



WI FH 7v7

Hosted by LIFT Field Hockey

Saturday, August 14th, 2021

9:00am - 1:00pm

at Concordia University

Rules & Regulations

- All coaches must complete 1 Team Registration per team prior to start of play. (If multiple teams per school, multiple Team Registration Forms must be received. Available at liftfh.org/7v7)
- All players must be listed on Team Registration and each individual player must turn in signed waiver prior to start of play. (Available at liftfh.org/7v7)
- All players will be eligible 9th-12th grade players.
- Mouthguard, shinguards, eyewear, and complete goalkeeper kit are mandatory.
- Fields will be 60 yards x 40 yards. Field One is closest to main stadium entrance.
- Play includes six field players and a goalkeeper.
 - Three players and a goalie on a defensive penalty corner.
- Substitutions will be rolling at the half-field line. Player must sub off before her sub enters.
- Goalkeepers may play on more than one team.
- In case of injury, players may play on more than one team.
- There will be a certified Athletic Trainer on site for the WI FH 7v7. All teams should have their own injury ice as needed.
- All games will start and end at the same time with a central clock.
- Teams listed first in schedule will line up facing the baseball field, provide the game ball, and start with the ball.
- Teams are responsible for pinnies should color conflicts arise.
- Teams are able to set up tents, coolers, and snacks inside the fenced in turf area where not interfering with fields. Teams are responsible for thoroughly cleaning up their own area before leaving the grounds.
- No scores will be kept as this is a playday for practice and fun for both teams and officials.

Have fun!