

# LTRC In-House Boys 5-6 Lacrosse – Game Day Guidelines for Coaches

## Game Information

### *Play of the Game*

- 4 quarters with 10-minute running clock (teams sub @ 5-minute mark)
- 6 players on the field (no goalie)
  - 2 – defense | 2 – midfield | 2 – attack
- Face-off to begin every quarter and after each goal (free clear if lead is 4 goals or more)
  - Please do not allow the score to get out of control (no blowouts – 6 goals or more)
- The boys need to attempt / complete 2 passes on offensive side prior to shooting the ball
  - If a pass is dropped but the team maintains possession, it counts as a pass.
  - If a team loses possession, the count for two passes resets (coaches should count)
  - A player is “hot” once two passes are attempted / completed
- Players must wear all required equipment including mouth piece

### *Coaches on the Field*

- At least 1 coach is required to stay on the sideline with the team
- Each team may have two coaches on the field – 1 coach on each half of the field
- If a team only has 2 coaches present, one coach must be on the sideline and the other coach may go back and forth from the offensive side of the field to the defensive side of the field

### *Penalties*

- Body checking permitted ONLY on a player with possession of the ball. (no man-ball)
- No 1-handed checks (penalty)
- Personal fouls will be called by the coaches (coach from either team can call a foul)
  - Penalties for flagrant fouls only => legitimate slashes (not brushes), push from behind, and body checks to players without the ball. (player safety is the priority)
- **5-6 Boys do NOT play man down**
- The offended team is awarded the ball
  - Automatic clear to midfield if foul is on defensive side of offended team
- Goal Crease – coaches should teach players about the crease – do not stop play if a player accidentally enters the crease
- No player may assume the position of goalie in the mouth of the goal. Automatic whistle and stop play if this occurs to prevent injury.
- Offsides – coaches should teach the boys offsides – do not stop play (have the boy return to the appropriate side of the field)

## Game Times

Sunday afternoons (1pm or 3pm)

First Game      March 24<sup>th</sup>

Final Game      May 23<sup>d</sup>

Subject to change based on weather cancellations

**Note: all parents and spectators must watch the game from the non-bench side of the field.**

## Location

All practices and games will be held at **Valley Fields North**