

Attack (3 per team)

The attackman's responsibility is to:

- Stay on their OFFENSIVE half of the field
- Score goals and assist goals by passing the ball
- Demonstrate excellent stick work with both hands and have quick feet

Midfield (3 per team)

The midfielder's responsibility is to:

- Cover the ENTIRE FIELD playing offense and defense
- Clear the ball from defense to offense
- Demonstrate great stick work (throwing, catching, ground balls)
- Possess speed and stamina

Defense (3 per team)

The defenseman's responsibility is to:

- Stay on their DEFENSIVE half of the field
- Defend the goal (get to the HOLE)
- Be agile, aggressive and possess great stick work
- Read any attackman's play and react quickly in game situations

Goalie (1 per team)

The goalie's responsibility is to:

- Protect the goal and prevent the opposing team from scoring
- Lead the defense by directing defensemen to react
- Possess excellent hand-eye coordination and a strong voice

