

**FAYETTE AREA
LIONS DEN
INDOOR FIELD
HOCKEY**



**RULES PACKET
2022-2023**

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HOCKEY RULE MODIFICATIONS

- “2022-2023” FIH indoor rule book
- Can use a **lift** no higher than knee high
- Also, with the circle and center line so close together, any free hit over the center line needs to go 5 yards before entering the circle. This can be done by dribbling 5 yards, hitting the ball off the wall, passing to a teammate, or if touched by a defender.
- Defense on corners, players may be either **in** or **out** of the cage with the goalie.
- **PLAYOFF ELIGIBILITY**
 1. All players must play in at least 4 games per session to play in play-offs or championship games.
 2. If an injury occurs during league play players are still required to attend games and sign in to be eligible for playoffs.

Part 1

Section 1: Duration of Season

6 games plus playoffs/championship

Section 2: Duration of Games

Games will be two—twenty (20) minute halves with a 2-minute halftime. Timeouts are called by the referee only in case of injury. Playoff and championship games will be modified.

Section 3: Team Roster

● 3:1 Number of Players:

- A. Sixteen players are allowed on a team roster.
- B. Each division will play five (5) field players and (1) goalkeeping (6 v. 6).
- C. **The ONLY EXCEPTION to a player playing on two different teams is if they are the goalie.**
 - For example, a player can play the field for team A and then be goalie for team B. Or player 1 can be goalie for team A and then be the goalie for team B.

● 3:2 Player Injuries:

- A. If a player becomes injured, you may replace him/her with an alternate if you submit a doctor's note stating that the injured player cannot play. (NO REPLACING/ADDING PLAYERS THE LAST 2 WEEKS OF THE SEASON) The injured player may return to your team pending there is still space and a written doctor's note is submitted to the Lions Den stating he/she is cleared to play. If the alternate player fills the 16th spot on your roster, he/she must stop playing once the injured player returns. The injured player may not return to another team within the same session.
- B. Alternate player needs to have four games to be eligible for playoffs.

● 3:3 Additional Roster Information

- A. **Players may only play for one team within the same division.**
- B. 5th grade age group players may play up into the Middle Division. 8th graders may play up into the High School Division.
- C. You may add players to your roster prior to your second game. After that, no new players may be added.
- D. If a player decides to change teams before the start of the season, the player must be released by their original teams' coach if the player has handed in a medical release form.

Section 4: Equipment

● 4:1 Field Player Equipment

- A. All players in every division must wear shin guards under their socks and/or sock guards. Shin guards must provide adequate and reasonable protection, be professionally manufactured, age appropriate, not altered to decrease protection, worn completely under the socks and cover the entire shin up to just below the knee.
- B. **Mouth guards must be worn by all players, including goalkeepers.**
- C. **Players must wear sneakers, indoor soccer/field hockey shoes, or non-marking, soft, turf shoes. No metal cleats or spikes allowed.**
- D. All players must use an approved field hockey stick meeting the stick specifications found in the FIH Rules of Indoor Hockey 2022-2023. Officials have the right to

examine all sticks. If a player is caught using an illegal stick, he/she will receive a yellow card. A penalty corner will be awarded to the fouled team.

- E. Players must remove any type of jewelry or any hair control devices containing hard metal components before taking the field. Earrings must be taped if they cannot be taken out. No wristbands are allowed.
- F. All jerseys/team shirts must have a number on the back. Permanent marker may be used to put the number on the back of the jersey. Sponsor names may be put on jerseys if it does not interfere with the number.
- G. Cast must be wrapped with one inch of soft material. Any player participating with a cast must submit a doctor's note to the Lions Den stating that the player is cleared to play.

- **4:2 Goalkeeper Equipment**

- A. The goalkeeper must follow Field Player Equipment Guidelines 4:1: B, 4:1:C, 4:1:D, 4:1:E and 4:1:G.
- B. Goalkeeper should wear a jersey contrasting in color of the uniform top of both teams and have a visible number.
- C. Goalkeeper must wear field hockey goalie pads, not to exceed 12 inches in width per pad (frontal view) and field hockey goalie shoes or kickers.
- D. Goalkeeper must wear a full face/cage helmet which covers the entire head including the back of the head (cage must be rounded at all points)
- E. Goalkeeper must wear a chest protector under the shirt.
- F. Goalkeeper must wear goalie gloves or foam hand protectors which are no more than nine inches wide when laid flat, face up and no more than fourteen inches long when measured from the base to the extremity of the hand protector.
- G. Goalkeeper must wear a wrap-around type throat protector.

- **4:3 General Equipment**

- A. Players may bring water bottles to the bench area. NO food or drink on the turf.
- B. Indoor field hockey balls will be provided by the Lions Den for all games. **NO OUTSIDE BALLS ARE ALLOWED IN THE FACILITY EXCEPT DURING PRACTICE TIME!** Spectators and teams waiting to play are not allowed to use any type of ball outside the sports arena.

Section 5: Player Eligibility

- 1. Players must be properly equipped with the above equipment to be eligible to play each game.
- 2. Players must be on a roster and have the medical release signed. (by parent/guardian if under 18 years of age). Players must have all paperwork handed in to be eligible to play in the first game.
- 3. All players must play in at least **4 games** per session to play in playoffs and championship game.

Section 6: Pre/Post Game Procedures

- 1. Arrive at least 15 minutes before your scheduled game time. We will start the game at the scheduled time even if your full team is not present. **We cannot wait for goalkeepers to dress!** If a team does not have a dressed goalie at game time, **the team has the option of sending an extra team player to the field field player privileges only.** **When using this option, the team and coaches take responsibility of injury (Lions Den is not responsible).**

- 2. **Check-in at the game/referee table with staff before each game.** Failure to do so will jeopardize eligibility to participate in playoff games.
- 3. Be sure to check your schedule to see if you are the Home or Away team.
- 4. Teams must stay in corner until the previous two teams have exited the bench area.
- 5. Away team will wear pinnies, if needed.
- 6. All players and coaches must shake hands following the end of each game.
- 7. **Teams are responsible for cleaning up and promptly leaving their bench area. A \$25 fine will be charged for leaving the bench area and field a mess (This means checking all shoes for mud before entering the facility). The fine must be paid before your next game.**
- 8. Exit the bench area as quickly as possible.

Section 7: Team Personnel

- 1. Middle School Division: Coach must be at least 18 years of age or older and the Assistant Coach must be at least 16 years of age or older.
- 2. High School Division: Coach must be at least 21 years of age or older and the Assistant Coach must be at least 18 years of age or older.
- 3. The Coach or Assistant Coach must be present at each game.
- 4. Coaches may be asked to show proof of age.
- 5. **Only the players and 2 coaches are allowed in the team bench area during games.** Violating this rule may result in a forfeit.
- 6. Coaches must stay at the team bench area and are not allowed on the field during the game play. Coach entering the field will result in a red card. If an injury occurs, the coach will need to be invited onto the field by the referee.

Part 2

Section 1: CONDUCT OF TEAM PERSONNEL AND SPECTATORS

- 1. All players, coaches, scorekeepers, and spectators are expected to conduct themselves in a professional and positive manner.
- 2. Abusive language or behavior will not be tolerated by anyone.
- 3. Coaches are responsible for the conduct of their team personnel, players, and spectators. Please inform parents of the rules. Rules will be available online.
- 4. Protests are not allowed. All disputes will be settled by the Lions Den management whose decisions are final.
- 5. Yellow cards and red cards will be issued accordingly.
- 6. The Lions Den reserves the right to dismiss and/or terminate any individual from league play without refund for harassing officials, other players or team personnel, spectators, or staff. The Lions Den will contact proper authorities if needed. **WE ARE A FAMILY-ORIENTATED FACILITY PROVIDING AN ATMOSPHERE THAT IS NON-THREATENING, SAFE AND ENJOYABLE FOR EVERYONE.**

Section 2: Referees

- 1. Referees have total authority as empowered to them through the Lions Den and the official International Hockey Federation Rules of Indoor Hockey 2022-2023 Rule book.
- 2. Referees have the authority to dismiss anyone from game play and/or the facility.

Section 3: Inclement Weather

- 1. In case of inclement weather, every attempt will be made to play the scheduled games. However, if the management of the Lions Den feels that travel is unsafe, games will be

canceled and rescheduled. In case of cancellation by the Lions Den, coaches will be contacted at least 1 hour prior to game time. Do not assume that games are canceled because school has been canceled.

Section 4: Forfeits

- 1. If a team does not have enough players to compete they have the option to play down, or they will receive a 0-5 loss.
- 2. If a team competes using a player that is not on their roster, the team will be required to forfeit and receive a 0-5 loss.
- 3. If a team fails to show up for a scheduled game, they will receive a fine of \$75. This must be paid before their next scheduled game or it also will result in a forfeit.
- 4. If a team fails to show up a second time, they will be dismissed from the league without a refund.

Section 5: Rescheduling

NO RESCHEDULING GAMES

Section 6: Scoring/Standings

- 1. All goals are 1-point goals. The point system to determine standings will be as follows:
 - 3 points for a WIN
 - 1 point for a TIE
 - 0 points for a LOSSThe accumulation of points will determine the standings in each division.
- 2. In case of a tie in the point standings, the tie-breaking criteria will be in the following order:
 1. head to head
 2. differentiation of goals for/goals against-head to head
 3. differentiation of goals for/goals against-all games
 4. deduct points for cards
- 3. The maximum goals awarded to a team for goal differential will be 10 goals per game. This will eliminate teams running up the score.

Section 7: Facility Use

- 1. Locker Rooms/Restrooms—Teams are welcome to use the locker rooms for changing. However, lockers are for use by our members only. Players are asked to change quickly to reduce the amount of traffic in the locker rooms.
- 2. Lobby—Teams are welcome to use the lobby to meet before/after games and snack before or after games. Please be courteous to our members when meeting in the lobby. **NO BALLS ARE ALLOWED IN THE LOBBY.**
- 3. Outside of Arena—Teams are welcome to use the outside of the arena to meet before/after games. We ask that you keep your bags off the track. **NO ONE IS ALLOWED BEHIND EITHER OF THE GOALS. NO BALLS ARE ALLOWED OUTSIDE THE ARENA.**
- 4. All other areas of the Lions Den are closed to teams and spectators. **NO SPECTATORS, PLAYERS, CHILDREN OR PARENTS ARE PERMITTED TO BE BEHIND GOALS.**
- 5. While in the arena, **NO SPITTING ON THE TURF.**
- 6. **NO BAGS ON TRACK. THE TRACK NEEDS TO REMAIN CLEAR AT ALL TIMES.**

Part 3: Rules of Play

Section 1: Start of Game

- 1. The away team will take the center pass or self-start.

- 2. The center pass or self-start can be played in any direction.
- 3. All players must remain behind the center line until the ball is moved
- 4. If needed, the AWAY team will wear the pinnies.
- 5. **We cannot wait for goalkeepers to dress!** If a team does not have a dressed goalie at game time, the team has the option of sending an extra team player to the field with field player privileges only. **When using this option, the team and coaches take responsibility of injury (Lions Den is not responsible).**

Section 2: Substitutions

- 1. Substitutions can be made anytime during the game except during a penalty corner.
- 2. When making a substitution the player coming off the field must be inside the door and not touching the field prior to the substitute entering the field. If the substitute enters the field before the player is completely off the field, a yellow card will be issued to the substitute.
- 3. After a goal is scored or an injury timeout, referees will hold up the restart of play briefly for substitutions.
- 4. If play is stopped for an injury, the injured player must come off the field and a substitute can enter the game. Exception: The goalkeeper may remain on the field unless the referee deems it necessary for him/her to come off.

Section 3: Scoring

- 1. All goals are worth 1 point.
- 2. A legal goal is scored when the whole ball crosses over the goal line between the goal posts and under the crossbar before the buzzer sounds, provided the ball was hit by or glanced off the stick of an attacker while the ball was within the circle.

Section 4: Free Push

- 1. All opposing team members must be 10 feet away from the player taking the free push. If the free push is within 10 feet of the opponent's circle, players from both teams must be 10 feet away.
- 2. Free push must be taken within 5 seconds after the whistle is blown.
- 3. The ball must be stationary prior to the taking of a free push.
- 4. Free pushes awarded outside the circles will be taken where the infraction occurred.

Section 5: Penalty Corner

- 1. Attack will push the ball (no lifts), from the yellow line on the floor on whichever side the attack prefers. Remaining attackers will be outside the circle and must stay outside the circle until the ball is played. The attacker taking the push may not play the ball again nor remain or approach within playing distance of it until it has been touched by another player.
- 2. No other player shall be within 10 feet of the ball.
- 3. The defending goalkeeper will be behind the goal line with his/her stick, hands and feet not touching the ground inside the circle nor breaking the plane of the circle. All other defenders shall be lined up within 3 feet of the arena wall (this is behind the extension of the yellow goal box area in front of each goal mouth currently used as a soccer marking). Defenders may not touch the goalposts for support.
- 4. No shot at goal shall be made until the ball is played outside the circle. The ball may be passed or deflected by the attackers but must be stopped before a shot at goal is made.
- 5. There is no restriction of the height of the shot.
- 6. If the ball travels over the centerline, the penalty corner rules no longer apply.
- 7. A penalty corner will be awarded when the defense commits a foul inside the circle.

- **For the K-3 division, all penalties that result in a corner will be played as a hit coming into the circle. No penalty corners will be performed in this division.**
- 8. If a penalty corner is awarded and time expires before the penalty corner is played, the penalty corner will still be played. The penalty corner will be completed when:
 - A. A goal is scored.
 - B. An attacker commits a foul.
 - C. A defender commits a foul. If the defender commits a foul that results in a penalty corner or penalty stroke, the corner or stroke will be taken.
 - **D. The ball is played out of the circle a second time by the offense or anytime by the defense.**
 - **E. If a corner is awarded and time expires in the 2nd half, the corner will only be played if it makes a difference in the game.**

Section 6: Penalty Stroke - Applies to Junior High, High School and Open Leagues

1. Taking a penalty:
 - A. Time will be stopped when a penalty stroke is awarded.
 - B. The player taking the stroke will stand close to and behind the ball prior to taking the stroke.
 - C. All players, other than the defending goalkeeper and the stroker, must stand behind the dotted yellow line and not influence the situation.
 - D. The defending goalkeeper will stand with both feet on the goal-line and will not leave the goal-line or move either foot until the ball has been played.
 - E. The stroker may not take the stroke until the official confirms that both the stroker and keeper are ready and has blown the whistle.
 - F. The ball may be pushed, flicked, or scooped from the stroke line. The stroker must not fake at playing the ball.
 - G. The player may touch the ball only once and subsequently shall not approach either the ball or the goalkeeper.
 - H. If the stroker commits an infraction, a free push is awarded to the defense.
 - I. If the goalkeeper leaves the goal-line or moves either foot before the ball has been played, the stroke is taken again. If any other infraction is committed by the goalkeeper and it prevents a goal from being scored, a goal is awarded.
- 2. The Penalty Stroke is completed when:
 - A. a goal is scored.
 - B. the ball comes to a rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper or goes outside the circle.
- 3. Restarting the game after a penalty stroke:
 - A. If a goal is scored or awarded; a center pass or self-start will restart the game.
 - B. If a goal was not scored or awarded; a push by the defense from anywhere within the circle is awarded.

Section 7: Violations

- 1. Unless played with consideration for others, indoor hockey can be a dangerous game. These rules prohibit actions which affect the safety of all players.
 - A. Play the ball intentionally with the back of the stick.
 - B. Hit the ball (no backswing).
 - C. Raise the ball off the arena floor no higher than knee height except for a shot at goal.
 - D. Take part in or interfere with the game unless they have their stick in their hand.

- E. Play the ball above shoulder height with any part of the stick.
- F. Lift their sticks over the heads of players.
- G. Raise their sticks in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play, or playing the ball.
- H. Play the ball dangerously or in such a way as to be likely to lead to dangerous play (a ball is dangerous when it causes legitimate evasive action by a player).
- I. Hit, hook, charge, kick, shove, trip, strike at or personally handle other players or their sticks or clothing.
- J. Throw any object or piece of playing equipment onto the arena floor, at another player, or at an official.
- K. Stop or catch the ball with the hand (except by the goalkeeper within his/her own defensive circle). **There is nothing to prevent players using their hands to protect themselves from dangerously raised balls. **
- L. Play the ball while lying on the arena floor or while intentionally placing a knee, arm or hand on the arena floor other than the hand in which the stick is held (except by the goalkeeper within his/her own defensive circle).
- M. Intentionally stop, kick, propel, pick up, throw, or carry the ball with any part of their bodies. **It is not automatically an offense if the ball hits the foot or body of a player. Players should not be penalized when the ball is played into them. It is only an offense if the ball hits the foot or body of a player and that player:
 - 1. moved intentionally into the path of the ball, or
 - 2. made no effort to avoid being hit, or
 - 3. was positioned with the clear intention to stop the ball with the foot or the body, or
 - 4. gains benefit.
- N. Use the foot or leg to support the stick in a tackle.
- O. Intentionally enter their opponents' goal or stand on their opponents' goal-line.
- P. Hold onto the goalposts.
- Q. Obstruct an opponent from attempting to play the ball by:
 - 1. moving or interposing themselves or their sticks
 - 2. shielding the ball with their sticks or any part of their bodies
 - 3. holding the ball against the arena wall
 - 4. physically interfering with the sticks or bodies of opponents
- R. Delay play by wasting time.

Section 8: Goalkeepers

- 1. Goalkeepers may, when the ball is inside their own defensive circle:
 - A. Use their stick, kickers or leg guards to propel the ball without lifting it, or use any part of their bodies including the hands to stop but not propel or lie on the ball, provided such action is not dangerous or likely to lead to dangerous play (it is not an offense if, when stopping a shot at goal, the ball rebounds off any part of a goalkeeper's body or equipment. A goalkeeper lying on the ball should be considered under the obstruction rule).
 - B. Play the ball while lying on the arena floor (a goalkeeper may not, while lying on the arena floor, have any part of the body on the arena floor outside the circle while playing the ball).
 - C. Stop or deflect the ball with the stick above their shoulder, unless dangerous or likely to lead to dangerous play (exception: penalty stroke)
 - D. A goalkeeper may play the ball outside their own circle but then has no special

privileges.

- E. If a goalie clears the ball high, the call will be made upon danger and space.

Section 9: Penalties

The Advantage Rule shall be applied to play on the indoor hockey arena floor. A penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's offense.

- 1. A FREE PUSH shall be awarded for:
 - A. An infraction by an attacker.
 - B. An unintentional offense by the defense outside their circle.
- 2. A PENALTY CORNER shall be awarded for:
 - A. An intentional infraction by the defense within their half of the arena but outside the circle.
 - B. An intentional infraction by a defender in the circle which neither prevents a goal being scored nor deprives an attacker of actual or likely possession of the ball.
 - C. an unintentional infraction by the defense in their circle that does not prevent the probable scoring of a goal.
 - D. a breach of the rules concerning substitution and player's dress and equipment.
- 3. A PENALTY STROKE shall be awarded for:
 - A. an intentional infraction by a defender in the circle to prevent a goal being scored or to deprive an attacker of actual or likely possession of the ball.
 - B. an unintentional infraction by a defender in the circle that prevents the probable scoring of a goal.
 - C. persistent early breaking off the back-line area by defenders at penalty corners.

**If there is another infraction before the awarded penalty has been taken, the penalty may be progressed up to 15 feet, upgraded and/or dealt with as misconduct or reversed if committed by the previously benefiting team.

Section 10: Cards

● **10:1 Yellow Cards**

- A. Yellow cards will be given for infractions deemed intentional, blatant, or continually repeated.
- B. Player that receives a yellow card must sit out on his/her team bench for 2 minutes. The team will play short for 2 minutes. This includes the goalkeeper—no one can sit out for the keeper.
- C. If a yellow card is issued to a player with less than 2 minutes on the game clock, and the game goes into overtime, the remaining penalty time will be carried into the overtime period.
- **D. Two yellow cards in one game equal a red card.**
- **E. Three yellow cards in one session equal a red card.**

● **10:2 Red Cards**

- A. Red cards will be given for any infraction that is violent, purposely causes injury or extremely unsportsmanlike.
- B. A red card will be given to players receiving two yellow cards in one game.
- C. Any player, coach, or scorekeeper who comes off the bench during a dispute on the field will automatically receive a red card.
- D. A red card will be given to players receiving three yellow cards in one session.
- E. Player receiving red card will be ejected for the remainder of the game and must leave the arena immediately. The team will play short the rest of the game.

- F. Players that receive a red card must sit out the next scheduled game and is not permitted in the team bench area.
- **G. Two red cards received by a player will result in the dismissal from the league for the remainder of the session.**
- H. Any coach, scorekeeper, or player who is verbally abusive or taunts a referee, other players, or other coaches will be issued a red card. It is the referee's discretion, whether the red card violation warrants stoppage of play and an automatic forfeit to the offending team. **This applies to all behavior before and after the game while on the facility property.**
- I. Any coach receiving two red cards will be dismissed from the league for the remainder of the session.
- J. Cards can be issued to coaches for their parent/spectator conduct.
- K. Protests are not allowed. All disputes will be settled by the Lions Den staff whose decision is final.
- L. It is at the Lions Den discretion whether coaches/players/spectators receiving cards can return for future sessions.
- M. **Any physical abuse or threat by players, team personnel, parents or spectators will be handed over to the proper authorities.** All individuals will be banned from the Lions Den property indefinitely.

Section 11: Playoff Procedures

- 1. All playoff games held at the end of each session will be 20 minutes in length (no halftime). Home team is the team with the best record and takes the initial center pass. If a tie exists at the end of the 20 minutes, the following tie-breaking procedures shall be followed:
 - A. A five-minute sudden death overtime period will be played. A coin will be flipped to determine which team is awarded center pass.
 - B. If, at the conclusion of the first five-minute overtime period a tie still exists, a second five-minute sudden death overtime period will be played. Team that did not take center pass the first overtime period will take the center pass.
 - C. If the score remains tied, all coaches and officials shall assemble at the halfway line to review the procedures as outline below:
 1. The head referee shall choose the goal at which all the strokes from the penalty mark shall be taken.
 2. Each coach will select five players, on or off the floor to take strokes (except those disqualified including players who were removed with less than 2 minutes left to play).
 3. Team that won the previous coin toss will stroke first.
 4. Teams will alternate strokers. There is no follow-up on the stroke.
 5. The defending team may change the goalkeeper prior to each penalty stroke.
 6. Following five strokes for each team, the team scoring the greatest number of strokes shall be declared the winner.
 7. Add one goal to the winning team score and credit the team with a victory.
 - D. If the score remains tied after each team has had five strokes:
 1. Each coach will select five players to take the strokes in a sudden-victory situation, wherein one team scores and the other team does not score, the game is ended.

2. The coach may choose any five players to participate (except those disqualified including players who were removed with less than 2 minutes left to play)
 - E. If the score remains tied, continue sudden-victory strokes with the coaches selecting any five players to take the next set of alternating strokes. Players ineligible to take strokes are those who were disqualified or those who received a caution with less than two minutes left to play in the second overtime period. Alternate teams taking the first stroke after each set of five.
 - F. During all tie-breaker penalty strokes, the ball remains alive until its momentum is spent, it goes out of bounds (touches the arena net or arena ceiling) or it is retouched by the stroker.
- 2. **All championship games will be 25 minutes in length (no half time).** The team with the best record takes the center pass. If a tie exists, the tie-breaking procedure will be followed.
- Any disputes on players being eligible to play in playoffs must be reported to the Lion's Den front desk before your game starts. The Lion's Den staff will look the player in question up and make sure that they have played in at least four games during the session. If they have, they are legal to play in playoffs, and if they have not, they are not allowed to play in any playoff game. If you do not contest a player before the game is played, there is nothing we can do about the game.

Part 4: Sportsmanship Creed:

Athletes, coaches, officials, and spectators are our guests. Help keep this a game by respecting each of their roles.

The ***athletes*** are opponents, no enemies, playing a sport they love. Help them enjoy it!

The ***coaches*** are here to provide leadership that does not place winning over instilling the highest ideals of character.

The ***officials*** while enforcing the rules of play have the right to do their job in a non-threatening environment.

The ***spectators*** are here to encourage their team by cheering loudly and freely, in a positive manner.

Good sportsmanship is expected from **EVERYONE** who enters outdoors!