

HRLax Playing Time Policy

U-9 through U-11: At this age group, the players should be participating at every practice and game. The focus should be on getting kids to truly love the game. Playing time should be divided as equally as possible between all players. Kids should be encouraged to try all positions in practice and, if they are comfortable, in games too. This is not a win at all costs age.

U-13 through U-15: At this age group, the players should all be participating at every practice. Coaches should play every player in every game, assuming that player is in good standing with the team policies. However, coaches may rely on certain players to accomplish what is best for the entire team.

Player Discipline – The middle school team needs to be much more disciplined than the previous levels. Coaches should establish policies consistent with the Varsity team, regarding attendance, academics and school discipline. Practice may be a 5 day per week requirement.

High School: High School Lacrosse is a competitive environment. As such, equitable playing time is not guaranteed for all players, and an athlete's field time must be earned through skill, dedication, practice attendance, positive attitude and a healthy respect for the game. Coaches will work to develop players to the highest skill level possible; however, it is incumbent on each player to discuss their playing opportunities with their coaching staff.