

	8U	10U	12U	14U
Game time	4 x 6 min quarters, 2 min breaks between, 5 min halftime	4 x 10 minute quarters, 1 min b/w quarters, 5 min halftime		
Clock	Running clock			
Timeouts		2 (1 min each) per regulation, clock runs, not within last 5 min of half		
Overtime	None			
Field	Cross field, crease, GLE, midfield line optional	Cross field, crease, 8m, midfield line can cone	Full field lined	Full field lined
Players	4v4, no goalie	8v8, goalie preferred	12v12, goalie included	
Restraining Line	None	Midline = restraining line, hold 2	4 players behind	
Stick	Modified Pocket/Shortened Stick Acceptable		Standard	
Ball	swax lax preferred*	NOCSAE Ball		
Goal cage	4x4' or upside down	6x6'		
Checking	No Checking	No Checking	Modified below the Shoulder	Transitional Checking
Draw	No**	Hold 3&3 on 8 meters***	Yes	Yes
Hold for Draw Possession		Hold 3&3 on 8 meters	Hold 4&4 on restraining lines	
Pass rule****	1 attempted		No pass rule	
3 sec good defense	Yes			
1v1 defense only	Yes (no double teaming)	Only in the midfield		
Ground Balls	Can kick the ball	Can kick the ball	Can kick the ball	Can kick the ball
Mercy rule*****	No score kept	4 goals		6 goals
Self Start/Free Movement	Allowed			

Coach/captain meeting to start each game -- coin toss winner can choose (a) direction of play or (b) have first alternating possession **8U, 10U** 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

* Pink ball or tennis ball permitted

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

*** 2 draw attempts then use alternating possession

**** Goal clear does not count, can be anywhere on the field, need 1 pass after any clear change of possession

*****Losing team can elect to draw