

U12 Boys Lacrosse Rules Primer (7v7)

Introduction:

Welcome to U12 Boys Lacrosse 7v7! This smaller-sided game focuses on the continued development of skills, teamwork, and sportsmanship in a fast-paced environment. This rules primer is based on USA Lacrosse Youth Lacrosse Guidelines and is designed to provide an easy-to-understand overview of the rules for U12 boys lacrosse on a 7v7 field.

Field:

1. The field is a smaller, modified version of a standard lacrosse field, approximately 60-70 yards in length and 35-45 yards in width.
2. Goals are 6 feet wide by 6 feet high.

Equipment:

1. Players must wear a helmet, shoulder pads, elbow pads, gloves, mouthguard, and a protective cup.
2. A standard lacrosse stick (short crosse) is required, with a length of 37 to 42 inches for field players.
3. Goalies must wear a helmet with a throat guard, chest protector, gloves, and a protective cup.

Game Structure:

1. Games consist of four 12-minute quarters, with a 2-minute break between quarters and a 5-minute halftime.
2. Each team has a maximum of 7 players on the field at a time, including 6 field players (2 attack, 2 midfield, and 2 defense) and 1 goalie.
3. No d-poles are permitted on the field of play at any time.
4. Substitutions are made on the fly, similar to ice hockey.

Rules:

1. Body checks and stick checks are allowed, but must be age-appropriate and follow USA Lacrosse guidelines.
2. Legal contact is limited to equal pressure when two players are going for a loose ball or when a player is in possession of the ball.

3. No player may deliberately hold, trip, or push an opponent.
4. A loose ball must be played by scooping, not by kicking or swatting with the crosse.
5. No player may use their free hand to hold, push, or control an opponent's stick.
6. Offside penalties are not enforced, but players must return to their defensive side after a shot or turnover.

Penalties:

1. Time-serving penalties are assessed for violations such as slashing, tripping, holding, or illegal body checks.
2. Penalties are typically 1 to 3 minutes in length, depending on the severity of the violation.
3. The offending player must serve the penalty in the designated penalty box.

Faceoffs and Restarts:

1. To start each quarter and after each goal, a faceoff will occur at the center of the field between two midfielders.
2. The remaining players must position themselves behind the wing line or restraining line until possession is established.
3. Restarts occur at the spot of the violation or change of possession.

Conclusion:

The U12 boys 7v7 lacrosse format offers a fast-paced and exciting game, emphasizing skill development, teamwork, and sportsmanship. Players, coaches, and parents should continue to create a positive and supportive environment. Enjoy the game!