Age & Stage Appropriate Modifications

Implementation for the 2026 Calendar Year

U15 Division

- **Playing surface:** Full floor
- **Ball used:** LC regulation approved ball
- **Net size:** 4 foot x 4 foot
- **Number of players rostered:** 18 runners (maximum) and 2 goalkeepers (maximum)
- **Number of bench staff permitted:** A maximum of 4 coaches and 1 trainer
- **Style of play:** 5 on 5 with all players playing both sides of the floor (no offense / defense)
- **Period length:** 3 - 15 minute stop-time periods (clock stops for goals, penalties, and time-outs only)
- **Intermission length:** 2 minutes
- **Time-outs:** 1 - 45 second time-out per team per game
- **Shot clock:** Yes
- **Penalties:** As per the World Lacrosse rule book
- **Coincidental penalties:** As per the World Lacrosse rule book rule 7.2.6 & 7.2.7 (page 45)
- **Goalie penalties:** Player from the floor at the time of the infraction is to serve the penalty
- **Goalie equipment & measurements:** Aligned with LC guidelines (CAT code based on height)
- **Player's stick:** As per World Lacrosse rule book with the addition of wood sticks
- **Goalkeeper's stick:** May be of any desired length, but shall not be more than 15 inches (38.1 cm) wide (width measurement is to be the inside the frame measurement)
- **Goalkeeper helmet/face mask/throat guard:** Automatic whistle for a ball hitting the goalkeeper in the helmet/face mask/throat guard (if a ball goes directly in the net after hitting the helmet/face mask/throat guard, it is a good goal)
- **Face-offs:** As per World Lacrosse rule book
- **Crease dives:** Permitted
- **Crease play (Defending):** Defending player may pull the ball back into the crease (previously just the goalkeeper)
- **Crease play (Attacking):** Attacking player may pull the ball back out of the crease (cannot bat/swat the ball into the net … must possess the ball)
- **Offensive screens:** As per World Lacrosse rule book rule 8.2 (page 51)
- **Contact (off-ball):** Defending players apply equal pressure concept; once equal pressure is met defender can direct and re-establish defensive positioning (defender is not permitted to repeatedly cross-check, or slash, an attacker off-ball)
- **Contact (on-ball):** Legal checking permitted; all checks must be directed at the elbow
- **10 Second count:** While shorthanded, a team has 10 seconds to move the ball over the center line