

Novice Rules 2022

Option L (with 3x20 minute periods) and Option A for contact rules

The Game

- a) The duration of the game shall be three twenty-minute straight time periods, with intermission of three minutes between periods. Each period shall start with a centre face-off.

Score Sheet

- a) A score sheet must be completed prior to each game
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed

Contact

- a) Defensive players may place their stick on the ball-carrier and push them away
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty
- c) There is to be no body-checking
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.