

	8U	10U	12U	14U
OFFICIALS	1	2	2	2
COIN TOSS & LINEUP	Yes-Aquire offensive & defensive In-home players. Defensive In-home will serve goalie penalties unless disqualified or ejected.			
FIELD DIMENSIONS	Modified NFHS-Goal crease moved in 10yds.		NFHS	
NUMBER OF PLAYERS	10 vs 10-(Optional) 7v7 Format - 1 Goalie, 2 Defense, 2 Middies, and 2 Attack			
CROSSE DIMENSIONS	NFHS overall length-37"-42"		NFHS	
LONG CROSSE DIMENSIONS	None	NFHS overall length 47" - 54"	NFHS	
MAX LONG CROSSES	None	2	4 (10v10) or 3 (7v7)	
GOALIE CROSSE	NFHS overall length-37"-54"		NFHS	
PLAYER & GOALIE EQUIPMENT	Same as NFHS also MUST wear athletic protective cup.			
COACHES AREA	Coaches allowed on field up to wing line on coaches side of field	NFHS-May roam entire sideline except opposing team box and sub area	NFHS	
GAME TIMING	(4) 8-minute running time quarters, with a 4 minute break between quarters including halftime.	(4) 10-minute running time quarters, with a 2 minute break between each quarter and a 4-minute halftime period.	(4) 10-minute stop time quarters, with a 2 minute break between each quarter and a 5 minute half time.	
TEAM TIMEOUTS	None. Clock shall only stop in the event of injury or an official's discretion		NFHS	
OVERTIME	None		NFHS	
ADVANCING THE BALL	Goalie 4 second count only		NFHS	
STALLING	None			NFHS
OVER & BACK	None		NFHS	
CROSSE & BODY CONTACT	Must be within 3 yards of a loose ball or player in possession			
BODY CHECKS	None			Limited 14U Only
ALLOWABLE BODY CONTACT	Examples of permitted body contact are: 1) Legal holds and pushes 2) Positioning against an opponent during a loose ball 3) Redirecting an opponent with possession 4) Incidental contact			No excessive body contact where the player lowers their head or shoulder with the force and intent to put the opponent on the ground
SLASHING	NFHS with exceptions: All one handed checks(contact or not), or any contact to the head or neck area will be considered a slash. 8U-10U-12U: Downward checks must be initiated below both players shoulders. 14U is exempt form this rule			
TIME SERVING PENALTY	Substitute time serving player	NFHS		
SCRUM(3 OR MORE PLAYERS)	In the event a loose ball cannot be picked up, alternate possession shall be used after a 4 second visual count			NFHS
Spectator Conduct	Any spectator that is verbally abusive to players, coaches or officials, the official will suspend the game and instruct both coaches to address the spectator. Continued behavior by the spectator will result in a 1 min NR USC penalty to be servered by the spectators team In-home. Continued behavior from the spectator will result in an ejection of the spectator or game termination.			