



NLF National Championships Rules

4 Quarters, 11 mins running time Friday and Sunday (Saturday will be 2/20 min running time quarters due to extreme heat)

1 Timeout per game. Can call anywhere on the field with possession.
Stops the Clock.

Overtime - Sudden Death, no Timeouts allowed

NFHS Rules

20 Seconds to clear, 10 to get it in the box

Ref has the clock on the field

Scorekeepers keep penalty time

No Crease Dive Allowed

Winning Team in the last 2 minutes must keep it in the box

Playoff Tiebreakers

Record from Pool Play

Head to Head

Goals Against

Goal Differential