

Middle School Rules – 2022

All rules of play are based on **Federation rules** with the following exceptions.

Game Time – 12 min running quarters.

Stop/start time in last 2 minutes of game if score difference is 2 or less.

Sub Horns – Substitution horns allowed on **any out-of-bounds balls**

Clearing Counts – Federation counts (20/10) for **only A level teams** – ask coaches

Sticks – **BOTH NCAA & Federation sticks are legal – NO illegal bastards!**

if stick measures **less than 6 1/2” across the top of the head**, stick will be checked in all aspects of legality as a NCAA stick.

If stick measures **6 1/2” or more across the top of the head**, stick will be checked in all aspects of legality as a Federation stick

NO SHOOTING STRINGS below 4” (**U & V**) – **FLAG & PENALIZE!**

Legal Lengths – all field players 40” - 42” or 52” - 72” (regulation)

Goalies – if a goalie leaves his crease during play and play is whistled dead, goalie IS **given additional time (5 seconds)** to return to his crease before the restart whistle (NO quick whistle rule)

Spectators – NO spectators allowed behind either team bench - stadium excepted
NO spectators allowed along either endline

All violent blows to the head and/or other deliberate fouls should be assessed as a possible **EJECTION** penalty.

All other Federation Rules are in effect, including -

Contrasting tape is **NOT REQUIRED** for face-off players

Time outs anywhere on the field with possession

Flag Down play follows Federation rules

Faceoffs – use the NEW RULE (NO kneeling & NO motorcycle grip)

Backcourt (in & back) **only for A level games** using counts

NO PLAYER other than designated goalie may set a position in the crease and between the pipes with intention of defending goal – **QUICK WHISTLE.**

Federation stalling rules in effect during the **last 2 minutes of game.**

1 handed checks are LEGAL.