

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)

- defensive players allowed through the crease as long as they are not in the crease with the perceived intention of blocking a shot
- No offensive players 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

Substitutions: 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

Coaches and Officials: 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
- **FACEOFFS** – 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.

- 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.
- 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.
- Downward check initiated below the shoulders of both players.

