



## **7v7 Format**

- 2031
  - 7v7 (2 Attack, 2 middies, 2 defensemen) + Goalie
- Games will be played on a shortened field: 60 x 40 ft
- Faceoffs only at the beginning of every quarter/half
- 2 22-minute halves with a 2-minute halftime
- No long poles allowed
- No counts
- One pass rule is in effect
- Faceoffs - Attackmen and Defensemen cannot pass Goal Line extended until a possession is awarded to a team
- 1 1-minute timeout per half

## **Penalties**

- No man up/Man down. For major penalty (Slash/Crosscheck), the player who commits the foul must sub out of the game.
- For non-major penalties (Hold, offsides, push, etc) the opposing team will regain possession of the ball.
- No body checking is allowed

## **Mercy Rule**

- After a team goes up by 7 goals, the losing team will be awarded a free clear at the midline after the winning team scores.