



SMYLA U7 RULES AT A GLANCE

Updated February 15, 2019

SMYLA's U7 Scooper program is intended to give players exposure to the game of lacrosse with an emphasis on instruction and fun. Although teams do keep score and report those scores to the league, there are no U7 standings and no League Champion crowned at the end of the season. U7 teams will participate in round robin games on the Saturday of the SMYLA Tournament.

While these "Rules at a Glance" are offered as a quick overview of the SMYLA U7 Rules, the SMYLA By-Laws and Handbook are the governing documents for all SMYLA levels of play and are incorporated by reference to this document. Please refer to the SMYLA By-Laws and SMYLA Handbook for more details.

GAME EQUIPMENT

- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Regulation lacrosse stick – no fiddle sticks or trick sticks
- Stick length – Minimum 34" / Maximum 40"

THE FIELD

- Reduced field size (U7 games should run sideline to sideline on a regulation field...or on a reduced size field)
- The smaller 4' x 4' goals are used at this level
- Creases should be visible and regulation size and should be strictly enforced.
- Parents should be on opposite side of field from players' bench.
- No more than four coaches / adults on the team sideline. This includes photographers, water boys, and any other helpers.

GAME TIME

- Four 10-minute running clock quarters with faceoff beginning each quarter and with clock stopping every 5 minutes for substitutions.
- Clock stops every 5 minutes to allow substitutions. Coaches may also substitute at their discretion on the fly or during any stoppage of play.
- One timeout per team, per half.

GAME PERSONNEL

- 6 on 6 format (2 attack, 2 middies, 2 defenders).
- No goalies at the U7 level.
- Coaches are encouraged to rotate players at all positions and try to offer equal time for all players.
- One coach per team is allowed on the field but that coach **MUST** stay closest to the sidelines away from the play of the ball and away from crease area and may not interfere with the play of the ball.
- Both teams should supply a table representative and maintain a scorebook
- Game score is reported to the league, but no official standings are kept. This allows the league to monitor lopsided games.
- One referee is required at this level

GAME RULES

- All SMYLA games should begin with a team lineup at the center of the field and should end with a team handshake. Teaching sportsmanship is an important foundation of our league.
- A faceoff starts the game and starts the beginning of every quarter. Otherwise, scored upon team is awarded the ball at midfield line after goals unless one team is leading by 5 or more goals at which time a free clear at the midfield line is awarded to the trailing team.
- On faceoffs, wings may attempt to scoop faceoff but may not bodycheck faceoff players.
- One pass attempt required on offensive side of the field. A pass “across” the midfield line does not count.
- If games become lopsided, coach of dominating team should adjust to two pass attempts on offensive side and encourage off-hand use.
- All basic lacrosse rules apply, such as offsides, slashing, push, etc.
- No one-handed stickchecks and no bodychecking allowed. No raising stick above shoulders to check.
- Crease rule is strictly enforced. A defensive player may not jump in the goal or crease area to stop shots or act as goalie. (This is a safety issue)
- There are no time-serving, man-down situations. Teams should remain at equal strength throughout the game. **HOWEVER**, any player who commits a serious infraction or continues to violate the rules (slashing, bodychecking, etc) should immediately be removed from the field and replaced with another player. While off the field, the team’s coach should instruct player before he re-enters the game.
- Officials have the discretion to remove a player from game and out for remainder of game if a player continues to violate rules after instruction or if player’s undisciplined play becomes a safety risk.