

LAXTOBERFEST TOURNAMENT RULES

- Goggles and legal mouth guards required.
- 7v7 plus goalies. If agreed up on by coaches can play 6v6.
- 25 minute running time. No time outs. Central timer starts game.
- Teams will have up to 5 minutes on field to warm up.
- Draws will be taken every 3 goals or 5 minutes, whichever comes first.
- Goalie clears after goals when there is no draw.
- The midfield will be the restraining line with 2 players behind. In the case of a yellow card penalty, teams must keep 2 behind the restraining line and play man down on the other half.
- 7/8 will play modified checking unless agreed upon by both coaches to play full checking. 5/6 will play modified checking rules, unless otherwise agreed upon by both coaches to play no checking.
- Subbing is legal on the fly or on a draw. There is no subbing on goals unless there is a draw being taken, as signaled by the ref.
- Teams must have matching colored pinnies. i.e. navy teams cannot have a player with a red or light blue pinnie.
- Good sportsmanship keeps our game fun and positive for the players. Unsportsmanlike conduct from spectators, coaches or players will not be tolerated and will result in ejection from the facility.
- No coaching from the fans. Only designated sideline coaches can coach.