

Age Group	Roster Size (SLYLA developed ranges as a guideline. No ranges are included in USL rules.)	# of Field Players	Goalie?	Field Demension	Equipment	Ball	Goal Size	Defense/Body Contact
6U Girls	9-13	3	No	40/45 x 60/70. no 8m/12m arcs required nor restraining lines	Stick/mouth guard. Eyewear optional. Smaller sized stick is recommended and traditional girl's stringing when available. No limits on pocket depth	pinkie indoor practice ball to be supplied by home team	3x3. goal circle can be regualiton but can also be a 6' radius painted or marked with flat cones or pop-up	1v1 defense only. Any double team is a stoppage and reset to mark for offense with defense moved 4 meters away / No body contact permitted
8U Girls	9-13	4	No	40/45 x 60/70. no 8m/12m arcs required nor restraining lines	Stick/mouth guard/eyewear required. Smaller sized stick is recommended and traditional girl's stringing when available. No limits on pocket depth	pinkie indoor practice ball to be supplied by home team	3x3. goal circle can be regualiton but can also be a 6' radius painted or marked with flat cones or pop-up	1v1 defense only. Any double team is a stoppage and reset to mark for offense with defense moved 4 meters away / No body contact permitted
10U Girls	12-15	7	No	40/45 x 60/70. 8 m arc and midfiled line for restraining line	Stick/mouth guard/eyewear required. Traditional girls stick. Modified pocket is allowed	NOCSAE	6x6 with a blocker	1 v1 defense only in midfield area. Double teams are OK in the 8m however 3-seconds and shooting space are in effect / No body contact permitted
12U Girls	12-15	7	Required	40/45 x 60/70 8 m arc and midfiled line for restraining line	Stick/mouth guard/eyewear required. Traditional girls stick. No modified pocket allowed	NOCSAE	6x6	1v1 defense rule is not applicable / no intentional body contact permitted
14U Girls	Max of 25	11	Required	full	Stick/mouth guard/eyewear required. Traditional girls stick. No modified pocket allowed	NOCSAE	6x6	1v1 defense rule is not applicable / no intentional body contact permitted

Penalty Enforcement	Stick Contact	Draw	Offside	Coaches/Officials	Score	Game Time	Substitutions	Team Timeouts
Player leaves the field. No time serving penalties. Penalties used as a teachable moment to explain the foul that has been committed	none	none	none	Each team may have coach 1 roam the field to instruct all players and may serve as officials. If using certified officials only 1 is necessary	not kept	(2) 12-minute running time halves with a 4-minute halftime.	Whole team only after each goal or natural stop in play. Shift should be no longer than approx. 1-3 minutes. No on-the-fly subs permitted	none
Player leaves the field. No time serving penalties. Penalties used as a teachable moment to explain the foul that has been committed	none	none	none	Each team may have coach 1 roam the field to instruct all players and may serve as officials. If using certified officials only 1 is necessary	not kept	(2) 12-minute running time halves with a 4-minute halftime.	Whole team only after each goal or natural stop in play. Shift should be no longer than approx. 1-3 minutes. No on-the-fly subs permitted	none
cards are given (yellow - 2 min.; red-out for the game) and time is served but no playing short. Cards are non-releasable	none	1v1 only to start the game & half. All other players remain within the 8m arc until possession as called by umpire	more than 5 players on offensive half or defensive.	Coaches remain in coaches box / only 1 certified official is required. 2 are recommended	kept	(2) 18-minute running time halves with a 5-minute halftime.	recommend only on a stoppage play, whistle or goal. On-the-fly subs are permitted	1 per game
cards are given (yellow - 2 min.; red-out for the game) and time is served but no playing short. Cards are non-releasable	modified checking only is permitted	1v1	more than 5 players on offensive half or 6 on defensive.	Coaches remain in coaches box / only 1 certified official is required for SSG but 2 are recommended	kept	(2) 20-minute running halves with a 5-minute halftime	on-the-fly is permitted	(1) 2-minute timeout per game
cards are given (yellow - 2 min.; red-out for the game) and time is served but no playing short. Cards are non-releasable	full checking as long as 2 certified officials are on the game and teams are coached by a certified official	regulation	regulation	Coaches remain in coaches box / 2 certified officials are required	kept	(2) 20-minute running halves with a 5-minute halftime	on-the-fly is permitted	(1) 2-minute timeout per game

Covering the Ball	Contested GBs	Pass Rule	Stick Length/Pocket Depth	3 Seconds Closely Guarded	Kicking the Ball
Not permitted under any circumstance	no more than 2 players can compete for a loose ball. If a 3rd enters ball awarded via alternating possession.	1-pass before going to goal. Coaches can agree to other possession limiting rules e.g. 5 seconds from possession to an attempted pass or shot could result in a turnover	no requirements on length or pocket depth	in effect	Not permitted
Not permitted under any circumstance	no more than 2 players can compete for a loose ball. If a 3rd enters ball awarded via alternating possession.	1-pass before going to goal. Coaches can agree to other possession limiting rules e.g. 5 seconds from possession to an attempted pass or shot could result in a turnover	no requirements on length or pocket depth	in effect	Not permitted
Not permitted under any circumstance	no more than 2 players can compete for a loose ball. If a 3rd enters ball awarded via alternating possession.	None	90 cm-110cm. Modified pocket is permitted	in effect	Not permitted
not permitted when an opponent is within playing distance	N/A	N/A	90 cm-110cm/ no modified pocket permitted	in effect	allowed into free space as long as it does not pose a danger to other players and is not a shot on goal
not permitted when an opponent is within playing distance	N/A	N/A	90 cm-110cm/ no modified pocket permitted	N/A	allowed into free space as long as it does not pose a danger to other players and is not a shot on goal