

2021–2022 GNLL Youth League Rules

Games will be conducted using the current calendar year's Minnesota Youth Rules. The following modifications will be used:

Pregame

- No coin toss (the home team picks goal to defend; away gets AP).
- There will be no lineup.
- There will be a coaches certification.
- Home team = white, away team = dark.
- Goalie jersey must match teammates.

Time factors

- Games consist of four 12-minute quarters.
- Quarters may be shortened if needed to keep the games on schedule.
- Halftime will be 4 minutes (or shorter if need be to keep on schedule).
- The clock begins running at the scheduled start time for the game regardless of whether the teams are ready to play.
- No on-field time is allotted for warm-ups.
- The clock stops only between periods, for team timeouts, and for an official's timeout.
- If a team is not on the field and ready to play at the scheduled start time, a delay-of-game foul will be assessed.

Time-outs

- Each team is allowed one 1-minute time-out per game. Clock stops.
- Time-outs may be called in accordance with standard rules.

Penalties

- All penalties will be running time.
- Penalties time starts when the player is in the penalty area on a knee and the whistle has blown to restart play.
- If a penalty expires during a dead ball, the player is not released until play restarts.
- Penalty time does not run when the game clock is not running (e.g., timeouts, between periods)

Tie games

- Ties stand in all regular-season games.
- If there are playoffs in any league, a tiebreaking procedure will be announced prior to the start of the playoffs.

Equipment

- All standard equipment rules apply **including** mouth guard requirements.
- Officials will perform random equipment inspections of safety gear and crosses at least once per half.
- Coaches may call for equipment checks prior to the last three minutes of the game.

Suspensions

- If a player or coach is ejected, there will be an automatic suspension for the first offense and longer suspensions for subsequent offenses.
- Suspensions for ejected coaches and players may carry over to subsequent leagues/seasons.
- The league reserves the right to suspend or expel from the league any player or coach without refund.

Youth points of emphasis

- No one-handed checks at any level.
- 14U: no take-out body checking.
- 12U/10U: no body checking of any kind.
- 10U: one attempted pass required following faceoff situations.
- 12U/14U: over and back applies, stall warnings apply (last 2 minutes with 4 goal or fewer lead; any time officials determine there is stalling)
- No mercy rule at any level