

2026 Oshawa City League Lacrosse Game Rules

U15 Bantam Division

Game

- Played 5-on-5, full-floor
- 3 X 15 running-time halves
- 1-to-2-minute halftime (just to get lines straightened out and change ends)

Contact

- Place-and-push stick contact emphasized
- **Body contact *only* within the 24-foot semi-circle, only ball carrier outside**
- Proper body positioning for contact will be developed
- Sometimes there is incidental bumping while contesting a loose ball.

Penalties

- Minor infractions – box lacrosse rules; illegal body contact is a minor penalty.
- Major infractions – if there is a deliberate attempt to harm, players are sent off for that period or game; will review rules with player and parent.

Player Rotation (30 seconds to change) (this will end sometime during the season)

- On each buzzer players on the floor change
- Send new players on the floor quickly.
- When there are odd numbers, ensure that remaining player(s) 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.
- A player can only score 4 goals per game, after that they must pass the ball (unlimited assists are allowed)
- Player-to-player defense sticks up to cover passes.