

## Tournament Rules

### Game Play:

Each team will play 3 games. The first 3 games will be determined by randomly assigning pools of teams and each team in the pool will play each other. The four best teams will move on to play semi-finals. Losers of semi-finals will play a consolation game to determine 3<sup>rd</sup> and 4<sup>th</sup> place. Winners of semi-finals will play in the championship to determine 1<sup>st</sup> and 2<sup>nd</sup> place.

4 best teams will be determined by most games won. If there is a tie for games won we will defer to head to head results. If there is a tie for head to head, we will defer to goals scored, then to goals allowed.

Rosters can have a minimum of 7 people and maximum of 10 people. The roster submitted by the start of play at 8am cannot be changed or added to.

Games are 7v7. A team can elect to play down numbers if they wish.

Games will be 30 minutes long, with 2 15 minutes halves and a 5 minute half time.

A tie game will result in a 3 minute 5v5 sudden death overtime. Ties remaining at the end of overtime will be counted as .5 of a win.

Substitutions must happen from half field. Subs cannot enter the field of play until the player they are replacing is completely off the field of play. Goalies can sub from behind the cage at any time.

If a team does not have a goalie, cones will be set 1ft in from each post. Goals can be scored on the ground or in the air as long as the ball goes between the cone and the post.

### Rules and Fouls:

Players call their own fouls. Players active in the play should be making the foul calls and captains handle any conflicting calls. Tournament staff will assist if necessary.

There is no "held whistle". If players do not call a foul and the play continues, then the foul is void and everyone plays on.

We are following the general rules of field hockey that can be found here: [Rules and Fouls](#). Below are a few key things to make note of:

- Ball must travel 5 yards before entering the circle on a free hit.
- 5 yards must be given to restart play after a foul.
- Defensive foul in the circle will result as a long hit.
- A defensive field player preventing the ball from scoring with their body will result in a long hit.
- More than 2 dangerous plays by the same person will result in them being benched for the next 15 minutes of play. If they commit a 3rd they are out for the day.



Equipment:

Shin guards and mouth guards and mandatory.

Goalies must be in full gear.

Field players must wear the same colored top and come prepared with a second matching color to change into if necessary.

**Sportsmanship is KEY! All participants are expected to be respectful and considerate to each other, other teams, staff, and volunteers. If teams have an issue captains should communicate with each other to solve the problem and involve tournament staff if necessary.**