

Knights Fall Ball Sevens Rules

Players:

7v7 play is composed of 1 goalie, 2 attackmen, 2 midfielders and 2 defensemen. The defensemen will use long poles.

Teams may only have 4 players in their offensive half of the field and thus must leave 3 players back on defense (this is usually the 2 defensemen and the goalie, but as in regulation lacrosse, a defenseman may cross the midline if a midfielder or attackman stays back on their defensive half of the field).

Field:

- The games will be played cross-field. Depending on numbers, there could be two games being played at the same time.
- The center of the field shall be marked by approximately a four-inch circle, square or x.
- The goal creases shall be circular and painted on the field with a radius of 9 feet (same as regulation lacrosse). Portable creases may be used instead of painted creases.
- Goals shall be official regulation lacrosse goals, 6 feet by 6 feet in dimension.
- Where painted lines are not available, mark boundaries (sidelines, midlines, end lines) using multiple flat discs (no restraining lines on a 7 v 7 field).
- Midfielders will take the draw, and the other midfielder will stand with one foot on the sideline during the draw.

Required Equipment:

- Stick length: U13 and under are allowed a 34" stick in length as a minimum length. 40" for everyone above U13. Maximum length of long stick is 52 ", minimum is 42".
- Field players shall have the following equipment:
 - CSA approved helmet – field lacrosse or hockey.
 - Mouth protector (mouth guard)
 - Lacrosse gloves
 - Shoulder pads
 - Arm pads designed for lacrosse
 - Athletic protective cup
 - Goalie sticks may be cut down in length to a size appropriate for the player (minimum 37 inches).
- Besides the equipment above, goalies shall wear a throat protector and approved goalie chest protector designed for lacrosse. It is recommended (but not required) that goalies wear arm pads.

Length of Game: TBD

Face-Off:

- Face-offs will occur at the beginning of the game and second half.
- Once a goal is scored the official will hand the ball to the scored-upon team in their own crease and blow the whistle to resume play.
- On the face-off, attackmen and defensemen must stand behind goal line extended.
- One midfielder is facing off, and the other is positioned on the face-off wing line (either side – coaches choice).
- All players are released when the whistle is blown.
- All players must play the ball before possession is gained.
- Once possession is gained, all normal body contact rules apply.
- No individual player may take two face-offs in a row.

Substitutions:

- Players may also be subbed out and in after a goal, during a time out, or of course, on the fly.
- Coaches will manage fair playing time for all players.

Body Checking & Contact:

- One-handed checks are not allowed.
- Body checks are NOT allowed
- However, body contact IS allowed when contact is made legally and to the player with the ball, or within 3 yards of the ball.
- Legal contact includes legal holds, legal pushes and boxing out. The defensive player making contact must keep both hands on the stick.
- Poke checks and lift checks (to the stick or opponents hand) are permitted and should be emphasized.
- Sticks checks are allowed if the defensive player is in control of their stick and checks the opponents stick in a downward motion.

Penalties:

- Standard Field Lacrosse penalties apply.
- Players committing a penalty shall be removed from the field and serve the full duration of their penalty (in the box).
- The offended team starts with the ball on their offensive half of the field, approximately 5 yards in from the midline.

- Any player who receives 3 personal fouls, or 5 minutes of personal foul time, has fouled out of the game and they are not allowed to return to play (for that game).
- Coaches should give serious consideration to keeping players off the field for extended periods of time if they appear to be struggling with controlling their behavior and following rules of play.
- Note that an official may expel a player from the game for exceptionally violent personal fouls.

1-Pass Rule:

- Whenever a team gains possession of the ball in their defensive half of the field, they must attempt at least one pass prior to taking a shot on goal.
- The receiver of this pass must be on the offensive side of the field, but the pass may originate in either the defensive or offensive zone.
- The pass does not need to be caught. If at any time a loose ball is created and the team who was in possession regains possession in their offensive zone, an additional pass is not required.
- Additionally, if a team regains control of the ball in their offensive zone while riding, they are not required to attempt another pass before shooting.
- If the player taking the face-off is first to possess the ball, no pass is required regardless of where on the field he gains possession.
- If the wing midfielder is first to pick up the ball off a face-off, he is not required to attempt a pass before shooting if he picked up the ball in his offensive half of the field but IS required to attempt a pass before shooting if he picked up the ground ball in his defensive half of the field.
- If a face-off midfielder is awarded the ball by the official due to a procedural foul by the opposing team (like moving early), or as a result of the mercy rule taking effect, then an attempted pass is not required before taking a shot.