

Bantam (K-2) & Lightning (3/4 Grade) RULES

LINEUP - Entire Team

TIME - 4 quarters of 12 minute running time (stop clock at time outs and injuries)

2 time outs per half

2 minutes between quarters

10 Minute Half Time

OVERTIME - No overtime

CLEARING - No clearing time limits

PENTALITIES

No Penalties for Bantam, just a substitution is required.

1.5 time for penalties (e.g. 30 second penalty = 45 time served in box)

Time does not start until player is in box and ref blows whistle

EJECTION - 4 minute total penalty time (personal penalty time only)

BLOWOUT RULE

At a 5 goal advantage the losing team is awarded the ball at midfield after a goal.

At a 10 goal advantage, the team ahead must move the ball behind the goal before shooting.

STICK LENGTH – NO LONG POLES, crosse should be (37” – 42”)

ILLEGAL BODY CHECKS – KEEP IT SAFE

No body checks.

GUIDELINE: No collisions are allowed

GUIDELINE: Equal pressure is allowed.

GUIDELINE: Players are allowed to 'move' players off the ball, away from the goal or out of bounds.

GUIDELINE: Picks allowed

ILLEGAL STICK CHECKS

Any hit to the head (intentional or not)

Any out of control check (if it makes contact or not)

Any one handed checks

Two hands at the bottom of the stick

GUIDELINE ONLY: greater than 90 degree arc is a slash