

# CHESHIRE LAXFEST 2017

## RULES

U10 PLAYING FROM 1:00 – 5:00 AT CHESHIRE HIGH SCHOOL

THE FORMAT IS 7v7, SHORT FIELD  
EACH TEAM WILL GET (3) 30 MINUTE GAMES  
EACH TEAM WILL CONSIST OF 7 PLAYERS ON THE FIELD AT ONE TIME  
FACE OFF AFTER EVERY GOAL  
WINGS CAN COME IN ON THE FACE BUT ALL OTHER PLAYERS HOLD AT  
GLE UNTIL POSSESSION IS CALLED  
SUB AT WHISTLE  
NO OFFSIDE  
NO OVER AND BACK  
NO TIME SERVING PENALTIES, PLAYER COMES OFF FIELD AND A  
REPLACEMENT PLAYER GOES IN  
NO FAST BREAKS  
POKE AND LIFT CHECKS ONLY  
ZERO BODY CHECKS  
NO TIMEOUTS

U12/U14 PLAYING FROM 8:00 – 5:00 AT BARTLEM PARK

CONNY RULES FOR THE MOST PART  
NO ONE HANDED CHECKS  
NO CLEARING COUNTS ONLY GOALIE COUNTS  
ALL SUBS ON THE FLY  
COACHES KEEP PENALTY TIME :30 AND 1:00 – HONOR SYSTEM!  
(6) OR MORE GOAL DIFFERENTIAL – NO FACE OFF – FREE CLEAR AT MID  
LINE

THE GOAL IS TO KEEP IT FUN, KEEP IT MOVING, AND KEEP IT  
SAFE!