



## 2025 Carolina Throwdown Rules and Format

### Scoring

- After each game, coaches must confirm the score with the scorekeeper

### Game Time

- All Divisions
  - 50 Minute Game Block
  - 2-20 Minute halves (3 Minute halftime, 7 Minutes between games)
  - NO TIMEOUTS
  - Central time - scorekeepers will have game time, and keep penalty time
- Injuries
  - The clock will continue to run and no additional time will be added to the clock

### Boys Game Play Rules

- High School - Middle School B: 10 v 10
  - Modified NCAA Rules
    - No 80 Second Shotclock
    - Teams have 20 seconds to clear over midfield (Teams do not need to touch it in the box)
      - Under 2 minutes, winning team will have 10 seconds once over midfield to get the ball into the box and must keep it in so long as the game is within 4 goals
  - All penalties are time and a half and those will start as soon as play resumes and continue to run even on stoppages. (30 seconds → 45 Seconds, 60 second → 90 seconds, 120 seconds → 180 seconds etc.)
  - No Timeouts
  - Long poles allowed at all ages
  - One handed stick checks allowed

## Pool Play Games

- Games in pool play (Non playoff games) that are tied at the end of regulation will end in a tie

## Boys Playoff / Championship Games

- 10 v 10 Playoff games ending in a tie will proceed to a 4 v 4 braveheart
  - Each team will have 3 field players and a goalie (4 total)
  - Teams line up for opening face off with goalies in the nets, and three field players lined up for faceoff at faceoff x and on wings)
  - Once the overtime begins, players are allowed to substitute as needed
  - One of the 4 players must remain on the defensive half of the field (This would typically be the goalie, but the goalie can go over if one player stays back on defensive half of field)
  - First team to score wins
  - **OT PENALTIES WILL GIVE THE OTHER TEAM AN EXTRA PLAYER RATHER THAN THE PENALIZED TEAM LOSING A PLAYER**
    - 1st Penalty (4 v 3)
    - 2nd Penalty (5 v 3)
    - 3rd Penalty (6 v 3)

## Tiebreakers

All tiebreakers are based on advancing the number of teams needed, and if more than the number of teams needed to advance are tied in a category, the weakest team(s) in that category will be removed and the remaining teams will move to the appropriate tiebreaker based on the number of teams remaining.

- Tiebreakers
  - **1. Head to Head** (If more than 2 teams are tied, the team that is 2-0, 3-0 etc. against tied teams advances. If all tied teams haven't played each other or have each beaten one another, move to next tiebreaker)
  - **2. Goal Differential** (Capped at + or - 12 goals each game. Highest Goal Differential advances or lowest goal differential eliminated if multiple teams are advancing)

- **3. Goals Against** (Team with the fewest Goals Against across all of their pool play games advances or team with most goals against is eliminated if multiple teams are advancing)
- **4. Coin Flip**

## **Ejections and Disputes**

- Ejections
  - If a referee determines that any player's safety is in jeopardy, he reserves the right to eject anyone from a game, including players, coaches or any other person associated with the team. ALL EJECTIONS WILL BE REVIEWED BY TOURNAMENT DIRECTORS AND WILL DETERMINE IF FURTHER DISCIPLINARY ACTION NEEDS TO BE TAKEN. THE JUDGMENT OF THE TOURNAMENT DIRECTORS IS FINAL.
- Disputes
  - The Tournament Director (in consultation with the Head Official, if required) will make all final rulings/decisions on any and all problems or disputes.