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| 2023 Playing Format | ¼ Field | ½ Field | ½ Field | Full Field |
| Age | **Junior League 1** | **Junior League 2** | **U11** | **Girls Div 2** **Yr 5&6**  |  **Div 1****Yr 7&8** | **Boys U13** | **Boys U16** |
| Players | 4-6 a side | 6-8 a side | 8 a side | 11 a side | 11 a side | 11 a side | 11 a side |
| Goalkeeper | Not Required | Not required | Not required | Optional | Optional | Optional | Optional |
| Game Time | 60 minsSkills & game | 60-80 mins Skills and game | 3 x 15mins | 2 x 25 min | 2 x 25 min | 2x25 | 4x15 min, 2 min break at ¼ time, 5 min break at ½ time |
| Short Corners | Not Required | Not required | 4 attackers v 3 defenders**Legends Field – Blue Goal Circle used** | 5 defenders | 5 defenders | 5 defenders | 5 defenders |
| Umpires | Coaches | Coaches+ Learner umpires | Div 3 & U11’s Appointed(Learnerumpire) | Appointed | Appointed | Appointed | Appointed |
| Goals | Pop up | Pop up | Full Goals | Full Goals | Full Goals | Full Goals | Full Goals |
| Ball Type | Joey | Joey | Joey | Standard match ball | Standard match ball | Standard match ball | Standard match ball |
| Hitting/ Slapping | Pushing & SlappingNo high balls | Pushing, Slapping & HittingNo high balls | Pushing, Slapping & HittingNo balls above shin pad height**(no Tomahawk)**  | Pushing, Slapping & Hitting **(no Tomahawk)** | Pushing, Slapping & Hitting **(no Tomahawk)** | Pushing, Slapping & Hitting **(no Tomahawk)** | Senior HA Rules |
| COACHES | On field | On field | On sideline | On sideline | In dugout | In dugout | In dugout |

\*Short Corners for U11 – Ball to be received outside of circle; at least ONE pass before shot at goal (minimum pass length of 1 metre). Deflections do not constitute a pass. Players not involved in the short corner (both teams) need to go back to the top of the opposite goal circle (blue line).

\*\*NO Tomahawks for U11’s; U13’s; Div 1,2. Reverse stick slap ALLOWED. Stick has to remain parallel to the ground & not be above the knee. Ball height

MUST be below the knee (shin height). If ball or stick is raised above shin height it will be classed as a Tomahawk.