



- 1) BOYS REGULATION EQUIPMENT:** Helmet, shoulder pads, elbow pads, gloves, stick, mouth guard, and cup.
- 2) STICK LENGTH:** Players are not allowed to use long poles or goalie sticks. Short sticks must be legal length (40-42"). Heads must be NFHS legal.
- 3) SUBSTITUTIONS:** Can be made anytime during the course of the game. Ways to substitute:
 - A) The outgoing and incoming players must touch sticks away from the ball while at least one of the players is off the field; outgoing players must immediately exit the playing area.
 - B) Substitutions can also occur when a player with the ball successfully passes to substitute player, at that point those players exchange roles and the passer exits the game and the substitute enters the game.These substitution methods are ways for players to get rest when needed. Substitutions can happen anywhere around the perimeter of the field, provided that they do not interfere with games at adjacent fields. Substitution violations will result in a Technical foul which will result in a change of possession.
- 4) POSSESSION:** When there is a change of possession, the team with the ball DOES NOT need to carry to the TAKE BACK line but they do need ONE SUCCESSFUL PASS in order to attack the cage.
- 5) GOAL SCORED:** After a goal, the ball goes to the team that did not score, and must be carried back or passed back behind that team's TAKE BACK line. Play resumes when the ball reaches the TAKE BACK line. The take back after a goal is considered a dead ball and is not pressured.
- 6) CHANGE OF POSSESSION:** If the ball goes out of bounds, from a pass, or is deflected off a player, or if a player drops the ball out of bounds, the ball is awarded to the opposing team. When inbounding a ball, the defender must give the offensive player 5 yards to operate at the whistle. If the ball goes out of bounds on a shot, the ball is awarded to the team that has a player closest to where the ball went out of bounds.
- 7) CREASE, LOOSE BALL:** When the ball is on the ground in the CREASE AREA, players from both teams are allowed to be in this area to gain possession of the ball. Once possession is gained, the offensive team can attack the goal after stepping out of the crease and completing one successful pass, they do not need to bring the ball to the TAKE BACK line.
- 8) CREASE, DEFENSE:** Players from the team that does not have possession of the ball ("defensive players") are allowed to be in the CREASE AREA but only if they are continually moving through it. A defensive player cannot take a position to defend the goal while in the CREASE AREAS. A CREASE AREA violation by a defensive player will result in a Technical Foul.

- 9) **CREASE, POSSESSION:** Players from the team in possession of the ball (“offensive players”) may not step in or shoot from inside the CREASE AREA. A CREASE AREA violation by an offensive player (e.g., stopping in or shooting from the crease) will result in a change of possession.
- 10) **STALL:** In the last 2 minutes of the game, the team with the lead must promptly clear the ball to its own TAKE BACK line and are also required to keep the ball between their TAKE BACK line and the Goal line extended. If the offensive team with the lead steps outside of that boundary in the final 2 minutes of the game, it is a loss-of-possession foul.
- 11) **LOSS-OF-POSSESSION FOUL:** A change of possession will occur on illegal screens, warding off, withholding the ball, stalling, and offensive CREASE AREA violations. The ball starts where the “LOSS-OF-POSSESSION FOUL” occurred.
- 12) **TECHNICAL FOUL:** Defensive CREASE AREA violations and Equipment Violations will result in a FREE PENALTY SHOT from TAKE BACK LINE. The offending player will be substituted on the sideline.
- 13) **PERSONAL FOUL:** Illegal body checking, slashing, tripping, and cross-checking. One-hand checks are personal fouls in all youth divisions. Results in a “man down” situation and the offending player will go to the sidelines and remain there until one of the following events have occurred:
 - A) The opposing team has taken two shots;
 - B) The offending player’s team gains possession of the ball; or
 - C) The opposing team scores a goal.
- 14) **EQUIPMENT PENALTIES:** Mouthguards and legal equipment are required. No mouthguard, or use of an illegal stick, gloves, or pads will be assessed a Technical Foul.
- 15) **UNSPORTSMANLIKE CONDUCT:** Unsportsmanlike conduct penalties will result in the offending player serving two consecutive personal fouls.
- 16) **PLAYER SUSPENSIONS, EJECTIONS:** Any player receiving 3 personal fouls or 2 unsportsmanlike conduct penalties in one game will be suspended for the rest of that game and for the game immediately following. Players suspended from two games will be ejected from the tournament.
- 17) **POOL/BACKET PLAY:** All pool games on all fields will start and end at the same time.
 - Tie games are allowed in pool play, but playoff games must have a winner.
 - Successive 3 minute sudden-death periods until there is a winner
 - 30 second break between OT periods
 - Face-off determines first possession
- 18) **STAFFING:** Each team is allowed one parent coach. If your team wants an Evolution coach to work with the squad for the two hour block, please email that request to matt@evolutionlax.com by **Tuesday April 1st**. This is a paid staff stipend and is an additional \$100 fee.
- 19) **PLAYOFF SEEDING:** Follows this formula, taken in order
 - Overall most points in pool play
 - Head-to-head
 - Fewest total goals allowed
 - Most total goals scored
 - If still tied: Coin flip seeds playoff position
 - Playoffs are single-elimination
 - Overtime periods are 3-minute sudden victory. Face-offs start each period.
- 20) **GAME TIMING:** Each team will have 3 pool play games and 1 championship or consolation game.

Pool Play games: Two 12 minute periods. One minute halftime. Three minutes between games

Championship or Consolation games: Two ten minute periods. One minute halftime.