

U13/U15 Local League Lacrosse Rules - 2025

Game Format

- 5-on-5 full floor
- Three (3) x 12-minute periods

Face Offs & Scoring

- Face-offs at the start of each period and after goals

Penalties

- Players serve penalties in the penalty box
- Minor = 2 minutes, Major = 5 minutes
- Team plays short during penalty

Contact Rules

- No cross-checking or body-checking
- Controlled stick contact (between hands) allowed

Additional CLA Rules

- Standard CLA infractions enforced (offside, illegal picks, crease play)
- Delayed penalties signaled with arm raised
- Possession change restarts on whistle
- Goalie crease protection enforced
- Over-and-back and 30-second possession rules in effect

General Rule Compliance

- Full compliance with OLA/CLA Rule and Situation Handbook (2017/2018)