

# 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.