

The U11 Potomac Division

- 8 on 8 format (2 attack / 3 midfield / 2 defense / 1 goalie)
- Shortened field – goals are moved to restraining lines and end lines are moved to goalie crease line extended and marked with cones on fields that cannot be lined to this size. Creases must be visible whether painted or using portable creases and should be regulation size.
- Regulation 6' goals
- 8-minute stop time quarters
- 1 official
- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Players use regulation sticks and stick lengths (40-42" for offensive players / defensive players may use 52-72" long poles)
- Games begin with team lineup at center of field and end with the team handshake.
- Faceoffs after goals and to begin quarters unless one team is leading the other by 5 goals or more. Then the ball is awarded to the trailing team. IN A PENALTY SITUATION, the 5-goal rule does not apply and the ball is awarded as if there was no 5-goal rule.
- Offsides and time serving penalties are called.
- No one-handed stick checks. One-handed checks are personal fouls.
- No pass required
- Waive rule requiring 20 seconds to clear over midfield and 10 seconds to enter offensive box.
- Defensive players can run through the crease but cannot jump in the crease with the intent to block a shot.
- Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)
- Standings are maintained by the league and used for end-of-year tournament seeding.
- U11 Potomac teams play for a League Championship.