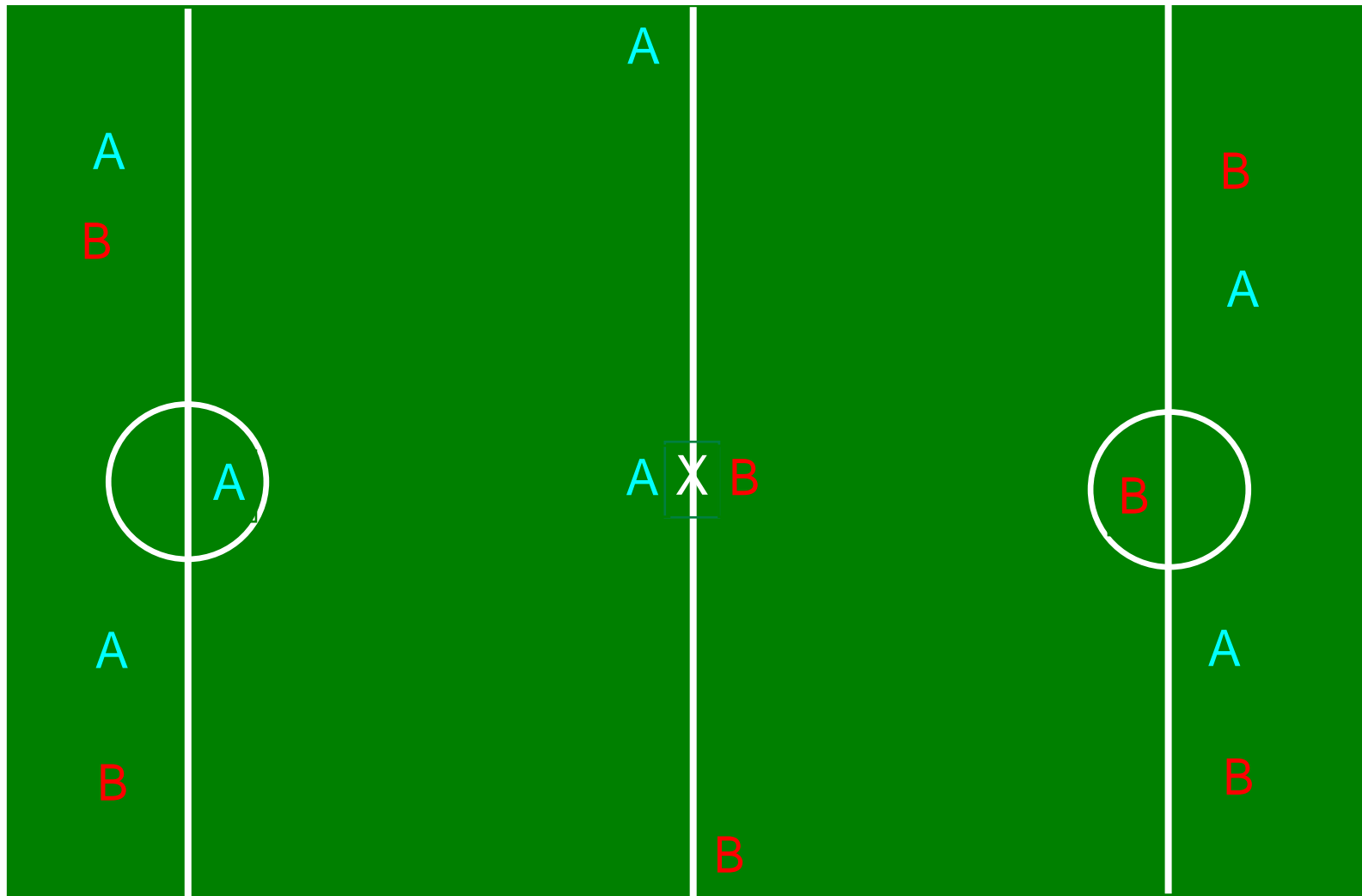


7 v 7 Field Diagram - Face Offs Boys 3/4 (U10)

POSITIONING OF PLAYERS BEFORE A FACEOFF

A team shall place one faceoff player at the center of the field and confine at least 2 players behind each goal line extended. All field players are released when the whistle is blown. All goalkeepers are confined to their crease until possession is gained during a faceoff. All players **MUST** play the ball before possession is gained. Once possession is gained, all normal body contact rules apply. Once a team gains possession after a faceoff, there must be one attempted pass.



10U BOYS' RULES OVERVIEW

- » Faceoffs to start quarters and after goals
- » Offside penalties only applicable while using 7 v 7 format.
- » If officials are used, coaches must stay off the field
- » There must be one attempt pass before a player can shoot on goal
- » Some body contact allowed, but body checking is illegal
- » Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- » No man down penalties, but players who commit fouls will leave the field
- » All players must be 5 yards away from the ball carrier before restarting play

7 v 7 Format

A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.