

## The U7 Scooper Guidelines

- 6 on 6 format (2 attack, 2 middies, 2 defenders). No goalie.
- Coaches are encouraged to rotate players at all positions and offer equal time for all players.
- Shortened field – goals are moved to restraining lines and end lines are moved to goalie crease line extended and marked with cones on fields that cannot be lined to this size.
- Creases must be visible whether painted or using portable creases and should be regulation size.
- Smaller 4' goals
- Four 10-minute running time quarters with stoppage every 5 minutes for substitutions. Coaches may also substitute on the fly or during other stops in the game.
- 1 timeout per team, per half
- 1 official
- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Regulation lacrosse sticks (no fiddle or trick sticks).
- Stick length – Minimum 34" / Maximum 40"
- Games begin with team lineup at center of field and end with the team handshake.
- All basic lacrosse rules apply, including offsides.
- No one-handed stick checks. No bodychecking. Player should not raise stick above shoulders to check.
- No time-serving penalties. Teams play at equal strength throughout the game, but remove from the field a player with repeated or egregious fouls for instruction by coach. Substitute with another player to maintain equal strength.
- Faceoffs begin quarters and goalie clears after goals unless there is a 5-goal differential at which time the ball is awarded to trailing team
- One pass attempt required on offensive side of the field before shooting on goal. 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/or encourage off-hand use.
- Waive rule requiring 20 seconds to clear over midfield and 10 seconds to enter offensive box.
- Crease rule is strictly enforced. A defensive player may not step on crease line or jump in the goal or crease area to stop shots or act as goalie. (This is a safety issue)
- One coach per team allowed on the field but coach MUST stay as close to the sideline as possible, away from the play of the ball and crease area, and may not interfere with the play of the ball.
- Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)