



MONTANA CHAPTER

Raise Your GAME™



U11 Small Sided Competition Guidelines

**Age and developmentally appropriate lacrosse
competition for boys playing in the
U11 Age Classification**

Our Vision

We envision a future that offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

About Athlete Development

It is our sincere hope that by providing these competition guidelines to lacrosse coaches, parents, and program administrators, players across the country will have an opportunity to learn lacrosse in a way that is physically, cognitively, emotionally, and socially appropriate.

We believe that this increases both the learning and fun for young athletes. When kids are having fun, they are learning and when they learn they improve.

Age appropriate competitions will help young athletes reach their full potential, because they will...

Learn Lacrosse Better

Love Lacrosse More

Stay in Lacrosse Longer

Philosophy of U11 Lacrosse

U11 lacrosse is where young athletes begin developing fundamental technical skills in lacrosse. The children entering at this point have a vast difference in their physical and cognitive developments and the game they play should be designed to develop a combination of athletic movement skills, and fundamental technical skills for playing lacrosse. The emphasis at this age group is on instilling a love and excitement of playing, while developing the fundamental athletic skills that will be valuable in any future athletic endeavors.

Careful planning must be used to ensure that the environment is inclusive of all athletes, provides multiple opportunities for each athlete to “touch” the ball, encourages experimentation, and a progressive development of existing technical skills. Athletes should be coached to have a “Growth Mindset” by having effort is praised ahead of results.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- FUN
- Trying new skills in a team setting
- Learning and exploring overall play of the game
- Sportsmanship

Age and Eligibility

Player must be 10 years old or younger on August 31 of the year preceding competition.

It is recommended that when multiple teams exist within a program, organizers should consider the physical size, skill, and maturity level when selecting teams. At no time should players younger than 9 years of age be permitted to play at the U11 level. Ideally, players should be playing in single age classifications.

Playing Up or Down

It is not recommended that players participate outside of their age classification due to the vast differences in physical and cognitive development.

If program size allows, teams should be selected based on the physical size, skill, and maturity level of the athletes in a single age classification.

Recommended Roster Sizes

Local administrators should strive to construct their teams with a player to coach ratio of 12:1. This ratio provides ample opportunity for all athletes to receive effective coaching.

It is recommended that whenever possible teams do not have more than 15 or less than 12 players.

Officials

Only 1 certified official is necessary per field of play.

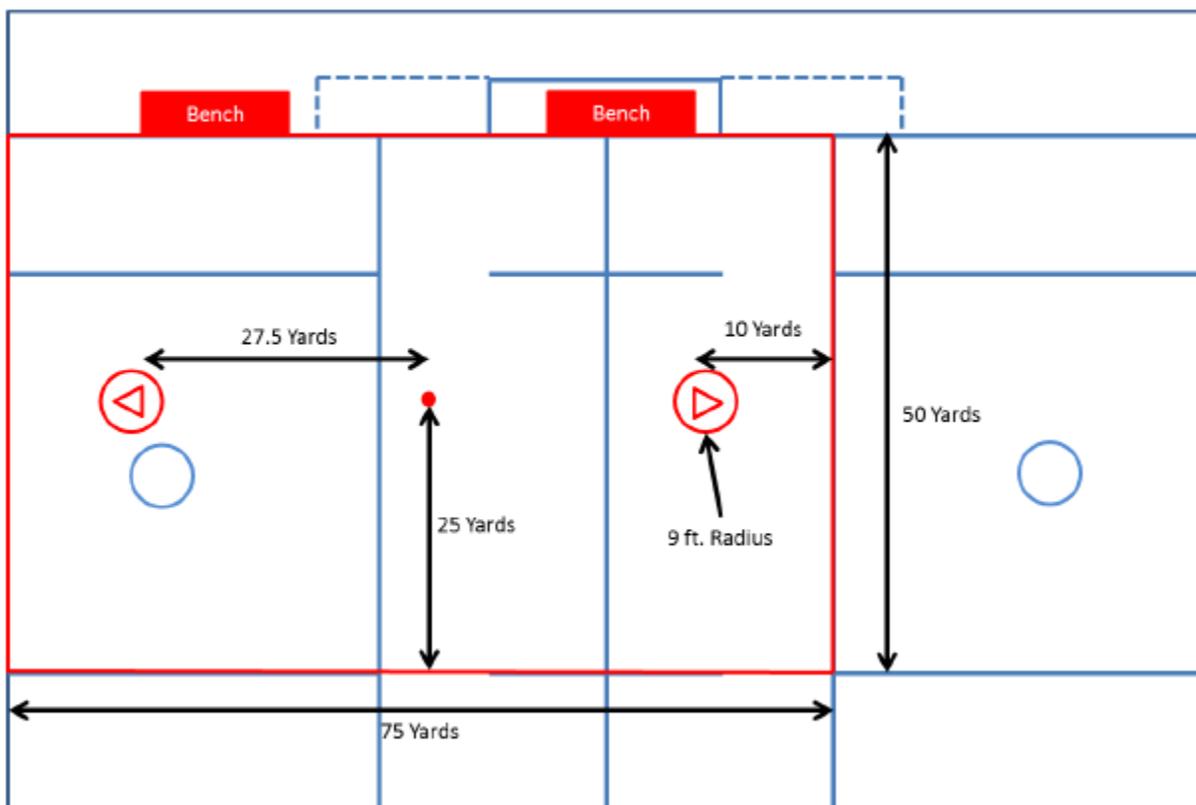
The Goal

6x6 goals with securely affixed netting that will not permit a ball to pass through may be used. **A 2ft. drop net is recommended, to reduce the height of the goal opening to 4ft.** If a drop net is used it should be constructed of a material that minimizes rebounds to protect the goalkeeper. The goal shall be centered within the goal crease.

The Goal Crease

The goal crease shall have a 9' radius in all competition scenarios.

Field Dimensions and Specifications



Field Markings

Given the multiple constraints that many programs encounter, no permanent or semi-permanent markings are required by rule. Programs may elect to use flat disc cones in

part or whole to designate the playing area. Whenever possible, existing lines on a field may be used to define boundaries, provided the field does not exceed 75x50 yards.

Field Players

A U11 competition is played by having 5 field players from each team on the field at a time and 1 legally equipped goalkeeper (6v6). The field players will play all positions, other than goalkeeper during the competition and may roam the entire field of play.

Goalkeepers

Goalkeepers will be used at the U11 level of play. Additionally, no player other than a legally equipped goalkeeper (by USL Youth Rules and Guidelines) may intentionally assume the role of goalkeeper.

Protective Equipment

Players are required to wear full protective equipment at this level, as outlined in the US Lacrosse Youth Rules and Best Practices Guidebook.

Stick Specifications

Field Players	Goalkeepers
Length: Short Sticks - 37"-42" Long Sticks – 47"-54"	Length: 37"-54"
Stringing: 4-5 leather or synthetic thongs, 8-12 stitches or cross-lacing or mesh, max.	Stringing: 6-7 leather and/or synthetic thongs, 8-12 stitches or cross-lacing or mesh, max.
Pocket: Depth is legal when the top of the ball remains above the bottom of the heads wall when placed in the pocket of a horizontal stick.	Pocket: Depth is legal when the ball moves freely in pocket and stick meets specifications outlined in the boys rule book.

Game Ball

The ball must meet NOCSAE specifications to be legal for play.



Competition Timing

A competition will consist of four (4) 8-minute running time quarter, with a two-minute break between each quarter and a four-minute halftime.

Timeouts

There are no timeouts permitted and the clock shall only stop in the event of injury. Injured players must leave the field until the next scheduled substitution. They may be replaced with another player.

Scorekeeping

No score is to be kept at the U11 level of play.

Overtime

Overtime shall not be played at the U11 age group.

Scrum Situations

In the event that a loose ball cannot be quickly picked up due to multiple players in a “scrum,” the official shall stop play and award the ball via Alternating Possession rules.

Substitutions

Coaches will conduct a whole-team substitution prior to a face-off or during other deadball situations.

There are no live ball or “on the fly” substitutions permitted. This discourages specialization of positions and contributes to developing well-rounded lacrosse athletes.

Starting the Competition

A coin-toss will be used to determine which team is defending which end of the field prior to the game. The winner of the toss can choose First Alternating Possession or choice of goal.

Competitions begin with a face-off. The official will conduct the face off with one player from each team meeting at the Center Spot. Each team must have two players on or behind GLE on their offensive and defensive end of the field. All players are released once possession has been established.

Restarting After a Goal is Scored

Competitions restart with a face-off. The official will conduct the face off with one player from each team meeting at the Center Spot. Each team must have two players behind GLE on their offensive and defensive end of the field. All players are released once possession has been established.

Off-Sides

There are no off-sides restrictions in this competition. All players are free to roam the entire length and width of the field.

Technical Fouls

Raking the Ball (Optional)

At no time may a player use the back of their stick to cover or rake the ball backwards. They may only use a forward scooping motion to attempt to gain possession of the ball. A raking maneuver is permissible during the face off.

Penalty: Immediate stoppage of play and possession is awarded to the opposing team.

Covering the Ball (Optional)

Players are not permitted to cover the ball under any circumstances.

Penalty: Immediate stoppage of play and possession is awarded to the opposing team.

Goal Crease Violation

No player from either team may enter the crease at any time, other than a legally equipped goalkeeper. A player may reach his stick into the crease for the sole purpose of collecting a loose ball. If the ball becomes ensnared in the outside of the goal, the official will blow the whistle and award the ball to the defensive team, 10 yards lateral to the goal line.

Penalty: Immediate stoppage of play and possession is awarded to the opposing team.

Stalling

There are no “counts” to be used for clearing the ball from one end of the field to the other once possession is gained. Coaches **may** opt to enable a 5 second count to encourage players to utilize their teammates. If used, a player in possession of the ball has 5 seconds from when he first possesses the ball to attempt a pass or shot.

Penalty: If the 5 second count is violated, the whistle is blown and the ball is given to the offended team. This rule can be enacted prior to or during competition if both coaches agree.

Minimum Passing Requirement

Teams are not required to complete a minimum number of passes before going to goal. Coaches should stress the importance of teamwork and utilizing all players. A coach may choose to enforce a minimum requirement on his or her own team.

Goalkeeper Counts

In the event of the goalkeeper gaining possession of the ball within his crease during a live-ball situation, the goalkeeper has 4 seconds to either exit the crease or pass the ball out of the crease to a member of his team.

Penalty: If the 4 second count expires, the ball is awarded to the other team lateral to GLE, 5yds in from the sideline, with the on-ball defender giving a 5yd. cushion until the whistle blows to restart play.

Goalkeeper Interference

With one foot inside of his crease, and possession of the ball the goalkeeper is protected from checking of any type.

Penalty: Current US Lacrosse Youth Rules Specifications.

Personal Fouls

Slashing

A defender may use poke and lift checks in all legal scenarios.

Penalty: Current US Lacrosse Youth Rules Specifications.

Body Checking

Legal holds, pushes and incidental contact (boxing out) is permitted.

Penalty: Current US Lacrosse Youth Rules Specifications.

Unsportsmanlike Conduct

Players are expected to uphold the highest levels of sportsmanship at all times.

Penalty: Unsportsmanlike Conduct fouls will result in an immediate stoppage of play, with the foul being explained to the player. The player shall be taken off the field and substituted for. The ball is awarded to the offended team. At no time should either team be playing with less players than their opponent.

About Coaching U11 Athletes

KEY OBJECTIVES FOR SUCCESS

Focus—Where we spend most of our time:
Fundamental Technical Skills

Goals for this stage of development—What we are trying to achieve:
To develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse (agility, quickness, change of direction). Getting as many touches of the ball as possible.

Player-centered environment—What it should look like:
Fun, inclusive, engaging, and positive; appeals to this age group's desire for fun. Improvement and teamwork through the progressive development of existing and new skills. Focus on trying their best and developing a growth mindset.

PLAYER DEVELOPMENT

Athletic Development Agility

footwork, dynamic balance, complex coordination, linear speed, speed of coordination, strength, and flexibility.

Technical (Skills) Development

Proficient at most basic technical skills. Developing dodge variations and exploring shooting/passing and cradling variations. Developing individual defense skills – body/footwork and stick positioning.

Tactical (Strategy) Development

Proficient with 1v1, 2v1, and 2v2 concepts. Exploring and developing 3v3, 4v4, and 4v3 variations. Transition offense and defense.

Psychological Development

Working to support athlete development in these areas: Love of the sport. Coachability. Concentration. Problem solving. Becoming confident. Making good choices. Learning fairness and taking responsibility.

Social-Behavioral Development

Know that at this age they are: Learning to compete against other players and learning the values of lacrosse. Learning independence and also how to work together as a team. Developing selfawareness – they start to be aware of what they don't know or what they can't do. Like to help others and the coach.

PRACTICE

Practice to Competition & Competition Specific Training Ratio

In-house instructional or 70:30 (Practice:Competition)

Primary Objective of Practice

To develop a lacrosse-confident athlete with solid fundamental skills and a general understanding of basic game play and strategy. Best delivered through small sided play, including free-play.

Max Recommended Ratio (player:coach)

12:1

Length of Sessions

60 minutes

Frequency

Up to 3x a week, 8-12 week season

Multi-Sport Participation

Encourage sport and physical activity diversification. Sport specific training up to 3x per week for one specific season. Participate in other physical activity or sport 4-5x per week. Ensure time period in the year when there is a break from all organized sport.