



PACIFIC COAST FIELD LACROSSE LEAGUE

U7 RULES AND POLICIES

- All parents and fans must be on the opposite side of the field from the players benches
- Each team has a head coach and may have up to 3 assistants in the coaches walk
- The head coach and referees must sign the scoresheet
- 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 scores to be kept on the scoreboard, only on the scoresheet
 - This division does not record scores, and it is very important that each child play and be a part of the game

There is to be **NO CONTACT** at U7

- No hitting is allowed
- If the ball carrier initiates contact, the defenders can steer (push) the ball carrier with their stick in the cross-checking position (hands together, not apart)
- The defender can place themselves in such a position that the ball carrier must either go around her or through her. Once the ball carrier has made the contact, then the defender can push/steer the ball carrier away from the goal, **in a non-aggressive way**
- Stick checking (clamping) is allowed, but the defenders stick must be under control and target the ball carrier’s basket or shaft only
- **No wild stick swinging.** If contact is made with the ball carriers body and not the stick, this will be deemed as contact and the play will be blown

U7 Special Scoring Policy

- No scores to be kept on the scoreboard, only on the scoresheet
 - This division does not record scores, and it is very important that each child play and be a part of the game
- There will be a face-off after every goal except:
 - When a game has a difference of five (5) goals or greater - when the losing team has been scored on, they will start with possession at centre instead of having a face-off
 - Normal face-off procedure will resume if the difference in goals becomes less than five (5)
 - The scorekeeper shall inform the referees and both coaches when the differential is five or greater and if / when the differential is less than five
- Once any player has scored four (4) goals, the scorekeeper will notify both coaches and both officials
 - Further goals from that player will not be registered and will be considered a “no goal”. **Play will resume as the goalie’s ball**

Playing Format

- 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
- Each team will consist of 1 goalie, 2 defenders, 3 midfielders and 2 attackers
- The goalie can be dressed in field or box goalie equipment, dependent on the parent and/or the coach
- If one team does not have enough players, they can 'borrow' from their opponents
- Regular field lacrosse balls are used
- A shorter version of long poles is to be introduced at this level
 - They shall be a maximum of 48" (122 cm) in length
 - Maximum of 2 long poles per team on the field
- No stick checks will be permitted in regular season play and in Jamborees
- The game will consist of two 20 minute halves, with 5 minutes at the half, a total of 45 minutes
 - A one hour block would give more than adequate time to play the game and get the youngsters on and off the field safely
- One or two referees can officiate the game. If only one referee is present, one official can referee the game provided:
 - Both coaches agree to one referee; and
 - Both game fees will be paid to the referee
- Only one time-out may be called per team, per half
- 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's drop-down the defensive team is awarded the ball half the distance to the boundary line from the goal
- No penalty time is served (except on rare occasions - see Conduct)
 - The 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

Field Format

- The playing field will be one third the size of a regular sized field with the teams playing side to side
- Dimensions are such that:
 - the playing field is 35 yards wide and 60 yards deep;
 - the end line is 10 yards back from the goal line;
 - the restraining lines are 10 yards from the goal line towards centre;
 - the wing lines are 5 yards from the sidelines;
 - the centre "X" is scaled in appropriately;
 - the goal crease has a 6' radius;
 - lines and crease will be marked out using flat cones and/or tape
- Drop downs will be added to the field nets
- For fields that will be playing two games at once, the timers and players benches and coaches' areas will be orientated in the middle of the field

Conduct

- Parents, Coaches, and Players are expected to respect all players and good plays by both teams
- Referees for U7 are learning the game similarly to players and deserve the latitude to make mistakes and grow in their role
- Foul language, spitting, hitting and other unsportsmanlike behaviour is not allowed
- The referee will award a penalty and will note the game sheet with the infraction, which could result in the perpetrator coming before the Commissioner for a discipline review.