



Home \_\_\_\_ Away \_\_\_\_

## Rules and Regulations

**10 Minute Grace Period - Referee will report late starts**

**U16: 80 minute game with 10 minute periods**

**U19: 90 minute game with 11 minute periods**

With the exception of halftime, each period stop is a substitution opportunity only. **This is not a water break.** All substitutes need to be ready at center line before each period break.

Home team is listed first on schedule, sits on North or West side

### RECORD OF CAUTIONS/EJECTIONS

| NO. | NAME | C/E | TIME | REASON |
|-----|------|-----|------|--------|
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Comments/Preliminary Incident Report

Referee's please report scores and make an official report of the game in CGI

| Please Print | Region |
|--------------|--------|
|--------------|--------|

Referee:

AR1: \_\_\_\_\_

AR2: \_\_\_\_\_

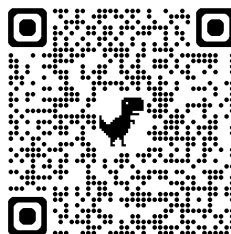
Coach must carry Current Roster and Player and Coach IDs

*Scan to submit*

*If teams have not submitted an official roster they will be ineligible to play and will forfeit*

Please submit this card by scanning the QR code or visit

<https://forms.gle/Er1oMAhD6srKcHx48>



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