



All Girls Divisions

- 25 Minute, Running Time Games
- One Timeout per Game
- Midfield is the restraining line
- 15 second restart after goals
- Faceoffs after each goal the entire game
- Players will sit for 1 minute for yellow and red cards, red carded players cannot re-enter the game.
- Players must be in the appropriate grades for their group for this school year (grade you are coming out of, no re-classifications)
- Overtime games will start immediately, first goal wins
- All teams must have an adult coach to act as team representative

3/4th Grade Girls Division Specific Rules

- 10v10
- No Checking

5/6th Grade Girls Division Specific Rules

- 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)
- NY State Modified rules

7/8th Grade Girls Division Specific Rules

- NY State Modified rules
- 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)

JV and Varsity Girls Division Specific Rules

- NY State Varsity rules
- 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)