

## **RULE 29 TIME OF THE MATCH**

29.1 The match shall be divided into 4 periods of 15 minutes duration each.

29.2 During the last 30 seconds of the first, second, and third quarters, the last 2 minutes of the fourth quarter, and during any overtime period, the game-clock and, if applicable, the penalty clock(s) shall stop whenever the ball becomes dead, and they shall restart whenever play is restarted.

This shall apply for all stoppages, including the scoring of a goal.

Such a stoppage of play shall not be considered to be an official time-out for the purpose of illegal substitution, the gate or the coaches' area, unless an official time-out is specifically requested by a referee or by the CBO.

29.3 At the end of each quarter, the teams shall change ends.

The interval between the first and second quarters shall be of 2 minutes' duration.

At half-time, the interval shall be 10 minutes long.

At three-quarter time, the interval shall be 2 minutes.

29.4 Between the first and second periods, and between the third and fourth periods, the players shall, on leaving the playing field, assemble in the bench area only; to go beyond this area, they must have the permission of the referees.

At half-time, the teams may leave the playing field.

## **RULE 31 TIED GAME**

31.1 *Deleted July 2018, Netanya, FIL General Assembly.*

31.2 In the event of the score being tied at the end of regulation playing time, play shall be continued, after a 2-minute intermission, with sudden victory overtime. In sudden victory overtime teams shall play periods of 4-minutes each until a goal is scored, thus deciding a winner. The game ends upon the scoring of the first goal. There will be a 2-minute intermission between sudden victory periods.

The following "sudden victory" procedure will take place:

i) The referees shall call together the captains of each team at the center of the field at the end of regulation play and during the 2-minute intermission. The head referee shall toss a coin to determine choice of goals to defend: the visiting captain shall call the toss.

ii) All periods of overtime shall start with a face-off as at the start of each quarter, subject to the provisions of Rule 34.1 being followed.

iii) The teams shall change ends between overtime periods.

## **RULE 37 FREE PLAY**

37.1 Once the referee has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. The official shall resume play as quickly as possible. If an opposing player is within five yards of the player that has been awarded the ball, and the official blows the whistle to restart play, the opposing player is not allowed to defend the ball until he reaches a distance of five yards from that opponent. A violation will be a flag down (slow whistle) for delay of game. On any restart, no offensive player may be within 5 yards of the player with the ball. The Referee shall clearly indicate the player who is going to re-start to the opposing goalkeeper on a dead ball (non-quick restart situations) restart that is below the restraining lines in the awarded team's offensive end.

37.2 A free play shall not take place closer to the cage than 18 meters (20 yards) in any direction, and the ball shall be moved laterally to a point 18 meters (20 yards) from the cage, if required.

37.3 A free play shall not take place within 5 yards (4.57 meters) of the gate, and the ball shall be moved laterally into the field of play until it is 5 yards (4.57 meters) from the nearest part of the gate, if required.

## **RULE 61.18 Over and Back**

Once the ball is in the attack goal area, the ball shall not return to the defensive half of the field through actions of the offensive team. If this occurs, it is an over and back violation. The result is an immediate turnover and a quick restart for the offended team.

If the ball does not touch or go over the mid line, no infraction has occurred.

Defensive players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover.

An over and back violation does not occur in the following situations:

i) A shot leaves the offensive half of the field.

ii) A loose ball leaves the offensive half of the field and was last touched by the defensive team.

iii) A loose ball is leaving the offensive half of the field and the defense is called for a loose ball violation (play-on) or causes the ball to go out of bounds in the defensive half.

If an Over and Back violation occurs the result is an immediate turnover and a quick restart for the offended team.