

## **2009 Billerica Boys U11 (Grades 1-4) In House (Small Ball) Rules**

**March 22, 2009**

1. Games will be played 7v7: 2 midfielders, 2 attack, 2 defenders, and a goalie.
2. Goalie should wear all necessary equipment: throat guard and chest protector (provided by Billerica Lacrosse Association).
3. All players should be fully equipped according to US lacrosse guidelines. Coaches must ensure compliance before any player steps on field. Lacrosse stick, lacrosse helmet, lacrosse gloves, elbow pads, shoulder pads, protective cup and mouthpiece.
4. Games will be played in 21 minutes running time halves.
5. Teams substitute on 3 minute intervals, rotating from D to M, M to A and A to bench. Players should be lined up
6. Substitutions will occur as soon as there is a logical break in the action at the point in time a substitution is needed. Substitution time-outs will be called by the referee following notification from the timekeeper.
7. There is not contact in U11 lacrosse; all players must play the ball.
8. Face off after each goal with wing players at wing positions (lined). Coaches reserve the right to eliminate the face off and allow the defense to clear the ball.
9. During a face-off, all attackers and defenders must be behind designated restraining line until there is a called possession.
10. The running clock will not stop on a substitution
11. Following substitutions, the ball will start where it left off (no faceoffs)
12. Coaches, HS players serve as referees for all in house games
13. Coaches reserve the right to blow the whistle at anytime during a "scrum" and award the GB in an alternating fashion. A "scrum" is a ground ball not being picked up in a pile of running helmets. *Teaching point: Kick or rake the ball to an open area and run to it.*
14. The goalie has total control around the net. Goalies that attempt a ground ball in the "crease" should be allowed to pick up the ground ball.

15. Fields will be as close to 65 yards in length as space allows, goal creases will be located 10 yards from the end goal.
16. Lacrosse play rules will follow the standard rules package used at upper levels with the exceptions noted above.
17. In the event of a penalty a change of possession will occur whereby the opposing team will be awarded the ball.
18. In the case of a flagrant foul (slashing, checking), as decided by coaches and referees, a player may be sent to the bench and put back into the substitution line. This will result in the next player in line replacing the player rather than a man down situation.
19. Fans and parents are strictly prohibited to being on the sidelines.
20. Fans and parents are encouraged to sit on the opposite sideline from the players, please refrain from end line seating as there is the potential threat of injury due to passes and shots.
21. All children will be given the opportunity to play goal in the season. At least two goalies will be selected from each team on game day.