



PACIFIC COAST FIELD LACROSSE LEAGUE

U9 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
- Each team will consist of 1 goalie, 2 defenders, 3 midfielders and 2 attackers
- The playing field is slightly modified from the regular-sized field:
 - bring end lines in 9 metres (10 yards) each end
 - lined with 12 cones
 - bring nets in 9 metres (10 yards) - use portable creases or back from existing men's restraining lines
 - face off restraining lines are 4.5 metres (5 yards) from center, 9 metres (10 yards) restraining area - lined with 6-12 cones
 - wing and side lines stay the same
- Drop downs will be added to the field nets
- When the ball hits the drop down, the play is blown dead
 - Dead ball is awarded to the defensive team 20 yards from the goal
 - No goal is scored if the ball hits the drop down and then enters the goal
- 4 x 12 minute quarters
 - 2 minutes between 1st and 2nd Quarters
 - 2 minutes between 3rd and 4th Quarters
 - 5 minutes at half time
- Stick lengths 34" to 42" and regular length long poles
- All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players should get equal playing time
 - This division does not record scores, and it is very important that each child play and be a part of the game
- No player may play the attack or defense position for more than half the game
- When a game has a difference of five (5) goals or greater, the losing team will be awarded the ball at center
 - In this circumstance, all players are released from wing and restraining lines when the losing team takes possession at center
 - All players must be five (5) yards away from the ball carrier and on their side of the field
 - If the losing team scores and the five (5) goal spread is still in effect then a face off ensues, the losing team does not get the ball at center
 - If gap is reduced to less than five (5) goals, go back to face-offs
 - Every quarter shall begin with a face off. The exception is **Rule 34** for Man Up Situation

- 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.
- Contact limited to ball carrier only.... No big hits with possible penalty enforcement where deemed excessive (see page 3)

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or less players the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head referee, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e. 8 on 8 or 10 on 10). If both head coaches agree to a 10 on 10 player game the referees will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The referees will indicate on the game sheet, under the “Game Report” header “10 on 10 Player Game”, this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U9 field dimensions. Coaches cannot mutually decide to change the field size.
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

Note: The PCFLL reserves the right to change these rules at any time if safety or fair game play are deemed an issue. This is a new age division and there will be a review of the rules and on field game play regularly to see if these rules fit the target age group.

PCFLL - U9 'Body Contact Rules'

The following document describes the amount of contact permitted at the U9 age group level. Note that body contact at the U9 level is only permitted on the "Ball Carrier" and players Off the Ball Carrier within 9' of the ball. Any body contact within this zone shall be reasonable with ball retrieval for themselves or a teammate being the primary intention, any contact deemed excessive (i.e., trying to lay a player out or deliberately injure) will be subject to a penalty. All contact outside the 9' distance should be "incidental" in nature. The following actions will be considered excessive and subject to an "Unnecessary Roughness" penalty:

- A player is not permitted to take a "long run" at the ball carrier or any other player within 9' of the ball (i.e., reasonable body contact is permitted within this zone).
- A player cannot "run" at a ball recovery "scrum" with the intent of "wiping it out".
- A player cannot deliberately hit another player with excessive force or intent to injure. Players and Coaches of Teams which display a repetitive pattern of excessive contact may be subject to a suspension by the PCFLL. A player who accumulates more than 3 Unnecessary Roughness penalties or deliberately injures another player during a game may be subject to immediate ejection from the game, the player may return to game play during the next scheduled game providing a game misconduct suspension has not been issued.

Please note that while contact is permitted it should be reasonable and with the intention of trying to obtain the ball or getting an opposing player off the ball, these rules are in place to protect the players from any excessive contact which may result in injury. Coaches should be reminded that for many of these players it will be their first exposure to body contact so in addition to instructing them on when and how to properly initiate body contact they should also instruct them on being prepared for body contact when they are within 9 feet of the ball. Coaches should ensure that the players are wearing full and approved protective lacrosse equipment, the use of Lacrosse Kidney Pads is strongly recommended.

As U9 is a new age group this season the contact rules shall be continually evaluated as the season progresses, feedback from Team Officials, Association Representatives, and Referees would be greatly appreciated. If at any time the league feels this level of contact is too high for this age group then a revised set of Contact Rules will be issued and come into effect immediately upon their issuance.

If a Coach feels that the defined level of contact per these rules is not being enforced on a consistent basis during a game they may bring these concerns to the attention of referees during the game. However any discussions with the referees should be done in a respectful manner and at a time when the referees are not otherwise focussed on game play. At no time should a coach or parent criticize the referees; as the referees at this level can be inexperienced and still learning the rules all interaction with them should be handled with that in mind. Coaches should let League Officials (U9 Commissioner, Head Referee Etc.) know if they believe that a referee may not be consistently interpreting the field lacrosse rules for the age division properly, in this manner it can be properly addressed by the appropriate personnel.