



2023 NABLL Rule Modifications

The League and its Officials will follow the 2023 NLL rulebook with the following modifications:

- No wooden sticks will be allowed - NLL stick rules
- Goaltenders will not be able to use walls - NLL stick rules
- Rule 9: as voted by the league, the standard game format is a sixty (60) minute game divided into four quarters of fifteen (15) minutes each. The game shall start and stop on the Official's whistle. Regions can vote to change the game length but must maintain four quarters.
- Rule 12: Overtime will be played as stated in the NABLL Regulations
- Rule 17: Teams are required to have a minimum of 2 officials at each game.
- Rule 24: Gameday roster size is increased from 19 to 22 broken down into 20 runners and 2 goalies.
- Rule 47: Teams will have 10 seconds to clear the ball from their defensive end to their offensive end