

Women's Field Lacrosse - PCFLL U8 Rules

Revised 2017

Game format summary and equipment:

- 4 players on the field
- No goalies
- Soft red balls to be used
- Modified nets – attach 2 of the 1' x 6' vinyl banners with grommets to reduce the size of the nets

Rules Overview

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd half starts with the other team having the ball.
- No draw, players line up on their defensive end to start game.
- Coaches can be on the field to assist.
- No score is displayed, however score sheets are completed.
- One pass rule.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e. no doubling)
- No player can score more than three (3) goals

At this level of play:

- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off of the field.
- No cards are used for players, and the team does NOT play short.

Length of game:

2 – 12 minute running time halves, with a 2 minute halftime period.

Time Outs

There are no time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution, and shall be replaced by another player.

Overtime

Overtime shall not be played at this age group.