

U11 Rules

Long Term Athletic Development Program

U11 - [LC Rule Book, Appendix F, Option L](#)

- Shot clock applies.
- Standard 4x4 Net.
- Body contact as per LC Rule Book.
- The duration of the game shall be three 15-minute stop time periods, with 3-minute intermissions.
- Each game or period will be played as run-time. Run time is defined as straight play except for time outs or goalie water breaks.
- Each period starts with a face off.
- A score sheet (provided by the Home team) must be completed prior to each game.
- All goals, assists and penalties are recorded on the game sheet, and displayed on the scoreboard.
- A differential of more than 5 goals shall not be displayed but must still be recorded on the score sheet.
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.