

INTERMEDIATE/JUNIOR (17 - 21) RULES

OPTION L

No Modifications

OPTION A

Contact

- a) Defensive players may *place* their stick on the ball-carrier and *push* them away.
- b) Place and Push is only allowed on non-ball-carriers within the offensive zone.
- c) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.