



Visit
Tallahassee
SPORTS

Tournament Rules

- Games played in four 9-minute quarters
 1. 1 minute between qtrs.
 2. 4 minutes half time
- Goalies initiate play after goals are scored; draws/face-offs occur only at the start of quarter
- 70 x 36 meter field
- Last person to touch ball, other team gets it. *NO CHASE*. (Think basketball rules)
- Everyone plays both sides (defense/offense); substitutions made on the fly
 1. *NO OFFSIDES and NO OVER & BACK*
- Goalies cannot cross over midfield line
- All short sticks, *NO LONG POLES*
- Rosters comprised of 12-15 players (HARD ROSTER CAPS)
- *NO TIMEOUTS*
- Overtime will be a 4 minute "Golden Goal". If no winner, then a 2v2 Brave Heart
- Penalties will be served as Man-Down and time and a half
- *NO SHOT CLOCKS*, but stalling warnings will be called if no attempt to score is being made.
- Tiebreaker Criteria is as follows:
 1. Record
 2. Head to head
 3. Goals Allowed
 4. Goals Differential (max 8)

Unique to Tallahassee for after the games

Hanger 38 - <https://www.thehangar38.com/>

District 850 - <https://district850.com/>

Tallahassee Museum (outdoors) - <https://tallahasseemuseum.org/>

Cascades Park - <https://www.talgov.com/parks/parks-cascades>

Wakulla Spring (a bit of a drive) - <https://www.floridastateparks.org/WakullaSprings>

Food Local to Tallahassee

Momo's Pizza

Bumpa's

Gordos

Madison Social