



7's Field Rules

Version v1.1 – August 28, 2026

1. GENERAL RULES

- 1.1. Dryland training and ball & stick play is not permitted anywhere within the facilities except for on the Fields.
- 1.2. Teams are responsible for the clean-up of change rooms and benches after use.
- 1.3. Only players in uniform and coaches who are suitably attired shall be permitted on the benches.
- 1.4. Teams shall provide their own balls for warm up. Game balls will be provided.

2. GAME PLAY

- 2.1. Game play in accordance with World Lacrosse Rules 2025-2027 with the exception of the noted provisions.
- 2.2. Any conflict between the World Lacrosse Rules and 7's Rules, the 7's Rules shall govern.
- 2.3. Game Duration:
 - 2.3.1. Two Twenty (20) minute runtime halves. With a Five (5) minute break at Half Time.
 - 2.3.2. Captains, Coin Toss and Starting Line Ups will not be administered. Home Bench will be to the Left of the scorer's table facing the field of play and Field side will be defended in the first half.
 - 2.3.3. No Time-Outs. No Overtime.
- 2.4. Number of Players:
 - 2.4.1. Each team will Play with Two (2) Attack Positioned Players.
 - 2.4.2. Each team will Play with Two (2) Midfield Positioned Players.
 - 2.4.3. Each team will Play with Two (2) Defense Positioned Players.
 - 2.4.4. And One (1) Properly equipped Goaltender.
- 2.5. Equipment
 - 2.5.1. Goaltenders MUST wear a proper fitted goalie chest pad, a proper fitted goalie dangler, and a proper fitted Jock.
 - 2.5.2. Goalie Sticks are limited to One (1) on the field at a time.
 - 2.5.3. A Maximum of Three (3) Long Poles on the field at one time. LSM (Long Stick Middies) permitted.
 - 2.5.4. If at any time a player's stick shows signs of being illegal, please remove it from play. No Stick measurement request permitted. (Honour System).
- 2.6. Face-offs
 - 2.6.1. All Attack and Defense Positioned Players are confined to their zones until the Ref signals their release.
 - 2.6.2. Face-offs are to be taken in the Right-handed stick position with the wing Midfielder to their left behind the wing Restraining Lines until released by the whistle signaling the start of the Face-off.
 - 2.6.3. Open wings due to penalized team must remain open.
 - 2.6.4. Penalty expires during a face-off in progress – Bench side of the field is your side. Player may enter their wing. Bench side of the field opponent's side. Player must not enter the field until the Ref signals their release.
 - 2.6.5. LSM (Long Stick Middies) are permitted in the wing position
- 2.7. Field Restrictions
 - 2.7.1. Each team MUST Maintain Two (2) Players on the Offensive Side and Three (3) Players on the Defensive Side of the Centerline at all times.
- 2.8. Penalty Time
 - 2.8.1. The Game clock continues to run while penalties are administered.
 - 2.8.2. The timing of a penalty will begin when the penalized Player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later.
 - 2.8.3. Penalty time will only be served during normal playing time. Stoppages in play after the scoring of a goal, or for the awarding and relaying of time-serving penalties to the Scorers and Timekeepers, will temporarily interrupt penalty time.
 - 2.8.4. Penalty time will end when the timing of the penalty has expired, except that the scoring of a goal against a Team having one or more Players serving penalty time for Minor fouls (30 Seconds) shall release the Player or Players of the Team scored against from serving the balance of their Minor foul penalty time. This shall not apply in the case of Major fouls (1, 2 or 3 Minutes), where the designated penalty time shall be served regardless of whether a goal is scored.
 - 2.8.5. Penalties will be served by the Player committing the infraction apart from the goaltender. Goaltender penalties will be served by a long pole on the field at the time play is stopped.
 - 2.8.6. If Four (4) major penalties (1.2 or 3 Minute) are assessed to a single player that player will be expelled from the game.



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2.9. General Contact

- 2.9.1. Players cannot use physical, body-to-body contact to knock down or violently push opponents, including the ball carrier.
- 2.9.2. Players cannot offensively charge or run through opponents.

3. PARTICIPANT MISCONDUCT AND DISCIPLINE

- 3.1. Gryphons Lacrosse promotes good sportsmanship, respect and fair play.
- 3.2. Gryphons Lacrosse has a zero-tolerance policy towards unsportsmanlike conduct, including harassment, taunting, trash-talking and fighting.
- 3.3. All parents, spectators, players, coaches and officials shall abide by the Code of Conduct. Failure to comply by the Code of Conduct will result in player and/or team discipline up to and including removal and potentially further sanctions by the team's governing body.
- 3.4. Spectators shall comply with the same requirements as parents.
- 3.5. Teams are responsible for the behaviors and actions of parents, spectators, players and coaches.

4. AUTHORITY OF THE DIRECTOR(S)

- 4.1. The Director will have the right to apply discretion to the Rules.
- 4.2. Decisions by the Director are final.
- 4.3. Failure to follow any of the Rules will result in player and/or team discipline up to and including removal and further sanctions by the team's governing body.
- 4.4. Damages to the facilities as a result of misuse, abuse and/or failure to follow the Rules, will be at the cost of the teams.