

2025, 2024, and High School levels: 2018 NCAA Rules and Regulations

- On flag down situation play continues until usual stoppage or defense gains possession. Ball can come out of the restraining box and play continues. If ball is loose and fouling team commits a technical foul, it is a time serving foul.
- Faceoff: 3 illegal procedures in a half by a **team** results in a 30 second penalty.
- All counts in effect.
- Back Court rules in effect. After offensive team touches ball in offensive zone, ball cannot cross midline.
- Sticks heads must either meet NCAA or Federation standards.

2027 and 2026

- Rules as above with below exceptions:
- 36" is shortest stick permitted.

2029 and 2028

- Rules as above with below exceptions:
- No "take out" body checks. Body contact is allowed.
- Longest pole is 60" in length. No more than 4 sticks between 44"-60."
- Mercy rule, if a team is winning by 5 goals or more, the losing team will be awarded the ball after all goals at the faceoff x.
- Horns on sidelines and after flag down situations.