

| | 1/2 (8U) Rules | 3/4 (10U) Rules | 5/6 (12U) Rules | 7/8 (14U) Rules |
|--|---|---|--|---|
| # of players | 4x4 (no goalies) | 7v7 (with goalies) | 10v10 | 10v10 |
| Field size | 60 yd x 35 yd | 60 yd x 35 yd | Regulation | Regulation |
| Ball | 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, but no man-down; ejections still possible | Time-serving, man-down for slash, unnecessary roughness or illegal body check; otherwise player leaves | Time-serving, man-down | Time-serving, man-down |
| Body checking | None | None | None | No take-out checks |
| Stick checking | Lift or poke below chest; no one-handed checks | Downward check starting with head of stick below shoulders of both players; lift or poke below chest; no one-handed checks | Downward check starting with head of stick below shoulders of both players; lift or poke below chest; no one-handed checks; no one-handed checks | No one-handed checks |
| Equipment; goalie arm and shin/thigh pads | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, cup, athletic shoes; No goalie, so goalie pad requirements do not apply | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, cup, athletic shoes required; Goalie – chest protector; Arm pads required; shin/thigh pads recommended; | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, cup, athletic shoes required; Goalie – chest protector; Arm pads required; shin/thigh pads recommended | Helmet, gloves, shoulder and arm pads, non-white/clear mouth guard, cup, athletic shoes required; Goalie – chest protector; Arm pads required; shin/thigh pads recommended; Eye black limited to that allowed by NFHS |
| Face-offs | None; coin toss for first possession, then team that is scored upon gets ball on GLE to restart. AP at halftime | Yes. 1 wing player. 2 attack and 2 defense behind GLE. Players released on possession or ball over GLE. | Standard | Standard |
| Coin toss | Yes; determines first actual possession (no faceoff) and first AP | Yes; determines goals to defend and first AP | Yes; determines goals to defend and first AP | Yes; determines goals to defend and first AP |
| Line-up | All players | All players | All players | Starters only |
| Officials | Not required. Coach or 1 official | 1 official | At least 2 | At least 2 |
| Coaches | Roam field if there are no officials; can roam entire sideline (off field of play) if an official is used | Can roam entire sideline (but can't go through table area or other coach/bench area) | Must stay in coaches box (exceptions: injured player, goalie warmup, halftime, get info from table, cross exchange in table area) | Must stay in coaches box (exceptions: injured player, goalie warmup, halftime, get info from table, cross exchange in table area) |

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| Time factors | 2 x 12-minute running halves; teams don't change ends | 4 x 8-minute running time quarters; change ends each quarter | 4 x 10-minute stop-time quarters (teams change ends) | 4 x 10-minute stop-time quarters (teams change ends) |
| OT | None | None | Sudden-victory OT (max of 2 periods) | Sudden-victory OT (no maximum) |
| Team timeouts | None | None | 2 per half and one per OT period | 2 per half and one per OT period |
| Substitution | Sub all players during dead ball (everyone must sub at once); no on-the-fly subs during live-ball play | Sub all players during dead ball (everyone must sub at once); no on-the-fly subs during live-ball play | Normal substitution | Normal substitution |
| Stopping play for subs | If play goes on for longer than 2 min w/o stoppages, officials will look for an opportunity to stop play and subs | If play goes on for longer than 2 min w/o stoppages, officials will look for an opportunity to stop play and sub | Normal substitution | Normal substitution |
| Offside | None | None | Standard rules | Standard rules |
| Scrum ball rule | Quick whistle at referee's discretion and award ball by AP | Quick whistle at referee's discretion and award ball by AP | None required, but referee's discretion to award by AP for scrum | None |
| Raking the ball | Technical foul | Technical foul (except for GK in the crease or faceoff player on faceoff) | Legal | Legal |
| Scorekeeping | Not kept | Kept | Kept | Kept |
| Deep pocket/rollout tests | Fix stick or replace with new stick | Per NFHS rules | Per NFHS rules | Per NFHS rules |
| Maximum number of long crosses | None permitted | None permitted | Three | Four |
| Stalling rule | None | None | Per NFHS | Per NFHS |
| Offensive 10 sec count/20 sec clear/over-and- back | Small field, so rule doesn't apply | Small field, so rule doesn't apply | Per NFHS rules (all used) | NFHS rules (all used) |
| Sitck lengths (short, long, goalies) | 37"-42", none permitted, 37"-54" | 37"-42", none, 37"-54" | 40"-42", 52"-72", 40"-72" | 40"-42", 52"-72", 40"-72" |