

# RULES



## GENERAL RULES:

### u12 / u14 / u16 / u19:

7 v 7 - 6 field players & 1 goal keeper

If a team does not have a GK - they may **not** play with an extra field player

If a team does not have a GK - a small lax goal will be used

**Teams are NOT permitted to camp a player out in the goal cage**

If you want someone to play GK - put them in gear and let them play GK

Regulation goal cages are used for these ages

### u8 / u10:

6 v 6 - 5 field players & 1 goal keeper

If a team does not have a GK - they may **not** play with an extra field player

If a team does not have a GK - a small lax goal will be used

**Teams are NOT permitted to camp a player out in the goal cage**

If you want someone to play GK - put them in gear and let them play GK

Youth goal cages are used for these ages. No cones.

We will play **modified outdoor rules**. Modified hits allowed. No aerials. All shots on cage are legal if deemed safe.

Ball must go **3 yards before entering the circle when over the 50 yard line**

We will play **modified corners** when a penalty is awarded in the circle (**see below**).

u8 and u10 will play a free hit coming in from the 50 yard line.

We will play strokes if one is awarded

No shootouts will be played in the event a tie

Official score will be kept at the table

Medals will be awarded for 1st place

There will be no time outs

Games will be 25 minutes running time

GKs can sub from behind the cage

Field players will sub at the 50

## MODIFIED CORNERS:

When a penalty is awarded to the attack - they will start the ball at the 50 yard line.

The defense will send 3 of the 6 field players to the opposite end line. The other 3 can remain in the cage with the GK.

Attack may use as many players as they wish.

1 pass is required before attack can shoot on goal.

## NCAA / FIH Rules:

**Team listed first is home and will be dark uniforms**

**Team listed second is away and will be white uniforms**