

Atlantic Elite - Rules & Regulations

Game Rules:

2021 NCAA Rules Apply

Exceptions:

- There are NO Shot clocks of any kind ever.
- Dives are NOT allowed
- NO stick checks by refs unless requested by the coach and any heads can be used still.
- Teams must clear midline in 20 seconds but there are NO shot clocks or touch it in requirements.
- Winning Team must 'Keep it in the Box' only in the final 2 minutes of game if winning by 2 goals or less (must get it into the box within 10 seconds). 3 or more they do NOT have to keep it in
- FACE-OFFS: A standing neutral grip is required (no knee down)

Game Timing and Management:

- Start games on time slot provided in Tourney Machine
- All Games: 2-22 minute running quarters, 2 minute halftime.
- Time (game, half) will be kept by field managers
- Penalty time, running. Technical (60 Seconds) Personal (90 Seconds) Kept by field managers
- Overtime 4 Minutes
- In case of a tie, a four-minute sudden death period will be played. If still tied at the end of the four-minute sudden death; the game will end in a tie.
- No timeouts
- Scoring: There will be a flip chart and score sheet on all fields. Officials will record the scores and coaches will sign off on them. Scores will be sent to the person keeping Tourney Machine Score.