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|  | **1/2 (8U) Rules** | **3/4 (10U) Rules** | **5/6 (12U) Rules** | **7/8 (14U) Rules** |
| **# of players** | 3v3, 4v4, 6v6 (no goalies) | 6v6 (goalie) | 10v10 | 10v10 |
| **Field Size** | 60 yd x 35yd (cross field) | 60 yd x 35 yd ( cross field) | Regulation Field | Regulation Field |
| **Ball** | Soft or Standard NOCSAE | Standard NOCSAE | Standard NOCSAE | Standard NOCSAE |
| **Goal Size** | 3 ft x 3 ft or 4 ft x 4 ft | 6 ft x 6 ft | 6 ft x 6 ft | 6 ft x 6 ft |
| **Penalties** | Player leaves, no man downEjections still possible | Player leaves, no man downEjections still possible | Time serving, man down | Time serving, man down |
| **Body Checking** | None | None | None | NFHS Rules – No take-out checks |
| **Stick Checking** | No contact permitted | Poke and lift checks below the chest to bottom hand and stick head only.No one handed checks | Downward check starting with the head of the stick below shoulders of both players.Poke and lift checks below the chest to bottom hand and stick head. No one handed checks | NFHS RulesNo one handed checks |
| **Equipment** | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, athletic cup, athletic shoes | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, athletic cup, athletic shoes.Goalie–chest protector, arm pads required, shin pads recommended | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, athletic cup, athletic shoes.Goalie–chest protector, arm pads required, shin pads recommended | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, athletic cup, athletic shoes.Goalie–chest protector, arm pads required, shin pads recommended |
| **Face-Offs** | None; coin toss for first possession, then team scored upon gets ball at GLE to start | 2 attack, 2 defense behind GLE, released on whistle. MUST play ball, not man, prior to possession.One pass must be attempted before a goal can be scored.Goal differential of 4 or more ball given to trailing team  | NFHS RulesOne pass must be attempted before a goal can be scored.Goal differential of 4 or more ball given to trailing team |  NFHS Rules |
| **Officials** | Not required, Coach or 1 official | 1 Official | 2 Officials (minimum) | 2 Officials (minimum) |
| **Coaches** | Can roam field if no officials, can roam entire sideline if official is used | Can roam entire sideline, however, can’t go through table area or other coach area | Must stay in coaches boxExceptions – injured player, goalie warm up, halftime | Must stay in coaches boxExceptions – injured player, goalie warm up, halftime |
|  | **1/2 (8U) Rules** | **3/4 (10U) Rules** | **5/6 (12U) Rules** | **7/8 (14U) Rules** |
| **Time factors** | 25 minute halves- running clock | 25 minute halves- running clock | 25 minute halves or 15 minute quarters- running clock10 min. quarters - stop clock | 25 minute halves or 15 minute quarters- running clock12 min. quarters – stop clock |
| **Over Time** | None | None | None (unless required by tournament rule) | None (unless required by tournament rule) |
| **Team time out** | None | None | 1 per team per half | 1 per team per half |
| **Substitution** | Sub all players during dead ball (whole team substitution)No - on the fly – subs live ball | Sub all players during dead ball(whole team substitution)No - on the fly – subs live ball | Normal substitution | Normal substitution |
| **Stopping play for Subs** | If play goes on for longer than 2 minutes without stoppage, officials will look for an opportunity to stop playWhole team substitution | If play goes on for longer than 2 minutes without stoppage, officials will look for an opportunity to stop playWhole team substitution | Normal substitution | Normal substitution |
| **Offside** | None | Yes – goalie stays back | NFHS Rules | NFHS Rules |
| **Scrum Ball Rule** | Quick whistle at referee’s discretion (3-5 seconds)Award ball by AP | Quick whistle at referee’s discretion (3-5 seconds)Award ball by AP | None required but referee’s discretion to award ball by AP | NFHS Rules |
| **Score Keeping** | None  | Not kept (except to award ball at face-off) | Not kept (except to award ball at face-off) | NFHS Rules |
| **Maximum Number of Long Poles** | None | None | None for Rec. leagueFour for Premier  | Four |
| **Stalling** | None | None | Four second goalie count | Four second goalie count10 second to box once ball crosses midfield20 sec only if club supplies timer |
| **Stick Length**  | 37” - 42” field player | 37”- 42” field player37” - 54” goalie | 40” - 42” short52” - 72” long40” - 72” goalie | 40” - 42” short52” - 72” long40” - 72” goalie |
| **Deep pocket/****Roll out test** | Replace or fix stick | Replace or fix stick | 1 minute non-releasable penalty | 1 minute non-releasable penalty |
| **Screens** | Not allowed | Not allowed | NFHS Rules | NFHS Rules |