

# **Guilderland Round Robin**

## **Directions to DiCaprio Park:**

Take NYS Thruway (Route I-90) east to Exit 25, Route 890. Take the very first exit (Exit 9) to Curry Road west (Route 7). Turn left at the first light onto Route 146 (Carmen Road). Follow Route 146 for 0.75 miles to the first light after you cross the highway. Turn left onto East Lydius. The field entrance is 2 miles down on the right.

## **General Format:**

Each game will be 25 minute running clock with no half time. There will be 5 minutes between games to assemble at the next field. (More time allotted if needed). The horn will blow at the beginning and end of each game.

## **3-4 Format:**

- 7v7 format on smaller field
- No score keeping
- Off sides – attack and defense cannot cross the mid field line unless a mid fielder stays back for them.
- 3 pass attempts while retaining possession.
- No checking
- No cover – players cannot cover or rack the ball with their stick.
- Shooting space - Defender must be within a stick length of the offensive player when inside the 8m arc in front of the goal. Girls should avoid being in front of the goal on a shot to be safe.
- Coaches on field to assist and referee

## **5-6 Format:**

- 12 v12 format on full field
- Off sides – attack and defense cannot cross the mid field line unless a mid fielder stays back for them.
- No coaches on the playing field.
- 3 pass rule – team must complete three passes (without losing possession of the ball) before shooting on the goal.
- No checking
- No cover – players cannot cover or rack the ball with their stick.
- Shooting space - Defender must be within a stick length of the offensive player when inside the 8m arc in front of the goal. Girls should avoid being in front of the goal on a shot to be safe.
- Guilderland JV players will referee.

## **Information:**

Water and Gatorade will be available for purchase (\$1 for Water, \$2 Gatorade)  
Hannaford will be providing baked goods FREE to anyone who would like them.