

The U9 Guidelines

- 7 on 7 format (2 attack / 2 midfield / 2 defense / 1 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 36" / Maximum 44"
- Games begin with team lineup at center of field and end with the team handshake.
- 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
- 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 a coach. Substitute with another player to maintain equal strength.
- 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.
- Defensive players can run through the crease but cannot jump in the crease with the intent to block a shot.
- Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)
- Standings are maintained by the league but there is no seeded tournament at the end of the season. Instead, U9 teams will play in a round robin event. No champion is declared.
- NO coaches are allowed on the field. Coaches should instruct from sidelines.