

	U7	U9	U11	U13	U15	U17	U22 Female
Ball used	Soft ball	Regulation ball	Regulation ball	Regulation ball	Regulation ball	Regulation ball	Regulation Ball
Playing surface	3 on 3 cross floor	3 on 3 cross floor **	5 on 5 full floor				
Net size	3' x 3' *	3' x 3'	4' x4'	4' x4'	4' x4'	4' x4'	4' x 4'6"
Period length	3 x 15 min	3 x 15 min	3 x 20 min, last 5 stop time	3 x 20 min, last 5 stop time	3 x 20 min, last 5 stop time	3 x 20 min, last 5 stop time	3 x 20 min, last 5 stop time
Overtime	None	None	None	Tournament/provincials only	Tournament/provincials only	Tournament/provincials only	Tournament/provincials only
Player sticks	26-40"	26-40"	26-40"	26-40"	40 - 46"	40 - 46"	40 - 46"
Goalie sticks	15" width max	15" width max	15" width max	15" width max	15" width max	15" width max	15" width max

The 2026 Lacrosse Canada Playing Rules will be in effect with the exception of the above. Starting in 2027, it is expected that the full LC rules will be applied

* - No goalie in U7

** - If playing 5 on 5 full floor, this is for in-house play only. Individual associations can play exhibition games from June 1 onward

** - 5 on 5 tournaments will be permitted from June 1 onward