

2019 Mountain Goat

Level	U-10 - 2027/28	U-12 - 2025/26	U-14 - 2023/24	JV
Number of players:	7 v 7	10 v 10		
Half length:	22 minute run-time - starts & stops by central horn			
Between Halves:	2 minutes - announced by central horn			
Overtime:	Saturday Pool Play: NO OVERTIME! Sunday Playoffs: 30 seconds then 4 minute sudden death OT. if no score, then 3 man plus goalie Braveheart. One man must stay on defense, no subs except for injury, penalties serve.			
Timeouts:	One 45 second timeout per game. Penalty time stops during timeout. If timeout underway, last two minute horn restarts play.			
Get it in/Keep it in:	None	Last 2 minutes of game - announced by double horn.		
Face-offs:	To start game, 2nd half, & OT, if a team is down > 6 goals, then team starts with possession after each goal until difference < 7.			
Checks:	No body checks	Age appropriate body checks. No take-out checks.		
Stick checks:	Only downward check initiated below shoulders of both players, or lift or poke below chest.	Normal NFHS rules.		
One-handed stick checks:	Illegal (U-14 and below)			Legal
Long Defense Poles:	2 (47-54")	4 (52-72")		
Counts:	No advancement or goalie counts. No "over & back".	Normal advancement & goalie counts including "over and back".		
Penalty time:	All penalties serve time and a half (1.5x). Penalties begin upon game restart.			