

MENS OVERVIEW

RULE	LEVEL
Timing	All levels play quarters. Time lengths vary depending on age and format.
Size of Field/ # of Players	Similar size and same number of players all levels, except Sixes. Do have smaller options for 10U and below.
Equipment	Same stick lengths for all level (shorter options available for 10U and below) and no long poles in Sixes. All levels require Helmet & Gloves, other equipment varies by age and level.
Start/ Restart	Faceoffs start games, quarters and after goals; except Sixes.
Overtime	Sudden Victory at all levels except 10U and below.
Foul Structure & Cards	Same timing for structure for all levels. Technical and Personal Fouls for Youth, High School, NCAA and PLL Minor and Majors for International and Sixes.
Penalty Restarts	Same at all levels, except Sixes.
Slow Whistle/Flag	All use to allow for scoring opportunity.
Team Fouls	Served by designated "In-Home" player.

MENS DETAILED

RULE	YOUTH	HIGH SCHOOL	NCAA / MCLA	INT FIELD	SIXES	PRO
Timing	10 min Quarters Running Time	12 min Quarters Stop Time	15 min Quarters Stop Time	15 min Quarters Running Time	8 min Quarters Running Time	12 min Quarters Running Time
<i>Rational</i>		** Game day structure, typically youth, international field, sixes and pro will have multiple games being played in a day. High school and College they are the only game or one of 2 games being played.				
Advancement / Shot Clock	20 Sec. Defensive Half 10 sec. Offensive zone No Shot Clock	20 Sec. Defensive Half 10 sec. Offensive zone No Shot Clock	Offensive half when shot clock hits 60 Shot Clock 80/60 seconds	Offensive half when shot clock hits 60 Shot Clock 80 seconds (as of 2026)	10 Sec. Defensive Half Shot Clock 30 seconds	20 Sec. Defensive Half Shot Clock 52/32 seconds
<i>Rational</i>		** Developmentally appropriate, financial implications.				
Goal Circle /Crease Rules	No Diving	No Diving	Diving Permitted	Diving Permitted	Diving Permitted	Diving Permitted
<i>Rational</i>		** Developmentally appropriate based on age and skill level. Safety issue for Youth, High school				
Body Contact	Modified Body Contact	Full Body Contact	Full Body Contact	Full Body Contact	Minimal Body Contact	Full Body Contact
<i>Rational</i>		** Developmentally appropriate for youth.				
Stick Checking	Modified Stick Checking	Full Stick Checking	Full Stick Checking	Full Stick Checking	Full Stick Checking	Full Stick Checking
<i>Rational</i>		** Developmentally appropriate based on age and skill level				
Penalties	All Fouls Non- Releasable	Officials Discretion	Officials Discretion	Non-Releasable (Personal fouls)	All Fouls Non-Releasable	Officials Discretion
<i>Rational</i>		** Ease of administrative duties and format of game (Running time vs Stop time)				

RULE	YOUTH	HIGH SCHOOL	NCAA / MCLA	INT FIELD	SIXES	PRO
Fouls Structure	Technical- 30 sec Personal- 1,2,3 min	Technical- 30 sec Personal- 1,2,3 min	Technical- 30 sec Personal- 1,2,3 min	Minor- 30 sec Major- 1,2,3 min	Minor- 30 sec Major – 1 min	Technical- 30 sec Personal- 1,2,3 min
<i>Rational</i>		** Cohesiveness across age groups. International field and sixes call it Minor & Major, but timing is the same.				
Fouling Out	3 Personal Fouls	5 minutes of Personal foul time	5 minutes of Personal foul time	5 Major Fouls	3 or more Major Fouls	5 Personal Fouls or 10 minutes of penalty time.
<i>Rational</i>		** Developmentally appropriate based on age, skill level, game length and contact permitted within each game type.				
Penalty Restarts	Same position. Must be in offensive half.	Same position. Must be in offensive half.	Same position. Must be in offensive half.	Same position. Must be in offensive half.	Restart dot	Same position. Must be in offensive half.
<i>Rational</i>		** Consistency across levels, except sixes which has smaller field so dictates where every penalty restart occurs.				
Offside /Restraining Line	No more than 6 on Offense 7 on Defense	No more than 6 on Offense 7 on Defense	No more than 6 on Offense 7 on Defense	No more than 6 on Offense 7 on Defense	GK can't cross center line	No more than 6 on Offense 7 on Defense
<i>Rational</i>		** Common across all levels except Sixes. Sixes has less players and smaller field				
Boundaries/ Out of Bounds	Opposite team Except a valid shot- closest player.	Opposite team Except a valid shot- closest player.	Opposite team Except a valid shot- closest player.	Opposite team Except a valid shot- closest player.	Opposite team Including a shot.	Opposite team Except a valid shot- closest player.
<i>Rational</i>		** Common across all levels except Sixes. Sixes ruling for ease of administration and aligns with the Box discipline.				