

**U7 Rules**

Numbers:	7 v 7
Duration:	4 10-minute halves
Goal:	Use dropdown

**NO SCOREBOARD**

One coach per team permitted on field (Only at this level)

Equipment Modifications:	Stick length 36 inches maximum, NO long poles.
Field Modification:	- Goals are 40 yards apart or 10 yards in from endline, width wise on a standard field
Contact:	- Place and push  - Otherwise contact on bottom hand only
Penalty enforcement:	- Stop play and educate. If excessive player will be substituted.  - No penalty time, no short man situations.

Referees are new or have little experience.

**U9 Rules**

Numbers:	8 v 8 (G, 2-3-2)
Duration:	4 12-minute quarters
Goal:	Use dropdown
Equipment Modifications:	Stick length 36 inches maximum, NO long poles.
Field Modification:	70 yard field (see diagram)
Contact: -	- Place and push  - Control of sticks is paramount
Penalty enforcement:	Normal

Players cannot play more than one half at attack or defence.

Coaches need to be part of the education process.

Referees are new or have little experience.

**U11 Rules**

Numbers:	10 v 10
Duration:	4 15-minute quarters
Equipment Modifications:	Stick length 36 – 42 inches short stick; 52 – 60 inches long stick
Field Modification:	90 yard field (see diagram)
Contact:	Introduction to contact with a focus on stick control and unnecessary roughness

This level is still deemed to be development.

Coaches need to be part of the education process.

Referees are at development stage, may have some experience.