

# John Mack STS

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## ***RULES***

*8 – on – 8 Format (2-3-2)*

1. *Face off to start game only.*
2. *NO BODY CHECKS. Players must play the BALL at all times!*  
*This is a pre-season warm-up tournament. We do NOT want any unnecessary injuries.*
3. *Long poles – max 2 per team.*
4. *Games are 40min running clocks.*
5. *30sec timeout per team per game. Cannot be taken in final 2min.*
6. *Penalties double(running clock).*
7. *Brave Heart for tie breakers.*
8. *All heads and sticks must meet NCAA regulations.*
9. ***ZERO TOLERANCE FOR FIGHTING. ANY INVOLVEMENT WILL RESULT IN EXPULSION FROM TOURNAMENT. NO SECOND CHANCES!***  
***If the fight involves individual players those players will be expelled. If the fight involves a number of members from an individual team the TEAM will be expelled from the tournament.***
10. *Flagrant Fouls or unsportsmanlike conduct:*
  - 1<sup>st</sup> offense expulsion from game*
  - 2<sup>nd</sup> offense expulsion from tournament*

*Rule number 8 & 9 are determined by the certified referees.*