

# NXT CONNECTICUT BOX CHAMPIONSHIPS



## TOURNAMENT RULES

**FORMAT:** Our mission for NXT Box Events is to provide a great experience for all participants. We need all coaches, players and spectators to respect the game, officials and each other to ensure a safe environment. Actions that put player safety in jeopardy will not be tolerated. Games will be played under [USBOXLA](#) rules and guidelines.

**SAFETY:** Any *intentional* hit to the head is a **(5) Minute Major**. Any *intentional* contact to the head that results in injury is an automatic **MATCH PENALTY** and removal of the offending player from the game.

**GAME LENGTH:** Three, (9) Minute Periods with (90) Second intermissions between periods

**SHOT CLOCK:** **(30) Second Shot Clock** resets when a shot hits the front on the post/crossbar or the goalie.

**CLEARSES:** The defensive team has **(5) Seconds** to advance the ball beyond their crease once gaining possession and **(10) Seconds** to advance the ball beyond midfield.

**TIME OUTS:** One, **(30) Second** timeout per game. The clock only stops under the final minute of the game and a TO does not reset the shot clock. **CHAMPIONSHIP:** Each team will receive **(1) Time Out** in the OT period of a championship where the clock will stop during all Time Outs.

### **OVERTIME:**

- **POOL PLAY & PLAYOFFS:** Games that result in a tie after the conclusion of the final period result in a best-of-3 shootout. If there is a tie after the best of 3 shootouts, it becomes a sudden victory shootout. Each player can only shoot once per round.
- **CHAMPIONSHIP:** Championship games will play one (3) Minute OT period. If the game remains tied after the OT period, there will be a Shootout.

**PLAYING AREA:** The boards and glass are in play. Balls that hit protective netting are considered out-of-bounds. If the ball strikes the goalie in the head/throat protector on a shot, it results in a change of possession. Play will be stopped and awarded to the defensive team in the crease.

**FACEOFFS:** Occur at the start of all periods and after scored goals.

**GOALIE STICKS: "THE WALL" GOALIE STICK WILL NOT BE PERMITTED THIS YEAR.**

**PENALTIES: MINOR-** (2) MINUTES, Releasable by **(1) Goal**. **MAJOR-** (5) MINUTES, Releasable by **(2) Goals**. **MATCH-REMAINDER OF GAME**

**OVER AND BACK:** Will **ONLY** be enforced during a penalty for the team that is man down.

**FIGHTING: WILL NOT BE TOLERATED.** Fighting, bullying or any attempt to intentionally hurt another player is an automatic **MATCH PENALTY** resulting in immediate ejection from the remainder of the game. Players involved in a fight, or those who leave the bench area during a fight will be removed. Event staff and/or Referee in Chief can determine if that player should receive further suspension from the next game.

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**BOARDING:** Any action where a player uses excessive force to cross-check, push, or bodycheck an opponent into the boards in a violent or dangerous manner. This includes situations where the opposing player is in a vulnerable or defenseless position. Penalties for boarding vary depending on the severity, ranging from minor to match penalties.

**CREASE PLAY:** Offensive players may run through the crease without possession as long as they are not the first to play the ball or be involved in the play. Offensive players **cannot reach into the crease** to play a loose ball. Contact with the defense's stick, body, goal post, or crossbar results in possession awarded to the defense. The rule emphasizes that the goalie must be given the opportunity to perform their role without interference from opposing players.

- Contact On players or goalies with possession of the ball inside their crease is prohibited and results in a **(2) Minute Minor** for interference. **(5-Minute Major or Match Penalties may be assessed based on level of severity)**
- **No Pass Backs:** Runners may not "Pass back" to a teammate in the crease or intentionally carry the ball back into the crease. Players must pick up the ball as soon as possible and cannot delay gaining possession of the ball.
- **Crease Entry:** Offensive players entering the opposing crease with possession result in a **crease violation**. If pushed or checked into the crease, the player must exit immediately and cannot interfere with play.

**MINOR INTERFERENCE:** Any action where a player impedes the movement or progress of an opponent, not in possession of the ball, without making a legitimate attempt to play the ball. The rule applies to players who are not in possession or not directly contesting for possession. Body contact must be equal and intended to play the ball. If contact is excessive or solely meant to obstruct the opponent, it is considered interference. This includes;

- **Blocking Opponent's Path:** Players must play loose balls without intentionally blocking the opponent's path.
- **Impeding a Player's Progress:** Toward the ball or goal with no legitimate effort to contest possession.
- **Engaging in Body Contact:** Aimed solely at driving the opponent off the ball.

**OFF BALL SLASHING:** Any slashing motion or stick contact directed at an opponent who is not in possession of the ball, particularly when the intent is not to play the ball or dislodge it from a ball carrier are not permitted. Off-ball slashes are penalized as a **(2) Minute Minor** to reduce unnecessary and unsafe physical contact that does not contribute to gameplay.

**PICKS:** Are a legal part of gameplay. Offensive players setting picks do not need to be fully stationary. Controlled movement is allowed, provided it is strategic and does not involve aggressively manipulating the opposing player's position.

- **Equal Contact:** The offensive player may exert equal pressure against the defender. The pick cannot involve violent body checks, pushing the defender several yards, or knocking them over.
- **Prohibited Actions:** Moving into a defender's path at the last moment in a way that leads to violent or avoidable contact. Deliberately knocking a defender off balance, into another player or engaging in excessive physical actions.

Tournament Director makes the final decisions at their discretion for the betterment of the game.