

## **U 8 or K & 1<sup>st</sup> Grade**

### **General Rules:**

**Field size 30 x 40 with 6 X 12 Goals**

**5 on 5, which includes the Goalie**

**7 min Quarters**

**5 min Halftime**

**May rotate players after a goal or at the end of the quarter.**

**Rotate goalie at end of quarter, 4 different goalies per game.**

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

**Stress to offensive players inside goalie box not to kick the goalie**

**Cannot use head or slide tackles**

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

**Have Fun!!!**