



U7 Greater Edmonton Lacrosse Council Season Guide – In accordance with the LDTA Rules

****U7 Season will practice with their home club and can arrange to have exhibition practices with other clubs throughout the season. U7 will participate in two GELC play-days (one in April, and one in May) as well as the GELC Jamboree on June 14-15, 2025. Please refer to the U7 and U9 T-Shirt Form on the Manager resource page to fill in your team sizes to receive a T-Shirt at the Jamboree****

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

Coach Certification: Community Development

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. Volleyball knee pads are optional.

Goal: Introduce the basic skills of the game and provide an enjoyable learning experience which will allow the 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, 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

Game Format for GELC Playdays and Jamboree

1. A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game. **No score is recorded or displayed.** There is no score sheet required for practice times.
2. Games will be played with the **standard lacrosse ball**, on half floor, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, collapsible net may be used at U7. No Shot Clock is used.
3. The duration of the game shall be three 15-minute straight time periods, buzzer every two minutes for shift change, with 3-minute intermissions. Each period starts with a face off.
4. Home team to provide person for time-keep to run the buzzer.
5. There will be no goaltenders.
6. Play starts with a face off then it is a possession change after each goal.
7. A defensive player may check an opponent by using equal pressure or placing their stick head on the opposing players stick head. There is no body checking.
8. Any offensive playing (including the ball carrier) who deliberately charges directly at a defensive player, may be asked to sit the rest of the shift and another player will take that player's place. Or the play is stopped, the coach on the floor explains the infraction to the offender and the opposing team is awarded the ball.
9. One coach from each team may be on the floor to instruct players and act as official



U9 Greater Edmonton Lacrosse Council Season Guide – In accordance with the LDTA Rules

****U9 Season will begin on April 12th, with 2-3 games being played over Saturday and Sunday. This is a developmental weekend for our new officials. Please ensure that all coaches, players and spectators are following the GELC and ALA Code of Conduct. Games will be played on Tuesdays/Thursdays for the remainder of the season. U9 will participate in the GELC Jamboree on June 14-15, 2025 Please refer to the U7 and U9 T-Shirt Form on the Manager resource page to fill in your team sizes to receive a T-Shirt at the Jamboree****

Coach Certification: Community Development

- 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 made 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 as 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 the goalkeeper’s teammates must clear out of their dotted line/24’ arc.
- The 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



U11 Greater Edmonton Lacrosse Council – Rules of Play

****U11 Season will begin on April 12th, with 2-3 games being played over Saturday and Sunday. This is a developmental weekend for our new officials. Please ensure that all coaches, players and spectators are following the GELC and ALA Code of Conduct. Games will be played on Tuesdays/Thursdays for the remainder of the season. ****

Coach Certification: Community Development

- Shot clock applies.
- Standard 4x4 Net
- Body contact as per CLA Rule Book.
- The duration of the game shall be three 15-minute run time periods, with 3-minute intermissions.
- Each period starts with a face off.
- 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 must still be recorded on the score sheet.
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed as a charging penalty.



Please refer to the Manager Handbook, and links found of the GELC Website – Manager Resources for additional information.