



Summary of Trial 6v6 Olympic Rule Recommendations:

- Field size -- 70 meters X 36 meters
- Field markings – perimeter markings, goal circles/creases, goal line, midline, draw circle, substitution and player boxes
- Goals – maintain current specifications
- Game structure – four 8-minute periods: running clock; 5-minute halftime and 2 minutes between quarters
- Time clock stops for a timeout, end of a quarter, injury, or during a dead ball within the last two minutes of the fourth quarter
- Shot clock – 45 seconds; resets on every possession change
- Game and shot clocks stop for a timeout, injury, or during a dead ball within the last two minutes of the fourth quarter; resets following the end of a quarter
- Two 30-second timeouts for each team per half
- Squad size – 10; 6 + 4 subs (allow up to two alternates in the case of injury TBD)
- On-field players – 6 on 6; goalie and five field players on the field at one time
- On field staff – two coaches and one medical
- Substitutions – on the fly
- Offside – both teams must hold back two players behind the midline
- Over-and-back – prohibited
- Ball out-of-bounds – when the ball goes out of bounds for any reason, including a shot, it is awarded to the team that did not touch it last
- Goals – if a player is fouled in the act of shooting, the goal will count
- After a goal – goalies have 5-seconds to put the ball in play by either passing it or running it out of the goal circle
- All defending players can run through the crease but cannot act as a goalie
- Draws – at start of each period and OT
- OT – sudden victory
- Penalties – major/minor/technical fouls and related mechanics as close as possible between disciplines