



ALBANY POWER LACROSSE CLUB

C/O 21 GLADWISH ROAD

DELMAR, NY 12054

www.albanypowerlacrosse.com

2010 Albany Power Shootout

Hosted by RPI

July 17-18, 2010

Shootout Rules

- All games will consist of two (2) 23 minute running time halves; a central clock will be used for all divisions other than any championship division games where time will be kept by the game officials; Penalty time will be kept by the penalized team and will run with the game clock
- There will be a three (3) minute halftime.
- Federation HS Rules shall apply with the following exceptions:
 - o There will be no horns, all substitutions will be on the fly
 - o NO 10 and 20 counts in the U13 division
 - o Each team gets one 45 second timeout per game which in any championship division games can be taken at any time during the game and the clock will be stopped; in all other divisions, the time out cannot be taken during the last two minutes of the game at the judgment of the officials
- In the event of a tie at the end of regulation, one 5-minute sudden victory period will be played other than in any championship division game, which will be played until there is a victor
- Teams are responsible for cleaning up the bench area after each game; please respect our hosts at RPI
- In any championship division, the following tie-break rules among the tied teams will apply if necessary to establish the championship round seedings:
 - o Head to head competition
 - o Goal differential (total goals scored less total goals against)
 - o Fewest goals against
 - o Divine intervention