**Novice Rules 2022**

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

**The Game**

1. 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**

1. A score sheet must be completed prior to each game
2. All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
3. A differential of more than five goals is not displayed

**Contact**

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