

2026 Partial Summary – Key Differences

<u>NCAA</u>	<u>NFHS</u>
<i>~not applicable~</i>	Eye black, single line only
80 secs. initial shot clock (20 to clear)	20, 10 secs. (+stall warning..)
valid shot on goal, reset to 60 sec.	<i>~not applicable~</i>
Over & Back: Under 60 on Shot Clock	After 'touch in' for 10 sec count
Deep Pocket =1 min NR, cross can return to contest once corrected. Illegal Crosse: 3 min NR, cross remains at table	Penalty 2 min NR, cross can return to contest when corrected.
<i>~not applicable~ allowed</i>	Non-goalie in goal: 1 min. nonreleasable personal foul for illegal equipment.
Live Timeouts ahead of restraining line. No dead ball TO on quick restarts by D.	Anywhere, live with possession
After “down”, face-off violation by FOGO, FOGO cannot take next faceoff	<i>~award possession only~</i>
Flag down w/possession <i>~no whistle~</i>	2 nd flag down kills play
Diving - Land in ‘goal mouth’ = No Goal	Dive or jump, lands in crease = No Goal
<i>~not applicable~ can be 1 min. releasable (illegal body check or unnecessary)</i>	Defenseless Player: 2 min. minimum, non-releasable
<i>~not applicable~ no limit</i>	2 nd unsportsmanlike is ejection
Warding /bull dodge w/2 hands on the stick - Legal — stick good, body good	Illegal —stick good, body bad. Ball carrier may not move the opponent's body.
<i>~not applicable~</i>	Mercy rule in 2 nd half: 12+ goals, clock runs
<i>~no requirement~</i>	Last 2 mins., up <u>less than</u> 5, keep it in box

Note: Same for NCAA & NFHS:

Loss of helmet: immediate whistle unless shot in flight; player must leave the field & technical foul on that player. Cannot return until the next dead ball whistle.

Mouthguard penalty: technical foul.