



NLF FALL INVITATIONAL RULES

COMPETITION RULES

- We will be following High School (NFHS) rules at all grades

GAME PLAY

- Games will have two 22-minute running time halves. There will be a 3-minute half time.
- Penalty time will be kept by officials
- Games will start on the horn. Halftime and end of game will be on referee time.
- Teams are allowed one 30-second timeout per game. Timeouts are not allowed in the final 5 minutes of the game. Clock does not stop during timeouts.
- Clock does not stop for injuries.
- If there is a tie at the end of regulation, there will be a faceoff and play until a goal is scored. Next game will start ASAP.
- Officials will keep official score in conjunction with field rep and flip scoreboard. Officials' score cards are final arbiter of score.