OLC YOUTH RULES

Please note this is a summary of rules of play. Rules that are exclusive to OLC are stipulated below.

OLC Youth Rules	1ST/2ND	3RD/4TH
Field Size	L- 60-70 yds | W- 35-45yds	L- 60-70 yds | W- 35-45yds
Stick Lengths	Short Stick - 37"-42". No long poles allowed.	Short Stick - 37"-42" Goalie - 37"-54"
Goal Size	4' x 4'	6' x 6’
Goalie Equipment	No Goalie	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup
Players	4v4 (4 field)	7v7 (6 field + 1 goalie)
Field Player Equipment	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup
Game Length	(4) 10 minute running quarter, 1 minute in between quarters, 5 minute half	(4) 10 minute running quarter, 1 minute in between quarters, 5 minute half
Overtime	None	None
Timeouts	none. officials only	none. officials only
Counts	no counts	Goalie - 4 seconds no advancing counts
Start of Play & Start of Play After Goal	**Faceoff to begin each quarter.** After a goal, the defensive team will take the ball out from its defensive side. The team that just scored, will retreat to midline. **SUBS - ONLY DONE ON A DEAD BALL**	**FACE OFF**. Each team: 1 face off player at center of field; 2 players behind each GLE; 1 player lined up on the sideline of the midfield line 1 player in each goal. **All field players are released after possession is called.** No man ball by all players until possession is gained. If goal differential is 7 or more goals, no face off and possession begins at midfield for the losing team; **2nd half only**. If the differential narrows to 6 or less, regular face-off rule resume. **SUBS - ONLY DONE ON A DEAD BALL**
Pass Count	1 attempted pass in the offensive zone	1 pass attempt in the offensive zone **4/19/26 - TWO passes**
Offsides	none	Minimum of 3 on each side
Fouling Out	Penalties served, but no man down.	Penalties served, but no man down.
Allowable Body Contact	Legal Holds, legal pushes, boxing out, riding, incidental	Legal Holds, legal pushes, boxing out, riding, incidental
3 Yard Rule	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball
Illegal Body Checks	Player Sub and change of possession, if continued, player ejection	Player Sub and change of possession, if continued, player ejection

Checking	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders
Checks to Head or Neck	Player serves penalty, no man down, if continued, player ejection	Player serves penalty, no man down, if continued, player ejection

Intentional Targeting	Player Ejection	Player Ejection
Ejection Penalty	Player Leave, Coach Leave	Player Leave, Coach Leave
# of Officials	NONE. Coaches ref the game	2
Penalties	**ALL PENALTIES ARE NON RELEASABLE; PLAYER SERVES FULL TIME.**	
STAFFING OF TABLES & ROSTERS ON GAME DAY	**Rosters & representation from both home and visiting team are required at the score table prior to the start of play.** Home team is responsible for reporting scores to the league. *If roster has not been completed and the representative is not available prior to the start of the game the referee will be notified and the infringing team will start man down until the situation is rectified. This penalty is served by the in home player. Once the situation is rectified the penalty will be over.*	

OLC YOUTH RULES

Please note this is a summary of rules of play. Rules that are exclusive to OLC are stipulated below.

OLC Youth Rules	5TH/6TH	7TH/8TH
Field Size	Full Field	Full Field
Stick Lengths	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"
Goal Size	6' x 6'	6' x 6'
Goalie Equipment	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup
Players	10v10	10v10
Field Player Equipment	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup
Game Length	(4) 10 minute running quarter, 1 minute in between quarters, 5 minute half	(4) 10 minute running quarter, 1 minute in between quarters, 5 minute half
Overtime	4 minute sudden victory, Braveheart to follow if still tied	4 minute sudden victory, Braveheart to follow if still tied
Timeouts	1 per half, none in OT	1 per half, none in OT
Counts	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds
Start of Play & Start of Play After Goal	**FACE OFF.** If goal differential is 7 or more goals, no face off and possession begins at midfield; **2nd half only**. If differential narrows to 6 or less, regular face-off rule resume.	**FACE OFF.** If goal differential is 7 or more goals, no face off and possession begins at midfield; **2nd half only**. If differential narrows to 6 or less, regular face-off rule resume.
Advancing	**Defense** - 20 seconds **Offense** - 10 seconds + over/back if after clear	**Defense** - 20 seconds **Offense** - 10 seconds + over/back if after clear
Offsides	Max 6 players in Offensive half Max 7 players in Defensive Half	Max 6 players in Offensive half Max 7 players in Defensive Half
Fouling Out	3 Personals or 5 Minutes	3 Personals or 5 Minutes
Allowable Body Contact	2 hands on stick below neck and above waist	2 hands on stick below neck and above waist

3 Yard Rule	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball	All legal holds, pushes and checks must be on a player with possession or within 3 yards of a loose ball
Illegal Body Checks	Defenseless - 2-3 minute Non-releasable, possible ejection	Defenseless - 2-3 minute Non-releasable, possible ejection
Checking	1 hand checks are allowed	1 hand checks are allowed

Checks to Head or Neck	2-3 minute non releasable, possible ejection	2-3 minute non releasable, possible ejection
Intentional Targeting	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless
Ejection Penalty	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave
# of Officials	2	2
Penalties	**ALL PENALTIES ARE NON-RELEASEABLE; PLAYER SERVES FULL TIME.**	
STAFFING OF TABLES & ROSTERS ON GAME DAY	**Rosters & representation from both home and visiting team are required at the score table prior to the start of play.** Home team is responsible for reporting scores to the league. *If roster has not been completed and the representative is not available prior to the start of the game the referee will be notified and the infringing team will start man down until the situation is rectified. This penalty is served by the in home player. Once the situation is rectified the penalty will be over.*	