## Game Information

#### Required Equipment

* All players must have mouthguards, goggles and a women’s stick (modified pocket)
* Stick length: 35.5 inches to 43.5 inches max
* Goalie: helmet, mouthguard, throat protector, chest protector, gloves, pelvis protection, and shin protection

#### Play of the Game

* 20 minutes running half until final two minutes
	+ 5-minute halftime, 2 timeouts per game total
	+ No overtime
* 7 players on the field + 1 goalie (8 total)
	+ 2 – defense | 3 – midfield | 2 – attack
	+ Each member of the team is required to play at least ½ the game
* Goal Circle:
	+ No player other than the Goalie may enter the goal circle
	+ Players may not follow through shots into the goal circle
	+ After a save, the goalie has 10 seconds to make a pass or leave the goal circle
	+ Once the goalie has left the goal circle, she may not re-enter goal circle with possession
* 8 m arc (no 12 m fan), sidelines, center line.
* Offsides according to the center line – to be called but not penalized unless goal is scored and offsides contributes to the goal… penalty will be a disallowance of the goal.
	+ ***PLEASE NOTE*** – the Referee’s first obligation is to the safety of the players and will keep their eye on the ball. Referees will most likely miss many offsides, and the offsides penalty should not be enforced unless it directly leads to the goal.
	+ 3 to remain on defensive side of the ball, 2 on the offensive side of the ball (attack)
	+ Defense or attack may cross the midfield line if one of the midfielders replaces them
* Draw to begin each half and after each goal (free clear if lead is 4 goals or more)
	+ 4 goal differential – possession at the center to the team losing even after scoring a goal
* Offense:
	+ **PASS REQUIREMENT** - The girls need to attempt 2 passes prior to shooting the ball
		- Pass defined as least a stick length and overhand (underhand passes do not count)
		- Clear from the goalie counts as one of the two passes
		- After two passes, referee to alert team that they are free to shoot. *The use of the word “hot” is no longer acceptable*. Referee signals the ability to shoot with a fist in the air
		- If the offense loses the ball after making two passes, but regains possession before leaving the restraining box, the offense remains able to shoot. Otherwise, they must attempt two more passes.
	+ **SHOOTING** – may not follow through on the shot into the goal circle
		- When closely guarded, the shooter shall not follow through into the defender
	+ **FIVE SECOND RULE** – offensive player may not hold the ball for more than 5 seconds when closely guarded by a defender. Offensive player must either pass the ball, switch hands or beat the defensive player off a dodge. **For inhouse purposes, we will count the five seconds out for the player.**
* Defense:
	+ One on one defense only – no double team
		- Slide permitted if defender is clearly beat by a good margin
		- **SHOOTING SPACE**- a defender cannot occupy space in front of goal unless marking an opponent or within a stick length of the ball carrier
			* If a defender is sliding, they must remain out of the shooting space of the offensive player until within a stick’s length
	+ No checking – ball returned to the player
	+ To be taught, but not penalized – 3 second rule inside the 8m arc
		- A defender must be actively guarding a player in the 8m arc (stick length)
		- If not actively guarding the player must leave the 8m within 3 seconds.
* Ground Balls:
	+ Maximum two (2) players from each team on each ground ball. Once the fifth player enters ground ball, ball awarded per the other team.
	+ Players may **NOT** INTENTIONALLY kick the ball at this level – ball awarded to team that did not kick the ball
	+ Players may **NOT** cover (stick or foot) the ball – ball awarded to the other team… ***DO NOT CALL IF THE GROUND BALL IS NOT BEING CONTESTED***.
* Self-Start:
	+ Critical Scoring Area = 8-meter arc beyond the goal circle
	+ When a foul is called (checking, kicking ball, five second rule, etc.) outside of the critical scoring area, the player who is awarded the ball may start play **WITHOUT** waiting from an additional whistle. Play commences once the player awarded the ball steps or passes.

#### Coaches

* Only 1 coach per team permitted on the field. Coaches must remain in the alley and at least 20 feet from the ball.
* Two timeouts
* Coaches and players on one sideline, parents on the other, no exceptions.
* Substitutions:
	+ Time – dead ball, on the fly, and after a goal
	+ Substitution at the midline/table

#### Penalties

* Penalty Called:
	+ Major Foul in Arc:
		- Defender at 4 m
		- Free Position (Offense) at 8 m
		- Shot permitted
	+ All other calls outside the arc: Shot is not permitted from the free position
* Minor Fouls – misplay/procedural
	+ Contested Ground Balls (more than 2 from each team)
	+ Covering the Ball
	+ 1 v. 1 Defense
* Major Fouls:
	+ Contact – forces the opponent off her position or path
	+ Shooting Space
	+ Dangerous Shot – follow through into defender/goal circle

## Game Times

Saturday mornings (9:30 and 11 am) at Valley Field South

**REMINDER: all parents and spectators must watch the game from the non-bench side of the field.**