

Boys/ Men's Playing Rule Variations



Age Group	U12	U14	U16	U18	Seniors
Quarter Duration	10 minutes	12 minutes	15 Minutes		
Stop Clock	None (except timeouts or officials' discretion)		Q1 – Q4: Last 30 secs Timeouts		Q1 – Q3: Last 30 secs Q4: Last 2 mins OT: ALL Timeouts
Break Times	3 – 5 – 3				2 – 10 – 2
Overtime	None	None (Finals as per seniors)			Sudden Victory: 2 min break, 4 min stop clock quarters w 2 min break until goal is scored. No Timeouts.
Team Time Outs	2 per game (90 secs)				2 per half (90 secs)
Teams	6 players on field. Less than 5 players 5 mins after start = forfeit.	10 players on field. Less than 8 players 5 mins after start = forfeit.			
Stick Checking	CONTROLLED 2 hand stick checks, making contact with head of opponents stick permitted. No prechecks. No poke checks.	CONTROLLED 2 hand stick checks to opponents stick or gloved hands permitted. Precheck and poke check with 2 hands permitted.	As per World Lacrosse rules		
Body Checking	Equal or opposite pressure permitted. No punching/ thrusting. No cross-checking.	Controlled body checks to an opponent in possession permitted. No cross-checking.	As per World Lacrosse rules		
Fair Play Rule	Lead of 5 or more goals. Losing team start w possession at centre. Opposing team standing in 'D formation'.	Lead of 10 or more goals. Losing team start w possession at centre. Opposition standing behind defensive restraining line. Quarters start w faceoff. Losing team has a choice of whether to implement.			None
Notes	1 v 1 to a loose ball. Possession awarded to opposing team at centre after a goal is scored. Teams may consist of all genders.	Maximum 3 long poles on field. Must start in defence.			