

Boys Grades 3-4 (10U) Rules

- 7v7 play: 2A, 2M, 2D, 1G
- Offside/Onside rule applies: 2D and 1G on defensive end.
- Goalie free clear after goal
- Substitutions on face-off, dead ball, or on-fly
- **NO TAKE-OUT CHECKS PERMITTED** – any check in which a player lowers his head or shoulder with the force and intent to put the other player on the ground
- “Scrum” rule will apply with alternating possession