



## 7 v 7 Rules

• There will be only two face-offs, one to start the game and the second after halftime. Wing midfielders must be positioned to the left of their faceoff man, at the intersection of the sideline and the midline.

Defensemen and attackmen must remain behind the goal line extended until the referees' signal possession.

The goalie must remain in the crease area until possession is signaled.

• Onside Rules are in effect – min. 2 players on offense and 3 on defense at all times.

• Minimum of two and maximum of three long sticks on the field at a time.

• During the game, all substitutions are on the fly; players must step completely off of the field before a teammate enters the playing field.

• No take out checks, as players must play the ball at all times. If this happens, teams will receive a penalty for unnecessary roughness.

• After a goal is scored, the goalie will clear the ball out of the crease. Once the opposing players have moved out, the referee blows the whistle to restart play.

• No cherry-picking on the clears after goals

• If a team falls behind by 6 or more goals, they have the option to be awarded the ball at midfield after they have been scored on.

• Games consist of two 20-minute halves with a 3-minute halftime, running time.

• Each team is allotted one timeout per half. Timeouts are one minute long.

• A game may end in a tie during round robin play

• During tournament play, a tie will be decided by playing a 4 min. Sudden victory round. Semifinals and Finals will have no braveheart.

• Technical fouls - the player committing the infraction must leave the field and a substitute player will start five yards behind the player in possession, giving him a head start to the goal

• Personal Fouls will be time serving with the same fast break set up for technical fouls