

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

- DEFENSE – OFFENSE - OFF
- Players start on Defense, play Offense, then exit the floor on the front door
- On the fly or during a stoppage in play
- 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.
- Players should be encouraged to pass when they are closely defended.
- Player-to-player defense sticks up to cover passes.