



VIFLL – U9 ‘Division Specific Rules’

Rules of Play:

- 8 players per team (1G, 2D, 3M, 2A) on the field at a time
- **All games are to be played under the BCLA “Fair Play Code of Conduct”, meaning that all players should get equal playing time.**
- **No player may play the attack or defense position for more than half the game**
- Reduced Field Size (See Field Dimension Drawing Page 4) TOTAL LENGTH: 80 yards
 - Bring end lines in 10 yds each end
 - lined with 11 cones
 - Bring nets in/up from current goal line (10 yds - use portable creases) or back from existing men's restraining lines (10 yards)
 - Face off restraining lines are 5 yds from center, 10 yd restraining area - lined with 6-12 flat cones
 - Wing and side lines stay the same
- **Drop down nets**
 - **When the ball hits the drop down, the play is blown dead**
 - **Dead ball is awarded to the defensive team 20 yards (right or left) from the goal**
 - **No goal is scored if the ball hits the drop down and then enters the goal**
- 4 x 12 minute quarters - ****NO SCORECARDS WILL BE DISPLAYED DURING ANY U9 GAME****
 - 2 minutes between 1st and 2nd Quarters
 - 3 minutes between 3rd and 4th Quarters
 - 5 minutes at half time
- Stick lengths 34” to 42” and regular length poles (Big Sticks) permitted 52” to 72”
- **5 goal differential rule**
 - **When the 5 goal spread is in effect and the leading team scores, the losing team will be awarded the ball at center. In this circumstance, all midfield players are released from wing lines when the losing team takes possession at center; all attack and defensive players (poles) must be behind restraining lines until whistle. All midfielders must be 5 yards away from the ball carrier and on their side of the field.**
 - **If the losing team scores and the 5 goal spread is still in effect, then a face off ensues, the losing team does not get the ball at center.**
 - If gap is reduced to less than 5 goals, go back to face-offs
 - *Every quarter shall begin with a face off. Exception is Rule 34 for Man Up Situation.*
- Body Contact is permitted, but limited to players within 9 feet of the ball carrier (See “Body Contact Rules on Page 3).
- Maximum of 4 coaches permitted in the "Coaches Walk" area. All spectators to be located on side of field opposite of the team benches.

- **10 on 10 Player Game Allowance**

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. **If one team has 12 or less players, the game must be played as an 8 on 8 player game.** Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- **A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game.** The head referee, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (ie 8 on 8 or 10 on 10). If both head coaches agree to a 10 on 10 player game the referees will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The referees will indicate on the gamesheet, under the "Game Notes" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the VIFLL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U9 field dimensions. Coaches cannot mutually decide to change the field size.
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

Note:

The VIFLL reserves the right to change these rules at any time if safety or fair game play are deemed an issue. This is a new age division and there will be a review of the rules and on field game play regularly to see if these rules fit the target age group.

VIFLL – U9 ‘Body Contact Rules’

The following document describes the amount of contact permitted at the U9 age group level. **Note that body contact at the U9 level is only permitted on the “Ball Carrier” and players Off the Ball Carrier within 9’ of the ball. Any body contact within this zone shall be “reasonable” with ball retrieval for themselves or a teammate being the primary intention, any contact deemed excessive (i.e., trying to lay a player out or deliberately injure) will be subject to a penalty. Any and all contact outside the 9’ distance should be “incidental” in nature.**

The following actions will be considered excessive and subject to an “Unnecessary Roughness” penalty:

- A player is not permitted to take a “long run” at the ball carrier or any other player within 9’ of the ball (i.e., reasonable body contact is permitted within this zone) .
- A player cannot “run” at a ball recovery “scrum” with the intent of “wiping it out”.
- A player cannot deliberately hit another player with excessive force or intent to injure.

Coaches: Players of teams which display a repetitive pattern of excessive contact may be subject to a suspension by the VIFLL. A player who accumulates more than **2** Unnecessary Roughness penalties or deliberately injures another player during a game may be subject to immediate expulsion from the game, the player may return to game play for the next scheduled game providing a suspension has not been issued or a game report is to be initiated.

Please note: that while contact is permitted it should be reasonable and with the intention of trying to obtain the ball or getting an opposing player off the ball, these rules are in place to protect the players from any excessive contact which may result in injury. Coaches should be reminded that for many of these players it will be their first exposure to body contact so in addition to instructing them on when and how to properly initiate body contact they should also instruct them on being prepared for body contact when they are within 9 feet of the ball. Coaches should ensure that the players are wearing full and approved protective lacrosse equipment, **the use of lacrosse kidney pads is strongly recommended.**

As U9 is a relatively new age group; the contact rules shall be continually evaluated as the season progresses, feedback from Team Officials, Association Representatives, and Referees would be greatly appreciated. If at any time the league feels this level of contact is too high for this age group then a revised set of Contact Rules will be issued and come into effect immediately upon their issuance.

If a Coach feels that the defined level of contact per these rules is not being enforced on a consistent basis during a game they may bring these concerns to the attention of referees during the game. However any discussions with the referees should be done in a respectful manner and at a time when the referees are not otherwise focussed on game play. At no time should a coach or parent criticize the referees; as the referees at this level can be inexperienced and still learning the rules all interaction with them should be handled with that in mind. Head Coaches should let league officials (U9 Commissioner, Head Referee, etc.) know via email if they believe that a referee may not be consistently interpreting the field lacrosse rules for the age division properly, in this manner it can be properly addressed by the appropriate personnel.

80 yards

10 yards

10 yards

10 yards

20 yards



25 yards



20 yards

10 yards



10 yards

40 yards



50 yards