



## Men's League Rules and Participation

- NFHS Rules Apply unless noted otherwise
- Two – 25 minutes running halves (official time may vary slightly)
- 5 minute half time / 5 minutes between games
- One timeout per team per half.
- Table personnel will keep penalty time, scores, and stats
- League officials will keep game time
- 4 long poles maximum on the field
- No horns
- No mercy rule
- There will be a 10 or 20 second count per NFHS if the box is lined
- Delay of game warning/call will be left to the officials' discretion
- One handed checks are allowed, but not if a slash
- Penalty Time - 30 second technical foul. NOT 45 RUNNING
- Penalty Time - 60 second personal foul NOT 90 RUNNING
- Penalty time starts on the restart of whistle
- In Home can serve a goalie penalty if no other goalie is available