



DATE: March 2, 2024

TO: OLA Membership

TITLE: OLA Memo 24-01; U7 (Paperweight Division) Rule Modifications

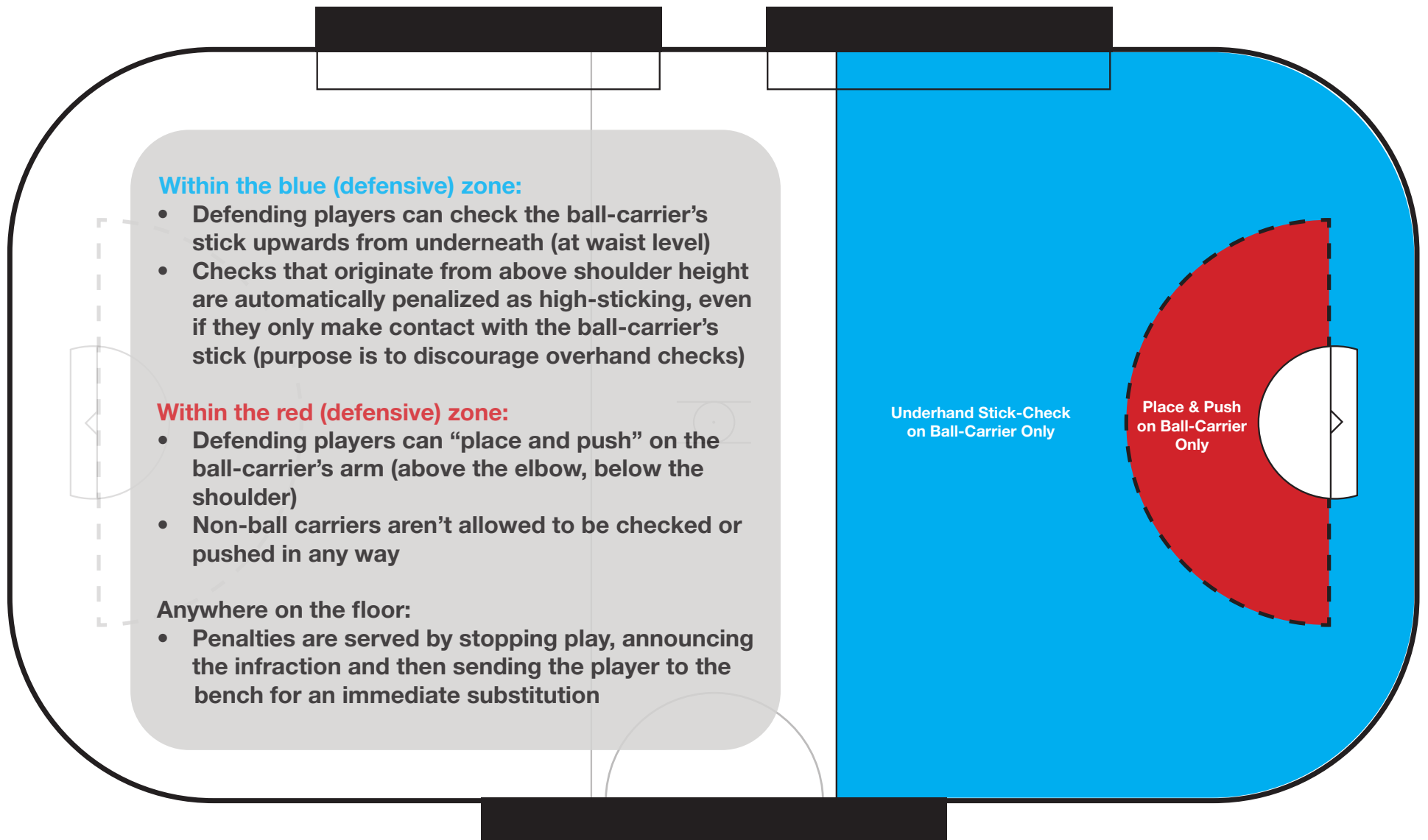
The Long Term Player Development model sets out a vision for introductory levels of lacrosse that puts the player first. The LTAD model provides age-appropriate opportunities for kids to participate in the game. Focusing on development and enjoyment will lay the foundation for local, national and international success long into the future.

The LTAD model has been developed based on the following principles:

- Doing the right thing for the player at the right stage in their development
- Adopting a player-centered approach and not treating the development of players the same way
- The broader the foundation of players, the more successful the sport will be
- Viewing player development as a long-term process
- Learning the skills of running, scooping, cradling, passing, catching and shooting are primary, whereas stick-checking, cross-checking and body-checking are secondary
- A need to better educate parents on the lacrosse development of their child – it is okay for parents to want their kids to get to the highest levels but there is a time and place to introduce safe contact

In U7 (Paperweight), the following rule modifications are in effect:

1. Within the defensive zone, defending players are able to “stick check upwards” from underneath their opponent’s stick. Stick checks which originate overhand are penalized as high-sticking, even if the defending player’s stick only makes contact with the ball-carrier’s stick.
2. Within the dotted line of the defensive zone, defending players are able to create contact by using the Place & Push mechanic on the ball-carrier. A defending player’s stick must be placed on the opponent’s arm *before* the defending player extends their own arms. This allows the defending player to accurately steer the attacking player away from the goal. Once the attacking ball-carrier is pushed outside of the dotted line, they can continue to be pushed until they no longer have the ball, but cannot be pushed into the boards.
3. Defending players cannot make contact with any attacking players who are not the ball-carrier (similar to field lacrosse) at any time, anywhere on the floor. There is no Place & Push or cross-checking allowed on a non-ball-carrier anywhere on the floor.
4. Any violation of the modified contact rules (either #1 or #2) will result in a stoppage of play. The offending player will be sent to the team bench for an immediate substitution. Play can be restarted immediately with possession to the non-offending team, but the substitute player cannot enter the playing surface until the offending player has reached the exchange box. This penalty is not recorded on the score sheet. To facilitate skill development, any body contact, stick-to-body or stick-to-stick contact that violates the modified rules is illegal.
5. Any actions of players which would result in a penalty under regulation box lacrosse rules will still result in a penalty being assessed as normal for the Paperweight division.



The purpose of these rule changes is the most important thing for everyone involved in U7 to understand. By learning the fundamentals of the game without the prospect of being checked, players will become more confident with scooping, cradling, running, passing and catching. Therefore, it's important that all adults who are involved in U7 box lacrosse are promoting these skills over any introduction to contact.

LTAD Stage	Focus	Age Guide	OLA Division	Long-Term Athlete Development (LTAD) Description
Active Start	PLAY	0-4	Soft Lacrosse	Pre-kingergarten; daily physical activities (both organized and unstructured); encouraged fundamental movement skills; focus on participation and FUN
FUNDamentals	LEARN	5-6	U7 (Paperweight)	Well-structured SAFE skill development, positive and FUN; encourage participation in a variety of activities and areas INTRODUCE: SPEED 1, SIMPLE GAME RULES
Train to Learn	LEARN	7-8	U9	Focus on sport skills and drills (accelerated motor coordination) No position specialization; goaltender position as option INTRODUCE: SPEED 2, SKILL 1, FULL GAME PLAY RULES
Train to Learn	SKILL	9-10	U11	Combine skills and tactics; train in low pressure competitive areas); increase competition, goaltender specialization begins INTRODUCE: SPEED 3, SKILL 2, STAMINA 1
Train to Compete	SKILL	11-12	U13	Model high competitive situations (game play and drills); increase goaltender specialization; late entries supported INTRODUCE: SKILL 3, STAMINA 2, STRENGTH 1
Train To Compete	SKILL	13-14	U15	Skill refinement; athlete-specific training, increase competitive situations (game play and drills); late entries supported INSTRUCT: STAMINA 3, STRENGTH 2
Train To Win	SPECIALIZE	15-16	U17	Skill refinement; athlete-specific training, increase competitive situations (game play and drills); position specialization begins ENCOURAGE: SPEED 3, STAMINA 3, STRENGTH 3
Train To Win	SPECIALIZE	17+	U22 Junior A/B/C	Skill refinement; athlete-specific training, full competitive game play and drills; position specialization refined ENCOURAGE: SPEED 3, STAMINA 3, STRENGTH 3