

2017 US Lacrosse Youth Pre-Game

KEYS TO SUCCESS



1. **SAO:** Safety, Advantage/Disadvantage, Obvious.
2. Five places to be.
3. If you see it, call it.
4. Don't ball watch.
5. Blow the whistle, throw the flag

NEW RULES

SCRUM RULE Ball loose in scrum not being picked up. Whistle: AP. (8U - 12U)

EXCESSIVE POSSESSION Maintain possession more than 5-7 seconds, withholding. (optional)

RAKING RULE Illegal procedure to rake the ball backwards. (8U-10U)

DEFINITIONS

POSSESSION player can carry cradle pass or shoot.

GOAL loose ball that completely crosses that rear edge of the goal line before time expires.

OUT OF BOUNDS player in possession touching line or OB, loose ball touches boundary or passes plane.

OFFSIDES in 10 on 10, more than 6 on offense or 7 on defense; Count forwards!

SHOT remains a shot until OB, in possession; player causes it to go OB or comes to rest.

PRE-GAME

COACH'S MEETING

RULES Confirm with each coach the age group and any league rules.

CERTIFICATION "Coach, are all of your players properly equipped by rule?"

SIDELINE MANAGER Find out if there is someone assigned to help you out.

TABLE Make sure scorer and timer know their responsibilities.

SCORER fouling out rules, no release on FO until possession.

TIMEKEEPER Running time or stop, how much time? Clock starts & stop on whistle, loudly count down last 10 seconds, blow horn at end of period.

CHECK FIELD

FIELD Make sure the field is safe.

BALLS Are their balls on the end lines and sideline. Must be stamped NOCSAE!

GOALS Make sure there are no holes in the nets or balls left in the goals.

COMMUNICATION

CNOTE Color, Number, Offense (foul) and Explanation (e.g. Non-Releasable)

SIGNALS Crisp and clean. Move to open area, stand still, relay to Partner and Table.

RESTARTS Arm Up until ready (point); check with Partner. B can restart in box or crease

FACEOFFS Sticks straight up & down, parallel to line, Neutral Zone clear.

MECHANIC [Point] down, [adjust sticks & players, place ball] set, [back out] whistle.

FACEOFF OFFICIAL Stay and officiate the faceoff, know where you are going: back out to your sideline and towards your goal.

WING OFFICIAL Get to wing, Hand up until ready, then point. Focus on wing players.

PREWHISTLE FOUL - No Whistle, stand players up, give quick point, Trail has restart!

POSITIONS

PLACES TO BE

TOP OF THE BOX 5 Yards in and up from corner.

GOAL LINE EXTENDED work in and out to crease. Get close!

MIDLINE watch for offsides, count forwards. Release when you KNOW ball will cross.

ENDLINE get to the endline on shots and contested plays.

INSIDE BOX Trail must help on goal coverage if lead at endline.

LEAD RUNS! Must Beat Bal to GLE, Goal is more important than offsides!

POSITION on GLE, work in and out to crease; to endline.

COVERAGE One man game until Trail Arrives.

BOUNDARIES Get to End line on shot or contested play.

GOALS strong whistle, loud voice, big signals! Signal in crease.

TRAIL, jogs up slowly. Keep wide triangle with Lead.

TRANSITION Primary responsibility is your goal behind you.

POSITION 5 Yards in and up from corner, Primary concern is return to Lead.

WATCH SHOOTER for late hits, IBC, crosschecks and UR.

OVER & BACK you have the call. Quick whistle unless tipped or shot.

ON/OFF OFFICIAL Focus on keys! Don't ball watch, if unsure, talk to each other!

CREASE Be as close as you to crease on GLE to make call!

INTERFERENCE GK in possession; free clear, Loose: Defense gets ball.

NO DIVES Player leaves feet on his own No Goal.

GOAL Ball must be in goal before player touches GK, net, goal or crease.

BE DECISIVE

TIME OUTS 1:40 seconds then let teams know they have 20 seconds to restart.

REASSESS confirm score with each other and how many TOs each team has.

DISCUSS how is the game going? Do you need to tighten it up? Problems?

WHEN TO THROW A FLAG

FLAG Throw it high! Keep eye on the players. Yell "Flag Down!" Repeat

PERSONAL Always a flag, if A in possession FDSW. Loose: flag and whistle.

TECHNICAL Flag if A in possession (30 seconds). If loose, Play On! Award ball.

FDSW Count ends, Goal/ Ground, A fouls, OB or out of box, B possession, Injury, End of Period/Equipment Loss (AGOODIE)

WHISTLE Staccato to kill the play, break up a scrum or waive off a goal.

U8

Players: 4 v 4 with no goalie or 3v3 plus a goalie

Field Size: 60 yards x 35 yards (cross field)

Time: Two 12-minute running time halves, 4-minute halftime period. No team timeouts.

Equipment: Full equipment, soft-type ball. Goalie arm pads are optional.

Goal Size: 3 feet by 3 feet.

Pre-game: Coin toss and ALL players line up.

Faceoffs: None. The ball awarded to the team scored upon, on the ground along GLE.

Penalties: Player leaves the field. No time-serving penalties. Penalties used as a teachable moment to explain the foul that has been committed. No offsides. No raking. Scrum rule.

Substitutions: No on the fly subs; dead ball whole team only.

Score: Do not keep score.

Coaches: One coach per team on field to instruct ALL players in the game.

U10

Players: 6 v 6 with no goalie or 5v5 plus a goalie

Field Size: 60 yards x 35 yards (cross field)

Time: Four 8-minute running time quarters, with a 2 minute break between each quarter. No overtime.

Equipment: Full equipment, NOCSAE lacrosse ball. Arms pads for goalies optional.

Goal Size: 6 feet by 6 feet (5x5 or 4x4 allowable)

Pre-game: Coin toss and ALL players line up.

Faceoffs: None. The ball awarded to the team scored upon, on the ground along GLE.

Penalties: Time-serving penalties. No offsides. Scrum Rule. Raking Rule.

Score: Scorekeeping is optional, not recommend.

Substitutions: No on the fly subs; dead ball whole team only.

Coaches: Coaches may roam the entire length of their sideline; not through box.

Body Contact: No body checking permitted. Any overt (obvious) collision should be enforced as an illegal body check. All within 3 yards of a loose ball or a ball in possession.

Allowable:

- legal holds & pushes
- boxing out
- defensive positioning to redirect an opponent
- incidental contact

**Youth games
MUST be called
tighter than high
school.**

12U

Players: 7 v 7 or 10v10, depending on size of field used.

Field Size: 60 yards x 35 yards (cross field) or 110 yards by 60 yards

Equipment: Full equipment, NOCSAE lacrosse ball. Arm pads for goalies are optional. Only two long (7 on 7) or three (10 on 10) crosses on field.

Goal Size: 6 feet by 6 feet

Pre-game: Coin toss and ALL players line up.

Faceoffs: 7 on 7: One wing player shall in bounds with at least one foot resting on a sideline; released on whistle. 10 on 10: both in bounds with at least one foot resting on a sideline; released on whistle.

Penalties: Time-serving penalties. Offsides is a technical foul. Scrum Rule.

Time: Four 10-minute stop time quarters, 2 minute break between each quarter and a 5 minute half time. 2 team timeouts/half. Max 2 OT periods.

Score: Scorekeeping is optional, not recommend.

Substitutions: No on the fly subs; dead ball whole team only.

Coaches: Confined to their designated coach's box on the sideline.

14U

Players: 10 v 10

Field Size: 110-120 yards by 521/3-60 yards

Equipment: Full equipment, NOCSAE lacrosse ball. Arm pads for goalies are optional.

Goal Size: 6 feet by 6 feet

Pre-game: Coin toss and starters line up.

Faceoffs: Standard NFHS faceoff.

Penalties: Time-serving penalties. Offsides is a technical foul. In 7 on 7: more than 4 players in its offensive side or more than 5 players in its defensive side (including players in the penalty box).

Time: 4 10-minute stop-time, 2 minute break, 5 minute half. 2 Team TO/ half. OT until a winner.

Score: Scorekeeping is optional, not recommend.

Substitutions: No on the fly subs; dead ball whole team only.

Coaches: Confined to their designated coach's box on the sideline.

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.

Allowable:

- Lift 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 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.