



PACIFIC COAST FIELD LACROSSE LEAGUE PLAYING FORMAT – U7 DIVISION GAMES

Playing Format

- Each team will consist of 1 goalie, 2 defenders, 3 midfielders and 2 attackers. The goalie could be dressed in field or box goalie equipment, dependent on the parent and/or the coach.
- In the event that one team does not have enough players, they will 'borrow' from their opponents. This division records no score, and it is very important that each child play a part of the game.
- Regular field lacrosse balls are used.
- **NO CONTACT**
 - The only contact that is allowed is on the ball carrier.
 - The ball carrier must initiate the contact, but once contact has been made the defenders can steer (push) the ball carrier with his stick in the cross checking position.
 - No hitting is allowed.
 - The ball carrier must be the one to initiate contact i.e. the defender places himself in such a position that the ball carrier must either go round him or through him. Once the ball carrier has made the contact, then the defender can push/steer the ball carrier away from the goal, in a non-aggressive way.
 - Stick checking (clamping) is allowed, but the defenders stick must be under control and target the ball carriers basket or shaft only. No wild stick swinging. If contact is made with the ball carriers body and not the stick, this will be deemed as contact and the play will be blown.
- A shorter version long poles are to be introduced at this level. They shall be a **maximum of 48" (122 cm) in length**. Maximum of 2 long poles per team on the field.
- The game will consist of two 20 minute halves, with 5 minutes at the half, a total of 45 minutes. A one hour block would give more than adequate time to play the game and get the youngsters on and off the field safely.
- One or two referees can officiate the game.

Field Format

- The playing field will be one third the size of a regular sized field with the teams playing side to side.
- Dimensions are such that:
 - the playing field is 35 yards wide and 60 yards deep;
 - the end line is 10 yards back from the goal line;
 - the restraining lines are 10 yards from the goal line towards centre;
 - the wing lines are 5 yards from the sidelines;
 - the centre "X" is scaled in appropriately; and
 - the goal crease has a 6' radius.
- Lines and crease will be marked out using flat cones and/or tape.
- Drop downs will be added to the field nets.
- For fields that will be playing two games at once, the timers and players benches and coaches areas will be orientated in the middle of the field.

Conduct

Foul language, spitting, hitting and other unsportsmanlike behaviour is not allowed. The referee will award a penalty and will note the game sheet with the infraction, which could result in the perpetrator coming before the Commissioner for a discipline review.

The season runs from September to mid-December, culminating in a U7 Jamboree.