

Summary of 2017 Minnesota 8U–14U Rules

	8U Rules	10U Rules	12U Rules	14U Rules
Number of players	5 v 5, no goalies	7 v 7 (1G, 2A, 2M, 2D)	10 v. 10	10 v. 10
Field size	60 yd x 35 yd	60 yd x 35 yd	110 yd x 53 1/3–60 yd	110 yd x 53 1/3–60 yd
Ball	Soft ball optional; otherwise standard NOCSAE ball must be used	Standard NOCSAE	Standard NOCSAE	Standard NOCSAE
Goal size	3 ft x 3 ft (or standard goal flipped to triangle)	6 ft x 6 ft (or 5'x5' or 4'x4')	6 ft x 6 ft	6 ft x 6 ft
Penalties	Player leaves, but no man-down (sub is sent in for penalized player); ejections still possible	Time-serving, man-down	Time-serving, man-down	Time-serving, man-down
Jersey numbers on front and back	Recommended	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)	Required (violation results in technical to start game; issue reported to sponsoring authority)
Body checking	None (no time-serving penalties at this level but ejection is likely for a violent hit)	None; minimum 2:00 NR penalty	None; minimum 2:00 NR penalty	No take-out checks; minimum 2:00 NR penalty. Body contact must be non-violent and both players must be completely upright. Can't be more aggressive than needed to stop player.
Stick checking	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks. Only (1) downward check initiated below shoulders of both players (2) lift or poke below chest. Violation = slash.	No one-handed checks (violation is a slash)
Face-offs	None; coin toss for first possession, then team that is scored upon gets ball on GLE to restart. Start each quarter by alternate possession.	One wing player with foot on sideline on left of FOGO released on whistle. 2A+2D players behind GLE and GK in crease released when faceoff ends	Standard for 10 v. 10	Standard for 10 v. 10
Coin toss	Yes, with one player from each team (not necessarily a "captain"). Winner gets first actual possession and other teams gets first AP	Yes, with captains; determines goals to defend and first AP.	Yes, with captains; determines goals to defend and first AP.	Yes, with captains; determines goals to defend and first AP.
Line-up	All players	All players	All players	Starters only
Officials	Not required. Coaches officiate or 1 official (2 could be used)	Required. Two will normally be used but one can be used in some circumstances.	At least 2 (3 could be used upon request in some situations)	At least 2 (3 could be used upon request in some situations)
Coaches	Roam field if there are no officials; can roam entire sideline (off field of play) if an official is used	Roam field if there are no officials; can roam entire sideline (but can't go through table area or other coach/bench area) if an official is used	Must stay in coaches box (exceptions: injured player, goalie warm-up, halftime, get info from table, cross exchange in table area)	Must stay in coaches box (exceptions: injured player, goalie warm-up, halftime, get info from table, cross exchange in table area)
Time factors	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible	Default is 4 x 12-minute running-time quarters; other times are possible
OT or tiebreaker	None (no score kept)	None (except possibly in tournament situations)	None (except possibly in tournament situations)	None (except possibly in tournament situations)
Team timeouts	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less	One per half for normal game times; none if total game time is 32 minutes or less

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Substitution	Sub all players during dead ball (everyone must sub at once); no on-the-fly subs during live-ball play; subbing required after each goal	Sub all players during dead ball (everyone but GK must sub); no on-the-fly subs during live-ball play; subbing required after each goal	Standard substitution rules	Standard substitution rules
Stopping play for subs	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	If play goes on for longer than 2 minutes with no stoppages, officials will look for an opportunity to stop play and allow subs	None	None
Offside	None	No more than 4 players in offensive end or 5 players in defensive end, including players serving penalties. Based on cone if no midfield line; only called if player is clearly past cone.	Standard rules (violation if a team has too many players on either end of the field)	Standard rules (violation if a team has too many players on either end of the field)
Scrum ball rule	Award ball by AP if players can't pick it up	Award ball by AP if players can't pick it up	Award ball by AP if players can't pick it up	None
Raking the ball	Technical foul	Technical foul (except for a GK in the crease and by a face-off player during the face-off)	Legal	Legal
Scorekeeping	No score will be kept	Yes	Yes	Yes
Routine officials equipment inspections	Check protective gear and end cap. Visually inspect stick (pocket depth and rollout checked only if stick is obviously illegal, in which case it is confiscated). No penalties.	Check protective gear (penalize if missing). Check stick for everything but measurements; if illegal, stick confiscated but no penalty (exception: deep pocket can return if adjusted).	Check protective gear and all aspects of stick except measurements. Normal penalties apply.	Check protective gear and all aspects of stick except measurements. Normal penalties apply.
Coach-requested equipment inspections	No coach-requested checks	Check protective gear/stick as above, but illegal sticks and deep pockets are penalized. No measurements will be checked except for length of long stick upon request by coach.	Check all aspects of protective gear and crosse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).	Check all aspects of protective gear and crosse except for measurements and penalize per rule. (Exception: When a L2 official is working and the coach requests the stick be measured, then measurements will be checked).
Max # of long crosses (not counting goalie)	None permitted	Two	Three	Four
Stalling rule	None	None	Standard NFHS "get-it-in/keep-it-in" stalling rules	Standard NFHS "get-it-in/keep-it-in" stalling rules
Offensive 10-count/over-and-back	Small field, so rule doesn't apply	Small field, so rule doesn't apply	Yes	Yes
Special rules	Optional 3-pass rule (must attempt 3 passes without possession by opposing team before shooting on goal)	Optional 2-pass rule (must complete 2 passes without possession by opposing team before shooting on goal)	None	None
Short stick lengths	37"–42"	37"–42"	40"–42"	40"–42"
Long stick lengths	None permitted	47"–54" (recommend no taller than player)	52"–72" (recommend no taller than player)	52"–72" (recommend no taller than player)
Goalie stick lengths	None permitted	37"–54"	40"–72"	40"–72"