



## NLF Club National Championship Event Rules

### 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
- Winning team must keep it in the box for last two minutes

### GAME PLAY

- Games will have four 12-minute running time quarters. There will be a 5-minute half time.
- Games will start on the hour and run on the official's time.
- Teams are allowed one 30-second time out per game. Timeouts are **NOT ALLOWED IN THE FOURTH QUARTER** of the game. Clock does not stop during timeouts.
- If a game is tied with 30 seconds remaining in the game, we will be playing "next goal wins". Games will not stop for OT. If a goal is scored before regulation ends, the game is over.
- Referees will keep official score. In addition, there will be scorekeepers at each field.
- 2 Points = Win
- 1 Point = Tie
- 0 Points = Loss
- Playoff Tiebreakers:
  - Record from Pool Play
  - Head to Head Record
  - Goals Against
  - Goal Differential

*\*In the event of a three-way tie, Head to Head will not apply and we will continue on to Goal Diff.*