



NFHS vs COLLEGIATE RULES COMPARISON CHART 2026

Category	NFHS	NCAA
Field Size	<ul style="list-style-type: none"> W 53 1/3–60 yards. Length 110-120 yards. 	<ul style="list-style-type: none"> Width 60yds .Length 110 yards.
Uniform	<ul style="list-style-type: none"> Violations (technical) may only be called prior to contest (i.e. no faceoff) 	<ul style="list-style-type: none"> Uniform violation (technical) may be called at any time.
No Continuous End Line or Midline	<ul style="list-style-type: none"> Technical foul visiting team starts game with possession. Only enforced on opening faceoff. 	<ul style="list-style-type: none"> Technical foul visiting team awarded possession to begin game if corrections delay the start of game. 3-minute NR, no faceoff, if Team A coach is unable or refuses to make corrections. Only enforced for opening faceoff.
Length of Game	<ul style="list-style-type: none"> 4 x 12min stop time. 10 min halftime. 	<ul style="list-style-type: none"> 4x 15 stop time. 10 min halftime.
Mercy Rule	<ul style="list-style-type: none"> 12 or more goal differential Second half only = running clock for rest of contest. 	<ul style="list-style-type: none"> By mutual consent of both head coaches, a game may be declared official if the contest has progressed to a “reasonable point of conclusion” (three periods completed).
Officials on Field	<ul style="list-style-type: none"> At least 20 mins before start time. 	<ul style="list-style-type: none"> At least 30 minutes before start time.
Faceoffs	<ul style="list-style-type: none"> Standing Neutral Grip, officials adjustments OK before SET command. NFHS prohibits initiating body contact to a player in a crouched position, 1-min Illegal Body Checking. 	<ul style="list-style-type: none"> Standing Neutral Grip, officials adjustments OK before SET command. If a violation occurs that player cannot take next faceoff.
Illegal Cross	<ul style="list-style-type: none"> Penalty 2min NR, cross can return to contest when corrected. 	<ul style="list-style-type: none"> Deep Pocket=1 min NR, cross can return to contest once corrected. Illegal Crosse: 3 min NR, cross remains at table until conclusion of contest.
Advancing	<ul style="list-style-type: none"> 20 seconds to advance across midline. 10 seconds to advance into box on initial possession. 	<ul style="list-style-type: none"> A must advance ball over midline by 60. Over/Back in effect when shot clock at or below 60.
Shot Clock/Stalling	<ul style="list-style-type: none"> Shot Clock: None Stalling: automatic in final 2 min if leading by 1-4 goals If in the judgement of officials team is not “attacking the goal.” 	<ul style="list-style-type: none"> Shot Clock: 80/60 Stalling: None
Goalkeeper	<ul style="list-style-type: none"> Four second count once goalie is in possession in crease. No grace period. 	<ul style="list-style-type: none"> Four second count once goalie is in possession in crease. No grace period.
Loss of Helmet	<ul style="list-style-type: none"> Technical Foul (Live ball & Dead ball) All cases player must leave field until after next dead ball 	<ul style="list-style-type: none"> Technical foul, Live ball only All cases player must leave field until after next dead ball.
Crease Dive	<ul style="list-style-type: none"> Player must be grounded before, during, and after the shot. 	<ul style="list-style-type: none"> Cannot land in goalmouth, Ball must enter net before contact with crease
Team Timeouts	<ul style="list-style-type: none"> 2 per half. Anywhere on the field. 	<ul style="list-style-type: none"> 2 per half, must be under off restraining line. Stoppage in the field of play, only team in or entitled to possession allowed a TO.
FDSW	<ul style="list-style-type: none"> Kill play if 2nd flag on B unless scoring play in progress Subsequent loose ball fouls by B are time serving. 	<ul style="list-style-type: none"> Subsequent defensive fouls DO NOT stop play. Subsequent loose ball fouls by B are time serving.
Ejection & Disqualification	<ul style="list-style-type: none"> 5 mins of personal fouls = disqualification. 2 non-releasable USC penalties = automatic ejection. 	<ul style="list-style-type: none"> 5 mins of personal foul= disqualification. No automatic ejection for 2nd USC.