



RULES:

1. goals are all 2m wide and 4-5m from the sideline
2. teams can score on either of two goals, but must shoot from within the shooting zone only
3. play 3v3 usually, with subs for both teams brought on after every goal
4. field can be expanded to accommodate 5v5
5. game is usually comprised of 2 or 3 ten minute periods
6. balls kicked out can be brought back in by opposing team with either a kick or a dribble