

<u>RULE REFERENCE</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>	<u>14U</u>
OFFICIALS	1	1	2	2
Coaches Certification	Establish A/P & Acquire offensive & defensive In-home players. Defensive In-home will serve goalie penalties unless disqualified or ejected.			
NUMBER OF PLAYERS	7v7 Format - 1 Goalie, 2 Defense, 2 Middies, and 2 Attack		10 v 10	
CROSSE DIMENSIONS	(Head 6x10 only, faceoff requirement waived) overall length-37"-42"		<u>NFHS</u> -40-42"(Head 6x10 only, faceoff requirement waived)	
LONG CROSSES	None		4 Maximum (52-72")	
GOALIE CROSSE	<u>NFHS</u> overall length-37"-54"		<u>NFHS</u> -40-72"	
CROSSE PENALTY	<u>None</u> -Remove & return after corrected		<u>NFHS</u> -2-min for violations	
PLAYER /GK EQUIPMENT	<u>NFHS</u> -Safety equipment strictly enforced, uniform requirements not strictly enforced including eyeblick.			
HELMET COMES OFF	Stop play Immediately, player leaves field, can return next dead ball after restart			
COACHES AREA	Coaches allowed on field within 5 yrdsof sideline on coaches side		<u>NFHS</u> -coaches must stay in coaches area	
GAME TIMING & OVERTIME	(2) 20 Minute running halves(4min halftime)-If game is tied at the end of the second half play continues until a goal is scored			
F/O Positioning	Wing players foot on sideline, released on whistle-All other players GLE released on possession		<u>NFHS</u> -one player behind each wing	
TEAM TIMEOUTS	(1) 40 second timeout per half, game clock does not stop . No timeouts in the last 5 min of either half including overtime			
ADVANCING THE BALL	<u>None</u> -Goalie 4 second count only		<u>NFHS</u> -20 sec to clear defensive area, 10 sec to attack box	
STALLING	None		<u>NFHS</u> -Officials discretion and auto under 2 min within 4 points or less	
OVER & BACK	None		<u>NFHS</u> -Once in the box, offense cannot cause the ball to go back to the defensive side except on a shot.	
PASS BEFORE SHOT	One pass attempt after Face-off		<u>NFHS</u> - No restriction	
RESTARTS	<u>All</u> players 5 yards from player with possession		<u>NFHS</u> -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	<u>None</u> , only legal holds and pushes			<u>NFHS</u> - No take outs!
HEAD CONTACT	<u>NFHS</u> -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		<u>NFHS</u> -No restrictions except one-handed	
SLASHING	<u>NFHS-Exception:</u> 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		<u>NFHS</u> -Offending player will serve, teams play man-down	
SLOW WHISTLE PROCEDURE	<u>NFHS</u> -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			