

Short Sided (7v7) Girls Rules

Players: 7v7 total (restraining line at midfield incorporated)

- 6v6 field players (2 attack, 2 middies, 2 defenders) +1 goalie (7v7 total)

Goalie: It is mandatory for each team to have a goalie. If a team fails to dress a goalie, we will play the game, but the team without a goalie shall forfeit.

Playing Time: Two 22-minute running halves with a 3 min halftime. 1 time out per game at any time, clock stops. One 4 min Sudden victory on Saturday if no winner game ends in a tie. Sunday OT will be 4 min Sudden Victory until a winner.

Equipment: Eyewear and Mouthguard required.

Coaches: No coaches on the field and ONLY 3 coaches allowed on the team sideline.

Draws: *Draw after every goal.*

- 2 players will be placed inside the 8m arc at both ends.
- Players must hold in the 8-meter until the official has signaled that possession has been attained.

Mercy Rule: Once a team is ahead by 5 goals or more, the trailing team will start with the ball at midfield with no draw. – the team that is leading by 5 or more goals must complete one pass before they are able to shoot.

Checks: No checking allowed.

Shooting Space: Standard 3 seconds and shooting space applies.

Cards: All cards - the player responsible must be removed from the game.

Offsides: Two players always required behind the midfield line.