

2016 NVYLL GIRL'S RULES SUMMARY

Rule FC=full checking MC=modified checking NC=no checking	G78 (FC)	G78 (MC)	G56 (MC)	G34 (NC)	GK2 (NC)	USL rule	NVYL L rule
Modified Pocket (1/2 of ball allowed below bottom of sidewall)				✓	✓	✓	✓
Stick Length 35.5"-43.25" for field player, 35.5"-52" for GK	✓	✓	✓			✓	✓
Stick may be cut to fit length of arm of GK and field player				✓	✓	✓	✓
Time 25 min halves, 5 min halftime, stop clock on last 2 minutes of both halves unless 10 goal differential	✓	✓	✓			✓	✓
Time 20 min halves, 5 min halftime, stop clock on last 2 minutes of both halves unless 10 goal differential				✓		✓	✓
Time 10 min quarters w/ 2 min breaks between and 5 min half, running clock; 7 field players + 1 goalie (8v8)					✓		✓
Timeouts two (2) timeouts per regulation, one (1) timeout per overtime, no rollover. No timeouts permitted in the last 5 minutes if the running clock cannot be stopped or if there is a 10 goal differential	✓	✓	✓	✓	✓	✓	✓
Overtime (regular season) 5 min rest, coin toss, max two 3-min running clock 'sudden victory' periods, if no goal scored, switch ends after 3 min, no coaching, 1 st goal wins. May end in tie.	✓	✓	✓	N/A	N/A	✓	✓
Overtime (playoffs) continue 3-min running clock OT periods until there is a winner	✓	✓	✓	✓	N/A		✓
Coach to certify player equipment; Alternative possession/goal selection at coin toss (continues in OT)	✓	✓	✓	✓	✓	✓	✓
3-Second 'Held Ball' count for good defense		✓	✓	✓	✓	✓	✓
One Pass Rule from draw and each new possession into offensive end		✓	✓	✓	✓		✓
Substantial advantage regular season and playoffs (5 goal differential). Coach may waive	✓	✓	✓	✓	N/A		✓
Up to FOUR coaches allowed on the side line at one time. Only head coach interacts with officials.	✓	✓	✓	✓	✓		✓
No 3-seconds call; replaced with 1 v 1 defense					✓	✓	✓
Shooting on 8 M Free Position is "Indirect" if no GK or an open net; shoot is allowed with GK or modified goal	✓	✓	✓	✓	✓	✓	✓
MANDATORY RED CARD for initiated check to the head (out that game + next)	✓					✓	✓
Mandatory YELLOW Card for Dangerous contact	✓	✓	✓	✓	✓	✓	✓
Mandatory YELLOW Card for initiated check to the head		✓	✓	✓	✓	✓	✓
Mandatory YELLOW Card for dangerous propelling, dangerous follow through, slash, & misconduct fouls.	✓	✓	✓	✓	✓	✓	✓
4th Card for the team (Y/R) play down remainder of game, additional player down for each subsequent card	✓	✓	✓			✓	✓