



GAME AND/OR PROGRAM EXPULSIONS: At times, a player or coach or parent may have to be disciplined for a serious offense by being ejected from HILL. The League Director and Officials will make this fair but final decision. Conditions for such discipline include but not limited to: fighting; flagrant violation of established rules; repeated boarding; excessive taunting; disrespect by a player or coach or parent towards a game official, fellow coach, league personnel, another player, or anyone else in attendance; and any other situation where such action is deemed necessary. Please note that the "**NO REFUND POLICY**" will be in effect if a player, coach, or team is expelled from the program.

1. EQUIPMENT - must conform to NCAA and/or respective National Federation Standards. Including mouthpieces.

2. BODY CHECKING – Body checking in accordance with NCAA or youth rules applies. All checking into walls or nets (Boarding) will result in a minimum TWO minute penalty. If a player commits this foul repeatedly whether on a single day or over the event of the league could result in expulsion.

3. NO BOARDING - Boarding will include being of an "accidental" or "intentional" nature. The penalty for boarding will normally be 2 minutes. However, deliberate and/or repeated boarding could result in a player being suspended from the game or being expelled from HILL. The purpose for this rule is to protect the players.

4. NO ONE HAND CHECKS- All one hand checks are a one minute foul.

5. PENALTY - Upon a timed infraction against the penalized team, the referee will raise his arm in place of throwing a flag. Play will stop upon loss of possession. These penalties are "NON RELEASABLE," no matter how many goals are scored by either team. Penalty time is kept by the timekeeper. Penalty time, like game time, is running: unless there is an injury that requires time to stop.

6. AFTER A SCORE – Official blows his whistle and raises both arms to signify that a goal has been scored. A player from the scored upon team then picks up the ball. Play begins on the officials whistle to re-start game.

7. SUBSTITUTIONS- All subbing must be on the fly. Players cannot come on the field until another player comes off. Free substitution is not permitted after goals. ALL subbing must be on the fly. All substitutions must occur through the substitution box, marked by cones. Failure to do so will result in technical foul.

8. LENGTH OF A GAME - A regulation game will consist of one 25 running time period. Time will only be stopped if league director deems necessary. Game stoppage for *minor* injuries is not a cause to stop the game clock. Each time you play a team it is a separate game: if you play a team twice, it is two games. There will be a *maximum* of 5 minutes between games. Any games where teams play each other for two halves(usually playoffs or Championships) each half will be 22 minutes.

9. REGULAR SEASON TIE – During the regular season Braveheart: 1 player from each team and a goalie. Goalie cannot go over midline in Braveheart only. First goal wins.

10. PLAYOFF TIE- 1 four minute Sudden Death period, if still tied, Braveheart.

10. PLAYERS ON THE FIELD –

All Divisions - 5 players, 1 of which must be a goalie. There is no limit or minimum on the number of long or short poles on the field; but one player must be a goalie.

11. OFF SIDES – Must keep a minimum of one player in its defensive half of the field at all times(that can be the goalie).

12. FACE-OFFS - will occur at the beginning of each game only. A player from each team will be on each goal line extended. The other players will have one foot touching the sideline. The players on the sideline are the only ones permitted to play until possession. Meaning the players on GLE cannot play until possession or the ball crosses GLE.

13. TIMEOUTS – No timeouts.

14. 10-SECOND COUNT - The clearing team has 10 seconds to clear the ball past midfield regardless if both teams are at full strength or not.

15. STALLING- If an official feels that a team is stalling, he will signal stalling, and the stalling team must keep the ball in their offensive half of the field. If possession changes the stalling call must be signaled again if the official deems necessary.

16. LAST 2 MINUTES- During the last 2 minutes of a game the winning team, once has possession in their offensive half of the field, must keep the ball in their offensive half of the field.

17. BACKCOURT – There is no backcourt. A team may cross the midline as many times as it wishes (exception: when stall signal is in effect). Each time the ball is in their defensive zone they have 10 seconds to get it over the midline. If the official believes there is intent to stall he can apply the stall warning.

18. SIDELINES- The sideline that is on the bench side of the field is a hard line. Meaning that is an in and out of bounds line. A player cannot push a player out of bounds over this line. All other lines are soft lines, meaning if the ball crosses these lines, the official will stop play only for safety reasons if he deems necessary. Therefore, sometime play will continue, and other times play will be stopped. All efforts will be made to ensure the safety of the players.

18. FORFEIT - A team shall forfeit its game if it cannot field a team with the members of their roster. Only exception is goalie, see goalie exemption below. A player can only be on a single roster per division. If a team uses players from other teams the game can be played, only with the approval of the opposing team coach and league director, but the result is a 1-0 forfeit

20. GOALIE SHORTAGE - If only one team has a goalie, the team without a goalie may scramble and use another goalie who must be a current registered HILL player.

21. 2 POINT SHOT- Any goal scored with the shooter entirely behind the midfield line will count as two points; same as rule for 3 point shot in basketball.

22. ENJOY- Please help your players become better players by coaching and encouraging them. Coaches don't argue with officials, parents enjoy watching your son play. Let the players compete. Enjoy watching them compete and have fun. Everyone, enjoy the competition and let the officials do their jobs without your assistance.