



The K2 Challenge is a Keeper vs Keeper game where each keeper tries to get the most goals in 3 minutes. Each Keeper will play against opponents in their own tournament grouping. A coin toss will determine which keeper gets the ball first.

The game is played on a smaller field and is divided in half by a mid-line of cones and a goal on each end.

Each keeper must stay in their own half of the field and they are not allowed to cross the mid line. They defend their own goal while trying to score in the opposition's goal.

Keepers may use any part of their body to score. They can throw, kick or head the ball into the goal.

Each keeper has 6 seconds to get rid of the ball. When a successful save is made, play continues immediately.

A goal is scored only when the ball completely crosses the goal line.

If the ball goes out of bounds, play restarts with the opponent of the keeper who last touched the ball. Play restarts in the keeper's own half.

Keepers may have helpers on the sidelines to retrieve balls that go out of bounds. The ball retrievers will stock balls at either side of the keeper's net.

Games will be timed for 3 minutes.

The winner is determined by the keeper who has the most goals after the game is complete.

Players will be randomly placed in a bracketed round. Bracket will depend on the number of keepers participating.

If the players are tied at the end of their 3 minutes they take a 1 minute break, do another coin toss to determine who gets the ball, then they play Golden Goal (first goal wins).