

2025 COGYLA Rules

CATEGORY	8U – 1 st /2 nd	10U – 3 rd /4 th	12U – 5 th /6 th
Players	4v4 / No GK	8v8 / 7 field + GK	8v8 or 12v12
Field Size	Cross field	Cross field	8v8:cross field, 12v12:full field
Field Lines	Goal Circle	Goal Circle,8m,midfield line	8v8:U10 lines,12v12 HS lines
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'
Balls	Softer Ball or Regulation	Regulation (NOCSAE)	Regulation (NOCSAE)
Scorekeeping	No score kept	No score kept for Rec games	Score kept at table
Sticks	No pocket requirements	Modified pocket allowed	Regulation
Length of Game	4X6 min running	4X10 min running	4X10 min running
Timeouts	No time outs	No time outs	1 two-min timeout per team
Overtime	No overtime	No overtime	No overtime
Start of Game/Half	Coin toss; players start in defensive end (4m apart), opposing team starts with ball second half	Draw each half; 1 player at draw, 3 players from each team at both 8m until possession is attained	8v8: Same as 10U 12v12: HS Draw rules apply: up to 3 players on draw circle, all others behind restraining line
Start After Goal	Ball to defender to side of goal circle; remaining players moved 4m away	Goalkeeper free clear- must be possessed by her teammate before Defense can engage	8v8: Goalkeeper free clear 12v12: Draw, 4 goal mercy rule (optional)
Restraining Line	None	2 field players behind (midfield line)	8v8: same as 10U 12v12: 4 field players behind RL
Cards	No cards, teams do not play short	Yellow: Player sits for 2 min & team does <u>not</u> play short; Red: Player out for game & team does <u>not</u> play short; Cards are non-releasable	Yellow: Player sits for 2 min & team plays short; Red: Player sits out for game & team plays short; Cards are non-releasable
Ground Balls	No more than 1 player from each team; kicking ball allowed in order to move it to open space; emphasis should always be on scooping the ball	No more than 1 player from each team; kicking ball allowed	No restrictions; kicking ball allowed
Covering Ball	No raking the ball at anytime; no covering with opponent in playing distance (4 m)	No raking the ball at anytime; no covering with opponent in playing distance (4 m)	No raking the ball at anytime; no covering with opponent in playing distance (4 m)
Minimum Pass Rule	Two pass initiated and received (in close vicinity of receivers stick) Refs will hold their fingers up and say "you're hot" Coaches should encourage additional passing on defensive half	Two passes after the goalies clear anywhere on the field. Must hit the head of their stick and that player must pick it up. Refs will hold their fingers up and say "you're hot" Coaches should encourage additional passing on defensive half	No pass rule
Number of Coaches Allowed on Sidelines	3 (1 USAL certified coach per team may be on field officiating)	3	3
1v1 Defense	Must play 1v1 defense in all areas of the field	Must play 1v1 defense in midfield	Not Applicable
Checking	No checking	No checking	Modified checking below waist
3 sec, closely guarded (Point of Emphasis on defensive positioning, stick never allowed in ball carrier's sphere)	Does not apply	Applies	Applies
3 sec, 8m arc	Not applicable	Applies	Applies

Major/Minor Fouls	Illegal/dangerous contact & unsportsmanlike	2024 Girls' Youth Rulebook - App B – Officials Signals	2024 Girls' Youth Rulebook - Appendix B – Officials Signals
Officials	1 required* or 1 USAL certified coach from each team (*USAL Youth Certified strongly encouraged)	1 required* (*USAL Youth Certified strongly encouraged)	8v8: 1 required (*must be USAL Youth Certified or higher) 12v12: 2 required (*must be USAL Youth Certified or higher)
Self-Start, Free Movement	Fouled player must pause & opponent must move away	Fouled player must pause & opponent must move away	Fouled player must pause & opponent must move away
Goal Circle Violations	No deputy allowed, shooter's feet must not touch goal circle. Stick may enter on shot follow through.	No deputy allowed, shooter's feet must not touch goal circle. Stick may enter on shot follow through.	No deputy allowed, shooter's feet must not touch goal circle. Stick may enter on shot follow through.
Walling (Defensive players crowding in front of their goal/forming stack/wall)	Not permitted. A player must be within a stick's length away from her opponent.	Not permitted. A player must be within a stick's length away from her opponent.	Not permitted. A player must be within a stick's length away from her opponent.
Stick to Body & Stick to Stick Contact	not permitted at any time	not permitted at any time	not permitted when initiated by the defense (hand & forearms are not considered to be part of the stick)
Eligibility	To be a part of a team, a player must reside in the community, be enrolled in the school district, or be an active member of the church or organization affiliated with that team. A player can only play for one team. If a player's community, church, or school does not have a team, she may join the closest (a community that shares a border; if none then the next closest) team that is accepting players. Athletes must play on their grade level team. If a player's team does not offer one at her age level, she may play with a team one age level older.	To be a part of a team, a player must reside in the community, be enrolled in the school district, or be an active member of the church or organization affiliated with that team. A player can only play for one team. If a player's community, church, or school does not have a team, she may join the closest (a community that shares a border; if none then the next closest) team that is accepting players. Athletes must play on their grade level team. If a player's team does not offer one at her age level, she may play with a team one age level older.	To be a part of a team, a player must reside in the community, be enrolled in the school district, or be an active member of the church or organization affiliated with that team. A player can only play for one team. If a player's community, church, or school does not have a team, she may join the closest (a community that shares a border; if none then the next closest) team that is accepting players. Athletes must play on their grade level team. If a player's team does not offer one at her age level, she may play with a team one age level older.