



10U HVYLL adjustments to the USL rules 2020

1.2 - Field markings may be done using flat cones or other markings if painted lines are not possible. There is no penalty for using cones or other alternative markings. By agreement teams may use full field for 10v10 games.

1.8 & 2.1 note no long sticks permitted.

1.9 – While teams should try to have same color shorts and jerseys, there is no penalty for variation, as long as the uniforms may be reasonably differentiated from the opponent.

2.1– Standard play for 10U will be 7v7 (including a goalie). Teams may agree to change the number of players on the field. 10v10 will be full field.

2.3 – Teams may agree to allow 1 coach per team on the field. The field coach will coach the players on the field and not argue with the referee or interfere with play.

3.1 – The teams will play 12 minute running quarters

4.3 – if a team is behind by 6 or more goals, the team will be awarded the ball at midfield in lieu of conducting a face off after a goal. Teams will still face off at the start of any period. The coach of the trailing team may elect to face off.

4.4 – Obviously the USL rule does not apply for full field games, which will use standard face off positioning. There is no 1 pass rule after a face-off unless coaches agree.

4.10 – Teams will be offside if they have more than 7 players in the defensive end or 6 players in the offensive end in a 10v10 game.

4.14 - no over and back violations for 10U

4.16 – The revised slashing rule is intended to penalize "hack" checks, whether contact is to the stick or not. Any big wind up check is considered a hack check. Slap checks to the body are slashes.

All one handed checks are a slash.

4.18 – note the goalkeeper clamping on the ball outside the crease is entitled to possession.

4.21 – teams may sub on the fly. Teams may substitute on sideline out of bounds by requesting a "horn." No actual horn is used for these dead ball substitutions. Any number of players may substitute. Teams also may freely substitute between periods during time outs, and after a goal.

4.22 – Note that in 10U no player may be within 5 yards of the player in possession at the time play is restarted. There will not be a quick restart with defensive players within 5 yards.

4.25 – teams are allowed 2 time outs per half.

Rules 7.1 and 7.2 – Technical fouls will result in an award of possession or a fast break if the offended team already has possession. Personal fouls will result in fast breaks. Fouls that would normally be 2 or 3 minute penalties will result in 2 or 3 fast breaks, which will only end on defense possession or a goal. The player committing the foul will be substituted for the time of the penalty or longer, except for the goalkeeper (except 2+ minutes of personal fouls). Take out body checks are a minimum 2 minute penalty.

Stalling – there are no counts or keep-it-in at this level. The official may warn a team to advance the ball. That team will then have 5 seconds to advance the ball.

7.10 – Referees will use the play-on technique where appropriate for loose ball technical fouls

Equipment checks – officials will not normally conduct equipment checks. An exception will be made for obviously illegal sticks and 1 coach request. Shooting string violations will be ignored.

For areas not addressed by the youth rules and these exceptions, please refer to the NFHS rules.

12U HVYLL adjustments to the USL rules 2020

1.2 & 2.1 – Unless the teams agree otherwise, games will be 10v10 on a full size field.

1.9 – While teams should try to have same color shorts and jerseys, there is no penalty for variation, as long as the uniforms may be reasonably differentiated from the opponent.

2.8 – The referee may serve as timekeeper

3.1 – The quarters will be 12 minutes running time

4.3 – if a team is behind by 6 or more goals, the team will be awarded the ball at midfield in lieu of conducting a face off after a goal. Teams will still face off at the start of any period. The trailing team may decline the ball and ask for a face-off.

4.13 – No 10 or 20 counts. Note over and back is called at this level.

4.15 – Any take-out check is at minimum a non-releasable 2 minute personal foul.

4.16 – The revised slashing rule is intended to penalize "hack" checks, whether contact is to the stick or not. Any big wind up check is considered a hack check. Slap checks to the body are slashes.

Note all one-handed checks are a slash.

4.18 – Note the goalkeeper clamping on the ball outside the crease is entitled to possession.

4.21 – teams may sub on the fly. If the teams have gone too long without a substitution, the official may provide a delay or horn for substitutions. Teams also may freely substitute between periods, during a time out, after a goal, and after a time serving penalty. No substitutions are required. Any number of players may substitute.

4.22 - 12U will not use the high school quick restart rule, allowing a restart with defenders within 5 yards, unless the coaches agree.

4.27 Equipment checks – officials will not normally conduct equipment checks. An exception will be made for obviously illegal equipment and 1 coach request. Shooting string violations will be ignored.

6.10 Stalling – there are no counts or keep-it-in at this level. The official may warn a team to advance the ball. That team will then have 5 seconds to advance the ball.

7.10 – Note that Referees will use the play-on technique where appropriate for loose ball technical fouls

14U HVYLL adjustments to the USL rules 2020

1.9 – While teams should try to have same color shorts and jerseys, there is no penalty for variation, as long as the uniforms may be reasonably differentiated from the opponent.

2.8 – The referee may serve as timekeeper

3.1 – The quarters will be 12 minutes running time.

4.3 – if a team is behind by 6 or more goals, the team will be awarded the ball at midfield in lieu of conducting a face off after a goal. Teams will still face off at the start of any period.

4.13 Note over and back called at this level.

4.21 – teams may sub on the fly. Teams also may freely substitute between periods, during a time out, after a goal, and after a time serving penalty. No substitutions are required. Any number of players may substitute.

4.22 – Note that 14U will use the high school quick restart rule

4.27 Equipment checks – officials will not normally conduct equipment checks. An exception will be made for obviously illegal equipment and 1 coach request. Shooting string violations will be ignored.

Rule 5 – take out checks are a minimum 2 minute no release penalty

Stalling and rules 4.13 and 4.14– If both teams agree, there will be 10 and 20 counts for advancing the ball and keep it in for the last two minutes for a team ahead by 1-4 goals. In the absence of counts, the official may warn a team to advance the ball. That team will then have 5 seconds to advance the ball.

7.10 – Note that Referees will use the play-on technique where appropriate for loose ball technical fouls

For areas not addressed by the youth rules and these exceptions, please refer to the NFHS rules.