



## Small Sided Formats

### Boys 8U |

- 7 v 7
- Goalie
- 6x6 Goals
- No modified D-Poles allowed.
- Refer to Cheat Sheet for rule specifications

### Boys 10U |

- 7 v 7
- Goalie
- 6x6 goals
- Refer to Cheat Sheet for rule specifications

### Girls 10U |

- 6 v 6 (5 field players)
- Goalie
- 6x6 goals
- Refer to Cheat Sheet for rule specifications

### Girls 12U | Modified Field

- 6 v 6 (5 field players)
- Goalie
- 6x6 goals
- Refer to Cheat Sheet for rule specifications

### Girls 14U | Modified Field

- 7 v 7 (6 field players)
- Goalie
- 6 x 6 Goals
- Refer to Cheat Sheet for rule specifications