

| 2025 NVYLL GIRLS' RULES SUMMARY   |      |      |      |     |       |      |     |
|---|------|------|------|-----|-------|------|-----|
| Rule  | G78A | G78B | G78C | G56 | G34FF | G34M | GK2 |
| FC= full checking MC= modified checking NC= no checking   | FC   | FC   | MC   | MC  | NC    | NC   | NC  |
| Modified Pocket (2/3 of ball allowed below bottom of sidewall) and stick may be cut to length of arm of player  |      |      |      |     | ✓     | ✓    | ✓   |
| Stick Length 35.5"-43.25" for field player, 35.5"-52" for GK  | ✓    | ✓    | ✓    | ✓   |       |      |     |
| Follow through of the crosse into the goal circle allowed on a shot that initiates outside the goal circle  | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Time 12 min running clock quarters, 2 min breaks and 5 min halftime. Draw to start each quarter   | ✓    | ✓    | ✓    | ✓   |       |      |     |
| Time 10 min running clock quarters, 2 min breaks and 5 min halftime. Draw to start each quarter   |      |      |      |     | ✓     | ✓    | ✓   |
| <b>Stop clock for FOULS in CSA in last 1 min of each quarter (unless 10 goal differential).<br/>Stop clock after goals in the last 1:00 of 4th quarter (unless 10 goal differential).</b>       | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Modified field, 7 field players + 1 goalie (8v8),   |      |      |      |     |       | ✓    | ✓   |
| Timeouts: two (2) timeouts per regulation, one (1) timeout per overtime, no rollover.   | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Overtime (regular season): 5 min rest, coin toss, max two 3-min running clock 'sudden victory' periods, if no goal scored, switch ends after 3 min, no coaching, 1st goal wins. May end in tie. | ✓    | ✓    | ✓    | ✓   | N/A   | N/A  | N/A |
| Coach to certify player equipment; Alternative possession/goal selection at coin toss (continues in OT).  | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| 3-Second 'Held Ball' count for good defense- minor foul, turnover   |      |      | ✓    | ✓   | ✓     | ✓    | ✓   |
| One Pass Rule from draw and each new possession into offensive end- resets if ball crosses midfield line  |      | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Substantial advantage regular season and playoffs (5 goal differential). Coach may waive. 1 pass required.  |      | ✓    | ✓    | ✓   | ✓     | ✓    | N/A |
| Up to FOUR coaches allowed on the side line at one time. Only head coach interacts with officials.  | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| ONE coach allowed on the field to direct players, possession to opposing team at center after goals.  |      |      |      |     |       |      | ✓   |
| No score is kept; may turn goal upsidedown/backwards if no goalie   |      |      |      |     |       |      | ✓   |
| Self start allowed anytime except for: defensive fouls in the critical scoring area, when game clock is stopped; offsides; alternative possession; inadvertent whistle; after a goal.           | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| No penalty for false start or throwing ball from out of bounds. RESET   |      |      |      |     | ✓     | ✓    | ✓   |
| Deputy permitted  | ✓    | ✓    |      |     |       |      |     |
| Mandatory YELLOW Card for Dangerous contact, Check to the head, dangerous propel/follow through, slash, misconduct  | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Shin guards required for goalkeeper, eyeblack allowed assuming it is not vulgar or offensive  | ✓    | ✓    | ✓    | ✓   | ✓     | ✓    | ✓   |
| Never plays down; even on yellow or red cards   |      |      |      |     | ✓     | ✓    | ✓   |
| 4th Card for the team (Y/R)- play down remainder of game; additional player down for each subsequent card.  | ✓    | ✓    | ✓    | ✓   |       |      |     |
| USAL draw set up (3v3); all others hold below restraining line or at goal circle until possession/released.   | RL   | RL   | RL   | RL  | RL    | GC   | GC  |
| May <b>NOT</b> substitute a field player for the goalkeeper.  |      |      |      |     | ✓     | ✓    | ✓   |