

Please note new rules:

- exclusion time will be brought back to 10 seconds
- shots from behind the five (5) meter mark will no longer be allowed off a foul. If this does happen, referees will call for a turn over and the ball will be awarded to the defensive team, receiving the shot.
- ALL players on the game sheet MUST play one (1) full period during the first half of the game; no substitutions (other than through injury) are allowed during play within the first two (2) quarters, i.e. a coach plays six (6) players during the complete first quarter of the game and then up to six (6) different players, including the goalkeeper if there is a second goalkeeper listed, during the second quarter. In the third and fourth quarter, a coach may sub without limitations when possible.