

MODIFIED RULES FOR ELVES, CASPERS AND MIXED LOLLIES



Ball: Size 4

Match Duration: 4 x 10 minute quarters

Players should experience all positions over the course of the program/season

Time to Pass the Ball: Five seconds

Centre Pass: The initial centre pass will be taken by the team who won the toss and all other centre passes shall be taken by the team that did not score the last goal.

Goal End: Teams switch ends at half time only

Stepping: Shuffling on the spot to regain balance is allowed providing participants don't move down the court.

Defending: "One-on-one" defence. Players may defend a shot at goal.

Obstruction: A player must defend from a distance no less than 1.2m (4 ft).

Substitutions: The game time should be evenly distributed amongst all players. A team may make unlimited substitutions at intervals or at any time during play.

Sanctions: Players are NEVER put out of play

I WILL AMAZE MYSELF !