

## LEAGUE OVERVIEW

Each 1 hour session will be divided into 15 minutes of skills and drills, then three 12 minute periods of game play. Your team's night will rotate between Monday and Wednesday in order for each team to play different opponents during the season.

Teams will consist of 6 players, 5 on the field of play and 1 goalkeeper. The 5 players on the floor will have a stick. The goalkeeper will not have a stick and must remain in the goal area at all times. Positions on the team are: 1 goalie, 2 defensemen, 1 center and 2 forwards.

All players will wear safety glasses during play, which are provided by P&R. All equipment will be provided by P&R. Goalies will wear the proper protective gear supplied by P&R, which includes a helmet, padded chest protector, padded leg protection. Shin guards for players who are not goalies are recommended, but not required.

### Start of Play

Teams face off at the center mark of the floor, with teams on their own half. Players should approach the ball so the center of their blade is next to the ball. Players should not touch the ball until the official blows the whistle. At the whistle, the players should hit the ball back to their teammates. When a goal is scored, players will face off in the center again.

### General Rules

- You cannot strike or hack at an opponent's stick.
- You cannot lift or press an opponent's stick.
- Pushing an opponent is not allowed. You cannot push, hold or block an opponent with your body or arms. **No body contact.**
- You cannot place your stick between an opponent's legs.
- The blade of the stick must remain below knee height.
- The ball cannot be touched by hands or head, except for the goalie. Players can use their feet, legs or chest, one touch only (foot, stick, foot).
- You cannot jump for the ball.
- You cannot play the ball when on the ground (two knees or both hands touching the ground). Goalies are exempt from this rule.
- Using your foot to pass or score is not allowed.
- Touch the ball twice in a row with your feet.
- You cannot back into an opposing player.
- Teams are allowed unlimited substitutions and can be done on the fly.
- A faceoff will occur if the referee is undecided about a call.

- A faceoff will occur if the ball hits the referee.

### **Basic Strategy**

- Play with two hands on the stick and keep the blade on the floor.
- Focus on the ball.
- Stay in position at all times.
- Pass the ball often.
- Pass to teammates in position to score.
- Shoot as often as possible.
- You can play the ball backwards to your defenders.
- Communicate with each other.

### **Scoring**

- Goals can be scored off the stick of an attacking player (no body contact). If the ball bounces off a defending player and goes into the net, a goal will be awarded.
- Goals are not awarded if an attacking player is in the goal area. Sticks are allowed in the goal area.
- Goals can be scored from a free hit.
- Goals cannot be scored by a hit in

### **Free Hits & Hit Ins**

- If the ball is hit out over the side boards, the non-offending team will play the ball 3 meters inside the boards where the ball went out.
- Defensive players must give a 3-meter clearance from any hit-in or free-hit.
- If a free hit is awarded in front of the goal, it must be taken to any point 3 meters from the goal area.
- Penalty shots will be awarded at the discretion of the referee.

### **Penalties**

- A penalty shot will be taken from the center mark by an offensive player against only the goalie.
- The ball must travel forward toward the goal, not backwards. If it does go back, the penalty is over and no score given.
- Penalty shots must be taken within 15 seconds.
- After a penalty shot, the game will begin again with a face off in the center of the court.

