



# **GARDEN STATE CUP RULES**

STANDARD NFHS RULES

**POOL PLAY, SEMI-FINAL, CONSOLATION GAME LENGTH**

2 - 24 MINUTE RUNNING HALVES + 5 MINUTE HALFTIME

**CHAMPIONSHIP GAME LENGTH**

4 - 10 MINUTE STOP-TIME QUARTERS + 5 MINUTE HALFTIME

1 TIMEOUT PER TEAM PER HALF - CLOCK WILL STOP

PENALTY TIME WILL BE TIME AND A HALF (45/90 seconds)

CLOCK STOPS UNDER 2 MINUTES IF SCORE IS WITHIN 4 GOALS

SUDDEN DEATH OVERTIME - NO TIMEOUTS

SEEDING TIE BREAKERS 1) HEAD TO HEAD 2) GOAL DIFF - 6 GOAL  
MAX

