



# **7s for 7 - Honoring Drew Webb**

*Presented by the Friends of Drew Webb*

*Powered by NIKE and Memorial Hermann Sports Medicine*

*Raising awareness and support for mental health in teen athletes.*

## **RULES**

All Divisions 60 X 40 yard field.

Game length 30 minutes.

Central clock/horn.

Win counts as 5 points, tie 2 points, loss 0 points. Ties are allowed.

No Braveheart or Over Time

**NO TAKE OUT CHECKS.**

Face offs at start of game only.

Wing players start with foot on sideline to their Face Off guys left.

Defense/Attack on Goal Line Extended until possession.

2 Midfielders, 2 Attackmen, 2 Defensemen, Goalie. Three players stay in defensive end, 2 in offensive end.

Three long poles max.

After goals, the Goalie takes ball out of goal, whistle blows and play resumes.

For 3/4th, 5/6th and 7/8th only: at four goal or greater difference, after a goal by either team, the trailing team gets ball at midfield. For JV and up, goalie scored upon clears as above.

Penalties are time served, running time, 60/30 seconds as per field rules.

All substitutions are on the fly.

One 30 second time out per team per game, none in last two minutes.

If there is a flag down for a personal foul and the violated team scored, they also get the ball back at midline so it is a double penalty on the offending team since the goal counts plus possession goes to team that just scored and they are man up.