Rules

- A game begins with a jump ball at center court.

- 6 players on a team. 1 goalie, 2 defensive players, and 3 forwards. Must stay on your half of the court.

- There is no traveling while holding the ball, only a pivot. No running or dribbling. (turnover)

- The ball can only be held for 3 seconds, otherwise turnover.

- After a goal is scored, the ball is put in play by the goalie passing it out to defender. If the goalie makes a save, they may pass the ball to the forwards. (turnover)

- Players cannot score goals from the defensive position.
Safety

• Sit on the bench when not playing. Pay attention and do not interfere with the players.

Violations

• No player can enter the goal area except the goalie. (1 min. out of the game)
• A player cannot intentionally throw the ball at another player in a malicious manner. (1 min. out of the game)
• Players cannot block the opponent with their arms, hands, or legs – no contact. (1 min. out of the game)
• Players may only hold the ball for a maximum of 3 seconds. (turnover)
• Falling or diving on the floor for the ball, except the goalie. (1 min. out of the game)
• Off sides (1 min. out of the game)
• All penalties are releasable (when the other team scores, the penalized player may reenter the game).
Strategy

Offensive
• Maintain possession of the ball by making good passes
• Move to an open space – fill a lane
• Do not have all your players going for the ball at the same time
• Triangle offense
• Attack the net
• Take as many shots as possible
• Vary your shots - don’t be predictable
• Give and go

Passes:
Bounce
Close
Hand-off
Hook
Chest
Shovel
Overhead
Ground
Jump
Baseball
Side Arm

Defensive
• Zone defense or man to man
• Goalies square to shooters and cut down the angle when defending your net
• Play your position / area
• Know where the ball and players are at all times
• Press – deny the pass from the goalie
• Hands up – defend the passing lanes