

# 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
<b>Field Size</b>	L- 60-70 yds   W- 35-45yds	L- 60-70 yds   W- 35-45yds
<b>Stick Lengths</b>	Short Stick - 37"-42". No long poles allowed.	Short Stick - 37"-42" Goalie - 37"-54"
<b>Goal Size</b>	4' x 4'	6' x 6'
<b>Goalie Equipment</b>	No Goalie	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup
<b>Players</b>	4v4 (4 field)	7v7 (6 field + 1 goalie)
<b>Field Player Equipment</b>	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup
<b>Game Length</b>	(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
<b>Overtime</b>	None	None
<b>Timeouts</b>	none. officials only	none. officials only
<b>Counts</b>	no counts	Goalie - 4 seconds no advancing counts
<b>Start of Play &amp; Start of Play After Goal</b>	<b>Faceoff to begin each quarter.</b> After a goal, the defensive team will take the ball out from its defensive side. The team that just scored, will retreat to midline.	<b>FACE OFF.</b> 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. <b>All field players are released after whistle is blown.</b> No man ball by all players until possession is gained. If goal differential is 12 or more goals, no face off and possession begins at midfield; 2nd half only. If the differential narrows to 6 or less, regular face-off rule resume. <b>SUBS - ONLY DONE ON A DEAD BALL</b>
<b>Pass Count</b>	1 attempted pass in the offensive zone	1 pass attempt in the offensive zone
<b>Offsides</b>	none	Minimum of 3 on each side
<b>Fouling Out</b>	Penalties served, but no man down.	Penalties served, but no man down.
<b>Allowable Body Contact</b>	Legal Holds, league pushes, boxing out, riding, incidental	Legal Holds, league pushes, boxing out, riding, incidental
<b>3 Yard Rule</b>	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
<b>Illegal Body Checks</b>	Player Sub and change of possession, if continued, player ejection	Player Sub and change of possession, if continued, player ejection
<b>Checking</b>	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders, NO ONE HANDED	Lift, poke bottom hand or head of stick below chest area, or downward check initiated below BOTH players shoulders, NO ONE HANDED
<b>Checks to Head or Neck</b>	Player serves penalty, no man down, if continued, player ejection	Player serves penalty, no man down, if continued, player ejection

<b>Intentional Targeting</b>	Player Ejection	Player Ejection
<b>Ejection Penalty</b>	Player Leave, Coach Leave	Player Leave, Coach Leave
<b># of Officials</b>	NONE. Coaches ref the game	2
<b>Penalties</b>	ALL PENALTIES ARE NON RELEASABLE; PLAYER SERVES FULL TIME.	
<b>STAFFING OF TABLES &amp; ROSTERS ON GAME DAY</b>	<b>Rosters &amp; representation from both home and visiting team are required at the score table prior to the start of play.</b> Home team is responsible for reporting scores to the league. <i>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.</i>	

<b>OLC Youth Rules</b>	<b>5TH/6TH</b>	<b>7TH/8TH</b>
<b>Field Size</b>	Full Field	Full Field
<b>Stick Lengths</b>	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"	Short Stick - 40"-42" Long Pole - 52"-72" Goalie - 40"-72"
<b>Goal Size</b>	6' x 6'	6' x 6'
<b>Goalie Equipment</b>	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup	NOCSAE Helmet, mouth guard, throat guard, chest protector, protective cup
<b>Players</b>	10v10	10v10
<b>Field Player Equipment</b>	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup	NOSCAE Helmet, mouth guard, shoulder pads, elbow pads, gloves, protective cup
<b>Game Length</b>	(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
<b>Overtime</b>	4 minute sudden death, Braveheart to follow if still tied	4 minute sudden death, Braveheart to follow if still tied
<b>Timeouts</b>	2 per half, none in OT	2 per half, none in OT
<b>Counts</b>	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds	Goalie - 4 seconds Defense - 20 seconds Offense - 10 seconds
<b>Start of Play &amp; Start of Play After Goal</b>	<b>FACE OFF.</b> If goal differential is 12 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.	<b>FACE OFF.</b> If goal differential is 12 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.
<b>Advancing</b>	Defense - 20 seconds Offense - 10 seconds + over/back if after clear	Defense - 20 seconds Offense - 10 seconds + over/back if after clear
<b>Offsides</b>	Max 6 players in Offensive Half max 7 players in Defensive Half	Max 6 players in Offensive Half max 7 players in Defensive Half
<b>Fouling Out</b>	3 Personals or 5 Minutes	3 Personals or 5 Minutes
<b>Allowable Body Contact</b>	2 hands on stick below neck and above waist	2 hands on stick below neck and above waist

<b>3 Yard Rule</b>	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
<b>Illegal Body Checks</b>	Defenseless - 2-3 minute Non-releasable, possible ejection	Defenseless - 2-3 minute Non-releasable, possible ejection
<b>Checking</b>	2 hands on stick (see 3 yard rule).	2 hands on stick (see 3 yard rule).
<b>Checks to Head or Neck</b>	2-3 minute non releasable, possible ejection	2-3 minute non releasable, possible ejection
<b>Intentional Targeting</b>	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless	Ejection + 3 minutes non releasable (IN HOUSE) for head/neck/defenseless
<b>Ejection Penalty</b>	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave	3 minute non releasable (player) + Leave 1 minute non releasable (coach) + leave
<b># of Officials</b>	2	2
<b>Penalties</b>	ALL PENALTIES ARE NON-RELEASEABLE; PLAYER SERVES FULL TIME.	
<b>STAFFING OF TABLES &amp; ROSTERS ON GAME DAY</b>	<b><u>Rosters &amp; representation from both home and visiting team are required at the score table prior to the start of play.</u></b> Home team is responsible for reporting scores to the league. <i>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.</i>	