



## CDLA 2023 LTAD U9 RULES AND REGULATIONS – Updated May 21, 2023

Full length of the floor	Time allotment: 60 minutes
Real lacrosse balls used in game	<b>3 x 15 run-time periods</b>
3x3 CLA approved nets	2-minute break in between periods
Shot clocks are not used	<b>Changing “on the fly” (no shifts)</b>
After goals, possession is awarded to the goalie who was just scored on	

### **No Time Served Penalties:** Referee’s are to still carry out the standard penalty procedure

- Player is advised on infraction committed
- Player is not to be sent to the penalty box to serve
- Possession awarded to the non-offending team
- Players who commit continuous or multiple rule violations in one shift may be sent to the bench for the remainder of that shift, with a substitution from the bench permitted

### **Fall Back Rule:**

- Applies anytime the goalie has the ball
- Awarded possession or a save is made
- Goalie **MUST** pass the ball in the air to a teammate outside the 24’ circle
- Rolling the ball to a teammate is not permitted

### Defensive players are required to retreat behind the restraining line

- If the arena has no restraining line, a different line shall be indicated to both coaches prior to the start of the game
- If a mistake is made, blow the whistle down and have the goalie re-do it
- All defensive players must “tag up” outside the “attacking zone” (outside the restraining/otherwise indicated line) before anyone can re-enter the zone
- If the defensive team fails to entirely retreat during dynamic play, blow the play down and award possession to the goalie
- Ensure all defensive players are on the other side of the restraining line before play is blown in again following a failure to clear the zone:

### **Contact:**

- Place and Push: Defensive players may place their stick on the ball carrier and push them away
- A defensive player may check an offensive player by placing their stick head on the opposing player’s stick head