

COMPETITION RULES FOR 2023 GREAT LAKES WOMXN'S REGIONAL CHAMPIONSHIPS

Game Totals: All Games to 15

Round Lengths: Half cap 45 min.; Soft cap 90 min.; Hard cap 105 min.; Round time 120 minutes total.

Halftime: 7 minutes. Halftime length does not include the time between pulls (Rule 9.C). For example, the receiving team must signal readiness (rule 9.C.3) 8:10 after the start of halftime.

Caps:

*At the **halftime cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the halftime target has not yet been reached by one team, one is added to the higher score and the resulting number is the new halftime target.

*At the **soft cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the game total has not yet been reached by one team, one is added to the higher score and the resulting number is the new game total.

*At the **hard cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the score is tied, play continues until one additional goal is scored. Otherwise, the game ends. The team with the most goals at the end of the game is the winner.

Timeouts: 2/half for each team regardless of game length, caps or point totals.