

RULES OF PLAY

- 1 Only players on each participating team's regular season roster are permitted to play.
- 2 Games are 18-minute running-clock halves; halftime is 3 minutes
- 3 No coin toss. Visiting team on the schedule gets first Alternate Possession (AP) (Boys). Home team chooses goal to defend. Ends change after half.
- Both teams provide volunteer for table.
 Visiting team keeps score. Home team keeps penalty time.
- 5 Games start on central horn.
- 6 Substitutions on the fly, or during dead ball (penalty, injury, timeout).
- 7 Penalty time is standard time; begins on whistle to restart play.
- 8 One 1-minute running-clock timeout per team, per half.
- 9 Clock continues to run during all stoppages of play (timeouts, injury, etc.).
- 10 No timeouts permitted in final two (2) minutes of second half.
- 11 Games tied at the end of the second half remain a tie.
- 12 Six (6) minute break between game periods.

