

2016 POGO League Rules/Format

League Games Format:

- Game Time: Games will start PROMPTLY at the scheduled time. Each team is responsible for arriving on time with appropriate numbers each week.
- Six Aside: Games are played 6v6 (5 field players and 1 GK). Goalkeepers are recommended. Sharing of GKs is acceptable.
- Rules: Hockey 5s - Exception, No hitting and 5 field players.
- Penalty Corners: No penalty corners will be played. A free-hit outside the circle defense will be awarded for an infraction within the circle, 5 meters from circle's edge.
- Self-start will be played in all games, (on a free hit, it is the option of the team with the ball to either pass in from the free hit or take the ball dribbling by self starting). The ball must be stopped and placed in the vicinity of where the foul occurred.
- Duration of Match: 3 x 11 minute periods, 1-minute break, No overtime.
- Championship Points: Win=3, Tie=1, Loss=0, Head to Head wins tiebreaker, Goals Against, Goals Diff, if needed.
- Championship Week: Playoff for POGO League Title. Schedule TBA

Manager/Coach/Player Information:

- Each team bring pinnies or alternate shirt color (light & dark)
- First team listed must provide game ball
- Report scores to official on each court immediately following each game
- Equipment: Stick, mouth guard and shin guards are mandatory
- Court Shoes: No black soles, cleats or turfs