



SASKATCHEWAN LACROSSE MEN'S FIELD

PLAYING GUIDELINES



PLAYING GUIDELINES

U7 (Mini Tyke) PLAYING GUIDELINES	
FORMAT:	Sixes
WARMUP:	5-minute warmup
GAME LENGTH:	4-8-minute quarters, as per World Lacrosse Sixes Rules
SHOT CLOCK:	No shot clock
PLAYERS:	4 vs. 4 (optional add 1 goalie), or adapted to accommodate roster sizes
FIELD SIZE:	World Lacrosse Regulation Sixes Field
NET SIZE:	4x4 net or Drop Net with regulation crease
FACEOFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	<ul style="list-style-type: none">• Equalized shifts as agreed upon by both Teams• All clocks will stop during substitution breaks
SCOREBOARD:	No Scores Displayed
GOAL SCORING:	Attacking team must concede half after scoring a goal (free clear)
CONTACT:	No Body Checking (Incidental contact permitted)
STICKS:	Stick Length 30" to 36"
STICK CHECKS:	Not permitted
BALL:	Lacrosse ball to be used if there are no goalies in net. Lightweight rubber ball encouraged if there are goalies in net
GOALIES:	No Goalies required If goalies are inserted, use of rubber balls is encouraged
OFFICIALS:	Coaches on the Field, stop and correct throughout
AWARDS:	Participation prizes are permitted



U9 (Tyke) PLAYING GUIDELINES	
FORMAT:	Sixes
WARMUP:	5-minute warmup
GAME LENGTH:	4-8-minute quarters, as per World Lacrosse Sixes Rules
SHOT CLOCK:	No shot clock
PLAYERS:	4 vs. 4 (optional add 1 goalie), or adapted to accommodate roster sizes
FIELD SIZE:	World Lacrosse Regulation Sixes Field
NET SIZE:	4x4 net or Drop Net with regulation crease
FACEOFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	<ul style="list-style-type: none"> • Equalized shifts – shift length as agreed upon by both Teams • All clocks will stop during substitution breaks
SCOREBOARD:	No Scores Displayed
GOAL SCORING:	Attacking team must concede half after scoring a goal (free clear)
CONTACT:	No Body Checking (Incidental contact permitted)
STICKS:	Stick Length 30" to 36"
STICK CHECKS:	Not permitted
BALL:	Lacrosse ball to be used if there are no goalies in net. Lightweight rubber ball encouraged if there are goalies in net
GOALIES:	No Goalies required If goalies are inserted, use of rubber balls is encouraged
OFFICIALS:	Coaches on the Field, stop and correct throughout
AWARDS:	Participation prizes are permitted



U11 PLAYING GUIDELINES	
FORMAT:	Field (7 vs 7) <ul style="list-style-type: none"> • Sixes Format to be used if agreed upon by participating Associations due to small roster sizes for a particular festival (Festivals Only) • 7 vs 7 Field to be played at Provincial Festival
WARMUP:	5-minute warmup
GAME LENGTH:	<ul style="list-style-type: none"> • 4 8-minute quarters, as per World Lacrosse Sixes Rules OR <ul style="list-style-type: none"> • 4 10-minute quarters for 7 vs 7 Field <ul style="list-style-type: none"> ○ 2-minute quarter breaks, 5-minute halftime
SHOT CLOCK:	No shot clock
OVERTIME:	No Overtime
ROSTER SIZE:	For Sixes, maximum 12 For 7 vs 7, maximum 15
FIELD SIZE:	World Lacrosse Regulation Sixes Field
NET SIZE:	World Lacrosse Regulation Net
FACE OFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	<ul style="list-style-type: none"> • Equalized shifts – shift length as agreed upon by both Teams • All clocks will stop during substitution breaks • For the Provincial Festival, shift lengths to be determined collectively by the Associations and standardized for the entire event
SCOREBOARD:	Displaying scores is optional
GOAL SCORING	Sixes Only – Attacking team must concede half after scoring a goal (free clear)
CONTACT:	Body Checking to the Ball Carrier Only
STICKS:	<ul style="list-style-type: none"> • Short Stick: 34" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): Modified, 42" to 60"
STICK CHECKS:	Not permitted
# OF POLES ON FIELD:	Maximum 2 (Long Stick Midfielder not permitted)
GOALIES:	As per World Lacrosse Rules Recommend rotation for all players
OFFICIALS:	Minimum two Level 1 Certified Officials
AWARDS:	Participation prizes are permitted.
ALL STARS:	None
DIVISION MVP:	None



U13 PLAYING GUIDELINES	
FORMAT:	Field (7 vs 7)
WARMUP:	5 to 10-minute warmup
GAME LENGTH:	4 12-minute quarters
SHOT CLOCK:	No shot clock
OVERTIME:	No overtime in Round Robin. Playoff games as per World Lacrosse Rules
ROSTER SIZE:	Maximum 15
FIELD SIZE:	World Lacrosse Regulation Sixes Field, including all Field lines required as per the diagram in Appendix A
NET SIZE:	World Lacrosse Regulation Net
FACE OFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	Coaches Determination abiding by Fair Play
SCOREBOARD:	Scores Displayed
CONTACT:	As per World Lacrosse Rules
STICKS:	As per World Lacrosse Rules: <ul style="list-style-type: none"> • Short Stick: 34" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
STICK CHECKS:	As per World Lacrosse Rules
# OF POLES ON FIELD:	Maximum 3 (Long Stick Midfielder is permitted)
GOALIES:	As per World Lacrosse Rules. Coaches may rotate interested players if wanted.
OFFICIALS:	Minimum two Level 1 Certified Officials
TIE BREAKING:	<p>If 2 teams are tied:</p> <ol style="list-style-type: none"> 1. Head-to-head result 2. Least goals allowed in head-to-head games 3. Least goals allowed in Round Robin play <p>If 3 or more teams are tied:</p> <ol style="list-style-type: none"> 1. Least goals allowed during Round Robin play 2. If still tied between 2 or more teams, then revert to 1. and 2. of 2-team tie-breaking procedure 3. If still tied between 2 or more teams, a coin toss is to be conducted
AWARDS:	Provincial Championship Medals
ALL STARS:	None
DIVISION MVP:	None



U15 PLAYING GUIDELINES	
FORMAT:	Field (7 vs 7 or 10 vs 10) <ul style="list-style-type: none"> Format to be determined by the Associations based on roster sizes
WARMUP:	5 to 10-minute warmup
GAME LENGTH:	As per World Lacrosse Rules
SHOT CLOCK:	No shot clock
OVERTIME:	No overtime in Round Robin. Playoff games as per World Lacrosse Rules
ROSTER SIZE:	For 7 vs 7, maximum 18 For 10 vs 10, as per World Lacrosse Rules (22)
FIELD SIZE:	<ul style="list-style-type: none"> For 7 vs 7, World Lacrosse Regulation Sixes Field, including all Field lines required as per the diagram in Appendix A For 10 vs 10, World Lacrosse Regulation Field Determined by the Host based on roster sizes of all teams
NET SIZE:	World Lacrosse Regulation Net
FACE OFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	As per World Lacrosse Rules
SCOREBOARD:	Scores Displayed
CONTACT:	As per World Lacrosse Rules
STICKS:	As per World Lacrosse Rules: <ul style="list-style-type: none"> Short Stick: 40" to 42" Goalie Stick: 40" to 72" Long Pole (D-Pole): 52" to 72"
STICK CHECKS:	As per World Lacrosse Rules
# OF POLES ON FIELD:	<ul style="list-style-type: none"> For 7 vs 7, Maximum 3 (Long Stick Midfielder is permitted) For 10 vs 10, as per World Lacrosse Rules
GOALIES:	As per World Lacrosse Rules
OFFICIALS:	Minimum two Level 1 Certified Officials
TIE BREAKING:	If 2 teams are tied: <ol style="list-style-type: none"> Head-to-head result Least goals allowed in head-to-head games Least goals allowed in Round Robin play If 3 or more teams are tied: <ol style="list-style-type: none"> Least goals allowed during Round Robin play If still tied between 2 or more teams, then revert to 1. and 2. of 2-team tie-breaking procedure If still tied between 2 or more teams, a coin toss is to be conducted
AWARDS:	Provincial Championship Medals, Trophy and Banner
ALL STARS:	<ul style="list-style-type: none"> For 7 vs 7: 2 Attack, 2 Midfield, 2 Defense All Stars, 1 Goalie All Star For 10 vs 10: 3 Attack, 3 Midfield, 3 Defense All Stars, 1 Goalie All Star
DIVISION MVP:	One



U17 PLAYING GUIDELINES	
FORMAT:	Field (10 vs 10)
WARMUP:	10-minute warmup
GAME LENGTH:	As per World Lacrosse Rules
SHOT CLOCK:	No shot clock
OVERTIME:	No overtime in Round Robin. Playoff games as per World Lacrosse Rules
ROSTER SIZE:	As per World Lacrosse Rules (22)
FIELD SIZE:	World Lacrosse Regulation Field
NET SIZE:	World Lacrosse Regulation Net
FACE OFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	As per World Lacrosse Rules
SCOREBOARD:	Scores Displayed
CONTACT:	As per World Lacrosse Rules
STICKS:	As per World Lacrosse Rules: <ul style="list-style-type: none"> • Short Stick: 40" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
STICK CHECKS:	As per World Lacrosse Rules
# OF POLES ON FIELD:	As per World Lacrosse Rules
GOALIES:	As per World Lacrosse Rules
OFFICIALS:	Minimum two Level 1 Certified Officials
TIE BREAKING:	<p>If 2 teams are tied:</p> <ol style="list-style-type: none"> 1. Head-to-head result 2. Least goals allowed in head-to-head games 3. Least goals allowed in Round Robin play <p>If 3 or more teams are tied:</p> <ol style="list-style-type: none"> 1. Least goals allowed during Round Robin play 2. If still tied between 2 or more teams, then revert to 1. and 2. of 2-team tie-breaking procedure 3. If still tied between 2 or more teams, a coin toss is to be conducted
AWARDS:	Provincial Championship Medals, Trophy and Banner
ALL STARS:	3 Attack, 3 Midfield, 3 Defense All Stars, 1 Goalie All Star
DIVISION MVP:	One



U20 PLAYING GUIDELINES	
FORMAT:	Field (10 vs 10)
WARMUP:	10-minute warmup
GAME LENGTH:	As per World Lacrosse Rules
SHOT CLOCK:	No shot clock
OVERTIME:	No overtime in Round Robin. Playoff games as per World Lacrosse Rules
ROSTER SIZE:	As per World Lacrosse Rules (22)
FIELD SIZE:	World Lacrosse Regulation Field
NET SIZE:	World Lacrosse Regulation Net
FACE OFFS:	As per World Lacrosse Rules
SUBSTITUTIONS:	As per World Lacrosse Rules
SCOREBOARD:	Scores Displayed
CONTACT:	As per World Lacrosse Rules
STICKS:	As per World Lacrosse Rules: <ul style="list-style-type: none"> • Short Stick: 40" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
STICK CHECKS:	As per World Lacrosse Rules
# OF POLES ON FIELD:	As per World Lacrosse Rules
GOALIES:	As per World Lacrosse Rules
OFFICIALS:	Minimum two Level 1 Certified Officials
TIE BREAKING:	<p>If 2 teams are tied:</p> <ol style="list-style-type: none"> 1. Head-to-head result 2. Least goals allowed in head-to-head games 3. Least goals allowed in Round Robin play <p>If 3 or more teams are tied:</p> <ol style="list-style-type: none"> 1. Least goals allowed during Round Robin play 2. If still tied between 2 or more teams, then revert to 1. and 2. of 2-team tie-breaking procedure 3. If still tied between 2 or more teams, a coin toss is to be conducted
AWARDS:	Provincial Championship Medals, Trophy and Banner
ALL STARS:	3 Attack, 3 Midfield, 3 Defense All Stars, 1 Goalie All Star
DIVISION MVP:	One



PLAYER POSITIONS

4 vs 4

- 4 players on the Field working on fundamentals to move the ball around and get the play into the other team's net.
- One goalie may be added to each team on the field, if approved agreed upon by both teams. Use of a rubber ball is encouraged with live goalies to prevent injury and encourage proper development of technical goaltending.

Sixes

- 1 Goalie
- 5 runners

7 vs 7

- 1 Goalie
- 6 Runners that consist of:
 - 2 Attack
 - 2 Midfield
 - 2 Defense

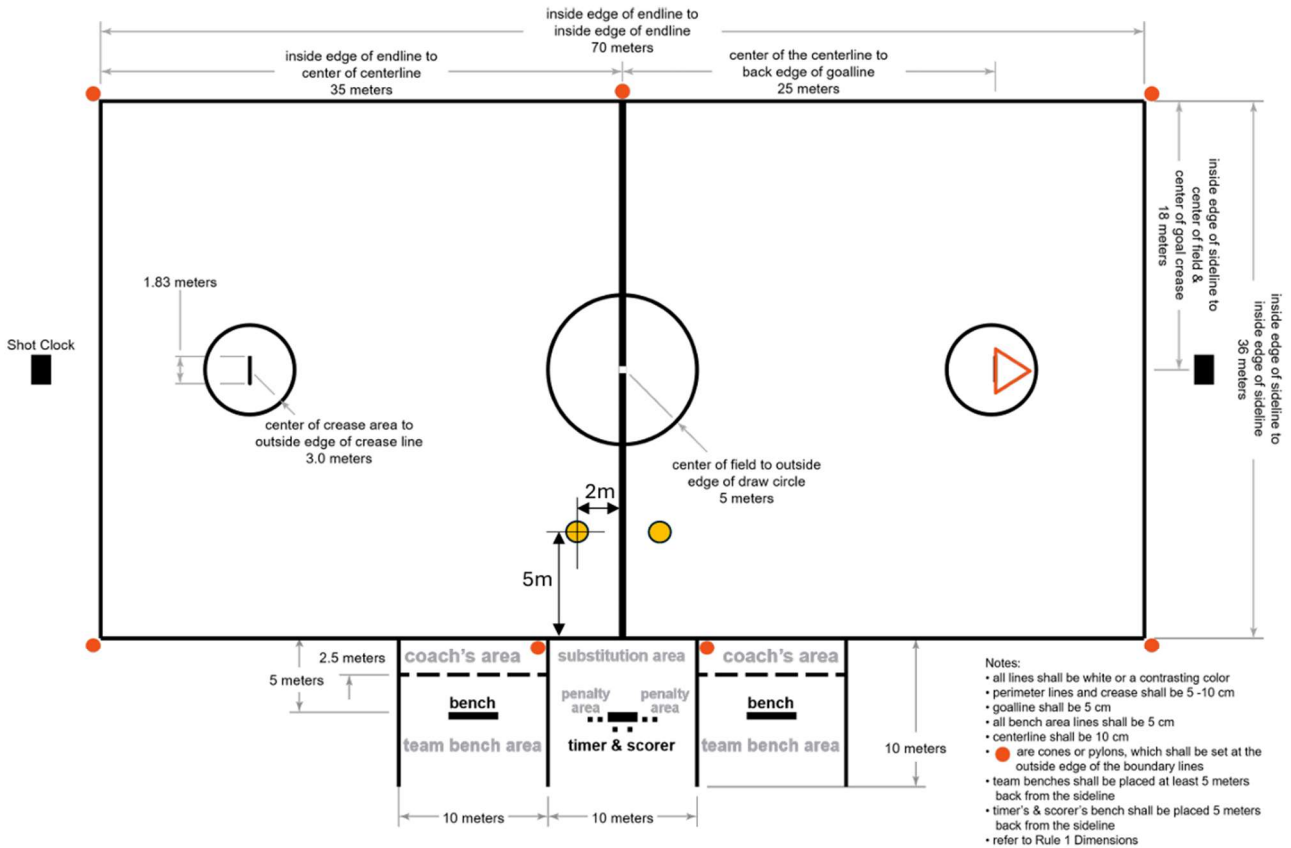
10 vs 10

- 1 Goalie
- 9 Runners that consist of:
 - 3 Attack
 - 3 Midfield
 - 3 Defenders



Appendix A: FIELD SIZES

SIXES FIELD





7 vs 7 FIELD

- Field should be painted using Meters whenever possible. Rough conversion to Yards is provided as a supplement but not preferred.
- Field Dimensions: Sixes Field – 70m by 36m (76yd by 41yd)
- Endline to Goal Line: 8.5m (9 Yards)
- Goal Crease: 3m (3.28 Yards) (9ft 10in) radius
- Restraint Lines: 11m (12 Yards) from the Centre
- Wing Lines: 7.2m (8 Yards) from the Sideline and 7m (7.5 Yards) both ways from Centre
- Substitution Area: 5 Yards either side of center and 2.5 Yards deep.
- Coaches Area: 9.8m (11 Yards) wide by 2.4m (2.5 Yards) deep
- Bench Area: 9.8m (11 Yards) wide by 2.4m (2.5 Yards) deep
- Score Table and Penalty Area: Behind the Substitution Area

Notes:

- When using the same playing surface for Sixes and 7 vs 7 Field:
 - Paint the Face Off circle and Penalty Dots for Sixes in addition to the Wing Lines and Restraint Lines for Field
 - Use the 7 vs 7 Field measurements for the Coaches Area, Benches, and Substitution Area

