



INTRASQUAD 5V5 RULES

YOUTH DIVISIONS

2033, 2034

- 5v5 format (4 field players, 1 goalkeeper)
- Rock, paper, scissor will be played to determine the first possession; if there are offsetting fouls, alternate possession will be awarded to the team that lost rock, paper, scissor
- 1 pass must be made before the attacking team can shoot.
- No checking
 - All major and minor fouls are to be assessed as a minor foul; no 8-meters will be taken; all fouls require a pass to be made before shooting.
 - If a yellow card is issued, the team must play man-down for 1 minute.
- Goalkeeper clears:
 - All clears (both after a goal or on a goalkeeper save) are free
- Players must clear the ball to the designated cone on any change of possession; a caused turnover is NOT a free clear.

2031-2032

- 6v6 format (5 field players, 1 goalkeeper)
- Rock, paper, scissor will be played to determine the first possession; if there are offsetting fouls, alternate possession will be awarded to the team that lost rock, paper, scissor.
- 1 pass must be made before the attacking team can shoot.
- Modified checking
 - All major and minor fouls are to be assessed as a minor foul; no 8-meters will be taken; all fouls require a pass to be made before shooting.
 - If a yellow card is issued, the team must play man-down for 1 minute.
- Goalkeeper clears:
 - Goalkeeper clears are free if there is a goal scored.
 - Goalkeeper clears are NOT free and can be defended on a goalkeeper save.
- Players must clear the ball to the designated cone on any change of possession; a caused turnover is NOT a free clear.
 - If a player intercepts a goalkeeper pass, she must clear the ball to the designated cone and make a pass before she can go to goal.

2029-2030

- 6v6 format (5 field players, 1 goalkeeper)
- Rock, paper, scissor will be played to determine the first possession; if there are offsetting fouls, alternate possession will be awarded to the team that lost rock, paper, scissor.
- 1 pass must be made before the attacking team can shoot.
- Full checking
 - All major and minor fouls are to be assessed as a minor foul; no 8-meters will be taken; all fouls require a pass to be made before shooting.
 - If a yellow card is issued, the team must play man-down for 1 minute.
- Goalkeeper clears:
 - Goalkeeper clears are free if there is a goal scored.
 - Goalkeeper clears are NOT free and can be defended on a goalkeeper save.
- Players must clear the ball to the designated cone on any change of possession; a caused turnover is NOT a free clear.
 - If a player intercepts a goalkeeper pass, she must clear the ball to the designated cone and make a pass before she can go to goal.

HIGH SCHOOL DIVISION

2025-2028

- 5v5 format (4 field players, 1 goalkeeper)
- Rock, paper, scissor will be played to determine the first possession; if there are offsetting fouls, alternate possession will be awarded to the team that lost rock, paper, scissor
- 1 pass must be made before the attacking team can shoot.
- Full checking
 - All major and minor fouls are to be assessed as a minor foul; no 8-meters will be taken; all fouls require a pass to be made before shooting.
 - If a yellow card is issued, the team must play man-down for 1 minute.
- Goalkeeper clears:
 - Goalkeeper clears are free if there is a goal scored.
 - Goalkeeper clears are NOT free and can be defended on a goalkeeper save.
- Players must clear the ball to the designated cone on any change of possession; a caused turnover is NOT a
- free clear.
 - If a player intercepts a goalkeeper pass, she must clear the ball to the designated cone and make a pass before she can go to goal.

NOTE REGARDING PLAYOFFS:

Pool play games can end in a tie. During playoffs, any game that ends in a tie during regulation must be played to a winner via a 1v1 Braveheart. Substitutions cannot be made during the Braveheart. Players are only permitted to take ONE Braveheart for the duration of playoffs.