

PLAY

RULE 1: Have Fun! Show Sportsmanship and have Respect for your fellow Players & Referees.

REFEREE: Decisions made by the referee are to the discretion of the referee and must be respected. The referee's decision is final. There should be no arguing. Zero tolerance. If the Team needs to speak to the referee, the only player that should be discussing any calls will be the team captain which will be the voice of the team and shall talk directly to the ref regarding calls and play.

EQUIPMENT/SET-UP: Equipment including nets and balls will be provided by VSSC/Topaz Hockey staff. All other equipment must be provided by teams. Recommended gear is running shoes, goalie pads, jock, shin pads, chest protector, stick, blocker and glove. Mandatory Gear is a helmet. Goalies play at own risk. The referee reserves the right to reject the use of equipment if it is deemed unsafe or unfair to the opposing team. Pads may be no wider than 14". The tournament will be played on two courts running the width of the lacrosse box.

STICKS: Players must bring their own wood or fiberglass stick

TEAM: Each team must have a minimum of 4 players including the goalie and may have as many players on their roster as desired. Teams can be co-ed. All games will be played 4-on-4, including the goaltender (3 players + 1 goalie).

ROSTER/FORFEIT: Games may be played with 3 players, but no less. An automatic forfeit will occur if a team cannot field a minimum 3 person team by 5 minutes after the official start time. In this instance, the opposing team will automatically be awarded the win.

SCORE: Referee is responsible for keeping score.

SUBS: During play, players can substitute as teams deem necessary and/or "on the fly". No stoppage in play is necessary to make substitutions. However, a team needs to be especially careful not to get penalized for too many men on the rink when making *on the fly* changes. You can only go on the rink when your player is 1 meter or 3 feet from your bench area and must change within/front of your bench.

NO GOALIE CHANGES: There are NO goalie changes made during games, except in the case of injury. If a goalie leaves a game due to injury, he/she cannot return to the game, as a goalie or player position. However a team may play without a goaltender, if it chooses to do so, at any time during the match.

FACEOFFS: At the beginning of the game and at the half way mark after a short break, there will be a faceoff.

TOURNAMENT STYLE: Meltdown will be played in round robin format with 2 rounds of playoffs. Games will be 25 minutes in length (no slap shots) with 2-3 minute warm up, 2 periods of 10 minutes of play, and a half time break of 2-3 minutes. Each team will be allowed one (1), 30-second time out per game (running time) except in the final 3 minutes of play. Times may vary to the discretion of the Referee. (Referee will have a stop watch, to stop the time for any stoppages that might occur.) Be sure to come to the event prepared with clothing and gear for any kind of weather.

AFTER GOAL IS SCORED: There is no face-off. The team that was 'scored on' gets possession and may execute play immediately. The team that scored must go back inside behind the center line until the

player crosses the center line or takes more than 10 seconds. If they fail to do so, the other team may cross the center line and go after the ball.

HAND PASSES: Hand passes are permitted, unless the official deems that a hand pass created an unfair advantage or if you cover the ball with your hand. Under such circumstances, the play is stopped immediately and ball awarded to the opposing team. If a player covers the ball in the goalies crease with his hand in an attempt prevent a goal or to move the ball, the opposing team will be awarded a penalty shot.

BALL COVERED BY GOALIE: When the ball is covered by the goaltender, the defending team gets possession of the ball behind their net. The other team must give the team with the ball 3 metres of space to make a play. The team with possession is allowed 5 seconds to put the ball in play. The goalie may cover the ball anywhere in their defensive end to stop play.

BALL LEAVES PLAYING AREA: The last team to touch the ball or tip it out of play, the opposing team gets possession of the ball at the nearest area where the ball left the playing area. The opposing team must give the team with the ball at least a stick length of distance to make a play. The team with possession is allowed a maximum of 5 seconds to put the ball back into play after getting it back.

SHOOTOUT: If the game reaches the 20-Minute time limit in a tie, the teams will go into a shootout to determine the winner. Each team will nominate 3 players from their own team to participate in the shootout. Each of these shooters will be given one breakaway on the opposing goaltender. The team with the most goals at the end of the shootout will be declared the winner. If the score remains tied after the initial shootout round, the shootout will move to sudden death format. In the sudden death shootout, the same 3 players must shoot in the same order as they did during the initial shootout round. Sudden death shoot out rounds continue until a winner is declared.

PENALTIES

NO CONTACT: NO contact. NO pushing, shoving, checking, roughhousing, or unsportsmanlike conduct of any kind. No slashing, hooking, tripping, crosschecking, high sticking. Doing so will result in a penalty shot for the other team. More serious cases will see game misconduct with such things but not limited to: intention to injure, spearing, but ending, slue footing, two hand slash, crosschecking from behind, pushing from behind shall result in a player immediately being removed from the tournament according to the discretion of the referee and/or tournament supervisor. In the case of a Team creating a serious incident a team could be kicked out of the tournament. In addition, the entire team could also be removed from the tournament based on the questionable actions of one team member. (In extreme cases participants may also face legal consequences for any inappropriate actions.) Play with sportsmanship and respect for your fellow player.

2 STRIKE SYSTEM: Any player that gets penalized two times during one game for incidents mentioned above will be disqualified from participating in the remainder of that game.

DELAY OF GAME: There shall be no stalling. Stalling is called a delay of game penalty, and shall be called at the discretion of the referee which will result in a penalty shot for the opposing team.

TOO MANY PLAYERS: If any player touches the ball while his/her team has too many players on the rink even when subbing, it shall be ruled as "too many players" and a penalty shot will be awarded to the opposing team. There is no 2 meter/6 feet grace area for substituting players, you must only change when your player is 1 meter or 3 feet from in front of your bench or sideline area. This penalty does not apply to the "2 STRIKE SYSTEM" rule.

SLAP SHOTS: Slap shots are not allowed, however 'snap shots' are allowed below the waist only. What is a slap shot? Slap shots are defined as any shot that involves a wind up that begins above the shooter's waist. If a participant accidentally or intentionally and knowingly takes a slap shot, the opposing team will be awarded a penalty shot. (The reason for this rule is to keep sticks down no one wants to get a stick in the face.) This penalty does not apply to the "2 STRIKE SYSTEM" rule.

HIGHSTICKS: No high sticks! Any contact made with the ball when the stick is above the waist will be penalized with a penalty shot. This penalty does not apply to the two penalties and you are out rule.

PENALTY SHOTS: The result of all penalties is a penalty shot awarded to the opposing team. Penalty shots are taken immediately after an infraction, and are taken with the ball being placed at center. After a penalty shot, the ball is dead after the shot or at the conclusion of forward progress, to the discretion of the referee. Possession is always given to the defending team regardless of the outcome of the shot. The player that was infringed is the only player that can take the penalty shot, unless the player is injured and cannot take the shot, a sub player can take the shot for the injured player.

WEATHER CONDITIONS

RAIN OR SHINE: We will play rain or shine except under extreme weather conditions, such as lightning. Under such conditions all teams will be contacted.

OTHER RULES

ABRASION: A player must leave the game when an abrasion has flowing blood. Once the flow has stopped and there is no chance of blood contacting other players, the player with the abrasion may re-enter the game.

PROHIBITED: Alcohol and drug use is prohibited on site or by any player in the tournament. Any player or spectator who violates the spirit of this rule will be escorted off site by event staff. Please respect event staff.

WASH IT DOWN