

	Little Scoopers	Bantam (3/4)	Junior (5/6)	Senior (7/8)
	6U/8U	10U	12U	14U
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	Full Field	Full Field
Crosse Length	FP: 37"-42" (GK) 37"-54" (LP) none	FP: 37"-42" (GK) 37"-54" (LP) none	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (4 max)	(FP) 40"-42" (GK) 40"-72" (LP) 52"-72" (4 max)
Players	4v4 (1-2-1) MAYLA rule. 5v5 (1-3-1) if agreed upon by both teams prior to start	7v7 1GK 2D 2A 2M	10v10: NFHS	10v10: NFHS
Goal Size	3' x 3' or 6' x 6'	6' x 6'	6' x 6'	6' x 6'
All Player Equipment	NFHS -- Helmet (NOCSAE standards), gloves, protective cup, arm pads (optional for goalie), mouthguard, shoulder pads (NOCSAE ND 200 compliant) Loss of helmet is an Illegal Procedure Technical Foul (unless result of defensive penalty)			
Length of Game	4 ten minute running periods. (40 + 2 + 10 + 2 = 54 minutes)	4 ten minute running periods. (40 + 2 + 10 + 2 = 54 minutes)	4 twelve minute running periods. (48 + 2 + 10 + 2 = 62 minutes)	4 ten minute stopping periods. (40+ minutes + 2 + 10 + 2 = 75 minutes). If up by 12 in second half, running clock (returns to stop-clock if differential is 6 or below)**
Overtime	N/A	N/A	4-minute sudden victory (1 max)	4-minute sudden victory (1 max)
Team Timeouts	2 per half	2 per half	2 per Half, 1 in OT Clock stops during time out	2 per Half, 1 in OT Clock stops during time out
Counts	4-sec GK only; no advance	4-sec GK only; no advance	GK 4 + 20s Def + 10s Off.**	GK 4 + 20s Def + 10s Off.
Faceoffs	1 Wing (foot on either SL). Knee down fine.	1 Wing (foot on either SL). Knee down fine.	Same as NFHS, incl. Standing Neutral Grip	Same as NFHS, incl. Standing Neutral Grip
Substitutions	"on-the-fly" & dead ball	"on-the-fly" & dead ball	NFHS	NFHS
Scrum	4 or more for 4 seconds, use A/P	Extended w/3 or more players, use A/P	N/A	N/A
Fouling Out	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties	3 (personal) penalties or 5 minutes in penalties
Stalling	N/A	N/A	Final 2m: Get it in, Keep it in = team ahead 1-4 goals	Final 2m: Get it in, Keep it in = team ahead 1-4 goals
One Pass Rule	1 attempted pass after FO possession. 1 attempted pass on offensive half of field after a change in possession.	1 attempted pass after FO possession	N/A	N/A
Man-up or Man-Down	N/A; player serves, team plays at full strength	Yes (only personal fouls, technical no man down, but player serves in box) Both releasable and non-releasable in accordance with NFHS rules.	Yes (3-down max). Both releasable and non-releasable in accordance with NFHS rules.	Yes (3-down max). Both releasable and non-releasable in accordance with NFHS rules.
Flag Down Situations	Stop play when ball hits ground, not a shot, or "G.O.O.D.I.E.S"			"G.O.O.D.I.E.S"
Offsides	N/A	7v7 - >4 on off. or >5 on def. (Exclude penalty area; never man-down)	> 6 players on off or > 7 players on def. (Include penalty area)	> 6 players on off or > 7 players on def. (Include penalty area)
Restarts	All players must be 5 yards from ball carrier			
3-Yard Rule	Legal holds, pushes & checks must be on a player with possession or within 3 yds of a loose ball			
Allowable Body Contact (4.15)	legal holds, pushes, boxing out, riding, incidental (no hits)	legal holds, pushes, boxing out, riding, incidental (no hits)	Below neck and above waist. No "take out checks"	Below neck and above waist. No "take out checks"
Checking with Crosse (4.16)	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Lift/poke bottom hand or head of crosse below chest area, OR downward check initiated below BOTH players' shoulders, No one-handed	Same as USAL, one-handed checking allowed
Other Notable Rules	No goalie MAYLA rule, unless agreed upon before game	- If goalie in crease and clamps ball, goalie ball - 5 secs for goalie chase out to reestablish on restart	- On restart, allow goalie up to 5 seconds to reestablish position in net	- On restart, NO 5 seconds for goalie to reestablish position in net

** = if both coaches agree to adjust before game, okay (i.e., 12xrunning 7/8, no count at 5/6)