

Junior B Six A Side

RULES

- Player Numbers – This is a six a-side game with no goalkeepers or kicking backs and unlimited substitutes.
- All players must bring their own equipment including sticks, shin-pads, and mouthguards.
- No Hitting, either on the reverse or open stick is allowed during the game, this includes ‘slapping’ the ball. Players sticks should remain below knee height throughout the game time.
- The ball must always remain in contact with the field and should not be lifted while passing, dribbling or shooting.
- In the case of any restart being awarded, all players must be at least 3 metres away from the ball carrier.
- Restart – (equivalent of a ‘16’ hit) – If the ball has travelled over the baseline regardless of the last team to touch the ball then play restarts with the opposition in possession from the top of the ‘D’
- Restart – (equivalent of a long corner) – If the ball has travelled over the baseline and was intentionally last hit by the defending team then play restarts with the opposition in possession 3 metres from the ‘D’ in line with where the ball went out of play. The ball must then travel 3 metres before a shot can be taken.
- Penalty Goals will be awarded instead of Strokes being taken.
- Penalty corners will be replaced by free hits.
- Goals may only be scored from within the attacking ‘D’. The ball must pass over the sideline inside the goal to score a goal and cannot be lifted over the sticks of defending players.
- The ball should not be passed forcibly through defending players within 3 metres, instead the ball should be played around players directly lined up in front of the ball player and showing a flat stick.
- There should only be 3 points of contact at any one stage for a defending player with the floor (eg. 2 feet and stick hand).
- At no stage should a player play the ball while on their knees or having a knee in contact with the floor.