



## **NLF National Championships Rules**

4 Quarters, 11 minutes running time

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

Overtime - Sudden Death, no Timeouts allowed

NFHS Rules

Face-offs: College rules (no knee down and no moto grip)

20 Seconds to clear, 10 seconds 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**

1. Record from Pool Play
2. Head-to-Head (Only if ALL teams tied have played each other)
3. Goals Against
4. Goal Differential