

# ARIZONA CUP RULES

- Field size – 55 yards x 35 yards
- Field markings – perimeter markings, goal circles/creases, goal line, midline, draw circle, substitution and player boxes
- Goals – maintain current specifications
- 2 pointer- All goals scored beyond the 2-point arch will be deemed a 2-point goal
- Fourth Quarter Goals- All goals scored in the fourth quarter of play will count for double. (i.e. 2-point goal in the fourth quarter will count as four points.)
- Game structure – four 8-minute periods: running clock; 5-minute halftime and 2 minutes between quarters
- Time clock stops for a timeout, end of a quarter, injury, or during a dead ball within the last two minutes of the fourth quarter
- One 1- minute timeout for each team per half
- Squad size – Minimum 10, Maximum 12 (Must have a goalie) Long poles not allowed.
- On-field players – 6 on 6; goalie and five field players on the field at one time
- Substitutions – on the fly
- Full equipment is mandatory
- Game ball- Soft sponge practice ball
- Offsides- Goalie or one field player on the offensive team must remain behind the midline at all times, allowing only 5 players in the offensive zone
- Over-and-back – prohibited
- After a goal – goalies have 5-seconds to take the ball behind the cage and the official will blow the whistle to resume play
- All defending players can run through the crease but cannot act as a goalie
- Faceoffs – at start of each period and OT
- Overtime – sudden victory
- Officiating – 2 officials per game
- Penalties –
  - Major (2 minutes)
  - Minor (1 minute)
  - Technical foul (30 seconds)

