



USBOXLA SANCTIONED FORMAT & RULES SNAPSHOT

- The clock stops in the last minute of each game
- One 30-second timeout per team per game. The clock will only stop during the last minute of the third period. Because of that, you CAN NOT call a timeout when your team is serving a penalty during Pool Play **even in the final minute of game.**
- East Coast Box and CHILC - timeouts will stop the clock. Timeouts can be called at any point of the game
- The Game Clock only stops in the last minute of the third period, or during timeouts at select events
- Match Penalties: Fighting, bullying or any attempt to intentionally hurt another player is an automatic Match Penalty and is and immediate ejection from the remainder of the game
- Boards and glass are in play. If the ball hits a net, it is considered out-of-bounds.
- Shootout Rules are provided below if game ends in a tie.
 - If the game is tied at the end of regulation, there will be a best of 3 shootout.
 - If still tied after the best of 3 shootout, it becomes sudden death shootout.
 - Each player can only shoot once.
 - Playoff Exception: Coaches can pick their shootout players from the entire roster during the shootout only.

Safety Calls: Any *intentional* hit to the head is a minimum 5-minute major penalty. Any *intentional* contact to the head that results in injury is an automatic match penalty and removal of the player from the game. The event staff and or Referee in Chief can determine if that player should receive further suspension from the next game.

Off ball slashes: There should be zero tolerance for slashes away from the ball. Controlled slashes on the stick and gloves of a ball carrier are acceptable provided they are made with an attempt to dislodge the ball from the carrier and not the limb of the player's body.

Goalie Safety: If a player is going to attempt to dive through the crease to score, it is important that we monitor any unnecessary contact with the goalie while doing so. The onus is on the offensive player to make this type of play while avoiding the goalie. Excessive contact with the goalie while in the crease needs to be penalized accordingly.

Boarding: Refs will penalize any player who cross checks, pushes, or body checks an opponent violently into the boards.

Minor Interferences: If body contact is more than equal and is a direct attempt to drive the opponent off of the ball while making no attempt to play the ball, then interference will be called.

Picks: An offensive "picker" does not have to be fully stationary. As long as the offensive picker is exerting equal pressure with the defender and not manipulating the defender's position (knocking him over, pushing him several yards away from the goal, violently body checking him) then refs will allow play to continue.