



**PICK UP &  
PLAY**

**CURRICULUM**





## INTRODUCTION

The USA Lacrosse Pick Up & Play Clinic is designed to provide a fun, positive, and successful beginner experience with the sport of lacrosse. The goal is for participants to have the best experience possible while learning lacrosse skills and developing the ability, confidence, and desire to play more.

The curriculum of Athlete Development incorporates the six Core Values. The Core Values are:





1. Inclusive and Age-Appropriate—We want to create a welcoming environment for all. We use games, activities, and guided learning to reflect best practices in physical education and athlete development.
2. Multisport Participation—We encourage athletes to play multiple sports and participate in a variety of physical activities. We encourage rest, want to avoid burnout, and want to decrease the risk of overuse injuries.
3. Fun and Player-Centered—Fun is the #1 reason kids play sports. The experience is about the player and making the experience fun for them. We use games because they're fun teaching tools and create greater engagement and learning for players.
4. Small-Sided and Free Play—We increase participation, creativity, playing, and learning by breaking the field into smaller spaces (stations). There are more opportunities to focus and use the skill being taught.
5. Trained Coaches—Trained coaches provide better experiences for players because they are educated about best practices in teaching and learning for the players.
6. Physical Literacy—We focus on physical literacy because knowing how to move and having the ability to do what one wants with one's body are the building blocks for athleticism. Dedicating time to focus on this helps participants in developing their lacrosse skills.

## WHY IS THIS EXPERIENCE DIFFERENT?

The primary goal for Pick Up & Play is to ensure that every participant leaves with the confidence and desire to participate in the sport of lacrosse. We hope that this positive experience, at any age level, will create a positive and strong foundation for continued participation later in life.

The Pick Up & Play curriculum uses many games and activities (with a lacrosse twist) that ensure ample participation for all participants. Any coaching is done "on the fly" while the participant is active (as opposed to traditional demonstration and repetition models of coaching). It's OKAY if the participants' skills are not perfected at this clinic—that is not the purpose. Our goal is to make the clinic as FUN as possible and to have them leave wanting more lacrosse experiences in the future.

## CLINIC FORMAT

This clinic utilizes a station-based and small-sided play format, having the players rotate between all stations and experiencing coaching from all members of the clinic staff.

Games are provided for each station at the end of this document. Please feel free to adjust the provided games as you see fit and as the players needs dictate. Our goal is to make sure all participants have fun, get plenty of "touches" on the ball, and improve their individual skills.

Following the introductory skills portion of the clinic, participants will have the opportunity to put what they've learned altogether through playing Flex6 Lacrosse®. Flex6 Lacrosse is a fun, fast-paced, non-contact version of the game that allows for mixed gender and accessible play to participants of any age and skill level.



## SAMPLE STATIONS

|           | Skill                   | Game 1 Progression               | Game 2 Progression                |
|-----------|-------------------------|----------------------------------|-----------------------------------|
| Station A | Cradling/Dodging        | Across the Pond                  | Sharks and Minnows                |
| Station B | Physical Literacy       | Tic Tac Toe                      | Pinnie Tag                        |
| Station C | Scooping (Ground Balls) | Squirrels and Nuts               | Hungry Hippos                     |
| Station D | Passing                 | Pop Toss                         | Pass It Down                      |
| Station E | Catching                | Have 1, Need 1                   | 360° Catching                     |
| Station F | Shooting                | Lock and Load                    | Longest Shot Game                 |
| Station G | Defense                 | 1v1 Forcing Box or Cat and Mouse | Canadian 2v2 or Go Get 'Em Circle |

## SAMPLE SCHEDULE

5 STATIONS + FLEX6 LACROSSE = 2 HOURS OR 7 STATIONS + FLEX6 LACROSSE= 2.5 HOURS

|           | 15min   | 15min   | 15min   | 3min        | 15min   | 15min   | 3min        | 15min   | 15min   |
|-----------|---------|---------|---------|-------------|---------|---------|-------------|---------|---------|
| Station A | Group 1 | Group 7 | Group 6 | Water Break | Group 5 | Group 4 | Water Break | Group 3 | Group 2 |
| Station B | Group 2 | Group 1 | Group 7 |             | Group 6 | Group 5 |             | Group 4 | Group 3 |
| Station C | Group 3 | Group 2 | Group 1 |             | Group 7 | Group 6 |             | Group 5 | Group 4 |
| Station D | Group 4 | Group 3 | Group 2 |             | Group 1 | Group 7 |             | Group 6 | Group 5 |
| Station E | Group 5 | Group 4 | Group 3 |             | Group 2 | Group 1 |             | Group 7 | Group 6 |
| Station F | Group 6 | Group 5 | Group 4 |             | Group 3 | Group 2 |             | Group 1 | Group 7 |
| Station G | Group 7 | Group 6 | Group 5 |             | Group 4 | Group 3 |             | Group 2 | Group 1 |

## SAMPLE SCHEDULE

### CLINIC FROM 10:00AM-12:00PM

15 minute stations with 5 minutes to move and get groups set up for next station

**9:15am-9:45am:** Arrival of coaches/volunteers. Set Up

**9:45am-10:00am:** Check In

**10:00am-10:05am:** Welcome

**10:05am-10:20am:** Station One

**10:25am-10:40am:** Station Two

**10:45am-11:00:** Station Three

**11:00am-11:05am:** Water Break

**11:05am-11:20am:** Station Four

**11:25am-11:40am:** Station Five

**11:45am-12:00pm:** Play Flex6 Lacrosse

**12:00pm:** Wrap Up (Collect equipment, share how participants can connect with local program, final announcements, etc.)

**12:00pm-12:30pm:** Volunteers/Coaches clean up



## GAMES

For each skill, there are 2-3 games that can be used at the station. Please familiarize yourself with the skill you are teaching as well as the games associated with each skill. If a group is having a lot of fun with one game or a game is not working well with the group use your best judgement about staying with the game or moving on to the next one. You have the latitude to play one game the entire time at your station or use both depending on the needs of your group.

## UNIVERSAL PROGRESSIONS

In addition to progressing from one game to the next, you can also use universal progressions for any of the games. The universal progressions (not in any particular order) are:

Play the first round of the game without sticks so the participants understand the body movements of the game.

1. Add the sticks to play the game as written/described.
2. Add a pass or shot when appropriate.
3. Use time as competition (i.e. "see if you can do this in \_\_\_ amount of time" or "see which group can do this the fastest")
4. Add a defender when appropriate.

Also, feel free to regress a game, or take a step back, if the group is challenged to achieve success in the progression. For example, if adding a pass to a game is too challenging, go back to the game without an added pass.

## BEST PRACTICES- COACHING STATIONS

1. Be brief—use short directions to get players moving and into the games (Twitterspeak).
2. Practice explaining the games before the clinic so that you are confident and concise on the day of the clinic.
3. Don't coach skills—the day is all about learning and discovery.
4. Be prepared and organized—have your station set up before the clinic begins.
5. Have good energy—if you're excited to be there, the kids will be, too. Use positive words of encouragement.
6. Quickly reset your station (if needed) while the groups rotate.
7. Use the provided soft lacrosse balls—not regulation lacrosse balls or Swax Lax Balls—for your station. We recommend that you have extra tennis balls available.
8. Have fun, too!

## STATION VARIATIONS

1. Most commonly used: Each coach is at an assigned station and the groups rotate to the coaches. With this, coaches teach one station during the entire clinic, only modifying it to be age appropriate. For this variation, only small amounts of equipment are needed at each station because the kids leave the equipment at one station and go to the next where there is equipment waiting for them for the next game.



2. Each age group is assigned to an area of the field for the entire clinic and the coaches rotate to each group to teach each segment. In this, the coach only needs to know one station, but has to be able to pickup and rotate quickly to the next age group to teach the skill. Again, this variation can require a lot of additional equipment.
3. Coaches are assigned to an age group (small groups), stay with that group the entire clinic, and teach that group each game. For this variation a lot of additional equipment is needed so that each group can learn the same skill at the same time.

## **SAFE BEHAVIORS FOR COACHING AT PICK UP & PLAY**

### **GUIDELINES FOR COACHES**

Please follow these simple guidelines to ensure a safe environment for the kids at the Pick Up & Play event.

### **DANGEROUS OR INAPPROPRIATE PARTICIPANT BEHAVIOR**

If a child's behavior is dangerous to him/herself or others and he/she is not responsive to correction, alert the site director. Do not use physical force to correct behavior.

### **PHYSICAL CONTACT**

Appropriate physical touch only, such as high fives/fist bumps. Do not hug, grab or lift a child except in the event of an emergency. If physical contact is necessary for helping them perform a skill, ask permission first.

### **LANGUAGE**

Use positive, appropriate language at all times and treat everyone with respect. Avoid phrases like, 'You're doing it wrong'. Provide encouragement and suggestions, not negatives. No cursing, foul language, racial slurs, or slang phrases that could be misinterpreted. No inappropriate gestures or body language.

### **ONE-ON-ONE INTERACTIONS**

Any one-on-one interactions with a child should be conducted within an observable and interruptible distance of another adult. At no time should an isolated one on one interaction be occurring between a child and an adult (who is not the child's parent or legal guardian). If child needs to be escorted to a location, such as a restroom, it should be done by the child's parent or legal guardian. If the child's parent or legal guardian is not available, a minimum of two adults should escort the child and remain outside. Under Federal Law and USA Lacrosse Policy, any adult participant of a Pick Up & Play event is considered to be a Mandatory Reporter and must immediately report any witnessed or suspected child abuse (including sexual abuse) or neglect to local Law Enforcement and Child Protective Services (CPS). If you are unsure of where to report in your local area, visit [childhelp.org/childhelp-hotline/](http://childhelp.org/childhelp-hotline/) or call Childhelp's hotline at 1-800-422-4453.



# GAMES AND ACTIVITIES

## SKILL: CRADLING/DODGING

- Cross the Pond
- Sharks and Minnows

## SKILL: PHYSICAL LITERACY

- Tic Tac Toe (Relay)
- Pinnie Tag

## SKILL: SCOOPING (GROUND BALLS)

- Squirrels and Nuts
- Hungry Hippos

## SKILL: PASSING (THROWING)

- Pass It Down

## SKILL: CATCHING

- Have 1, Need 1
- 360° Catching

## SKILL: SHOOTING

- Longest Shot Game
- Lock and Load
- Scoop and Shoot

## SKILL: DEFENSE

- 1v1 Forcing Box or Cat and Mouse
- Canadian 2v2





## CROSS THE POND

**Appropriate Age Group:** All

**Skill(s) practiced:** Dodging, Cradling, Stick Protection

**Drill Duration:** 5 minutes

**Resources:** Balls (1 per player), Cones

**Description:**

Count off in 4's (each player will have a number 1, 2, 3 or 4). Line up around the outside of the center circle (pond). Set up a small (2x2) square or circle in the center of the center circle. When their number is called, players have to get to the opposite side of the pond as quickly as possible by going through the small circle in the middle of the pond.

**Progression(s):**

Call multiple numbers, add defender or 2 in the middle

**Drill Diagram(s):**







## SHARKS AND MINNOWS

**Appropriate Age Group:** 5-12

**Skill(s) Practiced:** Dodging, Stick Protection, Cradling

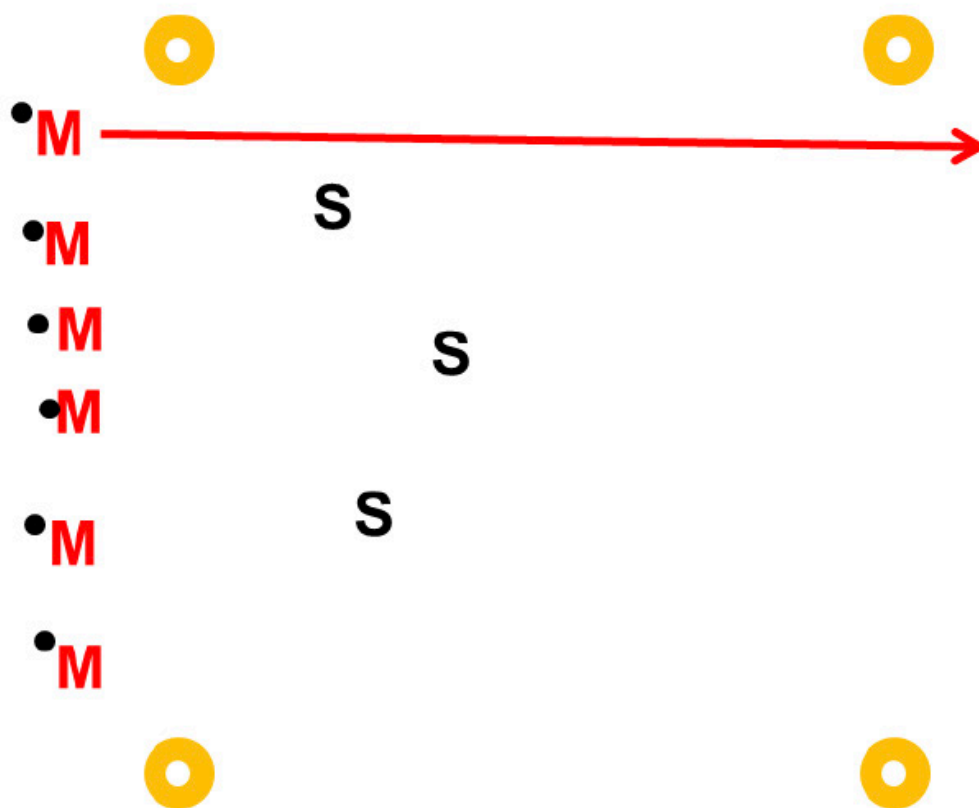
**Duration:** 5 minutes

**Resources:** 1 ball per minnow, cones

**Description:**

Players are divided into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. On the whistle, the minnows must pass through the sharks and get to the other side of the "pond". If they lose their ball, they become a shark. Play until all minnows are gone.

**Drill Diagram:**





## TIC TAC TOE RELAYS

Appropriate Age Group: 5-19

**Skill(s) Practiced:** Fundamental Athletic Skills

**Drill Duration:** 5-10 minutes

**Resources:** Hula Hoops, Bean Bags, Cones

**Description:**

Players are divided into two teams of no more than 3. They will sprint a set distance (variable based on the age of athlete) to a tic, tac, toe board set with hula-hoops. In a relay race, players will each drop a bean bag into a space, trying to gain three in a row. If a stalemate is reached, players may move only their bags.

**Progression(s):** Vary the distance. Allow "boxing-out" to prevent one team from taking a space. Add beanbags for each team.

**Drill Diagram(s):**





## PINNIE TAG

**Appropriate Age Group:** 5-15

**Skill(s):** Dodging, Stick Protection, Agility

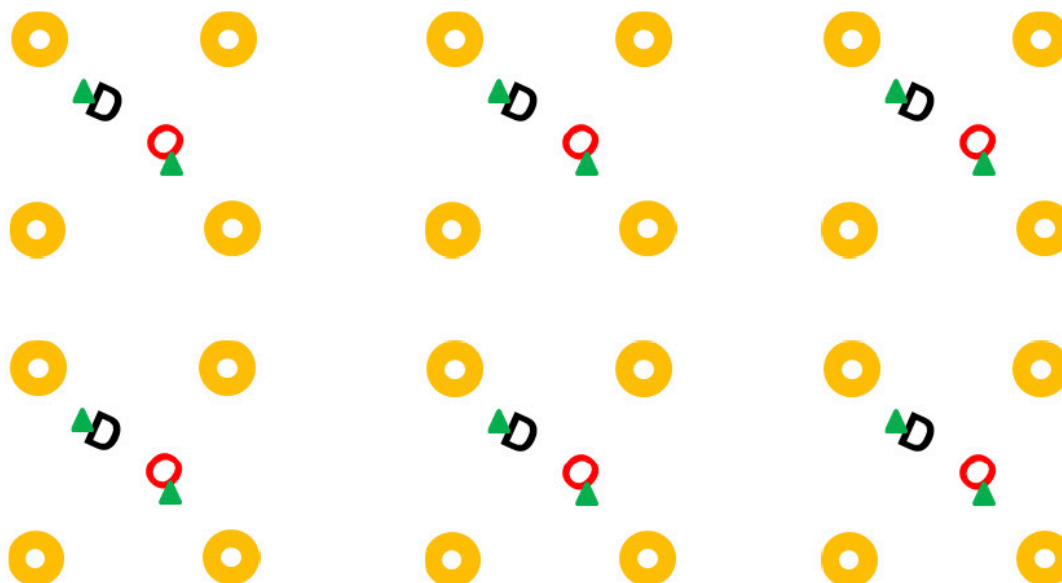
**Drill Duration:** 5 minutes

**Resources:** 1 pinnie or flag per player

**Description:** Players are divided up into pairs by the coach and placed in a 5yd-by-5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart.

**Progression(s):** Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot.

**Drill Diagram:**





## SQUIRRELS AND NUTS

**Appropriate Age Group:** 6-10

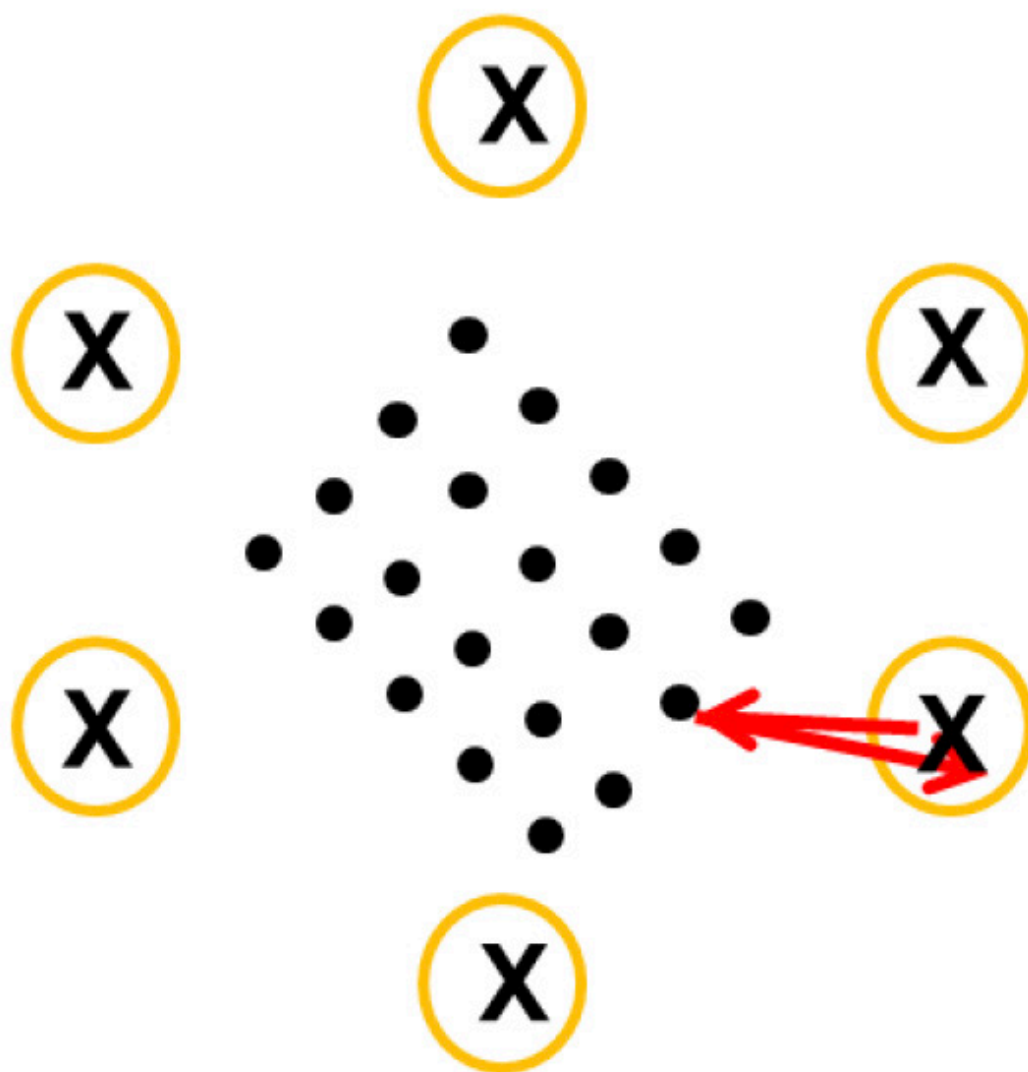
**Skill(s):** Scooping a lacrosse ball, Movement

**Drill Duration:** 5 minutes

**Resources:** 3-4 balls per child, hula hoops

**Description:** The coach will scatter balls all over the field. Players start at their "Nest" (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their "Nest" and drop it in. players continue picking up balls until the field is cleared.

**Drill Diagram:**





## HUNGRY HIPPOS (PROGRESSION 1)

**Appropriate Age Group:** 8-15

**Skill(s):** Scooping, Dodging, Shooting

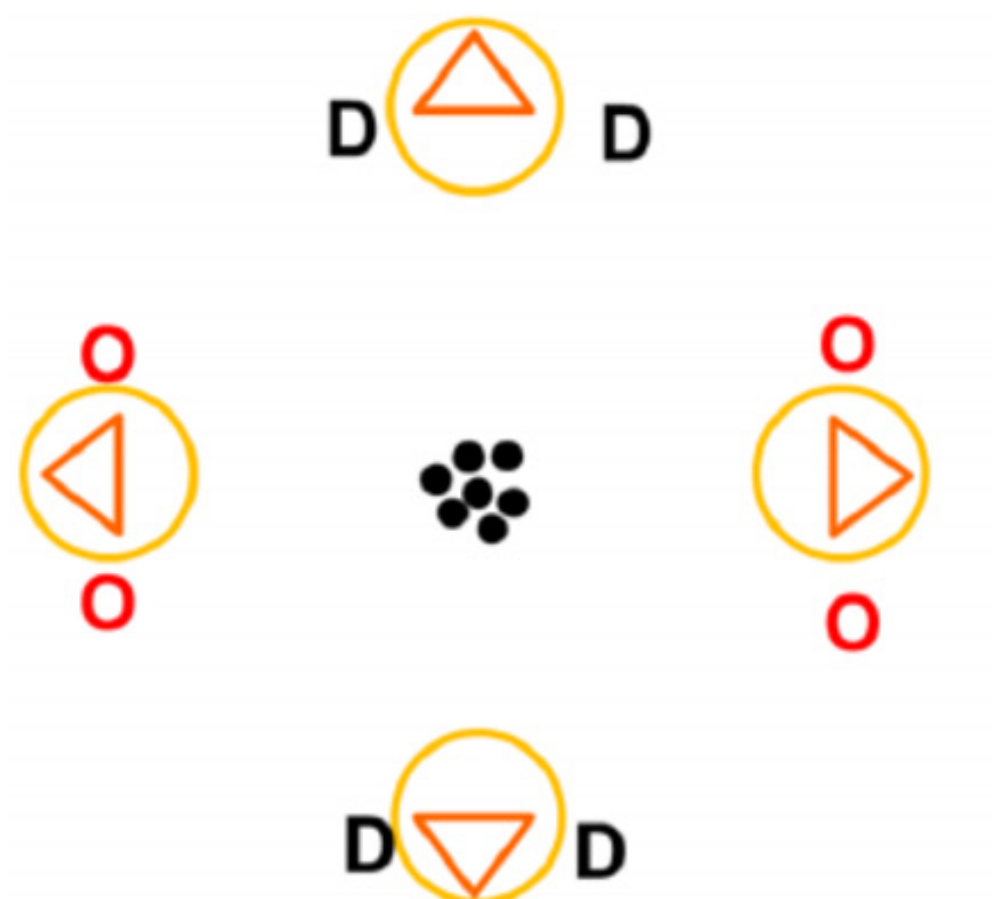
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, multiple cones

**Description:** Set up field as shown. On whistle players will run into middle from their goal, scoop a ground ball, return, and shoot it into their respective goal. After 1 minute, stop and see which "team" has the most balls in their goal.

**Progression(s):** Alternate top hands on the stick. Adjust the spacing based on ability level of players. Allow stick checking or other age-appropriate defensive tactics. Have players complete a pass to their teammate before a shot is permitted.

**Drill Diagram:**





## HUNGRY HIPPOS

**Appropriate Age Group:** 6-10

**Skill(s):** Scooping, Dodging, Shooting

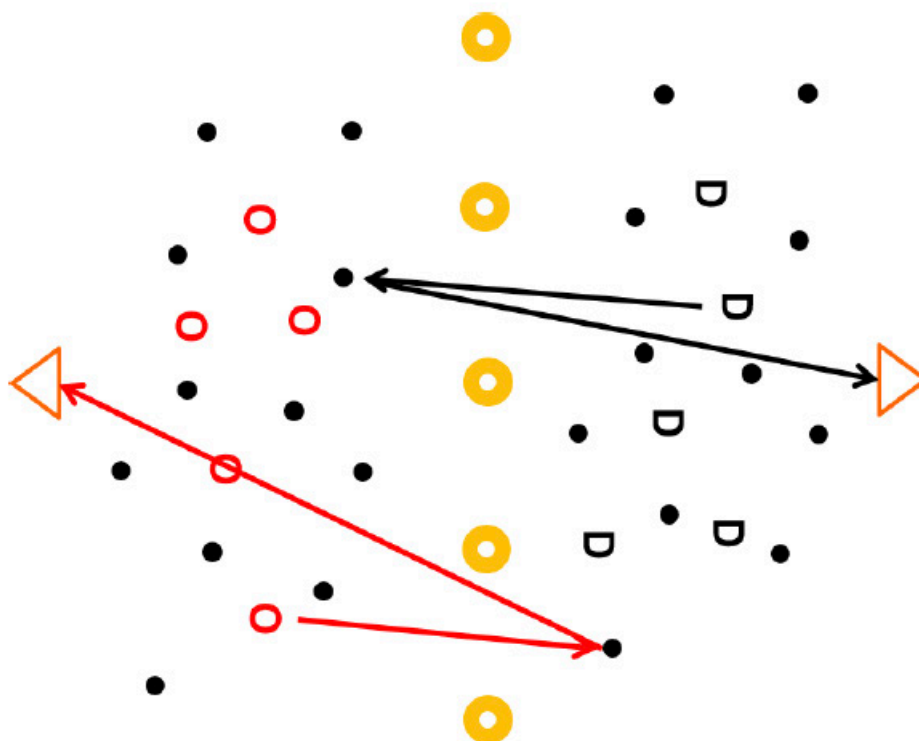
**Drill Duration:** 5 minutes

**Resources:** 3-4 balls per child, cones, goal(s)

**Description:** Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field. On the whistle, players run back and shoot it into their goal. Players must chase any missed shots and shoot again into their goal. Go until balls are cleared from each side.

**Progression(s):** switch top hand on the stick. Divide into additional teams with less players per team. Add a box players must run through and dodge a coach.

**Drill Diagram:**





## PASS IT DOWN

**Appropriate Age Group:** 5-8

**Skill(s):** Pass, Catch, Scoop, Shoot

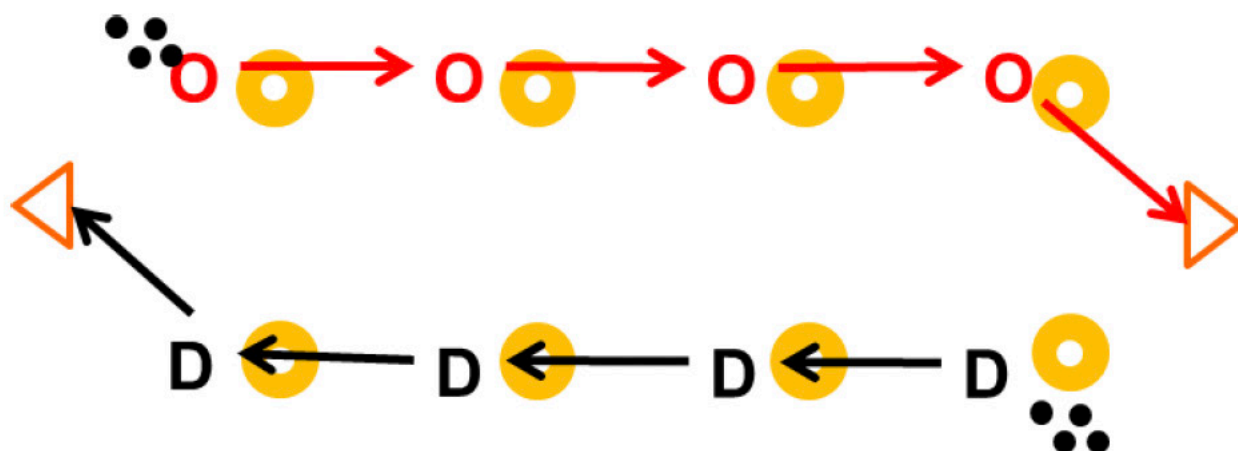
**Drill Duration:** 5 minutes

**Resources:** Goals, sticks balls

**Description:** Players are divided into two teams. Each team spreads out evenly along one side of the field. The coach places an equal amount of balls on the ground at the first person in each line, starting at the opposite ends of the field. On the whistle, the players will begin passing a ball down the line of their teammates, with the last player in line shooting into the goal.

**Progression(s):** Roll ground balls. Alternate top hand used on the stick. Turn away from pressure before passing.

**Drill Diagram:**







## HAVE ONE, NEED ONE

**Appropriate Age Group:** 6-9

**Skill(s):** Catching, throwing, movement

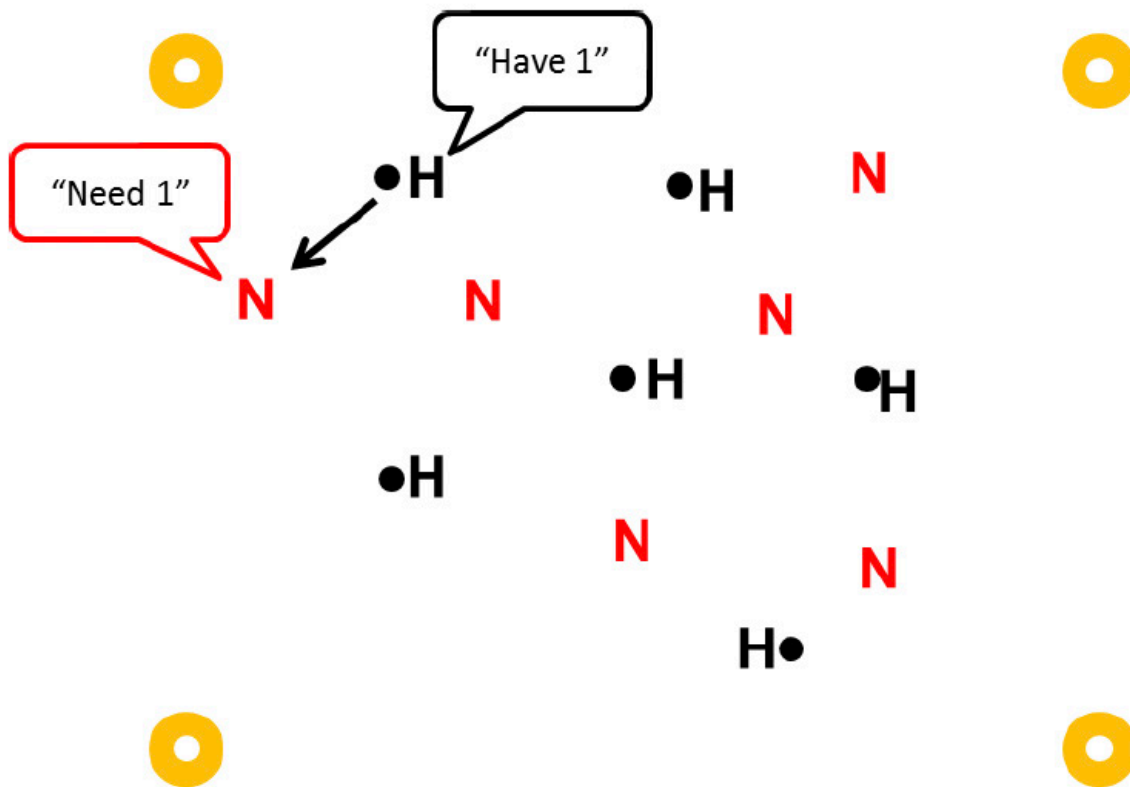
**Drill Duration:** 5 minutes

**Resources:** Less balls than children playing

**Description:** Scatter balls all over the field. On the coaches whistle, the players will run out and scoop a ball. Those that get a ball will call out "Have one" those players that do not have a ball will call out "Need one". When a "Have one" hears "Need one" they will pass or roll a ball to the need one, then they call out "Need one". This continues for several minutes.

**Progression(s):** Switch top hand on the stick.

**Drill Diagram:**





## LONGEST SHOT GAME

**Skill(s):** Passing

**Drill Duration:** 5-10 minutes

**Resources:** Balls, goal(s)

**Objective:** Help players be able to understand the concept of extending their arms away from their bodies in order to learn proper passing form, in a fun, athlete development aligned manner. We recommend asking players, "can you try to reach the goal in the air, or with one bounce". By using guided learning, the players will work to figure out the best way to use their body and stick to accomplish the goal.

**Description:** Have each player stand with a ball at varying distances to a fixed target. Each player will work to achieve the goal set by their coach during the guided learning phase.

**Progression(s):** By increasing the distance to the goal, coaches can identify and correct any technical issues their players may be experiencing. This game can also be progressed to have a competitive, fun time with older players. Introduce space (distance) and time constraints to progress the game and to control the pace of the activity. Keep score and or play to a desired number of repetitions to promote competition.



## LOCK AND LOAD

**Appropriate Age Group:** All

**Skill(s):** Shooting, Throwing

**Drill Duration:** 5 minutes

**Resources:** 4-6 Balls per player, goal(s)

**Description:** Groups of 2. One player is down on her right knee with her left knee up. Stick in her right hand extended up and back in a prep shooting motion. Second player drops a ball into the stick of player 1. Player shoots into the cage by coming across her body and finishing with the entire stick on the outside of her left knee.

**Progression(s):** Switch to left side, shoot to specific spots in cage, stand up, shoot from a ground ball.



## SCOOP AND SHOOT

**Appropriate Age Group:** 8-15

**Skill(s):** Shooting, scooping, rolling, carrying

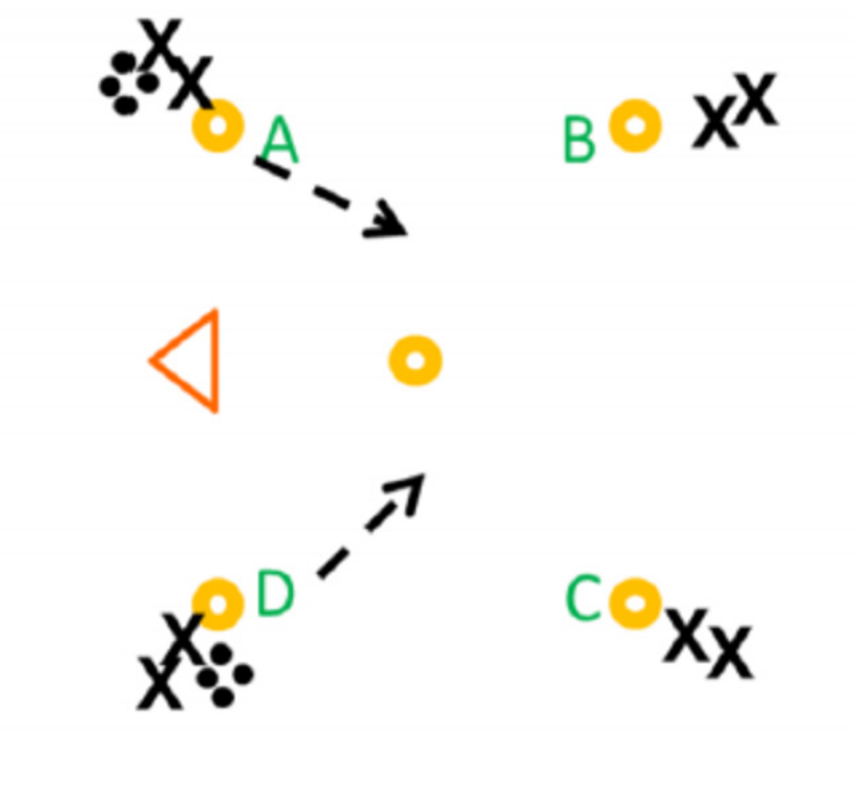
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, cones, goal

**Description:** Set up 5 cones in a 15x15yd box as shown. Line A will roll a groundball towards the center cone for line B. Player from Line B will scoop the loose ball, take 1-3 steps and shoot it on goal. Players rotate lines in a clockwise motion to keep the drill moving.

**Progression(s):** Alternate top hands on the stick. Adjust the size of the box based on ability level of players. Change which line is rolling the ball and which is receiving the loose ball.

**Drill Diagram:**





## 360 DEGREE CATCHING

**Appropriate Age Group:** 5-15

**Skill(s):** Ball movement, strong and weak hand play, feeding

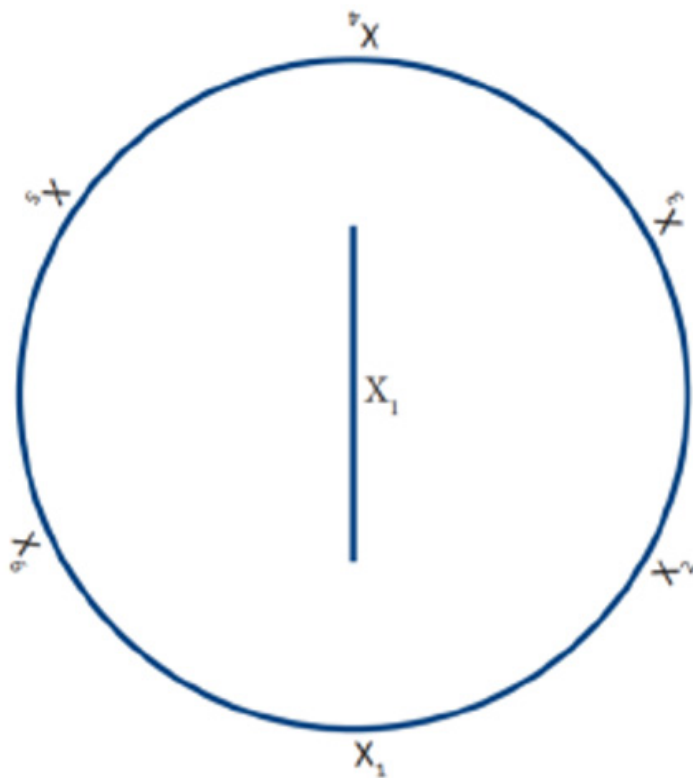
**Drill Duration:** 10 minutes

**Resources:** Balls, cones (if no circle is available) scale as needed based on ability and level of challenge desired.

**Description:** Place 6 players around the center circle evenly spread out. One player stands in the middle of the circle with the ball. She passes the ball to each player in the circle, without moving her feet. The players in the circle catch the ball and pass it back to the player in the middle, who catches the ball without moving her feet. Once the player in the middle has passed to each player, a player on the outside of the circle replaces the middle player. The drill continues until every player has had a turn in the middle.

**Progression(s):** As the players improve, have them play the game with two balls. This challenges them to concentrate and use their peripheral vision

**Drill Diagram:**





## FORCING BOX

**Appropriate Age Group:** 7-15

**Skill(s):** Dodging, 1v1 Defense

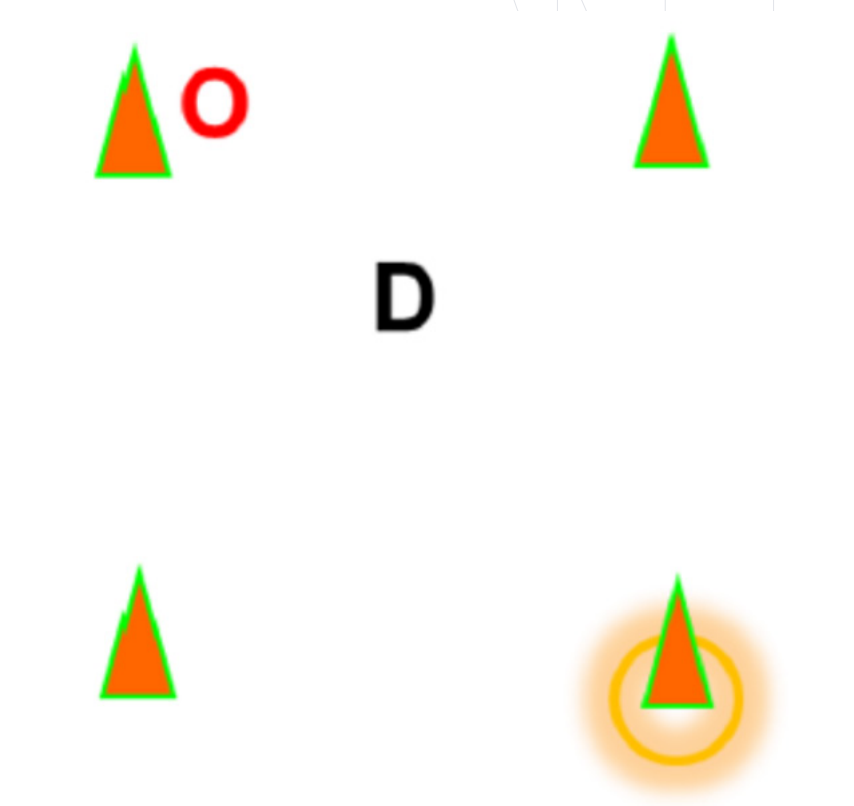
**Drill Duration:** 5 minutes

**Resources:** Balls, cones, sticks

**Description:** Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will Step into the center of the box, while the remaining players from a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone

**Progression(s):** Add sticks and balls. Give defender a noodle to play defense with. Switch top hand on the stick.

**Drill Diagram:**





## CAT AND MOUSE

**Appropriate Age Group:** 6-11

**Skill(s):** Dodging, 1v1 Defense

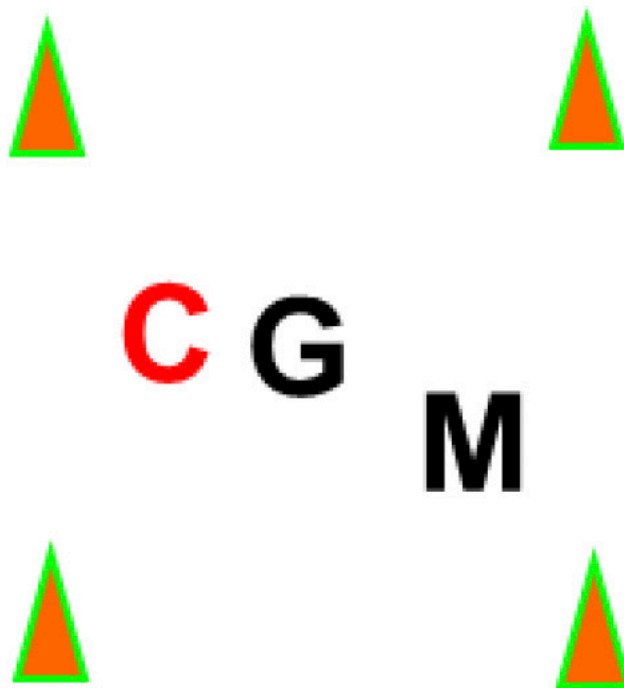
**Drill Duration:** 5 minutes

**Resources:** 4 Cones

**Description:** Set up 5yd x 5yd box. 3 players are in each box. 1 is the cat, 1 is the mouse, and 1 is the grandpa protecting the mouse from the cat by always staying in front of the cat. If the cat tags the mouse, then the tree switch roles and play again. Drill until each athlete has been in all three roles 2x

**Progression(s):** Change size of box. Add more cats, mice, and or grandpa's

**Drill Diagram:**







## CANADIAN 2V2'S

**Appropriate Age Group:** 10-18

**Skill(s):** 2v2 Defense, 2v2 Offense

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** 2 offense (O) and 2 defense (D) players will start paired up behind the goal. On the whistle, they will compete for the loose ball and the winner will attack the goal, while the loser tries to defend the goal.

**Progression(s):** adjust spacing for the skill level of the players. Add supporting offense and or defense. Require passes if additional players are added. Move players around the field. Have D clear the ball If they win the loose ball.

**Drill Diagram:**





## GO GET 'EM CIRCLE

**Skill(s):** Defense, Offense, Forcing a Turnover, Groundballs

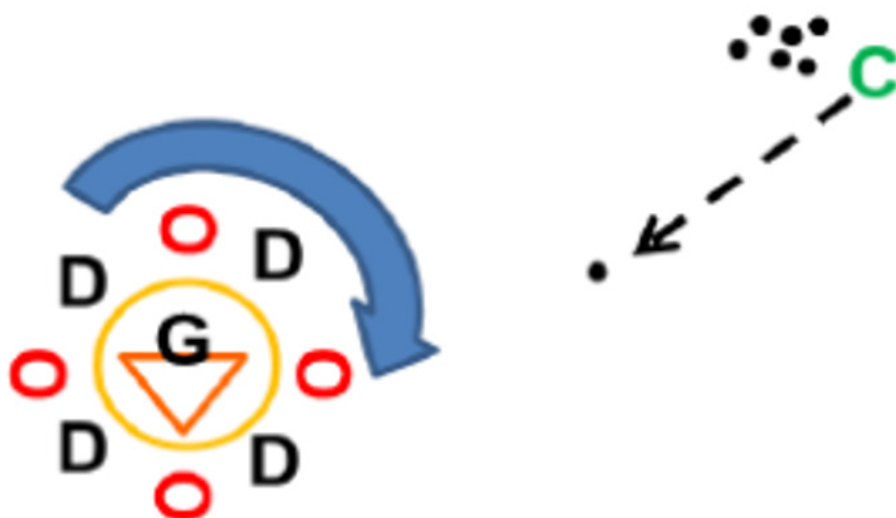
**Drill Duration:** 5-10 minutes

**Resources:** Balls, Goal

**Description:** set up alternating lines of offense and defense around the crease or goal circle. Coach stands to the side with a pile of balls. Two teams of players run in a circle around the goal. When the coach calls one of the players names, that player must run out and scoop the ground ball. Offense will try to score; defense is trying to clear the ball. Each group of players gets 3 reps before subbing.

**Progression(s):** Add or subtract players to change the level of difficulty

**Drill Diagram:**





# FLEX6 LACROSSE® INTRODUCTION

Lacrosse is a game for everyone. In this version of the game, all that's needed is a small group of players, a space that is about ¼ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball. Ultimately, the purpose is to be safe, get moving, and have fun while playing the game of lacrosse. This is a non-contact, gender neutral, small-sided version of lacrosse play meant to be enjoyed by player of all ages.

## THE GAME, SPACE, AND EQUIPMENT

### THE GAME

The objective of each team is to score by causing the ball to enter the opponent's goal and to prevent the other team from possessing the ball and scoring. The ball is kept in play by being carried (cradled), thrown and caught, rolled, or batted with the crosse. The ball can also be kicked in any direction as long as the player kicking the ball has a crosse in his or her hands.

### GENERAL FIELD LAYOUT

If an athletic field is used, refer to the diagram to the right for optimal lines and spacing. To get started the minimum layout needed is endlines, sidelines, a center line and two goals.

### SPACE BEHIND THE GOAL

You can have anywhere from 7-10 yards behind the goal where space is permitted. If there is no space for play behind the goal, you can set boundaries like soccer or field hockey where the goal line is out of bounds.

### CREASE/GOAL CIRCLE

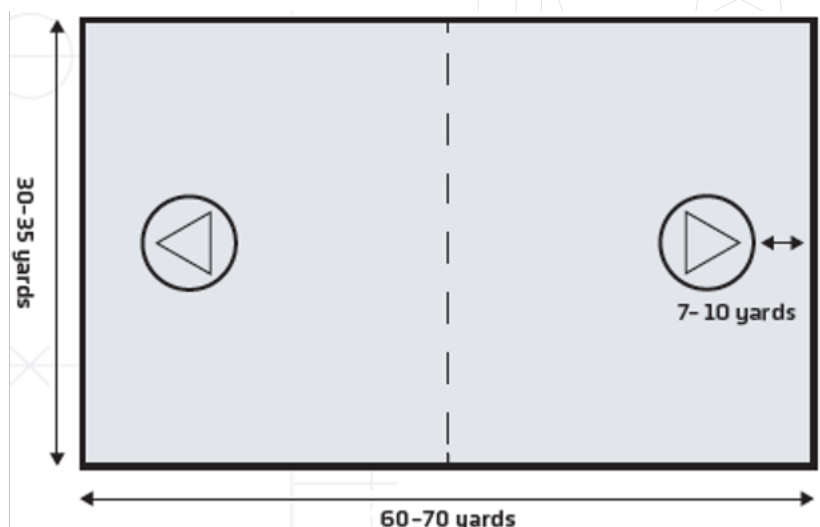
The recommended crease/goal circle size around the goal is 9 feet in diameter, however this can be adjusted based on size of goal and space available. If there is no room behind the goal, a half circle starting and ending on the goal line can be used. Flat cones may be used instead of painted lines if necessary to define the crease. The game may be played without a crease, however this makes scoring not as challenging. These guide lines assume use of some size crease.



## BASIC FIELD CONFIGURATION

### OTHER PLAY SPACES

If an athletic field is not available for use, a smaller field space, a tennis court with no nets and no posts or a basketball court is acceptable for use. The number of players will need to be adjusted based on sizing of the space for game play.



### THE BALL

A STX PE soft-lacrosse ball, soft STX pink/orange (aka "Pinkie") ball or tennis ball will be used in games given players do not wear safety equipment  
*Do not use standard lacrosse balls.*



### THE LACROSSE STICK (CROSSE)

All players will use a lacrosse stick based on preference—men's, women's, adult or youth sized, fiddle stick, and PE soft stick are all permitted. However, no long poles or goalie sticks are allowed. Note that the PE soft stick is the only stick in which the orange PE lacrosse ball will fit.





## PLAYER EQUIPMENT

Players are required to wear closed toed athletic shoes. No other protective equipment is needed given the use of the PE lacrosse ball, Pinkie lacrosse ball, or tennis ball. A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates' but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls. The color should be a color that contrasts their opponent.

## GAME PERSONNEL

### NUMBER OF PLAYERS

No more than 6v6 on the field at a time. It is recommended to have no more than 4 players as substitutes to maximize playing time. There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. 5v5 and 4v4 work just as well, but play may be more strenuous with fewer players on a basic small-sided field. If using a basketball or tennis court, 3v3 is recommended with 1-2 substitutes. All players are considered field players and there will be no goalie position played. A trashcan or similar object can be placed in the center of the goal to act as the "goalie". If playing with a mixed gender team, consider having a balanced number of boys and girls on the field at one time.

### OFFICIALS

Officials are optional for this version of play. If there are no officials used, players will call their own foul and are on the honor system. In the event of a dispute that cannot be determined a stick spin, similar to a racquet spin in tennis can be used. Spin the stick on the handle and let it fall to the ground. Have a representative from the team call face up or face down. If it lands face up, the team assigned up gains the advantage and vice versa. Other options include Rock-Paper-Scissors or a coin toss. If officials are used, the official will use best practices to ensure a safe and fun game between teams.

*For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.*

## TIME OF THE GAME

### LENGTH OF THE GAME

Play to a certain number of goals (ie first team to 5) or for time.

### TIMEOUTS

Each team may have 1 timeout per game. Each timeout is 30 seconds and will not stop the game clock. If a player is injured, neither team will be charged with a timeout.



# PLAY OF THE GAME

## STARTING THE GAME

Team captains or a chosen representative for each team will participate in a stick spin, similar to a racquet spin in tennis. Have a representative from one team choose 'up' or 'down'. Spin the stick on the handle and let it fall to the ground. If it lands face up, the team assigned 'up' gains the advantage and vice versa. The team that wins gets the first possession of a ball at the middle of the area of play (equidistant from each goal). The team captain that loses the round picks which side they will defend first.

## OUT OF BOUNDS AND BALL POSSESSION

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds and are stationary for at least one second. Other options: Play "Rock, Paper, Scissors" or do a coin toss.

## GOAL SCORED

Goals count when a ball passes completely over the goal line and into the goal. A ball can be kicked, propelled, or shot as long as a player has both hands on their crosse. If a crease is used, the player cannot cross into the crease on a shot.

## GOAL NOT SCORED

- No goal if a shot originates from behind the goal line extended.
- No goal if a shot releases after the end of a period.
- No goal if a shot originates in the defensive half of the field.
- If using a crease, no goal if the player enters the crease while shooting.

## RESTARTS AFTER A GOAL

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the crease to resume play.

## CHANGE OF GOALS

Teams can change goals between periods.

## SUBSTITUTIONS

Substitutions on the fly are permitted.



# 10 BASIC SAFETY AND FAIR PLAY GUIDELINES

This game is a gender-neutral version of lacrosse and is intended to be fun and simple. If players adhere to the below 10 laws, play will be safe and enjoyable. In some cases a player may intentionally or unintentionally violate a law and foul another player. Below are the laws all players are expected to abide by and what the penalty is if they are violated.

1. No stick to stick, body to body, or body to stick contact, no warding
2. Maintain control of your body at all times
3. No covering the ball with your stick or body
4. Other than using your foot, no intentionally playing the ball off the body
5. No entering the crease with your body (except to get the ball out of the goal after a shot is scored)
6. No defending goal by standing in the 5 yard space in front of the goal (except when playing a stick's length away from an attacking opponent)
7. No dangerous propelling (passing or shooting through someone, or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot)
8. No dangerous follow through with the stick (following your pass or shot)
9. Respect your teammates and opponents at all times—use good sportsmanship
10. Take care of the equipment and the space

## LAW 1 POINT OF CLARIFICATION: STICK CHECKING

Stick Checking is NOT permitted. Incidental stick contact may occur and should not result in a penalty. Incidental contact may occur while the ball is on the ground and players are attempting to pick up the ball.

## LAW 1 POINT OF CLARIFICATION: DEFENDING

Players defending the ball carrier should be a stick length away from the ball carrier and the defender's stick should not be used in a menacing or dangerous way near the ball carrier's body. The stick shall not enter the space around the ball carrier's neck or head. Imagine a bubble an armlength wide around each player's head. This is the space that a stick may not enter.

## PENALTIES

The penalty for violating any of the guidelines is the ball is awarded to the offended team (Change of Possession). The player awarded the ball may pass or start running/cradling (self-start). All other players should move five stick lengths away from the player in possession of the ball, however the player with the ball does not need to wait for this to occur. If a player repeatedly violates the guidelines, particularly Laws 1 and 2, or it is deemed he or she is putting other players in danger, the player should be removed for a one minute penalty. Another player may be substituted.

## VIOLATION ON A SHOT

If a foul occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should





restart at least 10 yards away from the goal (selfstart)

*Ball: A STX PE soft-lacrosse ball (used with a soft-lacrosse PE stick), soft STX pink/orange (aka "Pinkie") ball or tennis ball will be used in games given players do not wear safety equipment  
Do not use standard lacrosse balls.*

## UNSPORTSMANLIKE CONDUCT

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures or abuse of equipment or the space in violation of Law 9 and 10 should result in a one-minute suspension from the game and awarding possession of the ball to the offended team.

While the player is suspended from the game, another player may substitute in the person's place.

## TOO MANY PLAYERS ON THE FIELD

The first time this occurs, pause play and have the additional player(s) leave the field, then resume play. If the same team violates again, this may result in a change of possession and the additional player(s) must leave the field.

## OPTIONAL MODIFICATIONS

- A minimum pass rule can be added before scoring (i.e. two passes before scoring).
- Ground balls can only be 1v1.
- One player stays back on defense behind the midline of the area of play.