

<u>RULE REFERENCE</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>	<u>14U</u>
OFFICIALS	1	1	2	2
COIN TOSS & LINEUP	Yes-Acquire offensive & defensive In-home players. Defensive In-home will serve goalie penalties unless disqualified or ejected.			
FIELD DIMENSIONS	Small Field (60-70L x 35-45W)		NFHS-(110'L x 60'W)	
NUMBER OF PLAYERS	7v7 Format - 1 Goalie, 2 Defense, 2 Middies, and 2 Attack		10 v 10 (7v7 format may be used)	
CROSSE DIMENSIONS	(Head 6x10 only,faceoff requirement waived) overall length-37"-42"		NFHS-40-42"(Head 6x10 only, faceoff requirement waived)	
LONG CROSSES	None		(4-10v10) or (3-7v7) 52-72"	
GOALIE CROSSE	NFHS overall length-37"-54"		NFHS-40-72"	
CROSSE PENALTY	None-Remove & return after corrected		NFHS-2-min for violations	
PLAYER & GK EQUIPMENT	NFHS-Safety equipment strickly enforced, uniform requirements <u>not</u> strickly enforced including eyeblack.			
HELMENT COMES OFF	Stop play Immediately, player leaves field, can return next dead ball after restart			
COACHES AREA	Coaches allowed on field up to wing line on coaches side of field		NFHS-coaches must stay in coaches area	
GAME TIMING	(4) 10-minute running time quarters, with a 2 minute break between each quarter and a 5-minute halftime period.		(4) 10-minute stop time quarters, with a 2 minute break between each quarter and a 5 min half time.	
Mercy Rule	6 Point difference-may take posession over F/O		NFHS-no possession, running clock in 2nd half 12 points or more differential	
F/O Positioning	Wing players foot on sideline, released on whistle-All other players GLE released on possession		NFHS-one player behind each wing	
Faceoff	NFHS-Exception:-Knee may be on the ground while getting into position			
TEAM TIMEOUTS	None. Clock shall only stop in the event of severe injury or an official's discretion		NFHS-2 per half non-consecutive, 1 per OT period	
OVERTIME	None		NFHS-unlimited 4 min periods till winner determined	
COUNTS	GK 4 second count only-GK has 5 sec. to return on restarts		NFHS-20/10 advancement count. GK-No 5 sec count on restarts	
STALLING	None		NFHS-Officials discretion and auto under 2 min within 4 points or less	
OVER & BACK	None		NFHS-Once in the attack box, offense cannot cause the ball to go back to the defensive side exept on a shot.	
PASS BEFORE SHOT	One pass attempt after F/O or initial possession during mercy rule		NFHS- No restriction	
RESTARTS	All players 5 yards from player with possession		NFHS-No offensive player within 5 yds. Defense must create 5 yd distance	
ALL CONTACT	Must be within 3 yards of a loose ball or player in possession			
BODY CHECKS	None, only legal holds and pushes			NFHS-No take outs!
HEAD CONTACT	NFHS-Indirect(1min NR), Direct(2min NR), Flagrant(3min NR) these are minimum including ejection			
TARGETING	3 min Non-Releaseable automatic ejection			
CHECKING W/CROSSE	Downward checks must be initiated below both players helmet		NFHS-No restrictions except one-handed	
SLASHING	NFHS-Exception: One-handed checks(contact or not), or any contact to the head or neck area will be considered a slash			
TIME SERVING PENALTY	Substitute player, offending player may not substitute till penalty time is served		NFHS-Offending player will serve, teams play man-down	
SLOW WHISTLE PROCEDURE	Second defensive flag will stop play unless scoring play is in progress.			
SCRUM(3 OR MORE PLAYERS)	Loose ball scrum, A/P shall be used after a 4 second visual count		No rule	
FOULING OUT	3 Personal fouls or 5 minutes of personal foul time			