

2024 SLYLA Girls Rules Matrix

| Category | 10U | 12U | 14U |
|----------------------------------|--|--|---|
| Players | 7 field players. Goalie optional. Goal blockers **** are permitted. | 7 field players. Goalie required. Goal blockers are NOT permitted. If coaches agree, a goal may be flipped so the bottom is facing the field. | NFHS Rules |
| Goals | 6x6 | 6x6 | 6x6 |
| Stick/Equipment | Modified pocket. Eyegear and mouthguard required | Regulation | NFHS Rules |
| Game Length | 2 X 20 minute running time | 2 X 20 minute running time | 2 X 20 minute running time |
| Timeouts | None | None | None |
| Overtime | No overtime in regular season | No overtime in regular season | No overtime in regular season |
| Start of Game/Half | Draw each half. Midfielders not directly participating in the draw may have 1 foot on either sideline anywhere on the field and are released on the whistle that starts the draw. All other players must remain below GLE and must wait to be released following NFHS rules for releases on a draw | Draw each half. Midfielders not directly participating in the draw may have 1 foot on either sideline anywhere on the field and are released on the whistle that starts the draw. All other players must remain below GLE and must wait to be released following NFHS rules for releases on a draw | NFHS Rules |
| Start After Goal | Ball to defender to side of goal circle or goalie free clear if one is playing | Draw. Team down 6 or more goals can elect to take possession at midfield | Draw. Team down 6 or more goals can elect to take possession at midfield |
| Officials | Required | Required | Required |
| Restraining Line | 2 field players (and goalie) stay behind midfield line | 2 field players (and goalie) stay behind midfield line | NFHS Rules |
| Cards | No cards but player comes off the field and may be replaced | NFHS Rules | NFHS Rules |
| Ground Balls | NFHS Rules | NFHS Rules | NFHS Rules |
| Covering | No covering with stick or body | NFHS Rules | NFHS Rules |
| Pass Rule | None. Coaches can decide if they want to implement time restrictions for ball carriers if they choose | None | None |
| 1v1 Defense | 1v1 defense in the midfield | NFHS Rules | NFHS Rules |
| Checking | No checking | Modified checking | Transitional checking |
| 3 seconds closely guarded | Applies | Applies | N/A |
| 3 seconds in the 8m | Applies | Applies | Applies |
| Score | Score is kept and recorded with league | Score is kept and recorded with league | Score is kept and recorded with league |
| Self-Start/Free Movement | Players must pause before self-start Warning only on improper self-start | Players must pause before self-start Warning only on improper self-start | Players must pause before self-start Warning only on improper self-start |

******In games where a shot blocker is used, shots that are rolled into the goal under the blocker or that hit the blocker, fall to the ground and roll in the goal shall not count**