



## 2016 NGLL league rules

USL Youth rules are to be followed with the following exceptions:

All teams:

1. 25 minutes running clock halves, clock does not stop for anything. 5 minute half time.
2. No time outs.
3. No stick check prior to game. Coin toss for possession/direction only.
4. If the half/game ends when a free possession for a major foul by the defense in the CSA is being set up. Continue on with the PA and the half/game will end when the scoring play ends.

2020/21's will use the U15 rules for full checking.

U-15 USL Youth rule specifics:

1. Any check to the head is a mandatory red card. (please make sure it is a check and not caused by the offense)
2. No Deputy
3. No follow through into goal circle on a shot

2022/23/24's will us the U13 rules for modified checking.

U-13 Youth rule specifics:

1. Eleven field players and 1 goalie
2. Modified checking only
3. No Deputy
4. No follow through into goal circle on a shot

**IT IS MANDATORY THAT GAMES RUN ON SCHEDULE. FIELDS ARE RENTED FOR A SET PERIOD OF TIME AND TEAMS NEED TO BE OFF SO THE NEXT SCHEDULED GAME CAN BEGIN ON TIME.**