

**COWICHAN
SPORTSPLEX**

ALL SPORTS TOURNAMENT

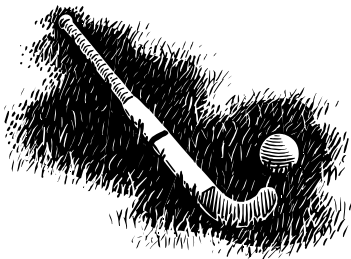
**Saturday June 21, 2008
9:00am-5:00pm**

ALL SPORTS! ALL FUN! ALL DAY!

FIELD HOCKEY

STAPLES CUP

Ages 16+



TOURNAMENT



**This event is proudly sponsored by
Country Grocer at Beverly Corners**

\$20 per player

Space is limited register now!

Deadline to register is June 13, 2008

**Rules will be the same as those of Cowichan
Field Hockey**

- 11 players per team on the field at once
- Two 20 minute halves, with 5 minutes for half time
- There will be a coin toss at the beginning of the game to determine which team gets first possession
- All goals must be scored from inside the "D"
- The ball can only be played with the flat side of the stick
- No player except the goalkeeper can touch the ball with any part of their bodies during play
(NO KICKING THE BALL)
- Please bring your own equipment including:
-stick, mouthguard, clean runners/turf shoes, & shinguards

For more information contact us at:

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