

PLAY IS GOVERNED BY NFHS 2025 RULES WITH THE FOLLOWING EXCEPTIONS:

Game Play

- Time: Four 20-minute running time quarters. The clock goes to stop time in the last two minutes of the game if the goal differential is two or less goals.
- Two timeouts per half. Keep it
- Advancing the Ball: After gaining possession of the ball, a team must advance the ball into its attack area within 30 seconds. Automatic stall warning at end of 4th period: A team must “get it in and keep it in” in the last 2 minutes. If the field has a box, play the box if the score differential is two goals or less. If the field does not have a box, both teams must agree prior to the game on the parameters of this rule.
- Long sticks: The maximum allowable number of long sticks on the field is four.
- Overtime: Overtime will be sudden death four-minute stop clock periods until a goal is scored. Overtimes will be stop clock. Penalties in overtime will be regular 30 second, one minute etc.
- 1 timeout in OT/per period
- Penalty Time: Penalty time does not start until the whistle is blown to start play. Time served is time and a half.
- Home team must provide endline balls and score recording capabilities.
- All faceoff grips are allowed

Rosters

- Teams shall be limited to a maximum of 36 players.
- All players must be on their teams roster to be eligible to play.
- An individual player may only play for one team during the course of the season and postseason unless approved by the league.
- Teams must submit a roster prior to their first game and then again at the end of the regular season.

Equipment

- Equipment: Palms of gloves can be cut out. Arm pads, shoulder pads, and mouthpieces are not required. Shoulder pads cannot be altered even though they are not required equipment.

Disciplinary Actions

- Expulsion from game: Officials must report to their assignor, the name and the number of any player expelled from a game for using racial epithets, receiving two “maligning of officials” fouls, or violating Section 13 of Rule 5 (Fighting). The assignor reports this information to the league.
- Foul Language will be tolerated per the following conditions:
 - The language is not directed at a player from the opposing team
 - The language is not directed at any of the officials

- The language is not directed at a spectator
- The player that receives the penalty must serve no exceptions, goalie will trigger in home captured by refs at coin toss
- In home is triggered by either goalie penalty or bench penalty
- If in the opinion of the officials the language is at a volume that can easily be heard by spectators in the stands the officials can issue a “conduct” penalty and proceed “up the ladder” on additional violations.
- A player may receive an ejection from a game followed by suspension or expulsion from the league for excessive use of profanity toward the refs, fans, or other players. The severity is to be determined by the refs and the league.
- A player may receive an ejection from a game followed by suspension or expulsion from the league for fighting. The severity is to be determined by the refs and the league.
 - Based on the severity the league may issue an official warning to the player(s) involved. The warning will stick with that player for a minimum of two years. A player that has been issued an official warning by the league may face prolonged suspension or expulsion from the league if another incident occurs.

Playoffs and Standings

- The four eligible teams with the best overall record (wins) will receive a spot in the playoffs.
- Playoff Eligibility
 - A player is not eligible if they have played for more than one team during the season unless given permission by the league to do so.
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 - A player is eligible for playoffs if they have played for minimum 5 or more of the games for that team or been given permission by the league (i.e. late season trade/add or drop).
 - A team must play a minimum of 80% possible games or only forfeit 2 game, whichever is less in terms of percentage of games played, to be eligible for playoffs.
- In the event of a win/loss record tie the team with the least amount of forfeits will receive the better standing. In the event that two teams have the same record and same number of forfeits, the team with the better goal differential will receive the better standing. Below is the hierarchy.
 - Win loss record
 - Number of forfeits
 - Goal differential