



GENERAL RULES



4 Year Olds Games Played on **Orange Nets**

- Each game will begin with 20 minutes of skills and drills, a 10 minute break, then a 20 minute game
- There will be **5** players on the field including the Goalie
- Do Not call OFF SIDE
- Be easy on the rules, don't call anything but Handball, teach the rules
- Coaches are allowed on field during game play, there will not be referees (only in this age group)

5 & 6 Year Olds Games Played on **Red Nets**

- Each game will begin with 20 minutes of skills and drills, a 10 minute break, then a 20 minute game
- There will be **5** players on the field including the Goalie
- Do Not call OFF SIDE
- Be easy on the rules, don't call anything but Handball, teach the rules
- Coaches are allowed on field during game play, There will not be referees (only in this age group)

7 & 8 Year Olds Games Played on **Blue Nets**

- All games will have 5 minute warm-up and play 2 (25) minute halves
- There will be **7** players on the field including the Goalie
- Do not call OFF SIDE; unless it is an obvious offside or they are trying to cheat the rule.
- Teach It

9 & 10 Year Olds Games Played on **Field "C"**

- All games will have a 5 minute warm up and play (2) 25 Minute Halves
- There will be **7 or 8** players on the field including the Goalie depending on team sizes
- Do not call OFF SIDE; unless it is an obvious offside or they are trying to cheat the rule. Teach It.

11 & 12 Year Olds Games Played on **Field "B"**

- 11 & 12 Age group will have a 5 minute warm up and play (2) 25 Minute Halves (played on Field "B")
- There will be **7 or 8** players on the field including the Goalie depending on team sizes
- **OFF SIDE will be called**

13 – 14 Year Olds Games Played on **Field "A"**

- 13 - 15 Age group will have a 5 minute warm up and play (2) 25 Minute Halves (played on Field "A")
- There will be **9** players on the field including the Goalie (11 if teams fill up)
- **OFF SIDE will be called**

15 - 17 Year Olds Games Played on **Field "A"**

- 15 - 17 Age group will have a 5 minute warm up and play (2) 25 Minute Halves
- There will be **7** players on the field including the Goalie (11 if teams fill up)
- **OFF SIDE will be called**

FOR ALL:

- Substitutions may be made with Referees permission on own throw-ins, goal kicks, when a goal is scored, injury or half time.
- To Assist the Referee all substitutions should be made from the half field line
- All Players must leave the field first before the substitutes enter the field.
- During Kick ins/ throw ins please have the players stand 5 steps back from the Ball
- All non players and parents must stay away from Nets
- **All Coaches please visit the shed before or after every game for updates**
- Schedules or field placements will be subject to change if needed