

## USARS/AAU RULE NOTES:

- **Length of Game:** 2 halves, 16 to 20 minutes in duration each (running time). Stop clock in the last minute when the score is within 1 goal or tied.
- **Time-outs:** Each team is permitted one time-out per game, one minute in length. The game clock shall stop during a time-out. If time-out is not used in regulation, it may be used in overtime.
- **3-Penalty Rule:** Any player that receives 3 penalties of any kind in a single game, with the exception of a 10 minute misconduct, he/she is to be ruled off the floor for the remainder of the game.
- **Penalties:** Minor Penalties-2 minutes Major Penalties-5 minutes Misconduct Penalty- 10 minutes
- **Major Penalties:** Major 5 minutes or 5 minutes and a game misconduct at the discretion of the referee. Any player that receives 2 majors in a single game will be assessed a game misconduct
- **Match Penalty:** 5 minutes to be served plus player shall be ruled off the floor for the remainder of the game.
- **Game Ejection:** Player shall be ruled off the floor for the remainder of the game.
- **Game Misconduct:** Carries an automatic 1 game suspension. **If any coach or player participates in more than one age division and receives a game misconduct in one age division, that coach or player will not be allowed to participate in any other age divisions until that suspension has been served in the age division the suspension was issued in.**
- **Starting lineup:** A team must have a goalie and four players to start a game.
- **Start of Game:** Players will start the game defending the zone opposite their player bench.
- **Face Offs:** Once a team is in face-off position, the puck can be put into play within three seconds.
- **Face off spots:** Only recognize four end zone face off spots and center dot. All face-offs take place on one of these dots, or location of last played along an imaginary line connecting end-zone face-off to the opposite end-zone face-offs spot. Attacking team causing an infraction in the attacking zone the face-off will be conducted at the center face-off spot.
- **Tied games:** Games shall end in a tie if no winner must be determined (Round Robin Games). If a winner must be determined (Playoff Games), the length of a sudden death overtime period will be determined by the length of the previous regulation time period and continuous periods thereafter until a winner has been determined. Teams will switch ends for each and every overtime period. Independent AAU sanctioned tournaments and leagues may choose their own format.
- **Crease Rule:** The crease is intended to implicate "no harm no foul" standard. The rule is based on the premise that an attacking player's position whether inside or outside the crease, should not by itself determine whether a goal should be allowed or disallowed. If the attacking player's position or body contact impairs the goalkeepers ability to move freely in his/her crease or defend his/her goal, goals should be disallowed. Incidental contact with a goalkeeper inside or outside his/her crease will be permitted providing the attacking player made a reasonable effort to avoid such contact.  
(Referee's discretion)
- **Change of Players:** permitted during a stoppage of play at all times, or change on the fly within five feet of the players bench.
- **Roughing:** A minor or double minor penalty may be imposed on any player for unnecessary roughness.
- **Butt-Ending:** Attempt: double minor penalty. Making Contact: major penalty plus game misconduct. Injury: match penalty.
- **Checking from Behind:** A minor/major or a major penalty and a game misconduct may be assessed.
- **Fighting:** Major penalty plus game misconduct; additional minor penalty for instigator.
- **High Sticking:** A high sticking violation (non-penalty) results in a face-off at the offending team's defensive zone or spot last played if in the defensive zone. NO center face-off as a result of a high stick violation (non-penalty).
- **Displacing Goal Post:** Intentional in the last 2 minutes or in OT results in a penalty shot for non-offending team.
- **Skates:** All axel openings must contain an axle and a wheel, Example: A four wheel frame must contain four axles and four wheels. If a player loses a wheel during play, they must proceed directly to the players bench or Play shall be stopped when the offending team gains possession. No penalty shall be assessed.
- **Goals:** A goal shall not be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- **Delayed Penalties:** If when a team is "short-handed" by reason of one or more minor or bench minor penalties the Referee signals a further minor penalty against the "short-handed" team a goal is scored by the non-offending side before the whistle is blown then the delayed penalty shall be served and the first of the minor penalties already being served shall automatically terminate.
- **Coincidental Minor/Major Penalties:** They are penalties that do not cause either team to be shorthanded, and occurs when players(s) from both teams simultaneously receive equal length penalties. When coincident penalties are assessed, the penalized players take their places on their respective penalty benches, and both teams are able to make immediate substitutions for these penalized players. The penalized players are required to serve the full amount of assessed time and remain in the penalty box until the first stoppage of play after the expiration of time. If one team is already short a player because of an earlier penalty, coincidental penalties will not change the number of players on the floor.