



GENERAL RULES:

- All required equipment is to be worn, including mouthpieces.
- Tournament is in “running time” format; all penalties will be time serving. Penalties can be 1-3 minutes and/or “non-releasable” at referee’s discretion. A referee reserves the right to eject a player on any 3 minute non-releasable fouls, just as in standard game play. Penalties begin on the official’s re-start and are running time.
- Any fighting or disrespect towards an official will result in expulsion. The length will be determined by the director.
- Teams are required to play ALL scheduled games. If a team leaves early, they will not be invited back in future years.
- Man ball is played at all levels.
- Long Poles are permitted at all levels, no more than 4 on field at a time.
- 2 pts Win, 1pt for Tie, 0 for a loss
- The official score is kept by the officials on the field. **Coaches must confirm the final score prior to signing the card.** Cards will be collected and will be entered into tourney machine by the tournament staff.
- **PLAYOFF Tie Breaker (2 Teams): Points, Head-to-head (if teams played each other), Goals Against, Coin Flip**
- **PLAYOFF Tie Breaker (3+ Teams): Points, Goals Against, Coin Flip.**
- **Spectators must remain on spectator sideline and as far off the field as possible. Spectators at no time should malign any player, coach or official. If such infraction occurs it may result in suspension of the game and/or removal from the facility.**
- **If a team has 4 Games, The 4th game will not count towards standings.**
- Injuries must be reported to head trainer or tournament staff.

GAME PLAY:

- **ONE 40 minute running time game. Time kept at HQ**
- NO Time outs
- No switching sides mid game. Unless both coaches agree prior to start of game.
- Sub on fly at all levels
- Referees keep the time on penalties and are **running time**
- One long air horn blast starts the game and One long blast ends the game. **At no point should a game start before the horn sounds.**
- No Mercy Rule for all Grade Levels.
- NO “keep it in” during last two minutes
- A team may be called for a stall at any time during the game at the discretion of the officials.
- **Braveheart only in playoff and championship games.**
 - 3 position players (One Defensemen, one midfielder, one attackman) and 1 goalie.
- Face-off to begin, no wing players.
- Off-sides is enforced as normal.
- NO SUBSTITUTIONS ALLOWED. Goalie cannot cross the midfield line. First goal wins.
- Braveheart Penalty: Fast break at mid-field line 3 step head start.

YOUTH SPECIFIC RULES (Grades 2-8)

- No clearing times will be in effect, though the 4-second crease rule for goalies still applies.
- Over and back will be enforced once the ball enters the offensive box.
- Body checking limited to a “1 step rule”
- No one handed checks (1 minute slash even if it does not make contact)

RULES RELATED TO INCLEMENT WEATHER:

- There are no “rain dates” assume that games will be played on their scheduled dates.
- If inclement weather causes a game stoppage (i.e. lightning) during the event, the following rules apply:
 - Play will stop until the Tournament Director deems the weather suitable for resuming play.
- If the delay is substantial, Tournament HQ may decide to shorten all remaining games until the tournament is back on time.