



## Small Sided Formats

### Boys 8U |

- 7 v 7
- Goalie
- 6x6 Goals
- Offsides - two players stay on the defensive side with the goalie at all times.
- faceoff

### Boys 10U |

- 7 v 7
- Goalie
- 6x6 goals
- Offsides - two players stay on the defensive side with the goalie at all times.
- faceoff

### Girls 10U |

- 5 v 5
- no goalie
- 4x4 goals
- Players must hold for possession on the draw

### Girls 12U | Modified Field

- 7 v 7
- Goalie
- 6x6 goals
- Players must hold for possession on the draw.