out 8m both halves <i>league specific not USL</i>	Running Clock 2-25 min. halves Play out 8m both halves <i>league specific not USL</i>	14 A/B B Running Clock 2-25minHalves 14A/B-B Play out 8m both halves 14A Running, stop clock last 2 minutes
Time Outs	1 - 1 minute w/running clock no TO last 5 min of half <i>league specific not USL</i>	1-1 minute w/running clock no TO last 5 min of half <i>league specific not USL</i>	1-1 minute w/running clock no TO last 5 min of half <i>league specific not USL</i>	1-1 minute w/running clock no TO last 5 min of half <i>league specific not USL</i>
Field	60-70yds x 35-45 yds	60-70yds x 35-45 yds	Full field	Full field
Equipment:				
Ball	Soft Lacrosse Ball	NOCSAE Ball	NOCSAE Ball	NOCSAE Ball
Stick	USL Spec Sticks, mod pocket	USL Spec Sticks, mod pocket	USL Spec sticks	USL Spec Sticks
Eyewear	USL requirements	USL requirements	USL requirements	USL requirements
Mouthguard	USL requirements	USL requirements	USL requirements	USL requirements
Goal Cage	6' x 6' v <i>league specific not USL</i>	6' x 6'	6' x 6'	6' x 6'
Field Markings				
8' arc	Yes <i>league specific not USL</i>	Yes	Yes	Yes
12' fan	Optional <i>league specific not USL</i>	Yes	Yes	Yes
Restraining Line	Center line-Yes <i>league specific not USL</i>	Center line- Yes	Yes	Yes
Checking	None	None	Modified	14 A/B & B Transitional/ 14A Full Checking
Draw	Only to start <i>each half</i> must hold for possession players inside the 8m 3 in defense and 3 in offense Show Possession Signal <i>league specific not USL</i>	6 Players must hold for possession inside the 8m 3 in defense and 3 in offense Show Possession Signal	Regular Draw -hold for possession Show Possession Signal	Regular Draw-hold for possession Show Possession Signal
Self Start	No <i>league specific not USL</i>	No <i>league specific not USL</i>	Yes	Yes
Score	Yes - <u>no Draw after goal</u> give the ball to opponent goal line extended 8m away OR if coaches mutually agree may restart at the center line but No Draw	Yes - start each half with Draw Trailing coach's choice draw or possession optional 4 goal mercy rule (indirect) <i>league specific not USL</i>	Yes - start each half with Draw Trailing coach's choice draw or possession optional 4 goal mercy rule (in direct)	U14 AB and B: level Yes - start each half with Draw Trailing coach's choice draw or possession 4 goal mercy rule (indirect)
Passing Rule	Yes, "attempt" to pass. Once 2 pass established if possession is turned over then recovered again before ball goes over RL offense does not have to re-establish 2 passes, can go to goal <i>league specific not USL</i>	Yes, "attempt" to pass. Goalie outside GC clear counts as 1 pass. Once 2 pass established if possession is turned over then recovered again before ball goes over RL offense does not have to re-establish 2 passes, can go to goal <i>league specific not USL</i>	U12 B Only -Yes, attempt to pass Goalie outside GC clear counts as 1 pass. Once 2 pass established if possession is turned over then recovered again before ball goes over RL offense does not have to re-establish 2 passes, , can go to goal <i>league specific not USL</i>	U 14 A: Regular scorekeeping Regular Play No Pass Rule

Defense 1V1	1 v 1 required	Only outside of the 8m Inside 8m may double, triple team	Regular play, no 1 v 1 required	Regular play, no 1 v 1 required
Carding	None. If major contact or unsportsmanlike behavior, remove for BRIEF period. Mandatory substitution	Regular carding rules/timing Mandatory substitution do not play short	Regular carding rules/timing	Regular carding rules/timing 14A - Check to the Head - Red Card
Injured Players	Must leave field, substitute	Must leave field, substitute	Must leave field, substitute	Must leave field, substitute
Overtime	None	None	None	None
Restart of Game	Coach/Official retrieves ball. Gives to closest player on GLE. Whistle start.	Draw... 4 goal mercy rule option	Draw... 4 goal mercy rule option	Draw - U14 A/B - B 4 goal mercy rule option Draw U14A no mercy rule option
Restraining Line	Introduced at this level. 2 players from each team stay back <i>league specific not USL</i>	Introduced at this level. 2 players plus goalie back	4 players plus goalie back	4 players plus goalie back
Substitution	Recommended on stoppage of play, but ok during live play.	Recommended on stoppage of play, but ok during live play.	Regular UsIax substitution rules	Regular usIax substitution rules
Playing the ball				
Covering ball	Never	Never	Not when oppnt in playing distance	Not when oppnt in playing distance
Ground ball	Contested by max 2 players. If more, whistle & Alt Possession	Contested by max 2 players. If more, whistle & Alt Possession	No restrictions	No restrictions
Kicking ball	Never	Never	Yes- on non shooting efforts	Yes - on non shooting efforts
Goal Circle Entry	Only Coach or Official	Only Goalie - No Deputy	Only Goalie - No Deputy	Only Goalie - No Deputy
Minimum Pass Rule	2 pass before shot on goal <i>league specific not USL</i>	2 pass before shot on goal <i>league specific not USL</i>	Only U12B -2 pass before shot on goal <i>league specific not USL</i> U12 A or U12A/B None	None
1V1 Defense	Yes	Only outside of the 8m Exempt inside the 8m	Not required	Not required
3 Sec Good Defense	Yes	Yes	Yes	No
Danger Fouls	Player briefly removed with Sub	Cards ok - with substitutions	Regular carding - no subs	Regular carding - no subs
Unsportsmanlike Cond	Player briefly removed with Sub	Cards ok - with substitutions	Regular carding - no subs	Regular carding - no subs
Shooting Fouls	Players responsible to not shoot at other players Shooter must have safe follow through No stick in goal circle	Players responsible to not shoot at other players Shooter must have safe follow through No stick in goal circle including no follow through over GC Dangerous Propel and Dangerous Follow Through (Mandatory Card)		
Goalie	None	Yes - Required Equipment: Helmet, face mask, chinstrap, throat prot, padded gloves, mouthguard, chest prot, shin/thigh padding	Yes - Required Equipment: Helmet, face mask, chinstrap, throat prot, padded gloves, mouthguard, chest prot, shin/thigh padding	Yes - Required Equipment: Helmet, face mask, chinstrap, throat prot, padded gloves, mouthguard, chest prot, shin/thigh padding
Mercy Rule	No	Option at 4 goal differential Draw or Possession (indirect) Only after a goal	Option at 4 goal differential Draw or Possession (indirect) Only after a goal	14 A/B & 14B Option at 4 goal differential Draw or Possession (indirect) Only after a goal U14A - None