

	<b>8U</b>	<b>10U</b>	<b>12U</b>	<b>14U</b>
<b>Game time</b>	4 x 6 min quarters, 2 min breaks between, 5 min halftime	2 x 20 min halves, 5 min halftime		
<b>Clock</b>	Running clock			
<b>Timeouts*</b>		2 (1 min each) per regulation, clock runs, not within last 5min of half		
<b>Overtime</b>	None			
<b>Field</b>	Cross field, 6' crease, GLE, midfield line, can line with flat cones	Cross field, 8.5' crease, 8m, midfield line, 7-15' behind cage, can line with flat cones	Full field, 12m optional	Full field lined
<b>Players</b>	4v4, no goalie	8v8, goalie mandatory	12v12, goalie mandatory	
<b>Stick</b>	Modified Pocket/Shortened Stick Acceptable		Standard	
<b>Ball</b>	swax lax preferred**	NOCSAE Ball		
<b>Goal cage</b>	4x4' or upside down	6x6'		
<b>Checking</b>			Modified Below the Shoulder	Transitional Checking
<b>Draw</b>	No***	Yes****		
<b>Hold for Draw Possession</b>		Hold 2&2 on 8 meters	Hold 4&4 on restraining lines	
<b>Pass rule*****</b>	1 attempted	2 attempted	1 attempted	
<b>3 sec good defense</b>	Yes			
<b>1v1 defense only</b>	Yes (no double teaming)	Only in the midfield		
<b>Maximum 2 Players per ground ball scrum</b>	Yes (no kicking)	Yes (no kicking)	Can kick the ball	Can kick the ball
<b>Mercy rule*****</b>	No score kept	4 goals		6 goals

**Coach/captain meeting to start each game** -- coin toss winner can choose (a) direction of play or (b) have first alternating possession

**8U, 10U, 12U** -- coaches responsible for counting passes & calling back goals if pass rule is not met

10U: Allow substitution on red card so that teams are at even strength

\* No timeouts permitted in the last 5 min of the running clock and clock cannot be stopped if there is a 10 goal differential

\*\* Pink ball or tennis ball permitted

\*\*\* Cointoss determines initial possession, players line up in their defensive end to start game, defense is given ball to clear after goal

\*\*\*\* 10U, 2 draw attempts then use alternating possession

\*\*\*\*\* Goal clear does not count, can be anywhere on the field, need 2 passes after any clear change of possession

\*\*\*\*\* Losing team can elect to draw