

RULES



GENERAL RULES:

u8 / u10:

5v5 or 6v6

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

u12 / u14:

6v6 or 7v7

Regulation cages are used for these ages. No cones.

u16 / u19:

7v7

Regulation cages are used for these ages. No cones.

If a team does not have a GK - they will use a small lax cage, no extra field players permitted

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

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

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. No modified corners.

We can 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 22-25 minutes running time

GKs can sub from behind the cage

Field players will sub at the 50

Team listed **FIRST** will wear **DARK** uniforms

Team listed **SECOND** will wear **LIGHT** uniforms

MODIFIED CORNERS:

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

The defense will keep 3 field players in the cage. The remaining players will go to the **opposite end line**. Not the opposite circle.

Attack may use as many players as they wish.

1 pass is required before attack can shoot on goal. The ball must travel 3 yards (pass or carry) before it enters the circle.

All shots are legal.

No corner masks required. This is essentially a 6v3. There is no insert, there is no direct hit, space is not as compact as a traditional corner.