

| | Time/Equ't | Stall Warning/ Min. Passes/Max. Goals | Score/Overtime | Faceoff/ Offsides/ Crease | "Mercy Rule" | Body Checks | Slashing/ Scrum/Raking | Penalties | Fouling Out | Subbing | Stick Length | Counts |
|---|--|---|---|--|---|--|---|--|-------------------------------------|---------------------------|---|-------------------|
| 8U 5 v 5/No goalie; Coaches remain in box; 1 T/O per half; 4 x 4 goal; | 10 min running qtrs (4 min. halftime); Full equ't; Arm pads optional for goalie. | No Stall Warning/ No Min. Passes until 4 goal diff, then min. 2 passes /4 goals MAX per player. | Do not keep score/ No OT | F/Offs (3 on midfield, 1 D, 1 O, No Goalie) until 4 goal diff, then award ball at midfield/ No offsides/No one allowed in crease. Can reach stick into crease for loose ball. | N/A | No body checks however all legal holds, legal pushes and equal pressure are allowed. | 2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;- Only stick checks: Lift, poke, downward below shoulders(start check below shoulder and check only below shoulder). If scrum, stop play and A/P. No raking (tennis pick up)-Fwd scoop only (Exceptions - during face-off until possession, uncontested situations (i.e. near a sideline or crease), and when reaching into the crease). | Tech=change of poss; Pers.= player out until next dead ball, then, award ball at centerline, blow whistle; table personnel will hold offending team's player for 5 sec. in the penalty area, then release. | 3 personal or 5 min personal fouls | Sub "on the fly" allowed. | M/A: 37-42 No long poles; 6 1/2 to 10" wide; shooting strings 4" from top. | 4 second |
| 10U 7 v 7 w/goalie; Coaches remain in box; 2 T/O timeouts per half; | 4 10 min. running qtrs; 2 min. b/w qtrs; 5 min half; Full equ't. Arm pads optional for goalie. | No Stall Warning/No Min. Passes/No max goals per player. | One 4m sudden victory OT; if still tied, game over. | F/Offs until 4 goal diff, then award ball at midfield. Offsides; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. | N/A | No body checks however all legal holds, legal pushes and equal pressure are allowed. | 2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;- Only stick checks: Lift, poke, downward below shoulders(start check below shoulder and check only below shoulder). If scrum, stop play and A/P. No raking (tennis pick up)-Fwd scoop only. | Player serves time. | 3 personal or 5 min. personal fouls | Sub "on the fly" allowed. | M/A: 37-42; No long poles 6 1/2 to 10" wide; shooting strings 4" from top. | 4 second |
| 12U 10 v 10; Coaches remain in box; 2 T/O per half; | 4 10 min. stop qtrs; 2 min. b/w qtrs; 5 min. half; Full equ't; Arm pads optional for goalie; | Under 2m if 4 or less, and as warranted. | 4m sudden victory until a winner (time permitting) | F/O= Release on poss. Or ball crossing restraining line; Offsides; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. F/O tape not required. | Run clock while deficit is >=12, 2nd half only. | No body checks however all legal holds, legal pushes and equal pressure are allowed. | 2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;- Only stick checks: Lift, poke, downward below shoulders(start check below shoulder and check only below shoulder). If scrum, stop play and A/P. | Player serves time. | 3 personal or 5 min personal fouls | On the fly or dead ball. | M/A: 40-42 D: 52-72; 6 1/2 to 10" wide; shooting strings 4" from top. | 4, 20 & 10 (once) |
| 14U 10 v 10; Coaches remain in box; 2 T/O per half; | 4 10 min. stop qtrs; 2 min. b/w qtrs; 5 min. half; Full equ't; Arm pads optional for goalie; | Under 2m if 4 or less, and as warranted. | 4m sudden victory until a winner (time permitting) | F/O= Release on poss. Or ball crossing restraining line; Offsides; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. F/O tape not required. | Run clock while deficit is >=12, 2nd half only. | To head/neck = 2 to 3 min. non-releasable, possible ejection. | 2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;- Only stick checks: Lift, poke, downward below shoulders(start check below shoulder and check only below shoulder). | Player serves time. | 3 personal or 5 min personal fouls | On the fly or dead ball. | M/A: 40-42 D: 52-72; 6 1/2 to 10" wide; shooting strings 4" from top. | 4, 20 & 10 (once) |
| Varsity/JV | 12 stop (JV is 12 stop unless V follows, then 10 stop). | Under 2m if 4 or less, and as warranted. | 4m sudden victory until a winner (time permitting) | Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. 6" contrasting color for F/O. | Run clock while deficit is >=12, 2nd half only | To head/neck = 2 to 3 min. non-releasable, possible ejection. | N/A | Player serves time. | 5 min. personal fouls | On the fly or dead ball. | M/A: 40-42 D: 52-72; 6 1/2 to 10" wide; Shooting strings 4" from top. | 4, 20 & 10 (once) |