

U9 Local League Lacrosse Rules - 2025

Game Format

- 3-on-3 on half floor
- Three (3) x 12-minute periods

Shift Changes

- Buzzer every 2 minutes
- Clock stops for changes
- Quick substitution required

Restarting Play

- Possession awarded to team that last had possession or was closest to loose ball

Infractions

- Play stops, infraction explained
- Player sent to bench
- Team plays 1 short until next buzzer

After a Goal

- Possession starts in crease of scored-on team
- Scoring team must retreat and tag up

Passing Rules

- 1 pass required before scoring
- A valid pass must travel through air or ground
- Handoffs do not count

Contact Rules

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

General Rule Compliance

- Refer to CLA/OLA Rulebook (2017/2018) for all other rules