

Pacific Coast Field Lacrosse League U7 Rules and Policies

This is a clarification for some of the rules and policies that were not written in the Pacific Coast Field Lacrosse League Operating Policy.

- Each team has a nominated head coach and may have up to 3 assistants in the coaches walk
- All parents and fans must be on the opposite side of the field from the players benches
- The head coach and referees must sign the scoresheet
- No scores to be kept on the scoreboard, only on the scoresheet.
- No penalty time is served
- Before the start of the game, referees will line up all players at mid-field with their left shoulders facing the goal they are defending
- Only one time-out may be called per team, per half
- There will be a face-off after every goal
- Teams change ends after each half of the game
- No goal is awarded if the ball hits the net drop-down
- If the ball hits the net drop-down...the defensive team is awarded the ball half the distance to the boundary line from the goal
- Coaches are expected to remain only in the coaches walk
- Players are expected to “go through the gate” as much as possible
- Players are expected to “try” and keep on-side as much as possible
- No body checking - stick on stick only
- Steering is allowed only on the ball carrier after the ball carrier has made contact
- Referee will explain any infractions to the players
- If the infraction is serious or repetitive, that player should be sent off and the head coach should reinforce the dangerous play to the player