

2019 Indoor Game Play Rules for Girls

- Games are 20 minutes long. No timeouts, no horns. The clock will stop if there is a serious Injury. (Only exception to this is in all playoff games with under a minute to go, the clock will stop after a goal is scored, ball goes out of play, or if a penalty is called. Clock will restart on the whistle.)
- Teams will have minimal time between games to warm up on the field. Be early to every game.
- Each team will have 1 goalie, 5 field players (no offsides or restraining lines).
- New: There will only be 1 draw to start off each game. After a goal is scored, the team that got scored on will clear the ball starting below their own GLE. The referee will allow a “minimum” of 5 seconds in between the goal being scored and when the ball is whistled back in to play. This will allow for teams to sub players on/off and prepare for the next possession.
- If one team is winning by 8 or more goals, the team that is losing gets to start with the ball at midfield after each goal.
- Modified checking for U12 divisions, full checking for U14 and high school divisions
- Should a free position be set up or in the process of being set up when time runs out, the shot will be set up and only the initial shot on goal will be played out. No additional offensive or defensive play will occur.
- Yellow cards are a 1 minute penalty. (If a player received 2 cards in a game they will sit the remainder of the game)

- Tie games will be decided by a 3 vs 3 “sudden victory.” Each team also has a goalie. Teams are allowed to sub players during this 3 vs 3.
- The ball is always in play unless it leaves the field of play or goes into the player’s bench area and the ref sees it as unsafe conditions. This will be a judgment call by the referee.
- Games start on time. If a team is not ready to go, a delay of game penalty will be assessed and the opposing team will start with ball at midfield.