



Event Rules & Warnings:

2019 NCAA Rules Apply:

1. Dives are allowed, and a new 10-yard sub box will be used as per 2019 NCAA rules.
2. Exceptions:
 - a. There are NO Shot clocks of any kind ever.
 - b. NO stick checks by refs unless requested by coach and any heads can be used still.
 - c. Teams must clear midline in 20 seconds and touch it in the box in 10 seconds.
 - d. No clearing counts or touch it in at all for 2027 & 2028.
 - e. Winning Team must 'Keep it in the Box' only in final 2 minutes of game if winning by 3 goals or less. 4 or more they do NOT have to keep it in. There is no stalling call allowed ever.
3. Game Format:
 - a. 2020-2023 Games are two, 23-minute running halves.
 - b. 2024-2028 Games are four, 11-minute running quarters.
 - c. 1 Time-Out per game anytime. Stops clock. 1 Time-Out in OT also which stops clock.
 - d. All games have a 1-minute break for quarters and 3 minutes for halves.
 - e. All penalties are running full time starting on ref whistle.
 - e. The Field Manager at the table and Ref BOTH keep running game clock and penalty clocks. If a dispute, go by table clock.
 - f. No Ties allowed. If tied, go to 'Sudden Victory' with no clock until a team scores.
4. Playoff Tie-Breakers: Tie records decided first by Head to Head, then lowest Goals Against, then highest Goals For, then record of all teams beaten, then Goal Differential, then coin toss.
5. All players must submit a [REQUIRED WAIVER & GRADE VERIFICATION FORM](#) to be eligible. Failure may result in team forfeit.
6. Teams must always wear reversible game jersey or carry two jerseys. 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. So, 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
(Prime Time, Madlax, Sweetlax, NH Tomahawks, LI Legacy)