

Capital City Shootout TOURNAMENT RULES

The tournament will use federation rules with the following exceptions; minimum of 16 players permitted on a team, maximum of 24. The field size is restraining box to restraining box; consisting of 2 poles, 2 midfielders, 2 attackmen, and 1 goalie in play. Defensemen and attack will begin all face-offs and penalty fast breaks behind their respective GLE.

GAME TIME: there will be two (2) twenty (20) min. running halves that will start & stop with the sounding of a master horn. A double blast of the horn will signify 2 minutes remain in the respective half. Halftime is five (5) minutes and the time between games is fifteen (15) minutes. Each half starts with a face-off.

OVERTIME: Sudden death over time will follow the completion of a tied game after a two (2) minute break, sudden death will be five (5) minutes of running time. Goals defended will remain the same for the first sudden death; goals will be exchanged after each sudden death period thereafter and the ball will be put in play at the relative area of the field by the team which had possession of the ball at the end of the period; if there was no possession, a face-off will take place. The overtimes will continue until a winner is decided. Any fouls committed in overtime will result in a one whistle fast break (see below).

SUBSTITUTION: There is no horn substitution. Special substitution rules (“on the fly”) apply.

CLEARING AFTER A GOAL IS SCORED: There are no face-offs after a goal. The goalie will wait with the ball in the crease until Referee records the score and whistles the ball into play.

TIMEOUTS: There are none, except for injury or referee time-out.

PENALTY TIME: The offending player (except goalies) must be substituted for but can re-enter the game via special substitution after the next start in play (ie - no man down situations). All time serving penalties will be single whistle fast breaks. All players except for two attack and two poles will start in the defensive end of the field, 5 yards behind the mid-field line and the fouled player will start at the midline. The attack and defensive players will begin play behind GLE. All players release on the whistle. Major infractions may result in expulsion from game and tournament.

Should multiple fouls occur on the same play (live or dead ball), a fast break shall be awarded for each foul. The first fast break shall be deemed over when a) the ball hits the ground or OOB, b) defense gains possession c) or a goal is scored. A goal scored will wipe out any pending fast breaks for technical fouls.

20/10 SECOND COUNT: There is none.

4 SECOND GOALIE COUNT: Standard NFHS as well as after Referee has whistled the ball back into play following a goal.

EQUIPMENT: All players must conform to standard league equipment rules including mouthpiece, shoulder pads, etc. There are no random stick or equipment checks by the Officials.

ALTERNATING POSSESSION: The first team listed on the schedule will have the first AP, if needed.

U13 and U15 Specific Rules:

1. Goalies must wear arm pads.
2. All legal checks, holds and pushes must be within 3 yards not 5 yards.
3. No take out checks are allowed.
4. No one handed stick checks are allowed.