

# Oshawa City League Lacrosse Game Rules

## U7 Paperweight Division

### Game

- Played 5-on-5 full-floor, artificial goalie. (goalies needed)
- 2 X 10-minute running time periods (20-minute games).
- **2 games per night**
- 1-to-2-minute halftime (just to get lines straightened out and change ends).
- Buzzer every 2 minutes to change lines.

### War-on-the-Floor Tournament Games

- Special cross-floor game mini-game using mini-nets
- Played 3-on-3
- Coaches will be referees

### Contact

- Stick checking only.
- **Absolutely no body contact.**
- Sometimes there is incidental bumping while contesting a loose ball.

### Penalties

- Minor infractions – players are sent off the floor, but can be substituted (i.e., they lose their shift).
- Major infractions – if there is a deliberate attempt to harm, players are sent off for that half or game; will review rules with player and parent.

### Player Rotation (30 seconds to change)

- On each buzzer players on the floor change.
- Send new players on the floor quickly.
- When there are odd numbers, ensure that remaining player comes off next shift.

### Offense/Defense

- Players should not attempt to shoot 'through' defenders.
- Running 'through' another player is body contact and is penalized.
- Players should be encouraged to pass when they are closely defended.
- Player-to-player defense sticks up to cover passes.
- Defenders cannot deliberately push opponents.