

## **U 10 or 2<sup>nd</sup> & 3<sup>rd</sup> Grade League**

### **General Rules:**

**Field size 30 X 60 with 6 X 12 Goal**

**Play 7 on 7 which includes Goalie**

**10 min Quarters**

**5 min Halftime**

**May rotate players at 5 min mark in each quarter, this does not include goalie, must have players ready this is not a timeout or water break.**

**Each player must play at least half of the game.**

**Goalie rotates at the end of each quarter, 4 different goalies per game.**

**Cannot use head and no slide tackles!**

**Good Sportsmanship, foul language or ruff play will not be tolerated, may result in dismissal from game or season.**

**Have Fun!!!!**