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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 down  Ejections still possible | Player leaves, no man down  Ejections 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 Rules  No 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 Rules  One 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 box  Exceptions – injured player, goalie warm up, halftime | Must stay in coaches box  Exceptions – 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 clock  10 min. quarters - stop clock | 25 minute halves or 15 minute quarters- running clock  12 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 play  Whole team substitution | If play goes on for longer than 2 minutes without stoppage, officials will look for an opportunity to stop play  Whole 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. league  Four for Premier | Four |
| **Stalling** | None | None | Four second goalie count | Four second goalie count  10 second to box once ball crosses midfield  20 sec only if club supplies timer |
| **Stick Length** | 37” - 42” field player | 37”- 42” field player  37” - 54” goalie | 40” - 42” short  52” - 72” long  40” - 72” goalie | 40” - 42” short  52” - 72” long  40” - 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 |