

All Girls Divisions

- 25 Minute, Running Time Games
 - One Timeout per Game
 - Midfield is the restraining line
 - 15 second restart after goals
 - Faceoffs after each goal the entire game
 - All Teams must attempt one pass after midfield
 - Players will sit for 2 minutes for yellow and red cards, red carded players cannot re-enter the game.
 - Players must be in the appropriate grades for their group for this school year (2020-2021).
 - Overtime games will start immediately, first goal wins
 - All teams must have an adult coach to act as team representative.
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3/4th Grade Girls Division Specific Rules

- 10v10
 - No Checking
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5/6th Grade Girls Division Specific Rules

- 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)
 - No Checking
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7/8th Grade Girls Division Specific Rules

- NY State Modified rules
 - 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)
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JV and Varsity Girls Division Specific Rules

- NY State Varsity rules
- 3 attack, 3 midfielders, 3 defenders, and a goalie (10v10)