

LTRC In-House Tyker Lacrosse – Game Guidelines for Coaches

Game Information

Play of the Game

- 4 quarters with 10-minute running clock (teams sub @ 5-minute mark)
- 8 players on the field
 - 2 – defense
 - 3 – midfield
 - 2 – attack
 - 1 – goalie (optional – turn goal into a triangle if no one wants to play goalie)
- Face-off to begin every quarter and after each goal (free clear if lead is 4 goals or more)
- The boys need to complete 2 passes on offensive side prior to shooting the ball
 - Please do not allow the score to get out of control (no blowouts)
- Players must wear proper equipment including mouth piece (goalies must wear arm pads & cup)

Penalties: AGC will ref every game.

- 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 ref
 - Penalties for flagrant fouls only => legitimate slashes (not brushes) and body checks to players without the ball. (*Player in violation will leave the field for 30 seconds*)
 - A new player will replace the player going off the field
- **Tykers do NOT play man down**
- The offended team is awarded a “fast break”
 - Automatic clear to midfield if foul is on defensive side of offended team
 - Player with ball is positioned 5 to 8 yards into offensive area
 - All middies are held at midfield until whistle blows
- No player other than the designated goalie may assume the position of goalie in the mouth of the goal. Automatic whistle and stop play if this occurs to prevent injury.

Game Times

Saturday mornings (9:30am or 10:30am)

First Game March 23rd

Final Game May 22nd

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 South**