K/1st Grade: "8U" Small Sided Competition Guidelines:

Field Players (#'s per side): Games will be a 4v4 format with no goalies

Field Size and Goal Dimensions:

Game fields - are 60 yards long by 35 yards wide (cross field) **Goals -** 3x3 goals

each coach/team is responsible to bring their own 3x3 goal to each and every game

Goal Crease – 6 foot crease (no goalie)

- <u>defensive players allowed</u> through the crease as long as they are not in the crease with the perceived intention of blocking a shot
- <u>No offensive players</u> allowed in the goal crease at any time, but may reach their stick in with the intent to pick up a loose ball
- NO PLAYER WITHIN THEIR DEFENSIVE AREA (in or out of crease) SHALL ACT AS A GOALKEEPER NO EXCEPTIONS

Equipment: Full equipment, standard NOCSAE lacrosse ball, *no long crosses' permitted*

Competition Timing:

- Games are four 10 minute running time quarters, 4 minute halftime

Roster Sizes: 8-12 players per team, minimum 1 coach

<u>Substitutions:</u> Full team substitutions after goals or during stoppage of play after an extended period of game play (2+ minutes with no goals). *no live-ball or "on the fly subs"*

 specifically designed to discourage specialization of positions at this age level to develop well-rounded lacrosse athletes

substitution rule not strictly enforced but strongly recommended

<u>Coaches and Officials:</u> 1 coach per team is allowed on the field, per team, to roam and instruct. 1 certified official per game (same as normal Storm games).

- *coaches should try and restrict themselves to the sides of the fields (no more than 5-10 yards from their sideline to ensure they are not obstructing the field of play*

Rules & Differences: All normal rules apply with exceptions made to the following rules -

- *NO OFFSIDE* all field players free to move about anywhere on the field of play
- <u>FACEOFFS</u> Face-offs are only conducted at the start of the game and all quarters only. All face-offs shall be 1v1 scenario with all other players below their defensive goal line.
- No face-offs after goal is scored ball restarted by official in defensive half of the field at GLE approximately 5 yards from the sideline
- ALL OPPOSING PLAYERS MUST BE ON DEFENSIVE HALF OF MIDFIELD BEFORE PLAY RESTARTS *new fall 2017*

"Scrum Rule" in the event a loose ball cannot be picked up quickly due to two or more players in a "scrum" the official shall stop play and award the ball via alternating possession

Penalties: Player leaves the field. No time-serving penalties. Penalties used to teach, explain, and learn.

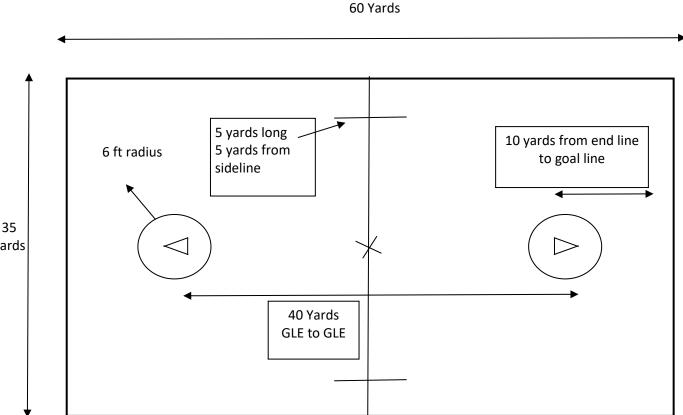
- Penalized player to leave field, and may return to play during the next dead ball substitution situation.
- *no play on scenario play is blown dead immediately on flag down situations*

Body Checking: Limited body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. The following types of body contact are allowed:

- legal holds
- legal pushes
- positioning yourself against an opponent to gain possession of a loose ball (i.e. boxing out)
- defensive positioning to redirect an opponent
- incidental contact

Stick Checking: Only checks with the crosse listed below are legal. In all cases stick checks must be made on the crosse of an opponent or gloved hand of a crosse when an opponent is in possession of the ball or within 3 yards of a loose ball.

- (a) Lift the bottom hand, when it is on the stick and below the chest; or the head of the stick when it is below the chest area.
- (b) Poke the bottom hand when it is on the stick and below the chest area; or the head of the stick when it is below the chest area.
- (c) Downward check initiated below the shoulders of both players.



35 yards