



RULES AND DETAILS

1. All Player roster info must be submitted online in order to play
2. All teams are to supply their own uniforms. St Patrick's Day Themed is encouraged.
3. A parent or coach is required for each team on the sideline.

BOYS 7V7 FORMAT (PLUS A GOALIE) (2 Attack, 3 Midfielders, 2 Defenders, 1 Goalie (*Max 3 Poles on Field for boys)

- (2)-14 Minute Running Halves. 1 Minute Halftime. No SCOREBOARDS
- Each team gets 3 games
- No Timeouts.
- Face-off to start each half.
- If a team misses the goal and goes out of bounds, ball is awarded to opposing team
- After a goal, goalies pull the ball out and start the clear.
- If team is having trouble clearing the ball, refs can award a free clear
- No 1 handed checks for youth.
- No aggressive body checks – Players must not hit the ground.
- For penalties a fast break scenario will occur

GIRLS 7V7 FORMAT (PLUS A GOALIE)

- Same as Boys except NO poles when Girls vs Girls

BOYS VS GIRLS 7V7 FORMAT (PLUS A GOALIE)

- Same as Above except Boys and Girls trade sticks and Girls teams plays against Girl's Goalie and Boys Teams play against Boy's Goalies