

League Rules



3v3 Rules

1. NO AGGRESSIVE CONTACT - body can be used for positioning only, not for leverage, body/hip checking, charging, slide tackling. USE FINESSE NOT FORCE
2. No players in the goal crease
3. Fouls and goals restart in the crease
4. Be Respectful (Zero Tolerance)
5. Have Fun
6. Please no food, drinks or gum on the field (exception for water)

Structure

- Games need to start no later than 5 minutes after planned time. No stoppage time. A max of 10 minutes of half time. You can play more minutes if time allows and you take less half time.
- Substitutions are unlimited and allowed at any time.
- Ties will be settled with Ivl, "Golden Goal". Team with possession at the end of the game will start with the ball on their own crease.

Goal Crease

The crease is a half circle in front of the goal. No player may set down any part of their body in the crease before the ball enters.

Fouls & Penalties

- Minor League and Beer League players will call their own fouls.
- Forceful use of your body is a foul.
- Entering the crease when the opponent has shot on the net is considered goaltending and results in a goal for the shooting team.
- Zero tolerance includes racist, sexist, homophobic, transphobic etc. comments and purposeful physical violence.
- Ejection and/or suspension is possible for any player who breaks rules 1. or 4. or for any other unsportsmanlike conduct.

Personal Gear

- Please wear shin guards.
- No soft grass cleats or metal spike cleats.

