



Rules & Warnings:

Full NCAA Rules Apply except there are NO stick checks unless requested. Any sticks can be used by all.

All Games are two, 24-minute running halves.

2022-2025 Playoff and Championship Games are only 15-minute running halves (unless both teams/coaches agree to play a full 24-minute half).

ONLY a 3-minute break for half-time.

All penalties are running time starting on ref whistle. Referee keeps running game clock and penalty clocks.

No Ties allowed. If tied go to 'Sudden Victory' with no clock until a team scores.

One 30 second time-out per half can be taken at any time and the clock stops. One time-out in OT.

Tie records broken by Head to Head, then lowest Goals Against, then highest Goals For.

All players must submit [online REQUIRED WAIVER](#) to be eligible. Failure may result in team forfeit.

Teams must wear reversible game jersey at all times. Failure results in loss of ball in opening possession.

Please be aware that balls can and will fly from fields (shots or passes) and cause serious bodily harm.

Do not sit directly behind goals or within reach of errant shots that could travel up to 100 yards from a goal.

Thank You and Enjoy Our Event!

NAL Founding Club Teams