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 20-minute running halves with a 3 min halftime. 1 time out per game at any time, clock stops. One 3 min Sudden victory on Saturday if no winner game ends in a tie. Sunday OT will be 3 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. **Good Defense and Offense Attacking Rules:** If defender has played good defense for 3 seconds and offense player has not made effort to attack goal, ball will be rewarded to the defense. Offense is expected to make athletic movements towards the goal. Failure to do so can result in a change of possession.

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.