

	1/2 (8U) Rules	3/4 (10U) Rules	5/6 (12U) Rules	7/8 (14U) Rules
# of players	6v6 (no goalies)	7v7 (with goalies)	10v10	10v10
Field size	60 yd x 35 yd	60 yd x 35 yd	Regulation	Regulation
Ball	Soft or 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; No eye black for any player	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; No eye black for any player	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; No eye black for any player	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. No wing players. 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)
	1/2 (8U) Rules	3/4 (10U) Rules	5/6 (12U) Rules	7/8 (14U) Rules
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 (except for a GK in the crease)	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"