

# U9 Rules

## Long Term Athletic Development Program

### U9 - [LC Rule Book, Appendix E, Option L](#)

- No Shot Clock (ALA Rule)
- The stick shall measure no longer than 40" and no shorter than 34".
- The ball used shall be a standard lacrosse ball that conforms to LC standards and approved by the LC.
- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves, jock/jill strap, shoulder and arm pads, back/kidney pads.
- The duration of the game shall be three 15-minute run time periods, with 3- minute intermissions. Each period starts with a face off, no face off post goal, scoring team retreats to their defensive end of the floor and team scored on replicates fall-back procedure of goalie outletting the ball outside the 24.
- 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.
- Shift changes are done on the fly
- NO coaches on the floor
- 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. **Penalties will be served.**
- A differential of more than 5 goals shall not be displayed, but still need to be recorded on the score sheet.
- Defensive players may place their stick on their opponent and push them away ("place and push").
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.
- There is to be **NO BODY CHECKING**.
- A defensive player may check an opponent by placing their stick head on the opposing player's stick head.
- Fallback Rule in effect to two attempts max, let them get possession and then release the opposing team from the restraining line.
- **The Fallback Rule Explained:**
- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession).
- All opposing players must clear out to the neutral zone (over the nearest

restraint line) before they can re-enter the offensive zone.

- If the opposing team fails to clear all players to the neutral zone before re-entering, the play will be stopped, and possession will be awarded to the goalkeeper.
- The referee shall ensure that all opposing players are in the neutral zone before restarting play.
- All of the goalkeeper's teammates must clear out of their dotted line/24' arc.
- Goalkeeper must PASS the ball to a teammate OUTSIDE the 24' arc, in an overhand passing motion.
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, (i.e. does not leave the 24' before being retrieved) the referee shall blow the whistle to stop play and allow the goalkeeper to try again, max two attempts.