

The IAS Pre-Season Tournament is just five days away. Please find your team in the table below and note the time of your first game. A full schedule will be available at the event. All games will be 7v7 play, 25 minutes in length, and refereed according to the following rules:

1. **No Full Body Contact!** This is PRE-Season. Pushing and stick checks only.
2. **Personal Foul-** Offending player sprints from midline to end-line while opposing team gets a fast break from midfield
3. **Technical Foul-** Loss of Ball
4. **Ball is faced off at start, then played out of the goal on the whistle.** Referees may bring the ball back if it is cleared before whistle.
5. **If players, coaches, or spectators display unsportsmanlike behavior, referees can ask them to leave.**
6. **No Time Outs**
7. **Playoff Seeding is determined in succession by record > head to head > goals against > goals for > Coin Toss.**
8. **Two players must stay on offensive side, Three must stay on defensive side.**
9. **Running Substitutions**
10. **Referees keep score. All scores and calls are final.**
11. **Have Fun!**

Team Key
1. Albany Power Gold
2. Albany Power Blue
3. IAS Catamounts
4. IAS Cougars
5. Tigers
6. Team Gill
7. Eagles
8. Next Level I
9. Next Level II
10. West Springfield

Schedule		
Time	Field 1	Field 2
9:00	4 v 5	3 v 6
9:30	2 v 10	1 v 7
10:00	8 v 6	9 v 4

If you have any further questions please respond to this email or give me a call at 413-772-8665 ext. 107.

Thanks and have a good evening!

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