



**SASKATCHEWAN LACROSSE
MEN'S FIELD**

**PLAYING GUIDELINES
AND
FESTIVAL/CHAMPIONSHIP GUIDELINES**



PLAYING GUIDELINES

U7 (Mini Tyke) PLAYING GUIDELINES	
NET SIZE:	4x4 net or Drop Net with regulation crease
PLAYERS:	3 vs. 3
SUBSTITUTIONS:	Equal Participation (ex. 3-minute shifts)
CONTACT:	No Body Checking (Incidental contact permitted)
STICKS:	Stick Length 30" to 36" and no Long Pole (D-Pole)
GOALIES:	No Goalies required
OFFICIALS:	Coaches on the Field, stop and correct throughout

U9 (Tyke) PLAYING GUIDELINES	
FIELD SIZE:	7's Field: 40 yards by 80 yards
NET SIZE:	4x4 net or Drop Net with regulation crease
PLAYERS:	7 vs 7
SUBSTITUTIONS:	Equal Participation (ex. 3-minute shifts)
CONTACT:	No Body Checking (Incidental contact permitted)
STICKS:	Stick Length 30" to 36" and no long poles (D-Pole)
GOALIES:	No Goalies required, if players want to try can rotate amongst players
OFFICIALS:	Coaches on the Field, stop and correct throughout

U11 PLAYING GUIDELINES	
FIELD SIZE:	7's Field: 40 yards by 80 yards
NET SIZE:	4x4 net or Drop Net with regulation crease
PLAYERS:	7 vs 7
SUBSTITUTIONS:	Equal Participation (ex. 3-minute shifts)
CONTACT:	Body Checking to the Ball Carrier Only
STICKS:	<ul style="list-style-type: none">• Short Stick: 34" to 42"• Goalie Stick: 5' Shaft• Long Pole (D-Pole): Modified, 42" to 52"
GOALIES:	Regular Goalies, recommend rotation for all players who want to try.
OFFICIALS:	2 Certified



U13 PLAYING GUIDELINES	
FIELD SIZE:	7's Field: 40 yards by 80 yards
NET SIZE:	Lacrosse Canada Regulation Net
PLAYERS:	7 vs 7
SUBSTITUTIONS:	Coaches Determination abiding by Fair Play
CONTACT:	As per Lacrosse Canada Rules
STICKS:	As per Lacrosse Canada Rules: <ul style="list-style-type: none"> • Short Stick: 40" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
GOALIES:	Regular Goalies. Coaches may rotate interested players if wanted.
OFFICIALS:	2 Certified

U15 PLAYING GUIDELINES	
FIELD SIZE:	7's Field or 10's Lacrosse Canada Regulation Field
NET SIZE:	Lacrosse Canada Regulation Net
PLAYERS:	7 vs 7 or 10 vs 10
SUBSTITUTIONS:	As per Lacrosse Canada Rules
CONTACT:	As per Lacrosse Canada Rules
STICKS:	As per Lacrosse Canada Rules: <ul style="list-style-type: none"> • Short Stick: 40" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
GOALIES:	Regular Goalies.
OFFICIALS:	2 Certified

U17 PLAYING GUIDELINES	
FIELD SIZE:	Lacrosse Canada Regulation Field
NET SIZE:	Lacrosse Canada Regulation Net
PLAYERS:	10 vs 10
SUBSTITUTIONS:	As per Lacrosse Canada Rules
CONTACT:	As per Lacrosse Canada Rules
STICKS:	As per Lacrosse Canada Rules: <ul style="list-style-type: none"> • Short Stick: 40" to 42" • Goalie Stick: 40" to 72" • Long Pole (D-Pole): 52" to 72"
GOALIES:	Regular Goalies.
OFFICIALS:	2 or 3 Certified



U20 PLAYING GUIDELINES	
FIELD SIZE:	Lacrosse Canada Regulation Field
NET SIZE:	Lacrosse Canada Regulation Net
PLAYERS:	10 vs 10
SUBSTITUTIONS:	As per Lacrosse Canada Rules
CONTACT:	As per Lacrosse Canada Rules
STICKS:	As per Lacrosse Canada Rules: <ul style="list-style-type: none">• Short Stick: 40" to 42"• Goalie Stick: 40" to 72"• Long Pole (D-Pole): 52" to 72"
GOALIES:	Regular Goalies.
OFFICIALS:	2 or 3 Certified

PLAYER POSITIONS

3 vs 3

- Three players on the Field working on fundamentals to move the ball around and get the play into the other team's net.

7 vs 7

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

10 vs 10

- One Goalie
- 9 Runners that consist of:
 - 3 Attack
 - 3 Midfield
 - 3 Defenders
 - As players get older and more advanced Coaches may add in LSM (Long Stick Midfield) to the mix of either Midfield or Defenders)



FIELD SIZES

7'S FIELD

- Field: 40 yards by 80 yards
- Endline to goal line: 10 Yards
- Wing Lines: 5 Yards into Field and 7.5 Yards both ways from half (total 15 Yard Line)
- Coach Box: Runs from the restraining line to the substitution box, 5 yards wide.
- Scorers Table: Back of the Substitution area
- Substitution Area: 5 yards either side of center and 5 yards deep.
- Goal Crease: 9 ft radius

10'S FIELD

- Field: 120.30 Yards by 65.62 yards
- Field Specifics: As per World Lacrosse Men's Field Rulebook Section 1.

FESTIVAL/PROVINCIAL CHAMPIONSHIP GUIDELINES

TYKE FESTIVAL GUIDELINES (U7 & U9)	
TIMES:	<ul style="list-style-type: none">• 2 to 15 Minute Skill Session• 2 to 15 Minute Games
PLAYERS:	3 vs. 3
FACE OFFS:	No Face Offs
SUBSTITUTIONS:	3 Minute Shifts
SCOREBOARD:	No Scores Displayed
OFFICIATING:	Coaches remain on the Field, Stop and Explain for any infractions.
GOALIES:	No Goalies required, if players want to try Coaches can rotate them.
AWARDS:	No Awards, but participation prizes are permitted.



U11 FESTIVAL GUIDELINE (PROVINCIAL EVENT)	
TIMES:	<ul style="list-style-type: none"> • 5 to 10 Minute Warm Up • 2 - 20 Minute Straight Time Halves • 5 Minute Half Time
PLAYERS:	7 vs 7
FACE OFFS:	Optional by Host (communicated in advance). Four or more goals procedure.
SUBSTITUTIONS:	3 Minute Shifts
SCOREBOARD:	No Scores Displayed
OFFICIATING:	Certified Officials (2)
GOALIES:	Rotating Goalies.
AWARDS:	No Awards, Team Participation Gifts are Permitted

U13 PROVINCIAL CHAMPIONSHIP GUIDELINES	
TIMES:	<ul style="list-style-type: none"> • 5 to 10 Minute Warm Up • 2 - 20 Minute Straight Time Halves • 5 Minute Half Time Intermission
PLAYERS:	7 vs 7
FACE OFFS:	Regular Face Offs
SUBSTITUTIONS:	Coach's Discretion, at this age Fair Play should still be considered
SCOREBOARD:	Scores Displayed
OFFICIATING:	Certified Officials (2)
GOALIES:	Player Specific
OVERTIME:	No overtime in Round Robin. Play off Games as per Lacrosse Canada
TIE BREAKING:	No tiebreaking in Round Robin. Play off Games as per Lacrosse Canada
AWARDS:	Provincial Championship Medals
ALL STARS:	None, players should not be specialized to a position yet.
DIVISION MVP:	None



U15 PROVINCIAL CHAMPIONSHIP GUIDELINES	
TIMES:	<ul style="list-style-type: none"> • 5 to 10 Minute Warm Up • 2, 25 Minute Halves (Straight time except for the last 30 seconds in the 1st half, and last two minutes in the 2nd half which will be stop time. • 5 Minute Half Time Intermission
PLAYERS:	7 vs 7
FACE OFFS:	Regular Face Offs
SUBSTITUTIONS:	Coach's Discretion
SCOREBOARD:	Scores Displayed
OFFICIATING:	Certified Officials (2)
GOALIES:	Player Specific
OVERTIME:	No overtime in Round Robin. Playoff Games as per Lacrosse Canada
TIE BREAKING:	No tiebreaking in Round Robin. Playoff Games as per Lacrosse Canada
AWARDS:	Provincial Championship Medals, Trophy and Banner
ALL STARS:	2 Attack, 2 Midfield, 2 Defense All Stars, 1 Goalie All Star.
DIVISION MVP:	One (Any position)

U17 AND U20 PROVINCIAL CHAMPIONSHIP GUIDELINES	
TIMES:	<ul style="list-style-type: none"> • 5 to 10 Minute Warm Up • 4 – 15-minute quarters. Straight time except for the last 30 seconds in the 1st, 2nd, and 3rd quarter and last 2 minutes of the 4th quarter which will be stop time. • 2 Minute Intermission between 1st & 2nd quarter and between 3rd & 4th quarter. • 5 Minute Half Time Intermission
PLAYERS:	10 vs 10
FACE OFFS:	Regular Face Offs
SUBSTITUTIONS:	Coach's Discretion
SCOREBOARD:	Scores Displayed
OFFICIATING:	Certified Officials (2)
GOALIES:	Player Specific
OVERTIME:	No overtime in Round Robin. Playoff Games as per Lacrosse Canada
TIE BREAKING:	No tiebreaking in Round Robin. Playoff Games as per Lacrosse Canada
AWARDS:	Provincial Championship Medals, Trophy and Banner
ALL STARS:	3 Attack, 3 Midfield, 3 Defender, 1 Goalie
DIVISION MVP:	One (any position)