



Official Rules
Varsity, JV and U15 Divisions

1. Each team **MUST** have a coach or parent on the sideline at all times. He or she is responsible for the conduct of the team at all times.
2. All games will start and stop on a central horn. Any team not on the field and ready to play within 1 minute after the horn will start the game defending a fast break.
3. Games will consist of one 25-minute, running time period; 5 minutes between games
4. **ONLY 7 PLAYERS ON THE FIELD AT A TIME:** goalie plus 6 field players (including a maximum of three (3) long-sticks).
5. Fields are 70 yds. long by 35 yds. wide.
6. Each player needs to have required equipment including mouthpiece, cleats, sticks, and goalie equipment. All players **MUST** wear tournament-provided jersey.
7. **BODYCHECKING:** All players must play the ball. Bodychecking an opponent to the ground will result in a fast break for the opponent as an unnecessary roughness penalty.
8. Any player ejected from a game will not be able to participate in the next game.
9. There are **NO** time-outs.
10. Ties will be broken by a sudden-victory "Braveheart" (1v1 from a face-off, goalie **MUST** stay on sides)
11. Face-off to start game only. Wing players will line up to the left of face-off man using sideline as wingline. Other players will stay behind **ENDLINE** until official has blown whistle to start game. Goalie may start in crease.
12. After a goal, the scored-upon goalie will get possession and start on the official's whistle - goalie will be entitled to protection of crease for four seconds.
13. When there is a 5-goal margin, after a goal by **EITHER** team, the team trailing will be awarded the ball at midfield.
14. **NO HORNS.** All substitution is on-the-fly, even after goals.

15. PENALTIES: 3 on 2 fast breaks from midfield. 1 non-offending midfielder begins 5 yards ahead of the midfield line. All other players begin behind the line. All players released on a SINGLE whistle.
16. 10-Second Count to advance ball past midfield only.
17. Each team must keep 2 players on the offensive half and 3 players on the defensive half of the field at all times.

U13 Rules

Same as varsity rules with the following adjustments:

1. Advancement of the ball rule not enforced.

U11 & U9 Rules

Same as U13 rules with the following adjustments:

1. Fields are 60 yds. long by 35 yds. wide.
2. 1-Pass rule in offensive end of the field. Legitimate passes include ANY ATTEMPT, either completed or attempted in the air or on the ground, towards a teammate. Once one pass is completed or attempted in the offensive end, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 1 pass count starts over. If a goal is scored without one pass attempt, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line.

Pool Play Tie-Breaking Procedures

Head-to-Head