



**Every player must be properly equipped. Check prior to game. No exceptions. This includes a stick, shoulder pads, arm pads, helmet, gloves and a mouth piece at all times. Girls - mouthpiece and goggles required.**

**Games are 23 minute running halves with a 5 minute half-time.**

**Games will start PROMPTLY on the hour. Games not started on the hour will shorten the first half by the number of minutes started late. All first half end at 23 after the hour.**

**All games will end no later than 5-minutes prior to the hour.**

**NO TAKE-OUT CHECK RULE is in effect....be physical and play hard, but refs will pull players that are "head hunting." No need to hurt a player in Summer Ball. Coaches - Reiterate this throughout the weekend!**

**ZERO HELMET TO HELMET or BODY TO HELMET CHECKS PERMITTED/ GIRLS NO CHECKS TO THE HEAD.**

**Personal fouls will result in a 90 second EMO situation; a Technical foul will result in a 45 second penalty....running time. Coaches of lower division games can agree to Fast Break / Change of possession penalty enforcement prior to the game.**

**No time outs.**

**Tourney Rules Apply; Trailing team has the option of "No face off" if down by 4 goals**

**Coaches - do your best to get every player in for 25% of the game, every game**

**Players with bad attitude will not be tolerated. Back talk, trash talk or foul language will result in the player being removed from the game. Coaches please help to reiterate and support this rule throughout the tourney.**

**Girls, red and yellow cards are in effect.**

**Ties are settled by BRAVEHEART, my favorite part of any game! (One Goalie / One Field player per team; One player must stay behind the midfield line.)**