

Summary of 2018 Minnesota 8U–14U Rules

	8U Rules	10U Rules	12U Rules	14U Rules
Number of players	5 v 5, no goalies	7 v 7 (1G, 2A, 2M, 2D)	10 v. 10	10 v. 10
Field size	60 yd x 35 yd	60 yd x 35 yd	110 yd x 53 1/3–60 yd	110 yd x 53 1/3–60 yd
Ball	Soft ball optional; otherwise NOCSAE ball required	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
Goal size	3 ft x 3 ft (or standard goal flipped to triangle)	6 ft x 6 ft (or 5'x5' or 4'x4')	6 ft x 6 ft	6 ft x 6 ft
Penalties	Player leaves, but no man-down (sub is sent in for penalized player); ejections still possible	Time-serving, man-down	Time-serving, man-down	Time-serving, man-down
Jersey numbers on front and back	Recommended	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)
Body checking	None (no time-serving penalties at this level but ejection is likely for a violent hit)	None; minimum 2:00 NR penalty for excessive/takeout checks (could be 1:00-3:00 releasable for completely upright non-takeout check)	None; minimum 2:00 NR penalty for excessive/takeout checks (could be 1:00-3:00 releasable for completely upright non-takeout check)	No take-out checks; minimum 2:00 NR penalty. Body contact must be non-violent and both players must be completely upright. Can't be more aggressive than needed to stop player.
Stick checking	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks (violation is a slash)
Face-offs	None; coin toss for first possession, then team that is scored upon gets ball on GLE to restart. Start each quarter by alternate possession.	One wing player with foot on sideline on left of face-off player (and between cones marking the sub area) released on whistle. 2A+2D players behind GLE and GK in crease released when faceoff ends	Standard for 10 v. 10	Standard for 10 v. 10
Coin toss	Yes, with one player from each team (not necessarily a "captain"). Winner gets first actual possession and other teams gets first AP	Yes, with captains; determines goals to defend and first AP.	Yes, with captains; determines goals to defend and first AP.	Yes, with captains; determines goals to defend and first AP.
Line-up	All players	All players	All players	Starters only
Officials	Not required. Coaches officiate or 1 official (2 could be used)	Required. Two will normally be used but one can be used in some circumstances.	At least 2 (3 could be used upon request in some situations)	At least 2 (3 could be used upon request in some situations)
Coaches	Roam field if there are no officials; can roam entire sideline (off field of play) if an official is used	Roam field if there are no officials; can roam entire sideline (but can't go through table area or other coach/bench area) if an official is used	Must stay in coaches box (exceptions: injured player, goalie warm-up, halftime, get info from table, cross exchange in table area)	Must stay in coaches box (exceptions: injured player, goalie warm-up, halftime, get info from table, cross exchange in table area)
Time factors	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible
OT or tiebreaker	None (no score kept)	None (except possibly in tournament situations)	None (except possibly in tournament situations)	None (except possibly in tournament situations)
Team timeouts	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less
Dead-ball substitution and face-off after goal	Goal scorer must sub out of the game unless there are no subs. Other players may sub. Ball is awarded to scored-upon team on the GLE.	Goal scorer must sub out of the game unless there are no subs. Other players may sub. A face-off will take place unless there is a post-goal foul that awards possession to one team.	Standard substitution rules	Standard substitution rules
Dead-ball substitution (not after goal)	Whole- or partial-team dead-ball subs are allowed after a penalty is reported, after a team timeout, to start a quarter, or any time the offensive team requests subs during a live ball when they are not at risk of losing possession.	Whole- or partial-team dead-ball subs are allowed after a penalty is reported, after a team timeout, to start a quarter, or any time the offensive team requests subs during a live ball when they are not at risk of losing possession.	Standard substitution rules	Standard substitution rules

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Live or dead ball subs through table area	Standard substitution rules	Standard substitution rules	Standard substitution rules	Standard substitution rules
Injured player substitution	The injured player may sub out and a replacement may enter the game (or the entire team may sub, as with any dead ball)	The injured player may sub out and a replacement may enter the game (or the entire team may sub, as with any dead ball)	Standard substitution rules	Standard substitution rules
Stopping play for subs	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	None	None
Offside	None	No more than 4 players in offensive end or 5 players in defensive end, including players serving penalties. Based on cone if no midfield line; only called if player is clearly past cone.	Standard rules (violation if a team has too many players on either end of the field)	Standard rules (violation if a team has too many players on either end of the field)
Scrum ball rule	Award ball by AP if 3 or more players near ball can't pick it up within 4 seconds	Award ball by AP if 3 or more players near ball can't pick it up within 4 seconds	Award ball by AP if 3 or more players near ball can't pick it up within 4 seconds	None
Covering/raking the ball	Technical foul	Technical foul (except for a GK in the crease and by a face-off player during the face-off)	Legal	Legal
Scorekeeping	No score will be kept	Yes	Yes	Yes
Routine officials equipment inspections	Check protective gear and end cap. Visually inspect stick (pocket depth and rollout checked only if stick is obviously illegal, in which case it is confiscated). No penalties.	Check protective gear (penalize if missing). Check stick for everything but measurements; if illegal, stick confiscated but no penalty (exception: deep pocket can return if adjusted).	Check protective gear and all aspects of stick except measurements. Normal penalties apply.	Check protective gear and all aspects of stick except measurements. Normal penalties apply.
Coach-requested equipment inspections	No coach-requested checks	Check protective gear/stick as above, but illegal sticks and deep pockets are penalized. No measurements will be checked except for length of long stick upon request by coach.	Check all aspects of protective gear androsse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).	Check all aspects of protective gear androsse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).
Max # of long crosses (not counting goalie)	None permitted	Two	Four	Four
Stalling rule	None	None	Standard NFHS "get-it-in/keep-it-in" stalling rules	Standard NFHS "get-it-in/keep-it-in" stalling rules
Offensive 10-count/over-and-back	Small field, so rule doesn't apply	Small field, so rule doesn't apply	Yes	Yes
Special rules	Optional 3-pass rule (must attempt 3 passes without possession by opposing team before shooting on goal). Will not be used for GNLL, will be used for YLM, and other leagues tournaments will each make their own decision	Optional 2-pass rule (must complete 2 passes without possession by opposing team before shooting on goal). Will not be used for GNLL, will be used for YLM, and other leagues tournaments will each make their own decision.	None	None
Short stick lengths	37"–42"	37"–42"	40"–42"	40"–42"
Long stick lengths	None permitted	47"–54" (recommend no taller than player)	52"–72" (recommend no taller than player)	52"–72" (recommend no taller than player)
Goalie stick lengths	None permitted	37"–54"	40"–72"	40"–72"

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Additional rules at ALL youth levels	Equipment rules at ALL youth levels
Creases can be marked with paint, soccer disks, or foldable creases	Goalie arm pads and shin/knee/thigh pads: recommended but not required (not allowed to significantly increase blocking area)
Body contact and stick checking during a loose ball is illegal if more than 3 yards from the ball	Tape or paint on shaft for face-off players not required
Games can be terminated by officials for reasons including flagrant USC, rough play, and encouragement of rough play by coaches and spectators	Players must wear cups (verified by coaches and not officials)
Players foul out with 3 separate personal fouls or 5 minutes or more of personal foul penalty time	Rib pads recommended but not required
No 20-second clear rule at 8U, 10U, 12U , or 14U	Obviously illegal shooting strings (more than 4" from scoop) will be treated as illegal at all levels even if they are not measured
Any stick-to-head contact as a result of an attempted stick check is a slash	Stick heads must meet either 2017 or 2018 NFHS rules
At least one coach for each team must be 18 years old	Immediately stop play for any lost protective gear
No mercy rule at any level	Eye black limited to a single stroke within the eye socket with no words or symbols