

MESA

Game Format

- ⇒ 22 minute running time halves (kept by referee)
- ⇒ All penalties are start/stop time (kept by field coordinator)
- ⇒ 2 minute halftime
- ⇒ No timeouts
- ⇒ No overtime

2023, 2024, and 2025 Divisions

- ⇒ NCAA Rules (Clarifications Below)
 - On a flag down situation, play continues until usual stoppage or the defense gains possession. Ball can come out of the restraining box and play continues. If the ball is loose and the fouling team commits a technical foul, it is another time serving foul.
 - Faceoff - Three or more face-off violations by a **team** in a half results in a 30 second penalty.
 - Over and Back Rule - After the offensive team touches the ball into the offensive box, the ball cannot cross back over the midline.
 - The ball does not have to stay inside the offensive box under two minutes.
- ⇒ Exceptions
 - Instead of a shot clock, once a team gains possession of the ball, they must touch the ball in the offensive box within 30 seconds.
 - No leaving your feet (diving) and landing in the crease.
 - Stick heads can meet either NCAA or Federation standards.

2026 and 2027 Divisions

- ⇒ Same rules as 2023, 2024, and 2025 Divisions with the below additional exception:
 - 37" is shortest stick permitted.

2028 Division

- ⇒ Same rules as 2023, 2024, and 2025 Divisions with the below additional exceptions:
 - 37" is shortest stick permitted.
 - No hitting hard enough to knock players to ground. Body contact is allowed.
 - Longest pole is 60" in length. No more than 4 sticks between 44"-60".
 - Mercy Rule - If a team is winning by 5 goals or more, the other team will be awarded the ball at the midline after all goals in lieu of a face-off.