

## U9 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, 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 U9 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 1<sup>st</sup>, 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.

### **Goalies – OPTIONAL**

- 6 v 6 play + goalies optional if teams have minimum 10 players on their roster. Coaches cannot mutually decide to play a 6 v 6 + goalies player game if one team has fewer 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 6 v 6 + goalies player game. The head official, prior to the start of the game, will ask each head coach individually for their preferred game configuration (i.e., 4 on 4 with no goalies or 6 v 6 + goalies). If both head coaches agree to a 6 v 6 + goalies 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 "6 v 6 + goalies Player Game", and this will be considered confirmation of player numbers. If one team does not consent to 6 v 6 + goalies play, then the game will be played as 4 v 4 with no goalies.

### **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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