

# Rules

## Goal:

For all teams and coaches to have fun and be safe! Please remember that the main goal of the teams and coaches involved with the tournament should be to play with character, sportsmanship and to keep the true integrity of the game involved with everything they do on and off the field of play.

## The Basics:

- 10 v 10 full field
- 2 officials per field
- National HS Federation rules apply
- NO body checks and/or cross checking
- Two 25-minute running time halves. Halftime is 5 minutes.  
(Time to be kept by officials on the field)
- One timeout 1 minute in length per game per team
- Keep it in for the team ahead in last 2 minutes
- 20 second clearing rule and 10 second offense advancing rule are in effect
- Teams may only receive a horn when ball goes out on the end line
- Face-offs after each goal and the beginning of each half.
- Penalties will be one minute for technical fouls and two minutes for personal fouls.
- The penalty will begin on official's restart of play after penalty is called and player is in the penalty box.
- Penalties are running time.
- The officials will keep all penalty time.
- Any fighting or flagrant disrespect toward an official or any other person will result in expulsion for the remainder of the tournament. No Exceptions, No Refunds.
- There is no overtime if a game is tied at the end of regulation it will end in a tie!
- All games will stop IMMEDIATELY in the case of lightning and or thunder and players/spectators will be asked to seek shelter