



Key Points

- Teams comprised of 5 field players + 1 goalie
- Games have 4 8-minute quarters with 1-minute between the 1st and 2nd quarter & 3rd and 4th quarter, a 2-minute half time and 4 minutes inbetween game blocks
- No Timeouts
- 30 second shot clock that starts "once possession is gained"
 - Teams have 10 seconds to cross the midfield line
- All substitutions are on the fly
- Draw to start each quarter & Goalie clears after goal on official's whistle
- Only two players allowed in center circle on a draw until possession is gained
- When ball goes out of bounds, a whistle start is needed to restart play
- When the quarter ends with a man/woman-up or man/woman-down (player(s) serving penalty time), the team in possession of the ball will maintain possession at the start of the next quarter

Shot Clock Reset Scenarios

- Ball hits the pipe or rebounds off goalkeeper while standing in the crease (ball must be released before shot clock expires)
- Any loose ball technical foul (play-on) by defense will reset the shot clock if the offended team gains possession
- Time-serving penalties are administered
- Change of possession
- Play is stopped for a defensive injury
- After scoring a goal when the official whistles to restart play
- At end of half, unless possession is retained due to an extra player situation

Penalties

- After 3 yellow cards, a player is not permitted to re-enter the game
- No immediate whistle on a defensive foul, the official will raise arm and hold whistle until stoppage of play
- NO CALL in Sixes (7/8 & HS divisions ONLY)-
 - 3-seconds, shooting space, empty stick check, hooking, poke checks, in the sphere, horizontal stick
- (5/6 division ONLY)-
 - To ensure all players' safety, fouls will called at the officials' discretion
 - If a foul is called, possession will be given to the team that was fouled & the shot clock will be re-set

Unique Sixes Fouls

- Walling-defensive players crowding in front of their goal or forming a stack/wall type formation in front of their goal without marking an opponent within a stick's length)
- Over and Back-once ball enters a team's offensive zone it cannot return to the defensive zone through actions of the offensive team