

2019/2020 Rule adjustments

Under 13's and under 15's

The ball may be lifted (flicked, scooped) at goal at any height on a penalty corner, or general court play in the goal circle for a shot at goal.

However the criteria is danger. All dangerous balls will be penalized.

Under 11's

The ball may be lifted to waist high for a shot at goal on a penalty corner, or general court play in the goal circle for a shot on goal.

However the criteria is danger. All dangerous balls will be penalized.

Under 7's and under 9's

The rule remains the same - that is the ball must remain flat on ground not raised.