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7 – ON – 7

Modified Men's Field Lacrosse

**7-on-7 is a game of Fun, Finesse and Skill with
Safe to Play Rules for all to enjoy.**

Unless otherwise stated in this document,
FIL rules shall apply during 7-on-7 games.

- **CLA Men's Field Sector Chair, Bill Fox expresses his appreciation to the members of the 7-on-7 Committee for their work in producing this document.**
- **CLA 7-on-7 committee members: Joe Hiltz, Alan Luciuk, Jim Jordan, Dave Hallet and members of the CLA Men's Field Lacrosse Sector.**

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7-on-7 Men's Field Lacrosse

In an effort to continue the growth of Men's Field Lacrosse in all regions of Canada, the CLA, along with its Member Associations, is promoting 7-on-7 men's field lacrosse.

7-on-7 is a game of Fun, Finesse and Skill with Safe to Play Rules for all to enjoy.

Intentional contact is illegal. Players may only play a loose ball shoulder-to-shoulder with equal pressure, to ensure safety.

The advantages to playing 7-on-7 are numerous:

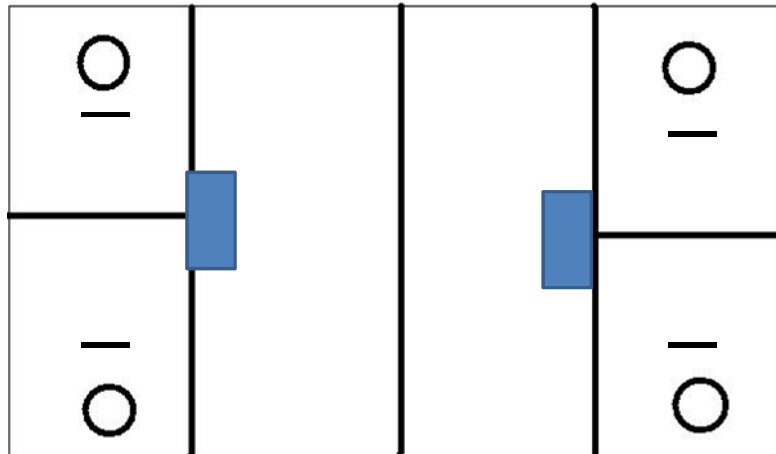
- Two games may be played on one field simultaneously.
- Face offs will be eliminated after goals allowing the ball to be put into play as soon as possible.
- Most importantly, with smaller teams, the athletes will get many more touches and opportunities to hone their skills.
- The rules of 7-on-7 have been modified from the traditional game of Lacrosse to emphasize Fun, Finesse, Skill and Safety for all participants of all ages and sizes.
- A shorter field and continuous play keep the game fast paced and exciting.
- Basketball, hockey and soccer players will easily adapt to 7-on-7 as many of the features in their sports cross over to Lacrosse.
- Your provincial governing body for lacrosse is available to help you find ways to keep initial start-up costs down.
- Most hockey equipment can be used to play Lacrosse.
- Tools such as coaching materials and instructional guides are available.

As the game of 7-on-7 men's field lacrosse continues to grow, school, local, provincial and regional championships will start taking place. With only a minimum of 7 players needed to field a team, men's field lacrosse is now more accessible than ever, allowing more young athletes to enjoy the thrill of Canada's National Summer Sport.

Rules

- Played outdoors on a 55 x 40 m field.
- Teams consist of a goaltender, 2 attackers, 2 midfielders and 2 defenders.
- Differs from box lacrosse in the style of play and strategy.
- There is not a 30-second shot clock – thus the game is more strategic and relies more heavily on team possession and control of the ball.
- After a goal is scored, the play starts with the Goalkeeper. Offensive players must move back to the solid line ten yards from the top of the crease (see the diagram below). The game shall restart at the sounding of the whistle.

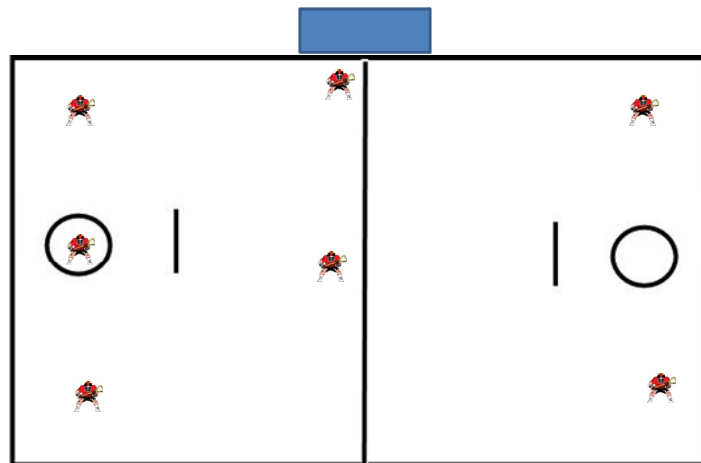
The two attack zones of a traditional lacrosse field are used and the middle portion of the field is the location for change areas and the competing teams' benches.



Structure of Play

- All games are 7v7: 6 field players (2 attack players, 2 midfielders and 2 defenders) per side and 1 goalie.
- Teams must have a minimum of 7 players to ensure competitive games.

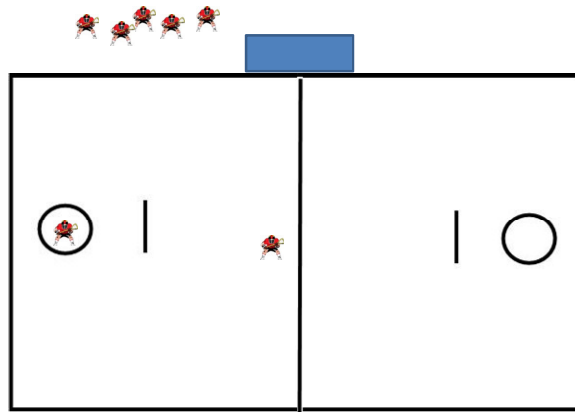
The Start of the Game



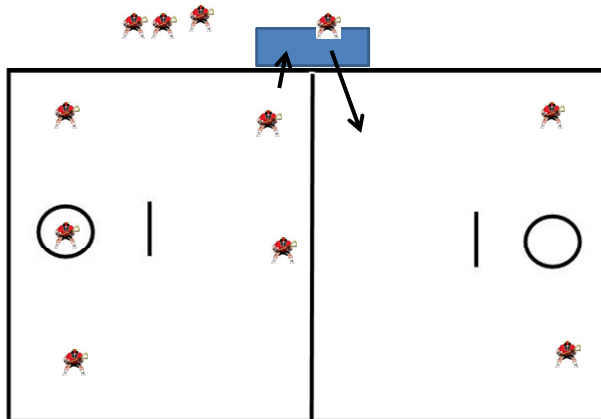
Flow of Play

- There will be only two face-offs, one to start the game and the second after halftime. Wing midfielders must be positioned to the left of their faceoff man, at the intersection of the sideline and the midline. Defensemen and attackmen must remain behind the goal line extended until the referees' signal possession. The goalie must remain in the crease area until possession is signaled.
- Onside Rules are in effect – min. 2 players on offense and 3 on defense at all times.
- Minimum of two and maximum of three long sticks on the field at a time.
- During the game, all substitutions are on the fly; players must step completely off of the field before a teammate enters the playing field.
- No body-checking, as players must play the ball at all times. There is no reason for body-checking; outworking someone is better than a body check. If this happens, teams will receive a penalty for unnecessary roughness.
- After a goal is scored, the goalie will clear the ball out of the crease. Once the opposing players have moved beyond the touch line, the referee blows the whistle to re-start play.
- If a team falls behind by 5 or more goals, they are awarded the ball at midfield after they have been scored on.
- Games consist of two 20-minute halves with a 3-minute halftime, running time. STOP TIME will be played for the last 3 minutes of the second half only if the score difference is 5 or less. Time will be kept by a referee.
- Each team is allotted one timeout per half. Timeouts are one minute long.
- A game ending tied is decided by a sudden-death overtime of two 2-minute halves (no stop at half, just switch sides), which begins immediately after regulation time with a faceoff.
- If there is still no winner, a sudden victory Braveheart game will decide the match.
- Braveheart starts with a draw taken at centre and teams are limited to one player and goalie per team. One player must remain in the defensive zone at all times. This allows either the player or the goalie to move into the offensive zone as an attacker.
- Teams may not call timeout in overtime or Braveheart.
- If a penalty is called, the player committing the infraction must leave the field and a substitute player will start five yards behind the player in possession, giving him a head start to the goal.

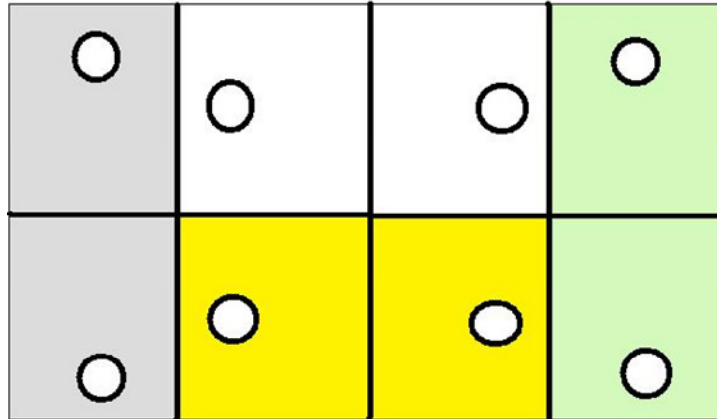
Braveheart



Players must exchange through the gate. A player must exit the field prior to his/her replacement entering the field.



The fields of play may be moved into the centre of the field to accommodate a stadium setting. The white and yellow fields are for use in stadiums or fields that restrict end zone play.



Infractions

- All field lacrosse penalties are called and served as they are in regular field lacrosse.
- Penalties start once the whistle has begun play and the offending player has put his knee down in the penalty area.
- The referee releases penalized players when their served time has expired.
- Team size - Teams should have a minimum of 10 players to insure competitive games, but may start the game with a minimum of 7 players.

Equipment

Required Equipment

A player must have the following in order to be considered eligible to enter play:

- A legal lacrosse stick
- Shoulder pads
- Mouth Guard
- Shoes (properly worn)
- Gloves
- Helmet
- Sweater
- Cup

Required Goalkeeper Equipment

The goalkeeper must also have:

- Throat Guard
- Chest Protector