

## Competition Format

All teams will play each other once through a round robin format. The team with the most points will go through to represent John Spence in the next round on a future date.

## Squads

Teams on the day will consist of 10 players, with 7 playing at any one time. A minimum of three boys and three girls must be on the field of play at any one time.

## Rules

- Goal keepers are optional, but will be used in the North Tyneside Final
- The game will be played on a mini hockey sized pitch (7-a-side ½ pitch)
- Players cannot deliberately use their feet to strike/stop the ball
- Players must not raise their stick above shoulder height and only the flat side of the stick may be used
- When attempting to make a tackle, players must approach the ball carrier from the front
- Corners & sideline hits are awarded/ played as they are in football
- Players can only score by shooting from inside the marked areas – cones will be used to identify area, if semi-circles are not marked
- Any play deemed dangerous by the umpire will be stopped immediately

## Equipment

Each school must bring sticks, balls, bibs and a first aid kit.

## Scoring

5 points - win  
3 points - draw  
1 point - loss

In the event of a tie at the end, teams will be split on the basis of goal difference followed by goals for and if still equal the result of the game between the teams involved in the tie. If the teams are still tied then a 5 minute golden goal match will be played to determine the winner.