



Tournament Rulebook

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Game Format:

-6v6 with 5 field players (short stick only) and 1 goalie. No offsidess; however, normal over and back rules will be in effect.

-After each goal, the goalie will have 5 seconds to pick up the ball and possess it. Once it is possessed, the 5-second crease count starts as well as the 30-second shot clock.

-Four 8-min running quarters. 2-minute break in between the first and second quarters, as well as the third and fourth quarters. 5-minute halftime between the second and third quarters. Referees will keep game clock.

Faceoffs:

-Faceoffs will only occur before each quarter and overtime period.

-Everyone except the two faceoff players will be positioned outside of the center circle. They are not released until possession is called or the ball touches the circle.

Shot Clock:

-30-sec in duration.

-Begins immediately with each change of possession.

-Will be displayed on an electronic clock at each scorer's table. The table will be responsible for operating the clock and sounding a horn when the shot clock expires.

Out of Bounds Rules:

-Any shot that does not touch a defensive player and goes out of bounds will be awarded to the defensive team. This includes shots that hit the post but do not touch a defensive player before going out of bounds.

Timeouts:

-30 sec in duration.

-2 timeouts per half and 1 per overtime period.

Overtime:

-Sudden-victory.

-4-min periods with 2 min breaks in between.