

Girls Grades 3-4 (10U) Rules

- 8 v 8 play on 60x30yd fields with 6x6 goals
- Offside/Onside rule applies: 2D and 1G on defensive end
- Goalie free clear after goal, opposing team moves above 8M mark
- No minimum pass rule
- No checking
- 1 v 1 defense at midfield area, more than one player can defend the ball in the critical scoring area
- Shooting space and 3 second defense rules apply
- 3 seconds closely guarded offense rules apply
- “Scrum” rule will apply with alternating possession
- Substitutions on dead ball or on-fly
- Fouls
 - Minor (misplay, procedural), penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle.
 - Major (safety), penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle.
 - Cardable/Misconduct (excessive), penalty administration is a card. Ball is no closer than 8 meters to the goal circle.
- CARDS: A player will serve 2 minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable

Girls Grades 5-6/7-8 (12U/14U) Rules

- 12 v 12 play
- Draw after each goal
- 10 second goalie clear
- Mercy rule: there is no mercy rule at this event, however, good sportsmanship is HIGHLY encouraged
- Modified Checking below the shoulder is permitted. Any check above the shoulder or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check. Check to the head and a slash are mandatory cards.
- 3 seconds closely guarded offense rules apply
- Fouls:
 - Minor (misplay, procedural), penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle
 - Major (safety), penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle
 - Cardable/Misconduct (excessive), penalty administration is a card. Ball is no closer than 8 meters to the goal circle. For a card, the player will serve a specific time penalty AND the team will play short.
- CARDS: A player will serve 2 minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.