

<b>BOYS - 14U RULES SUMMARY</b>			
<b>Crosse Length</b>	<b>NFHS</b>	<b>Ball</b>	<b>NOCSAE</b>
<b># of Players</b>	10v10 - 1 goalie required & 9 field players	<b>Goal</b>	6x6
<b>Equipment</b>	Full, including protective cup.	<b>Length of Game</b>	2x 20 minute running time halves with a (4) minute halftime).
<b>Defense/Body Contact</b>	LIMITED body checking - Checks should be generally upright. Legal holds, pushes, boxing out on a loose ball, riding out and incidental contact is allowed. NO TAKE-OUT CHECKS permitted	<b>Penalty Time</b>	time serving (time and a half due to running clock, e.g. 30 sec = 45 sec / 1 min. = 1 min. 30 sec. / etc...)
<b>3-Yard Rule</b>	All legal holds, pushes and checks must be on a player w/possession or 3 yards of a loose ball	<b>Advancing the Ball</b>	No counts except goalie 4-seconds in the crease count
<b>Illegal Body Checks</b>	NO TAKE OUT CHECKS PERMITTED - 1, 2 or 3 minutes non-releasable	<b>Slashing</b>	All one-handed checks are called as a slash, even if contact is not made
<b>Penalty for Checks to Head/Neck</b>	2 or 3 minute non-releasable	<b>Unsportsmanlike Conduct</b>	1,2 or 3 minutes non-releasable
<b>Unnecessary Roughness</b>	1,2 or 3 minute non-releasable	<b>Fouling Out</b>	4 personal fouls or 6 minutes of penalty time
<b>Offsides</b>	More than 6 players in its Offensive half or 7 players in its Defensive half (Including players in penalty box)	<b>Faceoff</b>	1v1 with 2 wing player. All other players behind the defensive area box line, 3 on each side. Release upon possession, ball going out of bounds, or crossing Defensive area line.
<b>Long Poles</b>	4 (Max)	<b>Faceoff Mercy Rule</b>	6 goal lead, team that is behind has the option of being given the ball at the mid-field line
<b>Coaches/Officials</b>	Coaches are not permitted on the field of play / 2 certified officials	<b>Stick Contact</b>	2 handed. Only lift, poke or downward stick check initiated below <b>BOTH</b> players shoulders
<b>Scrum Situations</b>	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	<b>Substitutions</b>	On the fly substitution is allowed. Players must pass through the Substitution box
<b>Pass/Possession Rule</b>	None	<b>Stalling</b>	Waived
<b>Overtime</b>	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule applies.	<b>Over &amp; Back</b>	Turnover

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

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

#### BOYS - 10U RULES SUMMARY

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

<b>Defense/Body Contact</b>	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	<b>Penalty Enforcement</b>	Used as a teaching moment. Player leaves the field and can be replaced. No man up/down. Player eligible to return at next substitution point
<b>Off Sides</b>	None	<b>Face-Off</b>	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
<b>Long Poles</b>	None	<b>Faceoff Mercy Rule</b>	If 6 goal lead, team that is behind has the option of being given the ball at the mid-field line
<b>Coaches/Officials</b>	Coaches are not permitted on the field of play / 2 certified officials when available	<b>Stick Contact</b>	2 handed lift, poke and downward checks initiated from below <b>BOTH</b> players shoulders are permitted
<b>Scrum Situations</b>	For a loose ball on the ground for an	<b>Substitutions</b>	Whole team subs recommended. Subing
<b>Pass Rule</b>	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	<b>Excessive Possession</b>	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.
<b>Raking the Ball</b>	Turnover except for a goalie in his crease or players taking the face-off	<b>Score</b>	Kept
<b>Overtime</b>	No OT except for end of season tournament which consists of 4 minute periods. "Golden Goal" rule	<b>Time Outs</b>	None

#### BOYS - 8U RULES SUMMARY

<b>Crosse Length</b>	Short: 37"-42" / Goalie 37" - 54". No Long Poles permitted.	<b>Ball Used</b>	NOCSAE
<b># of Players</b>	4v4 or 5v5 - No Goalie	<b>Goal Size</b>	6v6 turned over and using the triangle of goal
<b>Equipment</b>	Full, including protective cup	<b>Length of Game</b>	(2) 18-minute running halves with a (4) minute halftime
<b>Defense/Body Contact</b>	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	<b>Penalty Enforcement</b>	Used as a teaching moment. Player leaves the field and can be replaced. No man up/down. Player eligible to return at next substitution point
<b>Off Sides</b>	None	<b>Face-Off</b>	None (ball taken out to side of crease and play continues) Opposing team must retreat to half field
<b>Coaches/Officials</b>	(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.	<b>Stick Contact</b>	2 handed lift, poke and downward checks initiated from below <b>BOTH</b> players shoulders are permitted

<b>Scrum Situations</b>	For a loose ball on the ground for an excessive amount of time (at the referees discretion) can result in an alternate possession.	<b>Substitutions</b>	Whole team subs recommended. Subing should take place only after each goal or natural stop in play. Shift should be no longer than approx. 2-minutes.
<b>Passing Rule</b>	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 turnover.	<b>Excessive Possession</b>	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.
<b>Raking Ball</b>	Turnover	<b>Score</b>	Not Kept
<b>Time-Outs</b>	None		