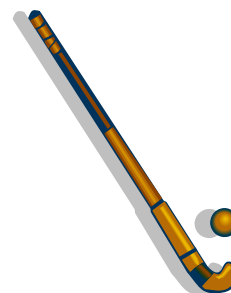


Junior League 2015

Rule Modifications

1. 7 v 7 (6 players + 1 goalie) half field
2. Can score from anywhere – No Corners!
3. 4 / 12 minute quarters (2 minutes in between quarters)
4. One team up by 3 goals or more, must pass 3x in your offensive half of field before scoring. **There should be NO lopsided scores!**
5. Off-sides: must be 3 offense and 3 defense in each half of field to maximize “touches” for each player (25 yd line is “off-sides” line)
6. For Safety: Girls can’t raise stick above shoulder on front **OR** back swing
7. No standings – “Round Robin” format
8. If official does not show for some unforeseen reason, coaches can referee and game becomes an unofficial scrimmage.

GOALIES: All games must be played with a fully equipped goalie.
The goalie **must wear** helmet, throat guard, mouth guard,
chest guard, leg guard, hand guards and foot guards.



Injuries

In case of an injury, all coaches are **required** to bring a small cooler with baggies for ice, and first aid bandages.

Schedule

All games should be played as scheduled. Any changes must be worked out between Team Coordinators. All changes must be submitted by the Friday before the scheduled game to insure cancellation of the Officials. If proper notification has not submitted the team will incur the forfeit fee.

Rain

In case of rain, I will post cancellations on our website – www.eteamz.com/lifha.
Cancellations will be posted by **8:30 am day of game**.

Rosters

Additions can be made to the roster at any time by submitting registration paperwork. Once we have received all necessary papers, a pinnie will be supplied.

Officials

All games are officiated by Nassau/Suffolk County Certified Officials. If for some reason the official does not show, please notify Donna Dailey (516-459-7409), and continue the game as a scrimmage.

LIFHA's philosophy is to have your daughter experience the terrific game of field hockey in a POSITIVE and FUN setting.