

2026 Oshawa City League Lacrosse Game Rules

U11 Novice Division

Game

- Played 5-on-5, full-floor, crease in effect, artificial goalie if needed
- 3 X 15 running-time periods
- 1-to-2-minute halftime (just to get lines straightened out and change ends)
- 30-second shotclock

Contact

- Stick checking only
- **Absolutely no body contact**
- Sometimes there is incidental bumping while contesting a loose ball
- We will teach place-and-push cross-checking during the season

Penalties

- Minor infractions – box lacrosse rules; intentional 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

- 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.
- 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.
- Defenders cannot deliberately push opponents.
- Players must match up size-wise with an opponent.