



# 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.**
- 4 **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.**

