

ONE-PASS RULE: Preceding a shot on goal, a team must (a) complete a clearing pass from their defensive zone to their offensive zone; or (b) once the ball is in their offensive zone make one attempted pass. The One-Pass requirement is in effect (resets) after every whistle that stops play.

Assumptions:

- **Team A is Offense.**
 - **Team B is Defense**
 - **Game Official signaled Team A completed its 1-attempted pass and is “Hot” and can shoot on goal.**
 - **Ball is in Team A’s offensive end of field.**
1. B1 checks ball out of A1’s stick. B1 picks up loose ball. Before crossing midfield. A5 checks ball out of B1’s stick. A6 picks up loose ball. Team A is still Hot and can shoot on goal.
 2. B2 checks ball out of A3’s stick. B4 picks up loose ball, tries to cradle and drops the ball before crossing midfield. A2 picks up loose ball. Team A is still Hot and can shoot on goal.
 3. A4 shoots and Team B goalie makes the save. Team B goalie attempts to clear and A2 intercepts pass. Team A is still Hot and can shoot on goal.
 4. A4 shoots and Team B goalie makes the save. Team B goalie successfully clears the ball to B5. Before crossing midfield B5 drops the ball or A3 checks it out of B5’s stick. Team A is still Hot and can shoot on goal.
 5. A1 throws an errant pass and B4 picks up the loose ball. B4 then throws an errant pass and A5 picks up the loose ball. B6 immediately checks A5’s stick and B1 picks up the loose ball. B1 then throws an errant pass and A6 picks up the loose ball. Team A is still Hot and can shoot on goal.
 6. A4 takes an errant shot on goal and ball goes out of bounds. Game Official sounds whistle and awards possession to A3. Team A must make 1-attempted pass. The whistle resets the 1-Pass Rule.
 7. A5 is driving to goal and B4 commits either a technical or personal foul. The Game Official sounds the whistle. Team A is awarded the ball outside the box. Team A must make 1-attempted pass. The whistle resets the 1-Pass Rule. This is a flag down situation and Game Official should withhold whistle.
 8. A5 is driving to goal and Game Official inadvertently sounds the whistle. Team A must make 1-attempted pass. The whistle resets the 1-Pass Rule.
 9. A2 is driving to goal and loses his shoe. Game Official immediately sounds whistle. Team A is awarded the ball outside the box. Team A must make 1-attempted pass. The whistle resets the 1-Pass Rule.
 10. A4 is driving to goal and B4 is injured. Game Official immediately sounds whistle. Team A is awarded the ball outside the box. Team A must make 1-attempted pass. The whistle resets the 1-Pass Rule.
 11. A4 takes a shot and Team B goalie makes the save. Team B goalie successfully clears ball to B5 who then crosses midfield. B5 drops the ball or A3 checks it out of B5’s stick. A4 picks up the loose ball. Team A must make 1-attempted pass. The ball exited Team A’s offensive end and crossed midfield.
 12. A5 steps over the midfield line and then returns to his offensive end of the field. This is Over and Back. Team A must make 1-attempted pass. The ball left Team A’s offensive end and crossed midfield. This is NOT a turnover at U7/U8/U9.
 13. A5 passes the ball to A7 who is over the midfield line. A7 then carries the ball back to his offensive end of the field. This is Over and Back. Team A must make 1-attempted pass. The ball left Team A’s offensive end and crossed midfield. This is NOT a turnover at U7/U8/U9.
 14. A5 passes the ball to A7 who is standing in Team A’s defensive zone. A7 then passes the ball to A4 who catches it on his offensive end of the field. This is Over and Back. This is NOT a turnover at U7/U8/U9. Because Team A completed a pass from their defensive zone to their offensive zone, Team A is Hot and can shoot on goal.