



U7 Rules

Long Term Athletic Development Program

1. Have FUN!
2. Introduce skills
3. Learn basic rules
4. Fair Play
5. Physical activity
6. Play agility games

Coach Certification: Community Development (Comm. Dev.)

Parents: Praise efforts, not results; be positive, praise performance of both teams, do not yell instructions, volunteer!

Equipment: Full Equipment - CSA approved helmet and face mask, shoulder pads, arm pads, gloves, kidney protection, (*mouth guard-optional*), Athletic support cup (jock or jill), lacrosse stick. Soft lacrosse balls (or inter- lacrosse balls) will be used for the U7 program. Volleyball knee pads are optional.

Player Development: Introduce the basic skills of the game and provide an enjoyable learning experience which will allow children the ability to progress into future levels. Teaching basic lacrosse skills will be achieved through a variety of drills and games. Each child will be on the floor for a practice each week for approximately 12 weeks. U7 players are scheduled to play up to 6 games (in Festival format) over the season. The program will consist of the following:

Skills and Drills:

1. **Ball Pick Up** - *trap and scoop, scoop from a stationary position, scoop while running.*
2. **Cradling** - *stationary, walking, running*
3. **Loose Ball** - *Coach throws the ball into the corner of the arena, the players run to pick it up, one player at a time, and one-on-one*
4. **Throwing** - *coaches will teach the player how to throw the ball properly, over hand passes, simple passes and shooting.*
5. **Catching** – *simple passes, with emphasis on stopping the ball, trying to catch!*
6. **Shooting** – *stationery and game play shooting at the net*



U7 (Mini Tyke) Rules

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Game Format:

1. A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game, including **game number, date, start time, club, players and coaches names and signatures. No score is recorded or displayed.** Home team (as stated on the Game Schedule), will supply one score box worker for each game. And upon game completion will **scan and email the score sheet to admin@centralalbertalacrosse.com**
2. Games will be played with the soft pink/blue practice ball, **on half floor**, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, and a collapsible net may be used at U7. No Shot Clock is used.
3. The duration of the game shall be three 12-minute run time periods, change on the fly (no buzzer for player changes) with a 5 min warm up and 2-minute breaks between periods. Each period starts with a face off.
4. There will be no goaltenders.
5. Play starts with a face off then it is a possession change after each goal.
6. A defensive player may check an opponent by using equal pressure or placing their stick head on the opposing player's stick head. There is no body checking.
7. Any offensive player (including the ball carrier) who charges directly at a defensive player, will see play stopped, with the coach on the floor explaining the infraction to the offender and the opposing team being awarded the ball.
8. The modified (CALL) fall back rule will be used (see below).
9. One coach from each team shall be on the floor to instruct players and act as officials.

The CALL Modified U7 - U7 Fall Back Rule Explained: • Applies whenever a goal is scored.

• All opposing players must clear out to the neutral zone (half floor) before they can re-enter the offensive zone. • If the opposing team fails to clear all players to the neutral zone before reentering, the play will be stopped, and possession will be awarded to the **goalkeeper (player closest to net)** again. • The officials/coaches shall ensure that all opposing players are in the neutral zone before restarting play. • **Goalkeeper** shall be encouraged to pass the ball to a teammate OUTSIDE the 24' arc (as there are no lines; so within reason.)

(U7 Fall Back Modifications are made as there are no designated goalies, no 24' lines, nor lines for neutral zone. But the idea is to get the players used to clearing to the neutral zone once a goalie gains possession of the ball.)

Modified by:
. Feb 21, 2026