

Summer League Year 7-8



Rules and Guidelines

EVERY TEAM MUST BE ACCOMPANIED BY AN ADULT SUPERVISOR

COMPULSORY:

- **UNIFORM**
- **MOUTHGUARD**
- **SHINPADS**

TEAMS:

- 6-a-side with rolling subs at any time.
- Goalies are optional, these are part of the 6 (so either 6 field players and no goalie OR 5 field players plus goalie).
- No kicking full backs.

GAME:

- Half field, 13min halves, 2min half time.
- The ball can be pushed, hit or slap hit.
- All shots at goal must hit the backboard.

FREE HITS:

- All opponents must be 5 metres away from the ball.

There are NO penalty corners, a free hit is awarded midway between base line and halfway.

THERE ARE NO PENALTY STROKES.

THERE IS NO OFF-SIDE.

NO OVERHEADS, ball can be lifted over a stick (skill) but no higher than knee height.