



NLF Summer Championship Event Rules

2021-2025 COMPETITION RULES

- We will be following modified NCAA rules for all grades
- No penalty for FO violations
- No penalty for starting within someone's 5 yard radius during a restart
- Play ends on "flag down" once ball hits ground
- Goalie elbow pads are not necessary
- One handed checks are not allowed
- Counts at all grades

2018-2020 COMPETITION RULES

- We will be following NCAA rules for all grades
 - The only exclusions will be stick head measurements

GAME PLAY

- Games will have two 22-minute running time halves. There will be a 5-minute half time.
- Games will start and end on the horn. Halftime will be on referee time.
- Teams are allowed one 30-second time out per game. Timeouts are not allowed in the final 5 minutes of the game. Clock does not stop during timeouts. No timeouts during OT.
- Games ending in a tie will play a 5-minute sudden death OT. If the game remains tied at the end of the OT period, the game will end in a tie with each team earning 1 point.
- Referees will keep official score
- 2 Points = Win
- 1 Point = Tie
- 0 Points = Loss
- Playoff Tiebreakers:
 - Record from Pool Play
 - Head to Head Record
 - Goal Differential
 - Coin Toss