



2015 Sunday Tournament Rules

GAME FORMAT:

- 2-25 minute halves
- Games will start at 5 minutes after the hour (2 sounds of the horn)
 - With 5 minutes left in the half, there will be (1 sound of the horn)
- Half Time will be at the bottom of the hour (2 sounds of the horn)
 - Half Time will be 5 minutes in length then (2 sounds of the horn)
 - With 5 minutes left in the game, there will be (1 sound of the horn)
- Games will end at the top of the hour (2 sounds of the horn)
- To prevent injury, encourage your players NOT to line opponents up for open field body hits.

Each team can warm-up on the side and will have 5 minutes on the field to warm-up prior to the :05 start time!

NO TIMEOUTS – It is running time!

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