



Games are 25 minutes, running time.

Faceoffs will take place to start the game and at the beginning of an overtime period.

After a goal, the goaltender will restart with the ball.

If the margin is 5 goals or more, the team with the lower score begins with possession after every goal.

In the last two minutes, the team with the lead cannot carry or pass the ball backcourt after gaining the midline.

Each team gets one 60-second timeout per game. It cannot be used in the last two minutes or in overtime.

Each team has six field players and one goaltender. Of the field players, up to two can have a longpole.

All personal fouls and technical fouls will be one minute. There are no 30-second fouls.

Egregious fouls like fighting, hits to the head/neck and boarding will be multiple minute fouls, or ejection.

Any player who accumulates five minutes in fouls will be 'fouled out'.

If a team only has one goalie and he gets a penalty, his teammate can serve his penalty.

Each team must always have at least one player in their offensive end.

Each team must always have at least two players in their defensive end – usually the goaltender & one longpole.

A player coming onto the field should not play the ball, or play an opponent, until his teammate is off the court.

Upon gaining control of the ball in the defensive end, you have 10 seconds to get the ball over the midline.

The ball is considered "out of bounds" only if it's lost over the boards or glass or touches a player on the bench.

Forfeits happen in two ways. Any and all forfeits can affect that team's playoff eligibility. Forfeits are scored 1-0.

A team does not have at least six field players and a goaltender to start the game = forfeit

A team allows a player to play that is not on their CELL roster = forfeit

Diving is allowed. Ball must be in net before he touches crease. He cannot make contact with the goaltender or goal.

Any and all issues not covered here will be handled at the discretion of officials and CELL management.