



## 7v7 Game Rules 11.5.20

### GENERAL SET UP RULES

- Games will be played on field A & B- which will be lined as a 50 yard field with a 25 yard “restraining line”.
- Both ends of the field will have normal sized creases, 8 meters and 12 meter arcs
- 7 v 7 plus a GK (or 7 field players & a rejector) - 5 v 5 in the settled attacking end. (2 behind the “restraining line”)
- Two 30-minute halves with a five-minute half time (running clock) (or whatever central clock the event is using for halves)
- Clock will be on the tournament central horn unless otherwise specified.
- NO CHECKING
- One pass required before attempting to attack the cage
- Rosters should not exceed 15 players per team. Players must compete in designated grad year. No player shall compete in a division whose oldest designated grad year is younger than their own.
- Players shall not double roster unless it has been approved by the tournament director and accepted by coaches of both home and away team.

### DRAW SET UP

*(Due to social distancing protocols, NXT is implementing the following draw policies)*

- If both coaches and officials agree to conduct traditional draws prior to the game, then draws may occur.
- If not, there will be a coin toss to determine possession to start the game with a free possession at midfield for the team awarded possession. Second half possession will be awarded to the other team
- After each goal scored ball will return to center for the draw set up-this will allow teams time to reset and sub players. Jr. official will look to the sideline to alert lead official of imminent substitutions.
- If coaches and officials have decided that there would not be traditional draws then possession will be awarded to the team that had been scored on and play will be started with an Indirect possession from the midfield. (one pass must occur).

### IN GAME RULES

- If attacker intercepts or causes turnover from opposing goalie after save, the player must have one pass before attacking the cage again
- Self-starts are permitted. Self-starts are permitted during the final two minutes due to the continuous central clock. Officials help to communicate to the offending player to make an attempt to get 4m away.
- Free movement is permitted
- Kicking the ball is permitted
- Incidental cover is permitted as long as no attempt is being made to gain possession by opposing team.
- If a yellow card is issued by an official, then the player does serve the 2 minute penalty and the team plays down a player.
- Shooting space- is called right away when safety is at the forefront. However when there is no intent to shoot from the opponent, but the defender is still in shooting space, the Jr official will communicate to the player in shooting space “warning her” to get out of the lane.
- 3 Seconds- Jr. official will communicate to the player in 3 seconds “warning her” to get out of the 8. Once players make no intent to move and they aren't attempting to clear the 8M, 3 seconds is called.

### SCORING RULES

- **When a rejector is used in place of the GK, the following must happen in order for the goal to count.**
  - Shots may not bounce off the rejector and into the goal. ie: a ball hits right at the rejector, drops and rolls in (essentially hitting a goalie and going in)
    - intent is to teach the youth player to PLACE their shot. **NO GOAL**
  - Shots may not be rolled BENEATH the rejector with the intent to simply BYPASS the rejector.
    - intent is to teach the youth player to PLACE their shot **NO GOAL**
    - Shot may bounce into the goal as long as it does not make contact with the rejector. But if it ball maintains continuous contact with the ground (rolling with sight bounces) the goal will not count.