



RULES

- 1) All Players must use short sticks only.
- 2) 7 V 7 format with maximum of 4 field players on each end of the field (2A/2M/2D/G).
- 3) Face offs at start of each half only. All goals are cleared by the goalie on the fly and play resumes.
- 4) No time outs.
- 5) All substitutions will be made on the fly.
- 6) No body checks - stick checks only.
- 7) All personal fouls result in a 3 v 2 fast break.
- 8) The games will consist of two 20 minute halves with a six minute halftime.
- 9) All teams will play three pool games. Top two teams from each flight will advance to championship.

Team seeding - All teams will receive 3 points for a win and 1 point for a tie. Tie breakers will be head to head, goal differential (+/- 7 max), goals against, coin toss. Top two teams from each division will play in championship game.