



# GAME FORMAT / TOURNAMENT RULES

- **GAME LENGTH:** Two 22 minute halves; 3 minute half-time; teams change field direction in the 2nd half. Running time; officials start and end the game on their own clock, as there is no central horn for start and stop of play.
- **ELIGIBILITY:** Players are not permitted to participate with more than one club during the event.
- **WEATHER:** A separate weather plan has been developed and will be distributed prior to the event.
- **PENALTIES:** Penalty time kept by officials on the field.
  - Technical Fouls – 45 seconds
  - Personal Fouls – 90+ seconds
- **TIMEOUTS:** One 30 second timeout per team per half (game clock will stop).
- **HIGH SCHOOL AND SENIOR DIVISIONS:** All 2016 National Federation High School Rules (non-amended) are in effect.
- **JUNIOR AND LIGHTNING DIVISIONS:** All 2016 National Federation High School Rules (non-amended) are in effect, with the following exceptions:
  - Body checking of any kind is **NOT** permitted.
  - One handed checks are **NOT** permitted.
  - The defensive 20-second count will **NOT** be used; the offensive 10-second count will **NOT** be used.
  - **JUNIORS ONLY:** With 2 minutes remaining in regulation, the team that is ahead must “Keep It In”. There is **NOT** a 10 second count to “Get It In”.
  - **JUNIORS ONLY:** Length of a short crosse can be 37-42 inches. Long crosses are permitted and can be 47-72 inches in length.
  - **LIGHTNING ONLY:** The length of all crosses for all field players shall be 37 to 42 inches.
- **OVERTIME – POOL PLAY:** 3 v 3 field players (plus goalie) sudden-victory Braveheart for a maximum of 2 minutes to determine the winner. If neither team scores, the game will end in a tie. All field players must lineup in the midfield positions for the faceoff, and at least 1 player must remain in the defensive half of the field (goalie or field player) at all times. No substitutions permitted after the faceoff, and no timeouts permitted.
- **OVERTIME – BRACKET PLAY:** Championship Semi-Finals and Finals – 10 v 10, sudden victory, 4 minute running time period(s) to determine the winner. No timeouts permitted. Consolation Games – No overtime will be played, game will end in a tie.
- **STANDINGS / SEEDINGS:** Standings and bracket seeding will be determined using the following criteria:
  1. Won-Loss Record
  2. Head-to-Head
  3. Fewest Goals Allowed
  4. Coin Flip
- The Tournament Director will have the final decision authority on any item/issue not listed.