East Ave Varsity Winter League Rules

Gameplay Rules

The league will use NFHS rules, except as modified below:

- 7v7 play (2 attack, 3 midfield, 2 defense, 1 goalie). 2 poles at a time max.
- Faceoffs after each goal. Attackmen and defensemen must hold within the 8 meter arc until possession is called.
- All players must go for **the ball** when it is on the ground or in the air. A player may box-out for themselves. However, there is no man-ball allowed.
- Each one hour game block will consist of a 5 minute warmup, four 12 minute run-time quarters and 2 minute breaks between periods.
- No overtime except in the league championship game.
- No timeouts.
- No clearing count.
- No over-and-back violation, except that teams found to be deliberately stalling will be given a warning before being required to keep the ball in the offensive half of the field.
- Penalties are running time and a half.
- Absolutely no checking in or around the boards will be permitted.
- Fighting is an automatic ejection from the game in which the fight occurred and a game misconduct for the following game. A player may be removed from the league for fighting or any other dangerous act, even as a first offense, if, in the league director's sole discretion, it is necessary to ensure the safety of other players and the integrity of the league.

Standings and Tiebreakers - Ties within each conference will be decided in the following order: head-to-head record (2-way ties only), goal differential (max +/- 7 per game), goals against, and coin flip.

Zero Tolerance - Alcohol, tobacco, and drugs are not permitted in the vicinity of the playing fields. All players, parents, and coaches must treat officials and opposing players and coaches with respect at all times. Any player, parent, or coach found in violation of this provision may be disqualified from the league at the sole discretion of the tournament director.