

	High School	14U variations	12U variations	10U Variations
Length of game	12 min start stop 2 min between quarters. 10 min half time 4 min OT. 2 TO per half	-Single game (and all 14U A level games) 10 min start stop -14U games that follow an A level game: 12 min running -12 U double headers 12 min running -These times can be modified by agreement of the coaches due to weather -2 min between quarters and 5 min half time. -same over time as HS level(? Reg season or just post season)		-12 min running quarters -1- 2min TO per half Clock stops -2 min quarters 5 min half -NO OT
Advancing the ball	-4 seconds for the goalie to exit the crease with possession -20 seconds to clear midfield. -10 seconds to enter the offensive box (count starts when team has POSSESSION on the offensive side of the field. -once the offensive team POSSESSES the ball in the box over and back in now in effect			-no counts -no over and back
Stalling	-final 2 min(get it in, Keep it in) in effect for teams ahead 4 goals or less. Officials can invoke this mechanic during the game if a team is stalling. -			
Goalie equipment	Proper chest protector, throat guard, helmet, mouth guard. ELBOW PADS ARE RECOMMENDED			
Stick checking	-Controlled contact to players stick or gloved hand	-NO 1 HANDED STICK CHECKS -downward checks must start with the head of the stick below BOTH players shoulders. -lift /poke bottom hand or head of stick below chest area		
Allowable body contact	-legal holds and pushes -boxing out within 5 yards of a loose ball -body checking : 2 hand must be on the stick. No punching motion/extension of arms. -Contact must be below the neck and above the waist in the front. - player must not be defenseless or blindsided	-no contact with the intent or force to put opponent on the ground at any youth level -all contact needs to be within 3 yards of the ball(man ball/bod.y checks/boxing out). -illegal body check of a violent nature, on a defenseless player and/or blinde side hit are forbidden and are 2-3 min NR. -All unnecessary roughness fouls are NON Releasable - -All body checks must occur with 2 hands on the stick. Contact must be above the waist and below the neck.		-no body checks are allowed at U12&U10. Only legal pushes that are not violent in nature. -we are looking for the intent of the defender. -legal pushes and man balls (players need 2 hands on the stick)
"Flag Down" Situation	-Officials should allow play to continue and we will follow the GOODIES Mech -Goal is scored - Out of bounds - Offensive foul. - Defense gains pos. - Injury/equipment - End of a quarter - Second Def foul -	-officials will allow pl;ay to continue as HS level, but will stop play when the ball hits the ground (EXCEPT for a bounce shot) -a shot hits the goalkeeper, goal post, or crossbar and a rebound touches any player of either team other than the defending goalie play is stopped		
Time serving penalties	Personal Fouls. - offended team receives the ball at the spot of the foul outside the box in the offensive half or gets a free clear. - Players targeting opponents with intent to injure, especially to the head or neck serve 2-3 minutes full time with possible ejection Technical fouls. -30 seconds if foul was committed with possession -award possession/turn over if ball was loose. -Player is DQ with 5 personal foul minutes	-Players targeting opponents with hits intending top injure especially to the head and neck are automatically ejected from the game. -Defenseless players of Checks involving the head and neck merit 2-3 min Non Releasable. Possible ejection -Unnecessary Roughness is a Non Releasable foul 1-3 minutes -Player is Disqualified from the game with 3 personal foul or 4 personal foul minutes 10 U PENALTY FAST BREAK RESTART. -players committing time serving foul must be substituted off the field for at least 1 Min -the offended team will get a 3v2 fast break from center X. All players are released on the whistle Defense- 2 defenders must be within 5 yards of the crease. -1 midfielder is 5 yards behind the center X/second midfielder is on the intersection of the centerline and sideline. Offense-Attack players are to be behind GLE. -1 midfielder is at Center X/second midfielder is on the intersection of the center line and side line.		
Face offs	Standing with neutral grip	Like normal play all contact needs to be made within 3 yards of the ball.	-one midfielder is at center x for the Faceoff -second midfielder has one foot on the sideline(either side of the field) considered the wing area. -Def/Attack&Goalie are to remain behind GLE until there is possession. -on the whistle the midfielders are released like a normal faceoff. -a team is required to attempt 1 pass after a faceoff is won. Team turns the ball over if no pass is attempted	

