

- Tournament format is round robin within each pool, with a 3 game minimum.
- Scoring is 3 points for a win, 1 point for a tie.
- A player can only be rostered on one team.
- Top two teams from each pool will advance to a single elimination round for a division Champion.

- In the event of a tie at the end of the round robin format; the tiebreaker will be as follows:
 1. Head to head competition
 2. Goals allowed
 3. Shootout/Penalty kicks

In the event of a tie at the end of regulation game during the single elimination portion of the tournament:

1. One 10 minute overtime period will be played, sudden death.
2. Shootout; 5 shooters per team, most goals win
3. Shootout, sudden death

Each player is allowed one shootout kick until the entire team has taken one then start the order over again until there is a winner.

- Coed team is made up of at least 3 players of the each gender and a minimum of 2 on the field at a time.
- In the event of a shootout for a coed team, there must be at least 2 shooters from each gender in the first 5.