



NLF 2026 National Championship 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 the 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
 - a. NO GAMES SHALL END IN A TIE
 - b. 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, No shot clock, No goal mouth, No offensive box touch.
- 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.
- The team listed **FIRST** in **Sports Engine Tourney** shall be the **home team** and have both the first AP as well as choice of uniform color
- If a team has a **4th game**, it is due to the fact that they were the final team in that division to register for the event. **YOUR 4TH GAME WILL NOT COUNT TOWARDS YOUR STANDINGS**

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.



Playoff Tie-Breaker Criteria

Pool seeding (if two or more teams are tied in pool play):

1. Overall record
2. Head-to Head record (only if all tied teams have played each other)
3. Head-to-Head Goal Differential (only if all tied teams have played each other)
4. Lowest total goals allowed
5. Highest total goals scored

Divisional seeding (will follow below criteria after pool seeding is determined):

1. Overall Record
2. Head-to Head record (only if all tied teams have played each other)
3. Lowest total goals allowed
4. Highest total goals scored

2027AA	7 pool winners (seeded 1 to 7) & 1 wild card (seeded 8th)
2027A	3 Pool winners (seeded 1 to 3) & 1 Wild card (seeded 4th)
2028AA	7 pool winners (seeded 1 to 7) & 1 wild card (seeded 8th)
2028A	4 pool winners (seeded 1 to 4) & 4 wild cards (seeded 5, 6, 7, 8)
2029AA	5 pool winners (seeded 1 to 5) & 3 wild cards (seeded 6, 7, 8)
2029A	5 pool winners (seeded 1 to 5) & 3 wild cards (seeded 6, 7, 8)
2030AA	4 pool winners (seeded 1 to 4) & 4 wild cards (seeded 5, 6, 7, 8)
2030A	2 pool winners (seeded 1 to 2) & 1 wild cards (seeded 3, 4)
2031AA	5 pool winners (seeded 1 to 5) & 3 wild cards (seeded 6, 7, 8)
2031A	5 pool winners (seeded 1 to 5)
2032	5 pool winners (seeded 1 to 5) & 3 wild cards (seeded 6, 7, 8)
2033	4 pool winners (seeded 1 to 4) & 4 wild-cards
2034	2 pool winners (seeded 1 to 2) & 2 wild cards