U8 Women Game Format and Policies

2020-2022 World Lacrosse Women's International Official Playing Rules will be used for the 2022/2023 BCLA Field Lacrosse Season

- All players are required to wear mouth guards and goggles. Goggles & mouthguards must be properly worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses only
- All parents and fans must NOT be on the field

Game format summary and equipment:

- 4 players on the field
- NO goalies
- Soft ball to be used
- Modified nets - attach 2 of the 1' x 6' vinyl banners with grommets to reduce the size of the nets

Game Format:

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd half starts with the other team having the ball.
- No draw, players line up on their defensive end to start game.
- Coaches can be on the field to assist
- NO score is displayed, however score sheets are completed and submitted to the U8 Commissioner.
- One pass rule.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e., no doubling)
- No player can score more than three (3) goals

At this level of play

- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off of the field.
- No cards are used for players, and the team does NOT play short.

Length of game

- 5 minute warmup
- 4 - 10 minute run time quarters, stop for injuries only
- 3 minutes between quarters

Please ensure the game portion does not extend past the allocated field time for games.

Note: The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.

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Time Outs

There are NO time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution, and shall be replaced by another player.

Overtime

Overtime shall NOT be played at this age group.

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