

	Time/Goalie	Min. Passes	Score/Overtime	Draw/Goal Scored	"Mercy Rule"	Defense/ Checking	Shooting Space/ 3 sec in 8M/3 sec closely guarded	Carding/ Foul out	Playing the ball	Subbing	Mandatory Cards	Goal Circle
10U 7 v 7; 1 T/O per game; 4 x 4 goal;	20 min running halves (5 min. halftime); Stop clock for injury; No Goalie;	2 attempted passes after midfield;	Visible scoreboard/ No OT	Draw to start each half; Only midfielders allowed outside 8M; all others in 8M until possession; Award ball to defender after goal is scored (all others 4m away);	If winning by 4 or more, trailing team can take indirect at midfield;	Only 1v1 defense is allowed in midfield/transition; No checking allowed;	All Apply; Major in 8M result is a Direct Free Position; If off. is w/o ball, only 1 defender can be on off. player in 8M; other defender is subject to 3 secs in 8M;	Regular carding applies; Player serves time but a sub is allowed; 2 yellows = disqual; red = serves rest of game; Teams do not play short; Cards are non-releasable	Cannot cover; If scrum, award ball by A/P; Cannot kick;	Sub "on the fly" and after a goal allowed.	Check to Head; Slashing; Dangerous Contact; Dangerous Propel; Dangerous Follow-Through;	No one is allowed
12U 8 v 8; 1 T/O timeout per game;	20 min running halves (5 min. halftime); Stop clock for injury; Stop clock last 2 min. of each half unless 10 goal diff; Goalie;	N/A	Visible scoreboard; 2 (3 min. each) overtimes; sudden victory;	Draw to start each half; Only midfielders allowed outside 8M; all others in 8M until possession; Award ball to goalie after goal is scored (all others outside 8M until whistle is blown);	If winning by 4 or more, trailing team can take indirect at midfield;	Modified checking is allowed;	All Apply; Major in 8M result is a Direct Free Position; If off. is w/o ball, only 1 defender can be on off. player in 8M; other defender is subject to 3 secs in 8M;	Player serves time (yellow and red). Teams plays short; Cards are non-rel;	Cannot cover if opponent is w/in playing distance; Can kick but not as a shot; Only goalies is allowed in goal circle;	Sub "on the fly" and after a goal allowed.	Check to Head; Slashing; Dangerous Contact; Dangerous Propel; Dangerous Follow-Through;	Only Goalie is allowed
14U 12 v 12; 1 T/O per game;	25 min running halves (5 min. halftime); Stop clock for injury; Stop clock last 2 min. of each half unless 10 goal diff; Goalie;	N/A	Visible scoreboard; 2 (3 min. each) overtimes; sudden victory;	Draw after each goal; All except midfielders stay behind restraining line until poss. Is called;	If winning by 4 or more, trailing team can take indirect at midfield;	Modified checking is allowed;	All Apply; Major in 8M result is a Direct Free Position; If off. is w/o ball, only 1 defender can be on off. player in 8M; other defender is subject to 3 secs in 8M;	Player serves time (yellow and red). Teams plays short; Cards are non-rel;	Cannot cover if opponent is w/in playing distance; Can kick but not as a shot; Only goalies is allowed in goal circle;	Sub "on the fly" and after a goal allowed.	Check to Head; Slashing; Dangerous Contact; Dangerous Propel; Dangerous Follow-Through;	Only Goalie is allowed