



**2018 Rules & Warnings:**

Full NCAA Rules Apply except there are NO stick checks unless requested. Any sticks can be used by all. No 30 second clearing count for 2027.

All 2023-2027 Games are four, 11-minute running quarters.

ONLY a 3-minute break for half-time. 1 minute between quarters.

Playoff and Championship Games for 2023-2027 are only 8-minute running quarters (unless both teams/coaches agree to play normal 11-minute quarters).

Specific playoff brackets & seeding are explained in each division.

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 game can be taken at any time and the clock stops. One time-out in OT.

Tie-Breakers: Head to Head, then lowest Goals Against, then highest Goals For.

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

Teams must wear reversible game jersey always. 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