

U11 Women Game Format and Policies

2025-2026 WOMEN'S FIELD LACROSSE OFFICIAL PLAYING RULES VERSION 1.1 // JANUARY 2025

will be used for the 2025-2026 BCLA Field Lacrosse Season

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players including goalkeepers are required to wear mouth guards and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses only. See Appendix H – Crosse Specifications of the 2025-2026 WF Rulebook FINAL v1.1
- All parents and fans must be on the opposite side of the field from the players benches.
- Each team must have 1 head coach and may have up to 3 assistants in the team bench area and must remain in the 'coaches walk'.
- Trainers and Managers are NOT permitted in the bench area
- The game sheet must be verified/signed by the team manager or head coach as well as the officials

Game format summary and equipment:

- 8 players on the field (1 goalkeeper, 2 defenders, 3 midfielders and 2 attackers)
- Modified field used. 36m wide x 92m long. See U11 Women's Modified Field dimensions diagram.
- Two players + goalkeeper held back behind the restraining line and 5 players may cross the restraining line into the attacking or defending end.
- Each game will need a portable 11m arc (or 2 if the field is not lined for the women's game)
- Modified nets - attach 1 of the 1' x 6' vinyl banners with grommets (drop downs) to reduce the size of the nets
- When the ball hits the drop down, the play is blown dead
 - Dead ball is awarded to the goalkeeper
 - No goal is scored if the ball hits the drop down and then enters the goal.
- When a game has a difference of five (5) goals or greater, the losing team will be awarded the ball at center. Only when the score is less than 5 goals will the draws resume after goals.
- **Two attempted overhand pass rule.** The pass does not need to be caught but can be picked up from a ground ball or bounce by the 'intended' pass recipient player. Teams are encouraged to attempt multiple passes. *One pass must be caught/picked up in the offensive zone.*
- No player can score more than four (4) goals at this level of play

Length of game:

- 4 x 12-minute quarters
 - 2 minutes between 1st & 2nd quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter
 - Last 30 seconds of 3rd quarter will be stop time
 - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
 - 5 minutes at half time (between 2nd & 3rd quarter)
 - Goalkeepers will switch ends at the end of each quarter

Note: The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or less players the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8 or 10 on 10). If both head coaches agree to a 10 on 10 player game, the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the "Game Report" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U11 Women's Modified Field dimensions. Coaches cannot mutually decide to change the field size.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 middies & 3 attack
- Once a game is started as an 8 on 8 or 10 on 10 player game, it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

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