

U11 Local League Lacrosse Rules - 2025

Game Format

- 4-on-4 full floor
- Three (3) x 12-minute periods

Passing Rules

- 2 passes required before scoring
- 1 pass must occur in the offensive zone
- Handoffs do not count

Face Offs & Scoring

- Face-offs at start of each period and after goals
- If a team leads by 5+, other team gets possession after goal
- Face-off resumes if trailing team scores

Penalties

- Players serve penalties in the box
- As per CLA/OLA Rulebook

Contact Rules

- No cross-checking or body-checking
- Stick between hands may be used for controlled ball carrier contact

Additional CLA Rules

- Illegal picks, offside, over-and-back, and crease violations enforced
- Goalie contact restricted
- Substitutions must follow floor entry rules

General Rule Compliance

- Follow OLA interpretation of CLA Rulebook (2017/2018 edition)