

U7 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 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 **NOT** be on the field
- The game sheet must be verified/signed by the team manager or head coach as well as the officials
- One or two officials can referee the game. If one official is present, they will receive both game fees.

Game format summary and equipment:

- 4 players on the field
- NO goalies
- Soft ball to be used
- Modified nets - attach 2 of the 1' x 6' vinyl banners with grommets (drop downs) to reduce the size of the nets
- Small field used. 34m x 60m – set up on one end of field. Two games can be played on the same field.

Game Format:

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd quarter starts with the other team having the ball and continues to alternate.
- No draw at this age group. Players line up on their defensive end to start game.
- Coaches can be on the field to assist
- NO score is displayed, however score sheets are completed and submitted to the **U7 Women's** Commissioner.
- **One attempted overhand pass rule.** The pass does not need to be caught but can be picked up from a ground ball or bounce. Teams are encouraged to attempt multiple passes.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e., **no doubling**)
- **No player can score more than three (3) goals at this level of play**
- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off the field.
- No cards are used for players, and the team does NOT play short.
- **NO STICK CHECKING ALLOWED.** Violation = Major foul. Incidental stick to stick contact may occur and is not inherently a foul.

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.

Updated September 1st, 2025

Length of game:

- 5-minute warmup
- 4 - 8-minute run time quarters, stop for injuries only
- 3 minutes between quarters. Please ensure the game portion does not extend past the allocated field time for games.

Time Outs

There are **NO** time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

Overtime

Overtime shall **NOT** be played at this age group.

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