



Pacific Coast Field Lacrosse League

U8 Women Game Format and Policies

- All players are required to wear mouth guards and goggles. Goalies are required to wear mouth guards & helmets.
Goggles, helmets & mouthguards must be properly worn when on the field of play.
- Players & goalies may only use FIL approved crosses only
- All parents and fans must not be on the field

Game format summary and equipment:

- 4 players on the field
- No goalies
- Soft ball to be used
- Modified nets – attach 2 of the 1' x 6' vinyl banners with grommets to reduce the size of the nets

Rules Overview

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd half starts with the other team having the ball.
- No draw, players line up on their defensive end to start game.
- Coaches can be on the field to assist.
- No score is displayed, however score sheets are completed and submitted to the U8 commissioner.
- One pass rule.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e. no doubling)
- No player can score more than three (3) goals

At this level of play

- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off of the field.
- No cards are used for players, and the team does NOT play short.

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



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Length of game

20 minute skills session followed by a 5 min break to prepare teams time to organize.

2 – 12 minute running time halves, with a 2 minute halftime period. The length of the halves may be increased if players would like to play a longer game. Please ensure the skill and game portions do not extend past the hour of allocated field time.

Time Outs

There are no time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution, and shall be replaced by another player.

Overtime

Overtime shall not be played at this age group.

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