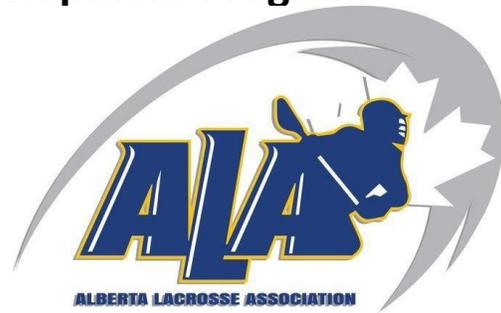


# U9 - LTAD Rules

## Long Term Athletic Development Program



### U9

- No Shot Clock (LC Rule)
- The stick shall measure no longer than 40" (101.6cm) and no shorter than 26" (66.04cm).
- The ball used shall be a standard lacrosse ball that conforms to CLA standards and approved by the CLA.
- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves, jock/jill strap, shoulder and arm pads, back/kidney pads.
- Soft knee pads are optional.
- The duration of the game shall be **three 12-minute straight time periods, Last 5 minutes of the third period stop time, with 2-minute intermissions.** Each period starts with a face off, as well as after each goal scored.
- Shift changes are done on the fly
- NO coaches on the floor
- **Coaches must have Community Development Trained Status**
- A score sheet (provided by the home team) must be completed prior to each game.
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board.
- A differential of more than 5 goals shall not be displayed, but still need to be recorded on the score sheet.
- Defensive players may place their stick on their opponent and push them away ("place and push").
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.

- There is to be NO BODY-CHECKING.
- No Crease dives in U9
- Loose ball in crease = live ball for both attackers and defenders. Attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease
- A defensive player may check an opponent by placing their stick head on the opposing player's stick head.
- Fall Back Rule applies.

#### The Fall Back Rule Explained:

- The "fall back" rule will apply to any scenario where the defending goaltender takes possession of the ball in their crease. In those situations, the attacking team must fall back behind the center line. The goaltender must pass out of the crease and, once the pass has been completed and is in possession of a goaltender's teammate, the now defending team may come into their attacking half.