



## U7 Greater Edmonton Lacrosse Council Season Guide

**\*U7 Season will practice with their home club and can arrange to have exhibition practices with other clubs throughout the season. U7 will participate in two GELC play-days (one in April, and one in May) as well as the GELC Jamboree Mid June of each year. . Please refer to the U7 and U9 T-Shirt Form on the Manager resource page to fill in your team sizes to receive a T-Shirt at the Jamboree\***

1. Have FUN!
2. Introducing skills
3. Learn basic rules
4. Fair Play
5. Physical activity
6. Play agility games

**Coach Certification:** Community Development

**Parents:** Praise efforts, not results; be positive, praise performance of both teams, do not yell instructions, volunteer!

**Equipment:** Full Equipment - CSA approved helmet and face mask, shoulder pads, arm pads, gloves, kidney protection, mouth guard (optional), Athletic support cup (jock or jill), lacrosse stick. Volleyball knee pads are optional.

**Goal:** Introduce the basic skills of the game and provide an enjoyable learning experience which will allow the children the ability to progress into future levels. Teaching basic lacrosse skills will be achieved through a variety of drills and games. Each child will be on the floor for a practice each week for approximately 12 weeks. U7 players are scheduled to play up to 6 games (in Festival format) over the season. The program will consist of the following:

*Skills and Drills:*

1. **Ball Pick Up** - trap and scoop, scoop from a stationary position, scoop while running.
2. **Cradling** - stationary, walking, running
3. **Loose Ball** - Coach throws the ball into the corner of the arena, the players run to pick it up, one player at a time, and one-on-one
4. **Throwing** - coaches will teach the player how to throw the ball properly, simple passes and shooting.
5. **Catching** – simple passes, with emphasis on stopping the ball, trying to catch!
6. **Shooting** – stationary and game play shooting at the net

*Game Format for GELC Playdays and Jamboree*

1. A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game. Include game number, date, start time, club players and coaches names and signatures. The home team will supply one score box worker for each game. **No score is recorded or displayed. Upon completion of the game, scan and email score sheet to [gamesheet@gelc.ab.ca](mailto:gamesheet@gelc.ab.ca)** There is no score sheet required for practice times.
2. Games will be played with the **standard lacrosse ball**, on half floor, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, a collapsible net may be used at U7. No Shot Clock is used.

3. The duration of the game shall be three 12-minute straight time periods, change on the fly (no buzzer for player changes) with a 5 min warm up and 2 minute breaks between periods.. Each period starts with a face off.
4. There will be no goaltenders.
5. Play starts with a face off then it is a possession change after each goal.
6. A defensive player may check an opponent by using equal pressure or placing their stick head on the opposing players stick head. There is no body checking.
7. Any offensive playing (including the ball carrier) who deliberately charges directly at a defensive player, may be asked to sit the rest of the shift and another player will take that player's place. Or the play is stopped, the coach on the floor explains the infraction to the offender and the opposing team is awarded the ball.
8. One coach from each team may be on the floor to instruct players and act as official

#### LC Modifications for U7

- Dotted Line Guidance: The dotted line is a teaching tool, not a defensive boundary or restricted zone. (All ages)
- Coaches and officials should reference the Place & Push resource materials for proper application and instruction



#### U9 Greater Edmonton Lacrosse Council Season Guide

***\*The U9 Season will begin in mid April, with 2-3 games being played over Saturday and Sunday. This is a developmental weekend for our new officials. Please ensure that all coaches, players and spectators are following the GELC and ALA Code of Conduct. Games will be played on Tuesdays/Thursdays for the remainder of the season. U9 will participate in the GELC Jamboree in mid June. Please refer to the U7 and U9 T-Shirt Form on the Manager resource page to fill in your team sizes to receive a T-Shirt at the Jamboree\****

#### Coach Certification: Community Development

- No Shot Clock( LCRule)
- The stick shall measure no longer than 40" (101.6cm) and no shorter than 26" (66.04cm).
- The ball used shall be a standard lacrosse ball that conforms to LC standards and approved by the LC
- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves, jock/jill strap, shoulder and arm pads, back/kidney pads.
- Soft knee pads are optional.
- The duration of the game shall be three 12-minute straight time periods, last 5 minutes of play stop time, with 2 - minute intermissions. Each period starts with a face off, as well as after each goal scored.
- Shift changes are made on the fly
- NO coaches on the floor
- A score sheet (provided by the home team) must be completed prior to each game. (see RAMP Electronic Game Tutorial on Manager Resource Page)
- All goals, assists and penalties are recorded on the game sheet and displayed on the score board.
- A differential of more than 5 goals shall not be displayed but still need to be recorded on the score sheet.

- Defensive players may place their stick on their opponent and push them away (“place and push”).
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed as a charging penalty.
- There is to be NO BODY-CHECKING.
- A defensive player may check an opponent by placing their stick head on the opposing player’s stick head.

**The LC Age and Stage modifications apply at U9 with the following modifications or clarifications.**

- U9 play will use 3’x3’ nets
- The “fall back” rule will apply to any scenario where the defending goaltender takes possession of the ball in their crease. In those situations, the attacking team must fall back behind the centre line. The goaltender must pass out of the crease and, once the pass has been completed and is in possession of a goaltender’s teammate, the now defending team may come into their attacking half.
- Shift changes will not have a buzzer and “Special Substitution” and the “Special Substitution Procedure” in WL Rules of Play 6.13.2 and 6.13.3 shall be used.
- Rule 6.4 10-Second Count is not in force in U9.

***The Fall-Back Rule Explained:***

- The “fall back” rule will apply to any scenario where the defending goaltender takes possession of the ball in their crease. In those situations, the attacking team must fall back behind the center line. The goaltender must pass out of the crease and, once the pass has been completed and is in possession of a goaltender’s teammate, the now defending team may come into their attacking half.

*Please refer to the Manager Handbook, and links found on the GELC Website – Manager Resources for additional information.*

**Updated March 2026**

