



Minor & Men's Field Lacrosse

Section Overview:

Minor & Men's Field League Structures

Minor & Men's Field Lacrosse Modified Playing Rules & Mechanics

Small-Sided Games Option





FIELD LEAGUES STRUCTURE

Coaches

Minimum 1 Coach and
1 Trainer per team

Officials

Minimum 2 officials
Minimum 1 minor official*

Equipment

Full equipment for players
Appropriate nets for division

Game Structure

Up to 2 x 20-min halves
Last 2 mins stop time
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Face-Offs

Replaced by possession
to start the game / half

Scoring Restart

Free-clear to centre
after goals are scored

On-Body Contact

All technical fouls: 30-sec
First personal foul: 3-min
Second "contact" foul: Expulsion

Line Changes

Pylons are used for an "in box" and
"out box" to guide substitutions

Crease Rules

No diving through the
crease in any division
(penalized by Interference, 30-sec)

Venue Type

Outdoor Turf Field
Outdoor Grass Field
Indoor Turf Field

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

All technical fouls: 30-seconds (or play on) / All personal fouls: 3-minute non-releasable
Second violation of no-contact rule by the same player (either technical or personal): expulsion from the balance of the game
All other World Lacrosse / CLA / OLA playing rules apply

* Minor official may include a
timekeeper, scorekeeper, and / or
penalty clock operator (if applicable)



FIELD LACROSSE PLAYING RULES

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Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, one time-out per team, teams do not change ends, no overtime in league play)
- Stop time is the last 30-seconds of each half (when the score is 5 goals or less)
- Games are played between 6v6 and 10v10, depending on the league size
- There is no crease diving by an attacking player in any division (30-sec technical foul for interference if any contact is made)

Face-Offs

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all other instances where a face-off may result (player injury, etc.), the team who had the ball last retains possession, unless the injury is sustained by a goalie, in which case the goalie is awarded possession

Post-Goal Restarts

- After a goal is scored, the opposing team is awarded a “free clear” to centre
- Players may not be within 3m (9ft) of the player who is awarded possession at centre, but may be positioned anywhere else on the field, provided they are positioned on-side
- The official does not touch the ball with their hands (the home team is responsible for ensuring additional balls are ready when needed)
- Play begins with the official’s whistle

Officials have full control over the game

Aside from these rule modifications, all World Lacrosse / CLA / OLA playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official’s decision is final and is guided by the principle of “erring on the side of caution in the interest of participant safety.” Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with OLA VP Field and OLA VP Officiating.



FIELD LACROSSE PLAYING RULES

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Substitutions

- Occur dynamically during game play
- Pylons or other line markings can be used to split the substitutions areas for each team to create an “in path” and “out path” to guide players on and off the field (substitution areas can be expanded to accommodate paths)
- These areas are physically separated from the players bench to minimize shared pathways

Loose-Ball Situations

- Players contesting a loose ball are awarded possession by the “first to reach / quick whistle” rule
- The official nearest the ball will stop play and call out the jersey colour of the player closest to the ball
- The closest player will pick up the ball and their opponent(s) must fall back at least 3m (9ft), and the official will quick whistle to restart play
- Players who do not fall back at least 3m on a “loose ball / quick whistle” are penalized by a Delay-of-Game penalty

Penalties

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- All technical fouls : 30-sec (or play on)
- First personal foul: 3-min
- Second contact foul (technical or personal), same player: expulsion from the game
- All technical and personal fouls are served in a physically distanced area behind the corresponding team’s bench

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on athlete participant prior to introducing scrimmages or game play.

minor & men's field lacrosse GAME MODIFICATIONS ^{1/1}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball in the neutral zone. For the beginning of the second half, the home team is awarded possession of the ball in the neutral zone. The officials will begin play with a whistle, which will begin the countdown of the game clock.

Goals Scored:

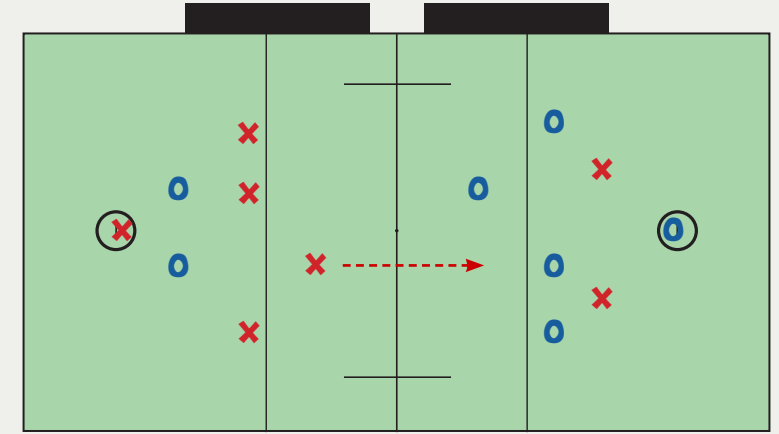
When a goal is scored, the team the goal was scored against is awarded possession at the face-off dot in the centre of the floor. All players (whether teammates or opponents) must be positioned at least 3m (9ft) away from the player who is awarded possession. The officials will begin play with a whistle.

Ball Lodged in Goaltender's Equipment:

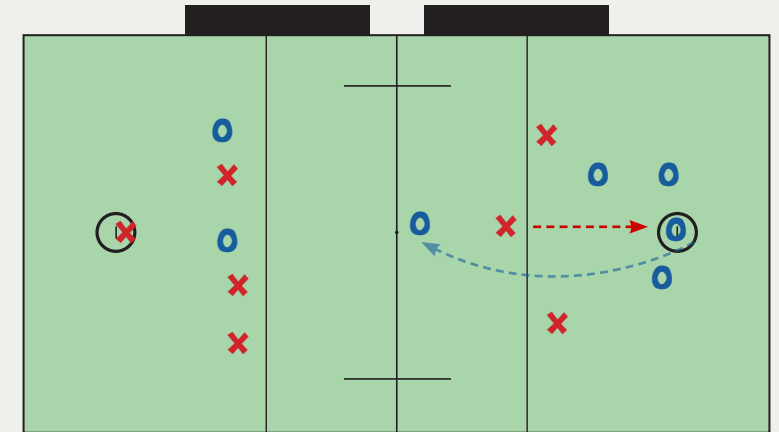
When the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the defending outside their crease. At no point will the officials touch the ball with their hands.

Loose Balls / Ground Balls:

When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player does not need to reach the ball in order for play to be stopped; once the first player has entered the 3m radius, play is stopped and any opposing players must re-position themselves with enough room for the official to restart play quickly. Players who do not fall back at least 3m on a loose ball to allow for a quick whistle restart are penalized by a technical foul.

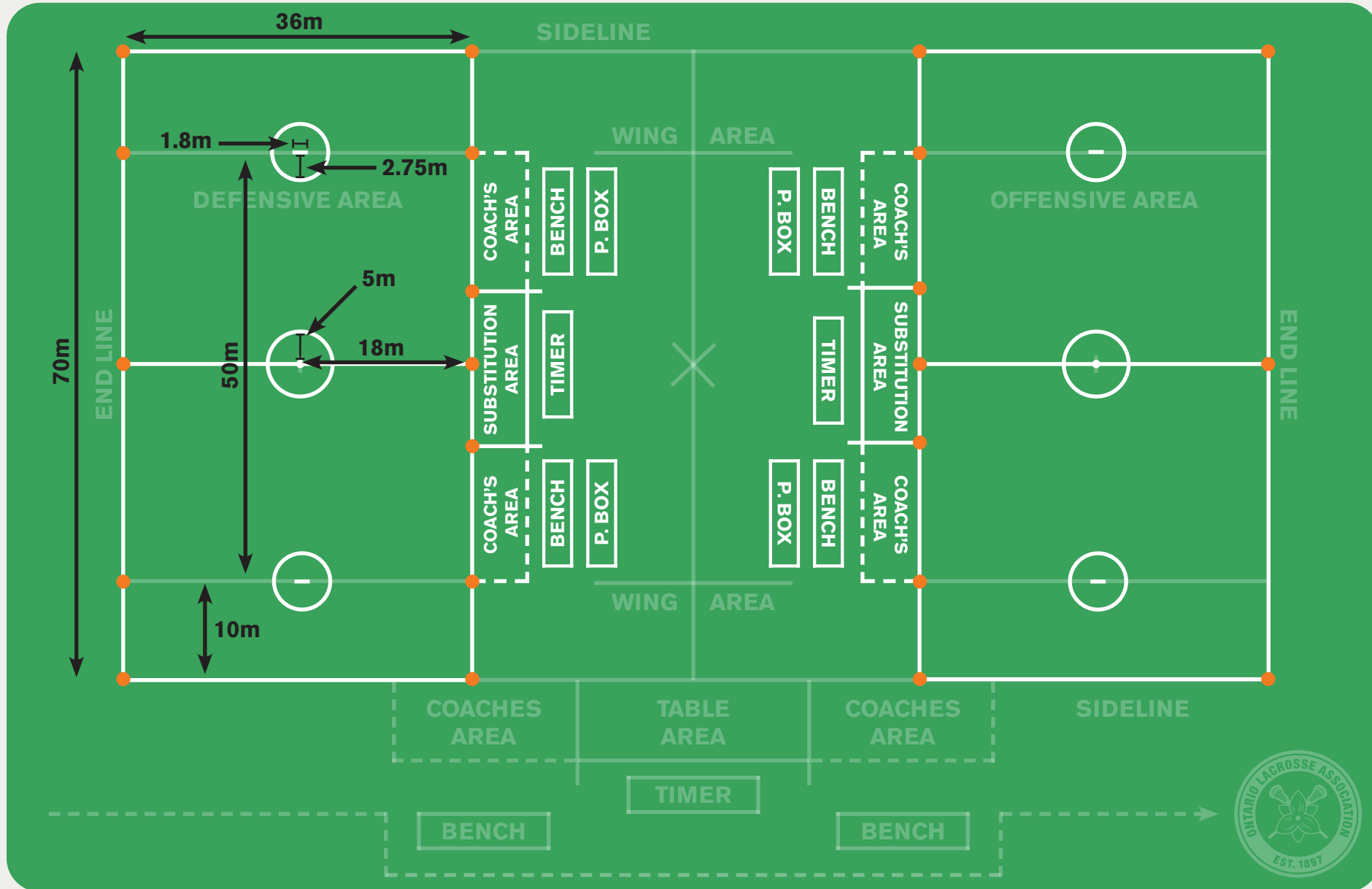


Visiting Team starts with possession at the beginning of the game. Home Team starts with position for the second half. Players must be positioned on-side to begin.



After a goal is scored, play will restart at the face-off dot. Players are responsible for bringing the ball to the draw circle. Officials will not touch the ball with their hands.

optional small-sided MINOR & MEN'S FIELD LACROSSE



Small Games

Fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize small-sided games on a field.

This diagram demonstrates how regulation outdoor fields are typically large enough to accommodate two separate small-sided minor & men's field lacrosse games played simultaneously.

These games are played using the modified playing rules for minor & men's field lacrosse outlined in this document, and appropriate for leagues utilizing 6v6 or 7v7 playing structures in cohorts which do not exceed 50-players.

Municipal facilities have various field configurations which may determine whether this layout will be safe for participants and spectators. Clubs must consider their own field layouts to determine if it is safe to use these formats.