



Event Rules & Warnings:

2019 NCAA Rules Apply:

1. Dives are allowed!
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 at all for 2028 & 2029.
 - 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. 2021-2023 Games are two, 24-minute running halves. No Time-Outs. No OT. Ties OK.
 - b. 2024-2029 Games are two, 20-minute running halves. No Ties Allowed.
 - c. 4th & 5th Games (usually playoffs) are only 16-minute running halves (unless both teams/coaches agree to play a full-length half before the start of the game).
 - d. All games have a 2-minute break for half-time. All penalties are running 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 in 2024-2029. If tied, go to 'Sudden Victory' with no clock until a team scores.
 - g. One 30 second time-out per game and in one in OT can be taken at any time and the clock stops.
4. Playoff Tie-Breakers for 2024-2029: Tie records decided first by Head to Head, then lowest Goals Against common opponents, the lowest goals overall, then highest Goals For.
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)