

1/15/2025	Time/Equ't	Stall Warning/ Min. Passes/Max. Goals	Score/Overtime	Faceoff/ Offsides/ Crease	"Mercy Rule"/Slow Whistle	Body Checks	Slashing/ Scrum/Raking	Penalties	Fouling Out	Sideline Manager	Stick Length	Counts/Re-Starts
10U & 8U 7 v 7 w/goalie; 2 T/O per half	10 min. running qtrs; 2 min. b/w qtrs; 5 min half; Full equ't. Arm pads optional for goalie.	No Stall; 1 attempted pass requ'd but only off f/off; No max goals per player.	One 4m sudden victory OT; if still tied, game over. 1 TO per OT. No goal if GK or player drops ball in goal.	F/O=1 M on each side; others behind restr. line; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time = rel. USC. Contrasting color on f/off stick not requ'd. May kneel.	If 6 or more goal diff, award ball at midfield, regardless of who scored; GOODIES + when ball hits ground.	No body checks;all legal holds, legal pushes & equal pressure are ok- must be w/in 3 yards of ball. Head/neck/defenseless= 2 to 3 NR or eject.Targeting=3 NR or eject	2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;Only stick checks: Lift, poke, downward below shoulders(start check below shoulder & check only below shoulder). No 2 handed tomahawks checks; If scrum, stop play and A/P.	8U: Player serves, but team does NOT play mandown; 10U: Player serves; team plays man down. If GK, in home serves. 5 minute misconduct option.	3 personal or 5 min. personal fouls	Failure to produce at coin toss=no F/off;start of 2nd=1 Rel USC;start of 3rd=1 min. NR USC; start of 4th=2 min NR USC; Bring to coin toss	8u: All sticks 37 to 42. 10U: M/A: 37-42 D: 37-54; 6" to 10" wide; Shooting strings 4" from top.Stick vio = 2 min. NR. Can be corrected;	4 second goalie count;No advancing counts.
14U & 12U 10 v 10; 2 T/O per half	4 10 min. stop qtrs; 2 min. b/w qtrs; 5 min. half; Full equ't; Arm pads optional for goalie;	Under 2m if 4 or less, & as warranted.	4m sudden victory until a winner (time permitting). 1 TO per OT. No goal if GK or player drops ball in goal;	F/O= Release on poss. or ball crossing restraining line; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. 6" contrasting color for F/O. Can't kneel	Run clock while deficit is >=10 anytime.Clock runs even if drops below 10; GOODIES + when ball hits ground.	12U-No body checks. 12U/14U: No "take out" checks; body checks must be delv'd in upright position; legal holds, legal pushes & equal pressure are ok; w/in 3 yds; head/neck/defenseless = 2 to 3 NR or eject; Targeting=3 NR & eject; Hit in "upright" position only	2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;Only stick checks: Lift, poke, downward below shoulders(start check below shoulder & check only below shoulder).	Player serves. If GK, in home serves.	3 personal or 5 min personal fouls	Failure to produce at coin toss=no F/off;start of 2nd=1 Rel USC;start of 3rd=1 min. NR USC; start of 4th=2 min NR USC;Bring to coin toss	M/A: 40-42 D: 52-72; 6" to 10" wide; shooting strings 4" from top.Stick vio = 2 min. NR. Can be corrected;	4, 20 & 10; Over & back; O & D must be 5 yards on all restarts-allow clear path to goal before engage;
Varsity/JV	12 stop (JV is 12 stop unless V follows/precedes, then 10 stop).	Under 2m if 4 or less, & as warranted.	4m sudden victory until a winner (time permitting). 1 TO per OT. No goal if GK or player drops ball in goal;	Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. 6" contrasting color for F/O. Can't kneel	Run clock while deficit is >=10, anytime during game.Clock runs even if drops below 10; GOODIES; If 2nd flag, no whistle only if scoring play is in progress(advancing ball to goal)	Head/neck/defenseless = 2 to 3 NR or eject; Targeting = 3 NR or eject	N/A	Player serves. If GK, GK serves.	5 min. personal fouls	Does not apply	M/A: 40-42 D: 52-72; 6" to 10" wide; Shooting strings 4" from top.Stick vio = 2 min. NR. Can be corrected;	4, 20 & 10; Over & Back; O & D must be 5 yards on all restarts-allow clear path to goal before engage.