

## 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

### 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 OOB, loose ball touches boundary or touches OOB.

**OFFSIDES** more than 6 on offense or 7 on defense including players in the penalty area; Count forwards!

**SHOT** remains a shot until OOB, in possession; player causes it to go OOB 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 legally 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 faceoff 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, two toots during dead ball if need officials' attention.

#### 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

**C-NOTE** Color, Number, Offense (foul) and Explanation (e.g., Nonreleasable)

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

**RESTARTS** Arm Up until ready (point); check with Partner. Defense 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 before ball crosses.

**ENDLINE** get to the end line on shots and contested plays.

**INSIDE BOX** Trail must help on goal coverage if lead at end line.

**LEAD HUSTLES!** Must Beat Ball to GLE, Goal is more important than offsides!

**POSITION** on GLE, work in and out to crease; to end line.

**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** Don't run, jog 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, cross-checks and UNR. Do not ball watch!

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

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

**CREASE** Be as close as you can 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**

**TIMEOUTS** 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!" Partner echoes

**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** Free play ends when: Goal/ Ground, A fouls, OOB or out of box, B possession, Injury, End of Period/Equipment Loss, Shot taken (AGOODIES)

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

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

## U9

**Crosse** 37"-42" No Long Poles.

**Equipment** GK must wear arm pads, all players must wear cups.

**Uniform** Numbering and color requirements not strictly enforced.

**Time** 12-min running (pref) or 8-min stop. Run clock 12-goal lead in 2<sup>nd</sup> half.

**OT** None, unless tournament requires winner.

**Counts** 4-second count only.

**Over and Back** can't cross midline after gaining attack area.

**Stalling** (rarely used) "Advance the ball" / 5-second count.

**Faceoff Mercy** 6-goal lead, team behind may have ball. Trailing coach can waive.

**3-Yard Rule** All legal holds, pushes, and checks must be on player with possession or within 3 yards of loose ball.

**IBC** No takeout checks allowed.

**Checks to Head/Neck** Any check to head/neck is 2-3 minute NR.

**Slashing** No one-handed stick checks. Even if swing and miss.

**UNR** 1-3 min. All NR. 2-3 min NR or ejection for violent hits or defenseless player.

**USC** 1-3 minutes usually NR, second NR USC results in 3-minute NR and ejection.

**Body Checks** No body checking permitted. Loose ball boxing out allowed.

**Penalty Time** Player subs out but no man down.

**Fouling Out** 4 personal fouls or 5 minutes of personal foul penalty time.

## U13

**Crosse** NFHS Short 40"-42" Long 52"-72".

**Equipment** GK must wear arm pads, all players must wear cups.

**Uniform** Requirements not strictly enforced.

**Time** 10-minute stop. Running clock 12-goal lead in 2<sup>nd</sup> half.

**OT** Maximum of two OTs. 4-minute OTs. Sudden victory.

**Counts** All counts in effect: 4-, 10- and 20-second.

**Over and Back** can't cross midline after gaining attack area. D tip is OK.

**Stalling** GIKI, automatic for team ahead in final 2 minutes of game.

**Faceoff Mercy** None.

**3-Yard Rule** All legal holds, pushes, and checks must be on player with possession or within 3 yards of loose ball.

**IBC** No takeout checks allowed.

**Checks to Head/Neck** 2-3 minute NR for violent and reckless contact.

**Slashing** No one-handed checks.

**UNR** 1-3 min. All NR. 2-3 min NR or ejection for violent hits or defenseless player.

**USC** 1-3 minutes usually NR, second NR USC results in 3 minute NR and ejection.

**Body Checks** Limited body checking, generally should be upright.

**Penalty Time** If running time, time starts with next whistle. Stops for TO or period.

**Fouling Out** 4 personal fouls or 5 minutes of personal foul penalty time.

## U11

**Crosse** Short 37"-42" Long 47"-54".

**Equipment** GK must wear arm pads, all players must wear cups.

**Uniform** Numbering and color requirements not strictly enforced.

**Time** 8-min stop (pref) or 12-min running. Run clock 12-goal lead in 2<sup>nd</sup> half.

**OT** None, unless tournament requires winner.

**Counts** 4-second count only.

**Over and Back** can't cross midline after gaining attack area.

**Stalling** (rarely used) "Advance the ball" / 5-second count.

**Faceoff Mercy** 6-goal lead, team behind may have ball. Trailing coach can waive.

**3-Yard Rule** All legal holds, pushes, and checks must be on player with possession or within 3 yards of loose ball.

**IBC** No takeout checks allowed.

**Checks to Head/Neck** 2 Any check to head/neck is 2-3 minute NR.

**Slashing** No one-handed checks.

**UNR** 1-3 min. All NR. 2-3 min NR or ejection for violent hits or defenseless player.

**USC** 1-3 minutes usually NR, second NR USC results in 3-minute NR and ejection.

**Body Checks** No body checking permitted. Loose ball boxing out allowed.

**Penalty Time** If running time, time starts with next whistle. Stops for TO or period.

**Fouling Out** 4 personal fouls or 5 minutes of personal foul penalty time.

## U15

**Crosse** NFHS Short 40"-42" Long 52"-72".

**Equipment** GK must wear arm pads, all players must wear cups.

**Uniform** Requirements not strictly enforced.

**Time** 10-minute stop. Running clock 12-goal lead in 2<sup>nd</sup> half.

**OT** No limit on # of OTs. 4-minute OTs. Sudden victory.

**Counts** All counts in effect: 4-, 10- and 20-second.

**Over and Back** can't cross midline after gaining attack area. D tip is OK

**Stalling** GIKI, automatic for team ahead in final 2 minutes of game.

**Faceoff Mercy** None.

**3-Yard Rule** All legal holds, pushes, and checks must be on player with possession or within 3 yards of loose ball.

**IBC** No takeout checks allowed.

**Checks to Head/Neck** 2-3 minute NR for violent and reckless contact.

**Slashing** No one-handed checks.

**UNR** 1-3 min. All NR. 2-3 min NR or ejection for violent hits or defenseless player.

**USC** 1-3 minutes usually NR, second NR USC results in 3-minute NR and ejection.

**Body Checks** Limited body checking, generally should be upright.

**Penalty Time** If running time, time starts with next whistle. Stops for TO or period.

**Fouling Out** 4 personal fouls or 5 minutes of personal foul penalty time.