



## **BCLA Adaptive Women's Field Lacrosse Game Rules (Cohort Teams)**

### **U8 - 4v4; U12 - 8v8; U15 & U19 - 8v8 or 10v10**

Lacrosse players are looking forward to getting back on the fields/facilities to play lacrosse games. British Columbia is in Phase 3 of the [Restart Plan](#) and as of August 24, sport has moved to the "Progressively Loosen" Phase. In this phase of sport there can be a careful increase to the number of contacts and contact intensity in sport. This next phase offers BCLA Association/Club members a gradual introduction to a modified field lacrosse game introducing activities that may involve instances of close proximity and contact in a safe way. See [viaSport BC Return to Sport Guidelines \(Phase 3\)](#).

Close physical proximity (within 2 meters) should still be minimized as much as possible. In sport activities that generally involve interaction between participants at a distance of less than 2 meters, it is recommended that:

- Modification of the activity or sport rules occur to minimize contact to keep participants at a safe distance;
- The number and duration of contacts between different participants is limited (when physical distancing is not possible);
- Physical distancing when not participating in the sport activities is maintained (i.e., pre & post-game).

Any introduction of activities involving either close proximity or physical contact should be done within a sport cohort.

In order for scrimmages/games to be played, viaSport BC's guidelines recommend modifications to any sport where players are in close proximity or physical contact is inherent. As a result, the following rule modifications will be **mandatory** to each sector of lacrosse. In all cases, associations/clubs are advised to ease into physical activity with a focus on participant safety prior to introducing scrimmaging or game play.

*NOTE: These game guidelines are modifications to the existing FIL 2018-19 rules for women's lacrosse. Where there is a conflict between the FIL rule book and these modified rules (or PCFLL Women's rules), then the FIL rule book shall apply. All normal guidelines and rules are to be followed unless specified in this document. Modifications are subject to revision and may be adapted.*

#### **Playing Facility-**

1. A Lacrosse playing field shall be a rectangular field 110 meters (120.30 yards) long and 60 meters (65.62 yards) wide. **U8 Modification**-the playing field 35 yards X 60 yards cross-field (see field diagram).
2. Goals are the appropriate size to the division being played (6 X 6). **U8 & U12 Modification**-use drop downs on goals.

#### **Game Procedures-**

1. **U12 - 8v8; U15 & U19 - 8v8 and 10v10.**
  - Regulation team roster sizes per league/age group shall apply. Maximum 18 player roster for game play.
  - Each team will have one coach (1) designated as the head coach, on the bench. Each team must have coaches trained at the Community Development level or higher per age group and discipline as noted on the back of the BCLA Coach Registration Form 100W (Women's Field). Each team must have a responsible adult at all activities (ie, team safety person).
  - Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the field/facility: *Criminal Background Record Check as per BCLA Policy (CRC); Community Development on-line modules/pre-clinic work; Emergency Action Plan (EAP) - free online through CAC Locker; and Making Head Way (free online through CAC Locker).*
  - Players by position (attack-2; midfield-3; defense-2; goaltender-1). Recommended minimum game roster size-11 players; maximum game roster size-15 players; maximum team roster size-20 players).**U8 Modification**-The game shall consist four (4) on-field players for each team and no goaltender for each team.
  - A team may have an additional up to four (4) players serve as substitutes on the sideline.
  - Each team will be allowed up to two coaches, one (1) designated as the head coach. See Point #1 (bullets 2 & 3) above for coach training requirements.



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- Players by position (players-4). A roster minimum of 9 up to 12 players per team is recommended (teams/leagues may be flexible with roster size as long as the 50 person maximum is adhered to while on the field/facility).

**NOTE:** *If U8 games are planned with two games played simultaneously on smaller scale fields, teams must manage the roster sizes and adhere to the public health order restricting gatherings of 50 people.*

*(i.e., 9 players per team with 4 teams, coaches, officials and timekeepers needs to be 50 people or less).*

2. One timekeeper/scorekeeper (up to two people) in the timekeeper's bench.

#### **Appointment of Officials-**

1. The appropriate governing body or their delegate may appoint two (2) umpires for the game.

#### **Game Structure-**

1. Games will consist of two halves not exceeding 50 minutes. 2 X 20-minute halves running time are suggested with a half time break. Last two minutes of each half will be stop time. Teams do not change ends.  
**U8 Modification-** Each session will consist of a training sessions of 10 minutes in length and a game of 24 minutes in length on one half of the field/facility. The games will consist of two halves running time, two 12-minute halves are suggested with a half time break.
2. An official game score will be recorded.
3. A game sheet must be completed prior to each game.

#### **Player's Equipment-**

1. **Field player's equipment:** Players are required to wear full protective equipment as per the FIL rule book (mouth guard, goggles, kilt/shorts, proper footwear, and a pinnie/jersey).
2. **Goaltender's equipment:** Goaltenders are required to wear full protective equipment as per the FIL rule book (helmet manufactured for lacrosse, throat protector, chest or body pad, gloves and mouth guard). The goaltender may wear shoulder/arm pads and leg pads.
3. **Player's sticks:** Sticks must adhere to World Lacrosse 2020 rules. Players are not permitted to use an illegal stick.
4. Targets or shooter tutors can be used on the nets. If a player wants to play goalie, they must do so with all protective gear, however equipment must be sanitized/disinfected before a different player uses the gear.
5. No sharing goalie equipment or player equipment at any time. Players cannot share crosses (sticks) at any time.  
**U8 Modification-**no goaltenders.
6. No sharing water bottles. Label water bottles clearly with the individual player's first and last name.
7. All balls and pylons are to be sanitized/disinfected after activities.
8. For age groups where parents/guardians may need to assist with equipment/pinnie adjustments, the player should leave the field/facility to meet with the parent or the coach may assist putting on equipment/pinnies; if help required, the coach shall wear a mask when practice proper hand hygiene between assisting individual players.

#### **Play of the Game-**

1. **No Draws.** Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period.
2. The team that wins possession starts with a "free clear" at center.
3. After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal.
4. **Loose Balls:** The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The official will call out the jersey colour of the player nearest to the ball.
5. **Contact:** Close proximity and contact should be minimized as much as possible. Regular Women's Field contact



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rules apply in sport cohorts scrimmages and games.

6. **Offside:** regulation offside rules.  
**U8 Modification:** All players free to play on offensive and defensive sides of the field.
7. Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field/facility. Tape, pylons or markers 2 meters apart must be placed on the field / facility bench area to maintain physical distancing.

### **Penalties-**

1. All penalties in the FIL Women's Field Lacrosse Rule book (2018-2019) shall apply.  
**U8 Modification:** No cards are used for player fouls and the team does not play short. The referee will explain any infractions to the players. If the infraction is serious or repetitive, that player shall be subbed out and the head coach should reinforce the dangerous play to the player.
2. Penalty time is served at timekeeper's bench.

### **Post-Game-**

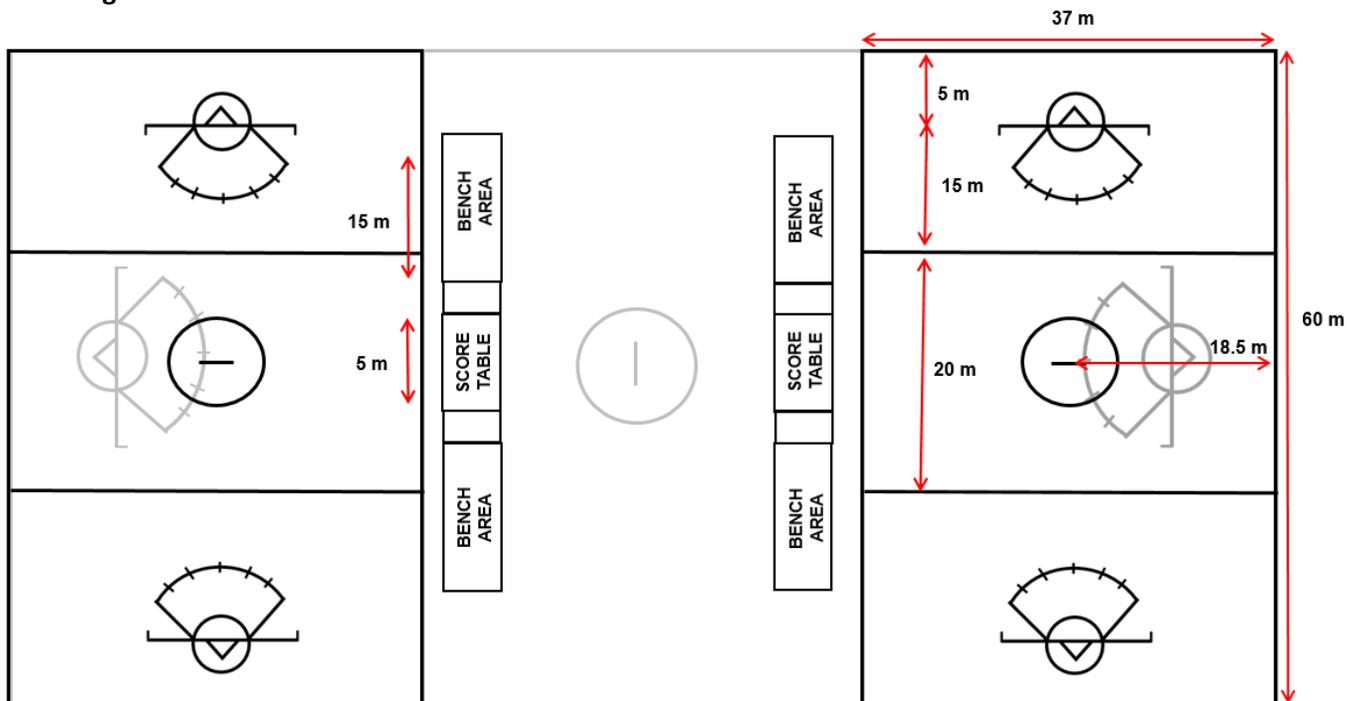
1. No handshakes between team members and staff. A physically distance congratulatory cheer or stick wave can be conducted to acknowledgement opponents and officials.
2. Garbage Clean-up: players will be responsible (under coaches' supervision) to dispose of their garbage in bins at facilities or if no waste bins players will take their garbage home.
3. All participants exit the playing facility individually through the designated exit gate one player at a time.
4. Participants must immediately leave the facility and return to your car. No changing out of gear at the facility.
5. Coaches/staff are responsible for cleaning all equipment used for the activities (i.e., lacrosse balls, pylons, targets, etc.) and sanitizing necessary facility touch points.

### **Reminders & Expectations-**

1. Players and coaches are reminded to maintain physical distancing at all times including teammates on sidelines and on the field/facility.
  - No tight group huddles for instructions or cheers.
  - No high-fives or handshakes.
2. Expect scoring to be higher than normal in games under modified rules.
3. Be patient with officiating. Official's decisions are guided by the principle of "erring on the side of caution in the interest of participant safety."

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**U8 Field Diagram-**



**U12 and Older Field Diagram-**

