	DOVE 1411 DI	ILEC CLIBARA A DV	
Crosse Length	NFHS	JLES SUMMARY Ball	NOCSAE
ordere zemam			11000,12
	10v10 - 1 goalie required & 9 field	Goal	6x6
# of Players	players		
			2x 20 minute running time halves with a
Equipment	Full, including protective cup.	Length of Game	(4) minute halftime).
	LIMITED body checking - Checks		
	should be generally upright. Legal		
	holds, pushes, boxing out on a loose		
	ball, riding out and incidental		time serving (time and a half due to
Defense/Body Contact	contact is allowed. NO TAKE-OUT CHECKS permitted	Penalty Time	running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc)
Defense, Body contact	CHECKS PERMITTED	T Charty Time	11111. – 1 11111. 30 3cc. / ctc/
	All legal holds, pushes and checks		
2 V 1 D 1	must be on a player w/possission or		No counts except goalie 4-seconds in the
3-Yard Rule	3 yards of a loose ball	Advancing the Ball	crease count
	NO TAKE OUT CHECKS PERMITTED -		All one-handed checks are called as a
Illegal Body Checks	1, 2 or 3 minutes non-releasable	Slashing	slash, even if contact is not made
Penalty for Checks to		Unsportsmanlike	
Head/Neck	2 or 3 minute non-releasable	Conduct	1,2 or 3 minutenon-releasable
Unneccessary			4 personal fouls or 6 minutes of penalty
Roughness	1,2 or 3 minute non-releasable	Fouling Out	time
			1v1 with 2 wing player. All other players
	More than 6 players in its Offensive		behind the defensive area box line, 3 on each side. Release upon possession, ball
	half or 7 players in its Defensive half		going out of bounds, or crossing
Offsides	(Including players in penalty box)	Faceoff	Defensive area line.
			6 goal lead, team that is behind has the
			option of being given the ball at the mid-
Long Poles	4 (Max)	Faceoff Mercy Rule	field line
	Coaches are not permitted on the		2 handed. Only lift, poke or downward stick check intiated below BOTH players
Coaches/Officials	field of play / 2 certified officials	Stick Contact	shoulders
·	For a loose ball on the ground for an		
	excessive amount of time (at the		On the fly substitution is allowed.
	referees discretion) can result in an		Players must pass through the
Scrum Situations	alternate possession.	Substitutions	Substitution box
Pass/Possession Rule	None	Stalling	Waived
	No OT except for end of season		
	tournament which consisits of 4		
	minute periods. "Golden Goal" rule		
Overtime	applies.	Over & Back	Turnover

Time-Outs	1 time out per game		
	BOYS - 12U FULL FIE	LD RULES SUMMARY	,
		Ball	
Crosse Length	NFHS		NOCSAE
# of Players	10v10 - 1 goalie required & 9 field players	Goal	6x6
Equipment	Full, including protective cup.	Length of Game	2x 20 minute running time halves with a (4) minute halftime).
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. NO TAKE-OUT CHECKS permitted	Penalty Time	time serving (time and a half due to running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc)
3-Yard Rule	All legal holds, pushes and checks must be on a player w/possission or 3 yards of a loose ball	Advancing the Ball	No counts except goalie 4-seconds in the crease count
Illegal Body Checks	NO TAKE OUT CHECKS PERMITTED - 1, 2 or 3 minutes non-releasable	Slashing	All one-handed checks are called as a slash, even if contact is not made
Penalty for Checks to Head/Neck	2 or 3 minute non-releasable	Unsportsmanlike Conduct	1,2 or 3 minute non-releasable
Unneccessary Roughness	1,2 or 3 minute non-releasable	Fouling Out	4 personal fouls or 6 minutes of penalty time
Offsides	More than 6 players in its Offensive half or 7 players in its Defensive half (Including players in penalty box)	Faceoff	1v1 with 2 wing players. All other players behind the defensive box area line, 3 on each side. Release upon possession, ball going out of bounds, or crossing Defensive area line.
Long Poles	4 (Max)	Faceoff Mercy Rule	6 goal lead, team that is behind has the option of being given the ball at the midfield line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials	Stick Contact	2 handed. Only lift, poke or downward stick check intiated below BOTH players shoulders
Scrum Situations	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	Substitutions	On the fly substitution are allowed. Players must pass through the substitution box
Pass/Possession Rule	None	Stalling	Waived
Overtime	No OT except for end of season tournament which consisits of 4 minute periods. "Golden Goal" rule applies.	Over & Back	Turnover
Time-Outs	1 time out per game		

BOYS - 12U SMALL SIDED RULES SUMMARY				
Crosse Length	NFHS	Ball	NOCSAE	

	7v7 + 1 goalie required. 7 field		
	players (2A, 3M, & 2D). NO SHOT		
# of Players	BLOCKERS	Goal	6x6
			2x 20 minute running time halves with a
Equipment	Full, including protective cup.	Length of Game	(4) minute halftime).
	No body checking permitted. Legal		
	holds, pushes, boxing out on a loose		
	ball, riding out and incidental		time serving (time and a half due to
	contact is allowed. NO TAKE-OUT		running clock, e.g. 30 sec = 45 sec / 1
Defense/Body Contact		Penalty Time	min. = 1 min. 30 sec. / etc)
Defense, body contact	Crizero permittea	Tenatey Time	11111. – 1 11111. 30 300. / 000/
	All legal holds, pushes and checks		
	must be on a player w/possission or		No counts except goalie 4-seconds in the
3-Yard Rule	3 yards of a loose ball	Advancing the Ball	crease count
	NO TAKE OUT CHECKS PERMITTED -		All one-handed checks are called as a
Illegal Body Checks	1, 2 or 3 minutes non-releasable	Slashing	slash, even if contact is not made
			·
Penalty for Checks to		Unsportsmanlike	
Head/Neck	2 or 3 minute non-releasable	Conduct	1,2 or 3 minute non-releasable
Unneccessary			4 personal fouls or 6 minutes of penalty
Roughness	1,2 or 3 minute non-releasable	Fouling Out	time
	,		
			1v1 with 2 wing players (foot on
			sideline). All other players below GLE. 2
	More than 5 players in its Offensive		players by each goal per team. Release
	half or 5 players in its Defensive half		upon possession, ball going out of
Offsides	(Including players in penalty box)	Faceoff	bounds, or crossing GLE
			6 goal lead, team that is behind has the
			option of being given the ball at the mid-
Long Poles	3 (Max)	Faceoff Mercy Rule	field line
	Coaches are not permitted on the		2 handed. Only lift, poke or downward
	field of play / 2 certified officials		stick check intiated below BOTH players
Coaches/Officials	when available	Stick Contact	shoulders
	For a loose ball on the ground for an		
	excessive amount of time (at the		
	referees discretion) can result in an		
Scrum Situations	alternate possession.	Substitutions	On-the-fly subs permitted
Pass/Possession Rule	None	Stalling	Waived
Overtime	No OT except for end of season	Over & Back	Waived
Time-Outs	None		
	BOYS - 10U RU	JLES SUMMARY	
	Chart. 27" 42" / Castic 27" 54" N		
Cuasas I am ath	Short: 37"-42" / Goalie 37" - 54" No	Pollussa	NOCSAE
Crosse Length	Long Poles Permitted	Ball Used	NOCSAE

BOYS - 10U RULES SUMMARY			
Crosse Length	Short: 37"-42" / Goalie 37" - 54" No Long Poles Permitted	Ball Used	NOCSAE
	5v5 or 7v7 (6v6+1 goalie) (Goalie is optional - If no goalie, a blocker is		
# of Players	used)	Goal Size	6v6
Equipment	Full, including protective cup	Length of Game	(2) 18-minute running halves with a (4) minute halftime

	No body checking permitted. Legal holds, pushes, boxing out on a loose		Used as a teaching moment. Player
	ball, riding out and incidental contact is allowed. No take-out	Penalty	leaves the field and can be replaced. No man up/down. Player elligible to return
Defense/Body Contact	checks permitted	Enforcement	at next substituion point
Off Sides	None	Face-Off	After Every Goal. 1 Wing player is allowed, but must have foot on sideline. All other players below GLE. Teams can put as many as 4 players at GLE. Release upon whistle
Long Poles	None	Faceoff Mercy Rule	If 6 goal lead, team that is behind has the option of being given the ball at the mid-field line
Coaches/Officials	Coaches are not permitted on the field of play / 2 certified officials when available	Stick Contact	2 handed lift, poke and downward checks initated from below BOTH players shoulders are permitted
Scrum Situations	For a loose ball on the ground for an	Substitutions	Whole team subs recomended. Subing
Pass Rule	1 pass attempt must be made on offensive side of field before a goal can be scored. Reset if opposing team gets ball across half line. Failure to pass before scoring is a	Excessive Possession	If a player holds the ball for more than 7 seconds without passing or shooting it would be a turnover. Referee begin out loud count at 5 seconds to warn players.
Raking the Ball	Turnover except for a goalie in his crease or players taking the face-off	Score	Kept
Overtime	No OT except for end of season tournament which consisits of 4 minute periods. "Golden Goal" rule	Time Outs	None
	BOYS - 8U RU	LES SUMMARY	
Crosse Length	Short: 37"-42" / Goalie 37" - 54". No Long Poles permitted.	Ball Used	NOCSAE
# of Players	4v4 or 5v5 - No Goalie	Goal Size	6v6 turned over and using the triangle of goal
Equipment	Full, including protective cup	Length of Game	(2) 18-minute running halves with a (4) minute halftime
Defense/Body Contact	No body checking permitted. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. No take-out checks permitted	Penalty Enforcement	Used as a teaching moment. Player leaves the field and can be replaced. No man up/down. Player elligible to return at next substituion point
Off Sides	None	Face-Off	None (ball taken out to side of crease and play continues) Opposing team must retreat to half field
Coaches/Officials	(1) Ref on field. (1) Coach per team is permitted on the field to help coach all players. Coaches must remain close to the wing area and not interfere with play of game.	Stick Contact	2 handed lift, poke and downward checks initated from below BOTH players shoulders are permitted

	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an		Whole team subs recommended. Subing should take place only after each goal or natural stop in play. Shift should be no
Scrum Situations	alternate possession.	Substitutions	longer than approx. 2-minutes.
	1 pass attempt must be made on		
	offensive side of field before a goal		
	can be scored. Reset if opposing		If a player holds the ball for more than 7
	team gets ball across half line.		seconds without passing or shooting it
	Failure to pass before scoring is a	Excessive	would be a turnover. Referee begin out
Passing Rule	turnover.	Possession	loud count at 5 seconds to warn players.
Raking Ball	Turnover	Score	Not Kept
Time-Outs	None		