



Small Sided Formats 2025

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 |

- 5 v 5 (5 field players)
- No goalie
- 6x6 goals (w/inverted goal)
- 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

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