



NLF 2022 National Championships Rules

Game Operations - NCAA Rules

- 12 minute running quarters - 1 minute break between quarters and 2 minutes for halftime
- Officials will keep game time on the field
- Penalty times run with Game clock. Officials will keep the penalty time.
- (1) 45 second timeout per HALF and the clock will stop for a timeout.
- Timeouts must be called below the offensive restraining line or any dead ball
- Games that end in a tie at the end of regulation time will be decided with an unlimited sudden victory overtime period.
 - NO GAMES SHALL END IN A TIE
 - No Timeouts in Overtime.
- Faceoffs Rules will NOT allow Knee Down or motorcycle grips.
- A 20 second clearing count will be used. On a change of possession, a timed count will begin. At 20 seconds the ball must be in the offensive end of the field. The over and back rule will be in effect at that time.
- The substitution box will be a total of ten yards - 5 yards on each side of the midline.
- No crease dives permitted
- Quick Restart: Refs will ignore the positioning of the defensive players and allow for restart to begin within 5 Yards. The defensive player within 5 yards must allow for an open lane to the goal and not defend the player until the restarting player creates a 5 yard gap. A violation will be a flag down (slow whistle) for delay of game.

Playoff Tie-Breaker Criteria

1. Overall record
2. Head -to-Head
3. Lowest Goals Allowed
4. Goal Differential (Goals scored minus Goals against)
5. Goals Scored

General Conduct Rules

- Any player, fan, or coach ejected from a game will be prohibited from competing in/ coaching/ watching his/her team's next game. If a player/coach/fan is ejected for a second time he or she will be disqualified from the tournament.
- Berating the Referees will absolutely not be tolerated
- Alcohol is prohibited from all fields
- Fighting is an automatic ejection from the game.