

Number of players on the field – 3 players on the field at a time, no goalkeeper.

Equipment – All players must wear skin guards. Any player without skin guards will not be allowed to play.

Game duration – Two 25-minute halves, five minutes between periods.

Substitutions – Substitutions can be made on the fly. Player coming off must be near the gate when the player is going on or substitutions may occur at any dead ball situation.

Kick offs – May be in any direction. You may not score from a kick off. The ball is in play when the ball is touched and changes position.

Goal scoring – A goal may be scored from a touch on the offensive half of the playing field. Goals scored from your own defensive half of the field will result in a goal kick for the opposing team.

Free kicks – All free kicks are indirect with the exception of corner and penalty kicks. You may not score from a free kick. The ball is in play when the ball is touched and changes position. If a free kick is awarded within five yards of the opposing goal, the ball will be moved to five yards from the box. It is the discretion of the referee where the ball will be placed.

Goal kicks – May be taken from any point on the end line. All goal kicks are indirect.

Penalty kicks – Shall be awarded if, in the referee's opinion a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a red card). Penalty kicks are direct kicks taken from the center of the mid-line with all players (on both teams) behind the mid-line. Penalty kicks are dead ball infractions. If a goal is not scored, the defense obtains possession with a goal kick.

Five Yard Rule – In all dead ball situations, defending players must stand at least five yards away from the ball. IF the defensive player's goal is closer than five yards, the ball shall be played five yards from the goal box in line with direction of play prior to the penalty.

Goal keepers/Off-sides/Slide-tackling/Hand ball clarification – There are no goal keepers. There is no off-side. There is no slide tackling. Slide tackling will result in a free kick. Deliberate handling of the ball that denies a team of an obvious goal scoring opportunity will result in the following; a penalty kick (at the discretion of the referee), a yellow or red card given to the player committing the hand ball (at the discretion of the referee).

Heading – When a player deliberately heads the ball, an indirect free kick should be awarded to the opposing team from the spot of the offensive.

Net interference – Will result in a kick-in for the opposing team at the spot where the ball hit the side net. If the ball hits the top net, it will be placed at the spot of the net or if within five yards of the opposing goal, the ball will be moved to five yards from the box. It is the discretion of the referee where the ball will be placed.

Player/Bench personnel ejection – The referee has the right to dismiss a player, bench personnel, coach from the game for continual disobedience or as a result of the incident that warrants sending off.