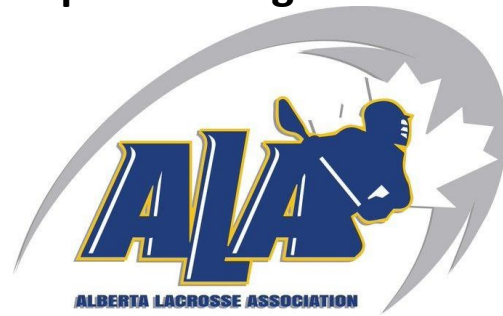


8U - LTAD Rules

Long Term Athletic Development Program



8U - (CLA Rule Book, Appendix E, Option L)

- No Shot Clock (ALA 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 15-minute straight time periods, with 3-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
- 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.

- 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:

- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession).
- All opposing players must clear out to the neutral zone (over the nearest restraint line) before they can re-enter the offensive zone.
- If the opposing team fails to clear all players to the neutral zone before re-entering, the play will be stopped, and possession will be awarded to the goalkeeper.
- The referee shall ensure that all opposing players are in the neutral zone before restarting play.
- All of the goalkeeper's teammates must clear out of their dotted line/24' arc.
- Goalkeeper must PASS the ball to a teammate OUTSIDE the 24' arc, in an overhand passing motion.
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, (i.e. does not leave the 24' before being retrieved) the referee shall blow the whistle to stop play and allow the goalkeeper to try again.