

**2<sup>nd</sup> – 4<sup>th</sup> Grade Leagues**  
**2/3 & 3/4 Divisions**  
**Small Sided Competition Guidelines:**

**Field Players (#'s per side):**

**3<sup>rd</sup>/4<sup>th</sup> Grade:**

- Games will be a 7vs.7 format **WITH GOALIES**
- 2 middies, 2 attack, 2 defense, 1 goalie

**2<sup>nd</sup>/3<sup>rd</sup> Grade:**

- Games will be a 6vs.6 format **NO GOALIES**
- A “hector the rejecter” will be used instead of goalies
- 2 middies, 2 attack, 2 defense

\*The only difference between 2<sup>nd</sup>/3<sup>rd</sup> and 3<sup>rd</sup>/4<sup>th</sup> is the use of goalies vs. hector\*

**Field Size and Goal Dimensions:**

**Game fields** - are 80 yards long by 40 yards wide (inner box on standard field)

**Goals** - 6x6 standard goal size

**Goal Crease** – 9 foot crease (with goalies)

- 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

**Equipment:** Full equipment, NOCSAE lacrosse ball, \*Long sticks are permitted at this age group\*

- Long sticks – Teams may elect to have up to 2 long sticks on the field (47”-54” in length)
- Although permitted **STRONGLY NOT RECOMMENDED** unless player exhibits strength, athleticism, and skills to safely demonstrate proper defensive techniques

**Competition Timing:** Games are four 10 minute running time halves, 4 minute halftime

**Roster Sizes:** 12-16 players per team, minimum 1 coach

**Substitutions:** \*live-ball or “on the fly subs” are permitted. **Encourage that** full team substitutions occur after goals or during stoppage of play after an extended period of game play (2+ minutes with no goals).

- - 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 certified official per game – No Coaches Allowed on the field (standard NFHS rules)

**Rules & Differences:** Same rules would apply as normal 3-4 grade League games (rules matrix). However, there are a few minor changes due to the reduced field size and number of players.

- Offside – must have 2 players on your offensive half at all times, 3 on your defensive half
- Face-offs players are to line up to their teammates draw side wing (left-side of their draw man)
- Unlike K-2nd (8U) face-offs will occur to start all quarters and after all goals (standard).

**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 time.
- \*no play on scenario – play is blown down 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.

**2<sup>nd</sup> -4<sup>th</sup> Grade Field Dimensions are 80'x40'**

**Yellow Lines = 2<sup>nd</sup>/3<sup>rd</sup> & 3<sup>rd</sup>/4<sup>th</sup> grade**

**Black Lines = Standard Field (5-8<sup>th</sup>)**

