

2026

Category	10U	12U	14U
Players	7 field players (2-3-2). Goalie optional. Goal blockers ** are permitted.	7 field players (2-3-2). 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	NFHS Rules	NFHS Rules	NFHS Rules
Stick/Equipment	Short sticks and modified pockets permitted. Eyegear and mouthguard required	NFHS Rules	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
Draw Controls	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 and after goals. 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. See draw set up above. 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 (below shoulder)	Transitional checking (12-inch sphere)
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	NFHS Rules	NFHS Rules

** 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. The use of so-called advanced goal blockers are not permitted.