



# LAX4LIVES

## RULES & GUIDELINES

1. No fighting & limited body checking. Fighting results in dismissal from tournament. No refunds.
2. Any ball that touches the top net is considered out of play.
3. 5 v 5 plus a goalie, short sticks only. 1 player must remain in the defensive half of the field. Does not need to be the goalie.
4. Each game is 23 minutes running clock.
5. In the event of a tie game, play continues without stoppage as the clock hits zeros. The game immediately goes to sudden death overtime. There will be no stoppage in play.
6. All penalties are 1 minute running time. Time starts when a player gets into the box. Time is held by the official.
7. Boarding is a 2 minute unreleasable penalty. It is at the referees discretion. Misconduct fouls can also be 2 minutes and is up to the official.
8. Play to open the game begins with a faceoff. After a goal play begins with the goalie on the referee's whistle. Each team will place two players on each goal line extended on the faceoff.
9. If a team is down by 7 or more goals they receive the ball at mid court after an opponents goal
10. If the ball goes out of play on a shot it is awarded to whoever is closest to the ball when it goes out of play.
11. Teams must supply their own goalies.
12. Any alternate possession goes to the visiting team (team wearing dark) first.
13. Playoff seedings are based on overall record, head-to-head, goals against, coin flip.
14. No timeouts. Clock will stop during injuries.