



**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:

ATHLETE DEVELOPMENT CORE VALUES



Physical Literacy

Mastering movement is key! We emphasize physical literacy through diverse activities and multi-sport participation, enhancing athletic development and reducing injury risks.



Skill Development

Age-appropriate skills are our focus. Coaches tailor practices and drills to match each player's developmental stage, ensuring the best experience and growth.



Trained Coaches

Our coaches are equipped with top-notch education. They provide exceptional learning experiences, teaching techniques, and strategies that elevate players' skills and enjoyment.



Inclusive Growth

We nurture a welcoming environment where every player can thrive. Our inclusive practices encourage broad participation and continuous skill development, keeping more players in the game longer.



Innovative Practice Guidelines

Creativity and engagement soar with our practice structure. Smaller, dynamic stations increase touches and foster rapid, creative development for all players.



Smart Competition Guidelines

Age-appropriate competition rules help players reach their peak potential, ensuring each game is a step towards achieving personal/individual excellence.



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.

ABOUT STATION-BASED PRACTICES

Station-based practices are fun and engaging. In a station-based practice, the athletes can be spread across multiple stations, engaging them in more active drill time. With more opportunities to practice skills and receive individualized instruction, athletes improve. More touches, more player engagement, more development and fun and less standing in line!

Here are some best practices to get the most out of a station-based practice:

- ★ Warm-up should last 5-6 minutes at the beginning or end of each practice.
- ★ Limit how many players per station - aim for 6-10 athletes per station.
- ★ Station length 6 -15 minutes based on age and ability.
- ★ Make every station FUN! Create a game, competition or race for the station.
- ★ Get down on 1 knee, at eye level to talk to the kids when possible.
- ★ Use cones to tell kids where you want them to go.
- ★ Keep players moving and engaged.
- ★ Be brief – let the kids experiment and play.
- ★ Keep explanations to 15-20 seconds max during the drills.
- ★ Similar drills can be rotated through the progression from practice to practice.
- ★ A practice can be run twice in a row.
- ★ Use parents or older students/players to help run a station.
- ★ Try to incorporate both individual skills stations for development as well as more team or competitive stations in every practice.



- ★ Progressions are a great tool to make a station harder or easier (regressing) as needed based on the group. Progressions help you adjust both to the developmental level of the players as well as the physiological stage.
- ★ Progression: start a drill without sticks, add sticks, add more than one ball to a drill, add a defender to a drill or a pass.
- ★ For physiological levels, think of smaller spaces for younger players, smaller goals.

Skill development games, descriptions, parameters and progression ideas can be found in the USA Lacrosse Mobile Coach App.

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/ 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

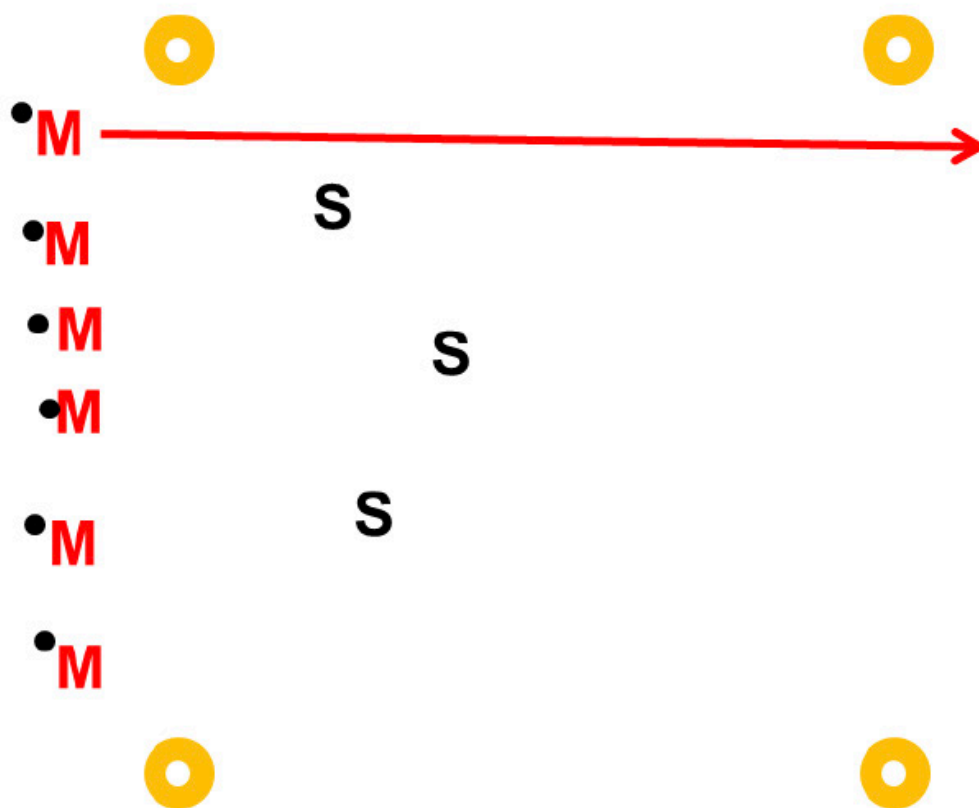
Duration: 5 minutes

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

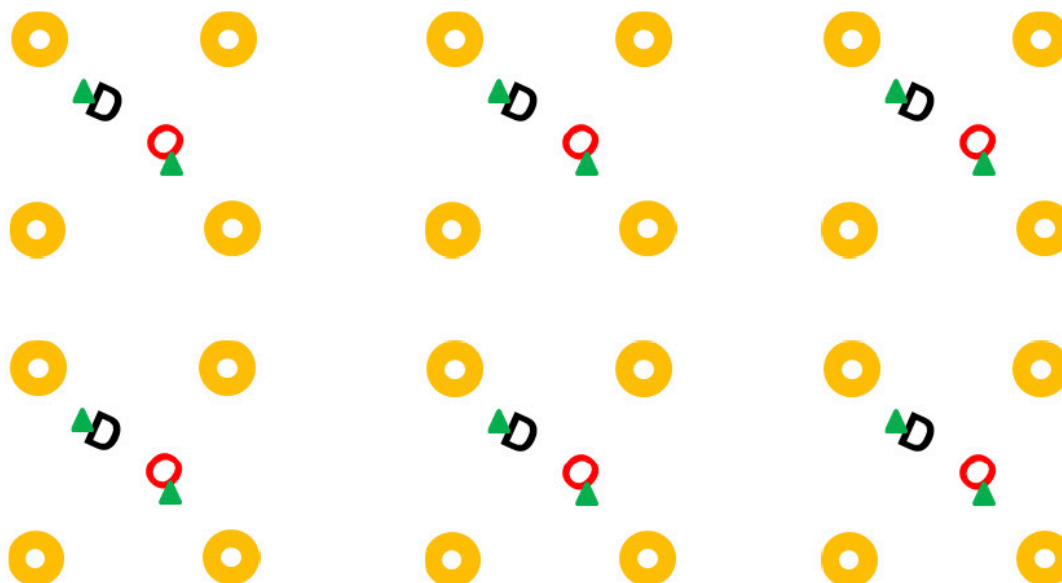
Drill Duration: 5 minutes

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

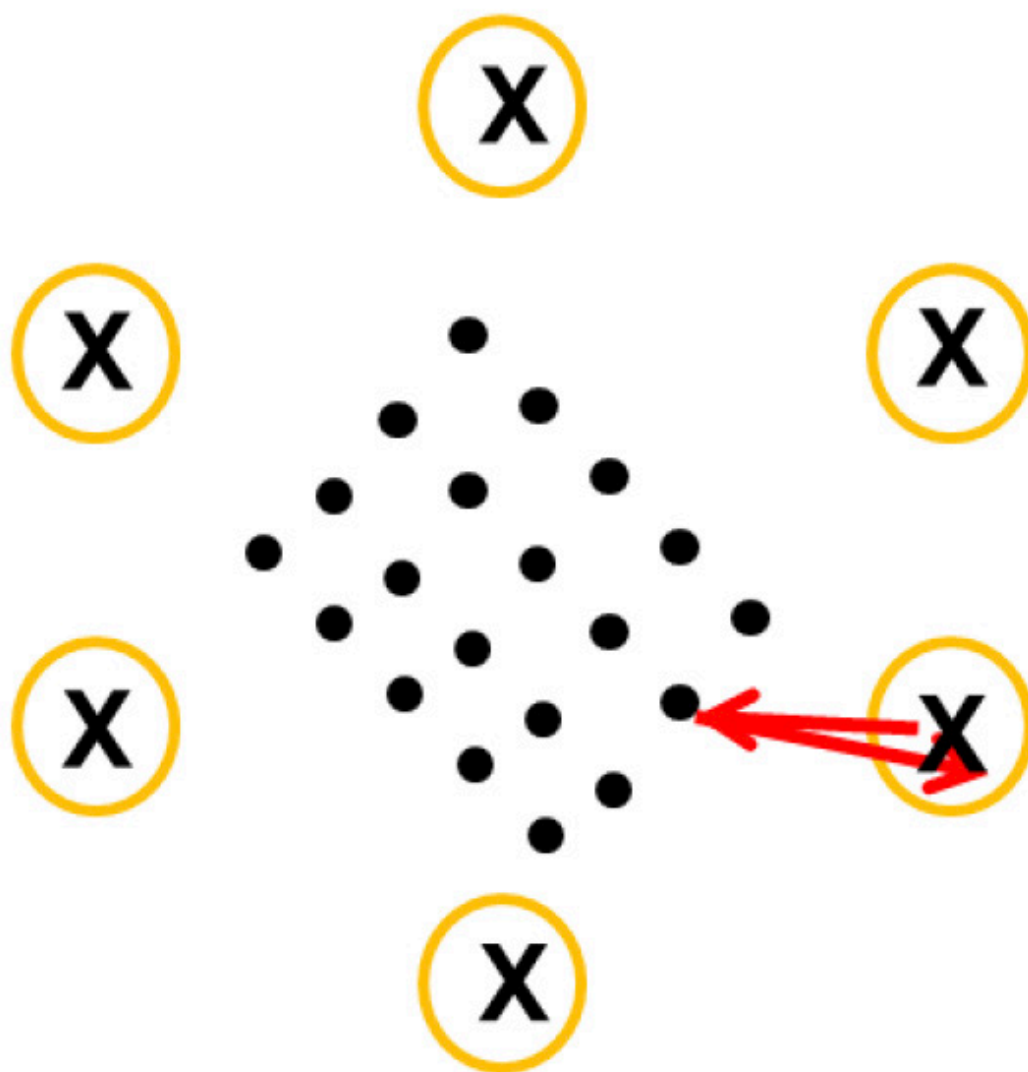
Skill(s): Scooping a lacrosse ball, Movement

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

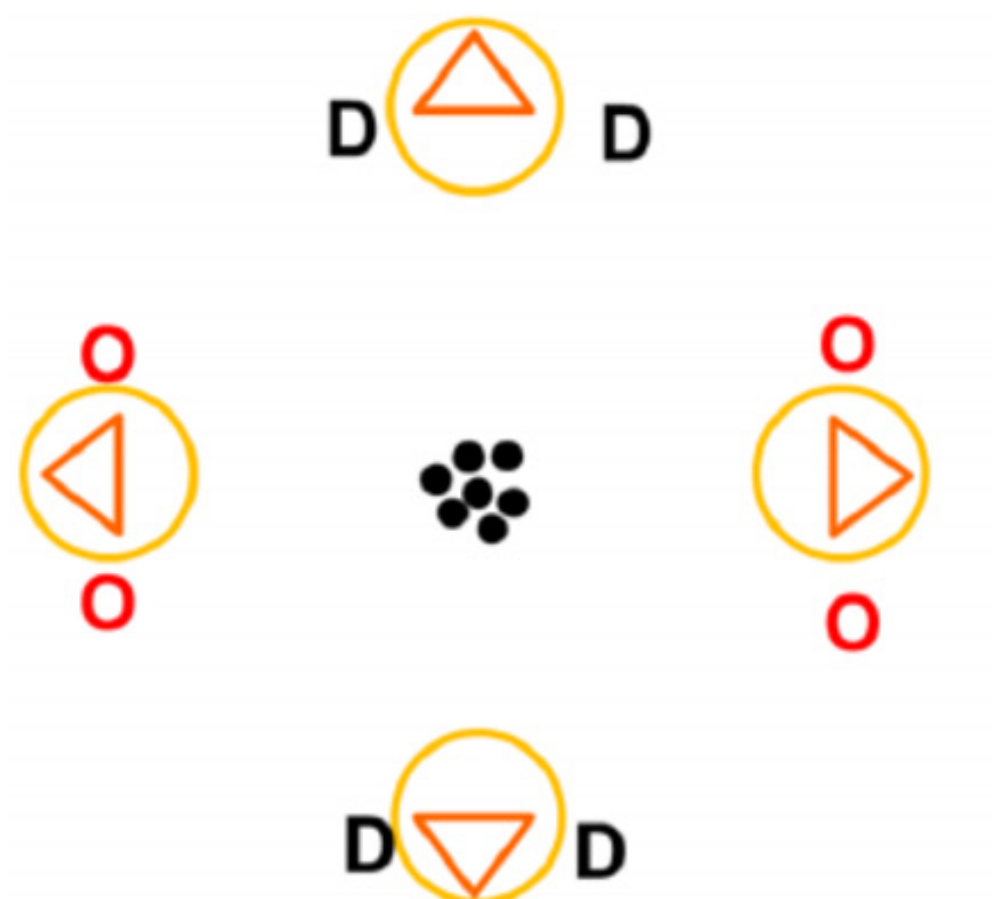
Drill Duration: 5 minutes

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

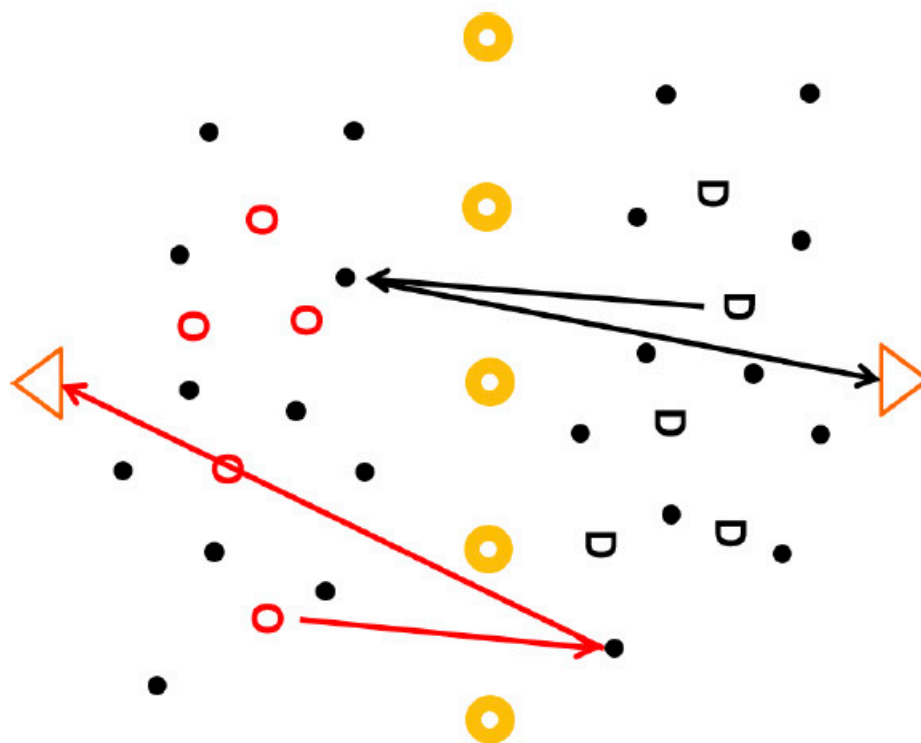
Drill Duration: 5 minutes

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

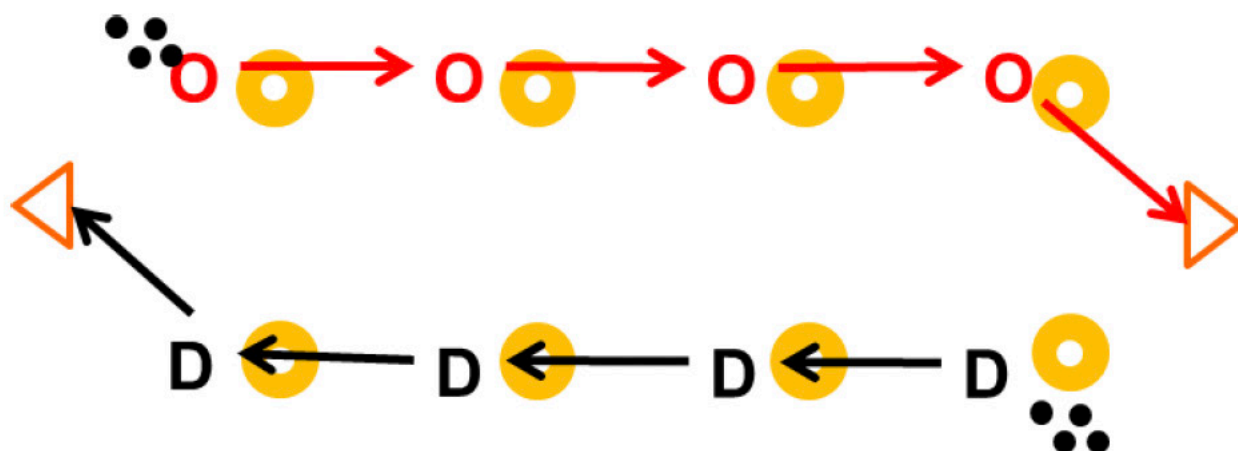
Drill Duration: 5 minutes

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

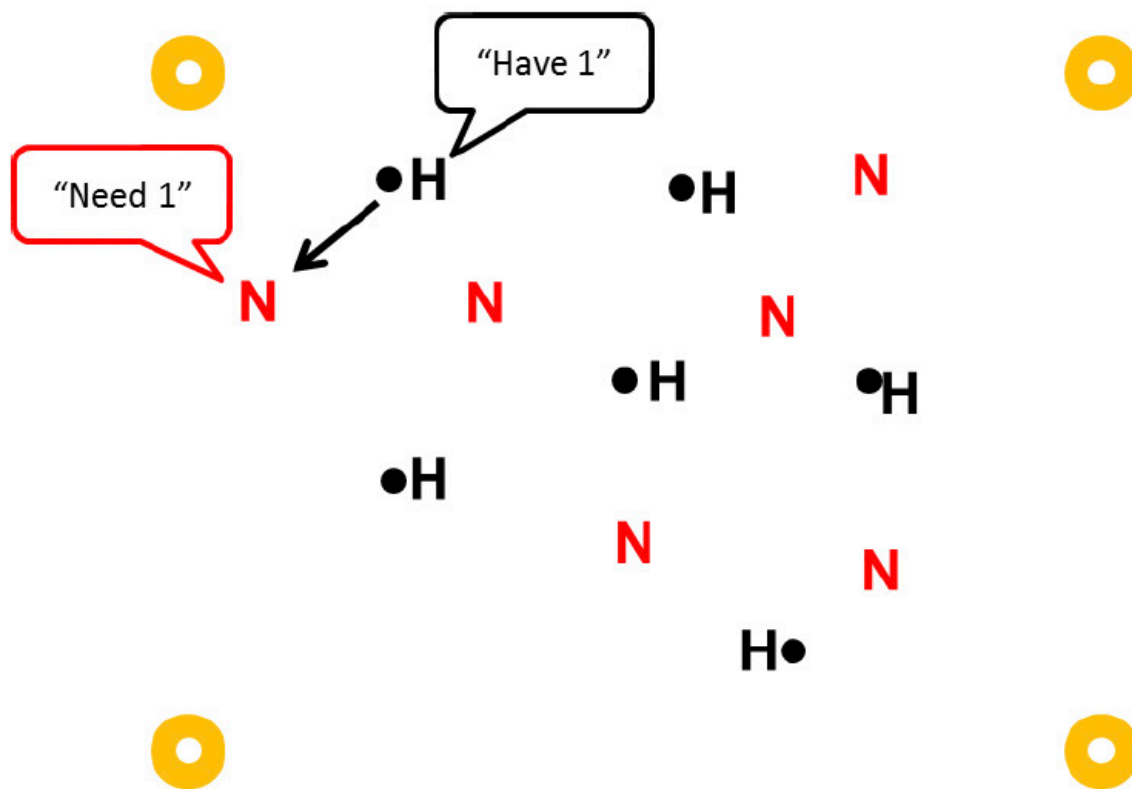
Drill Duration: 5 minutes

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

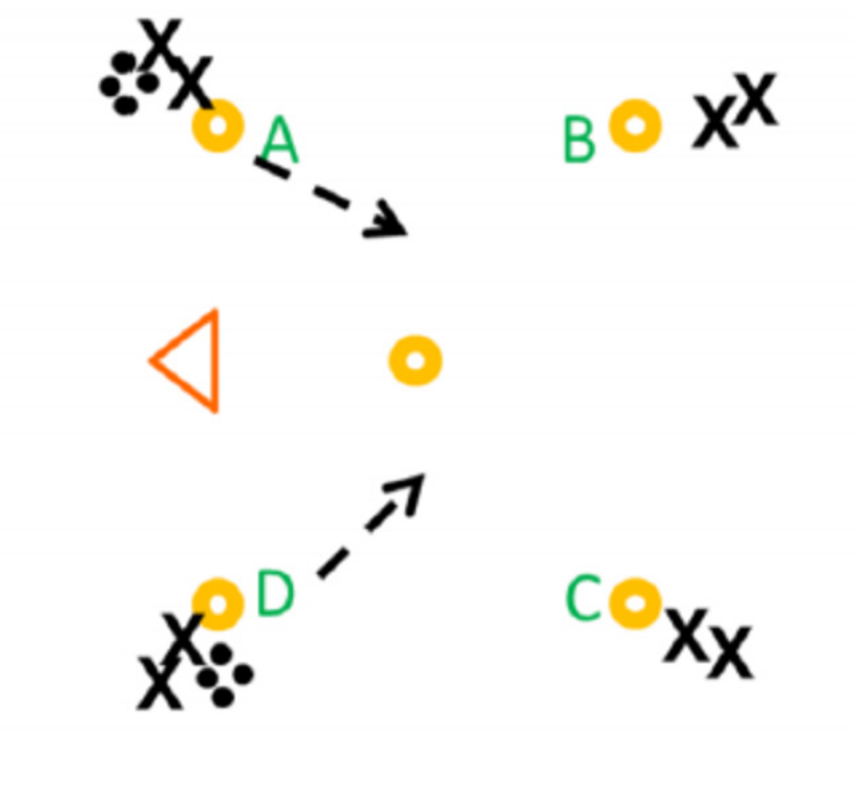
Drill Duration: 5 minutes

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

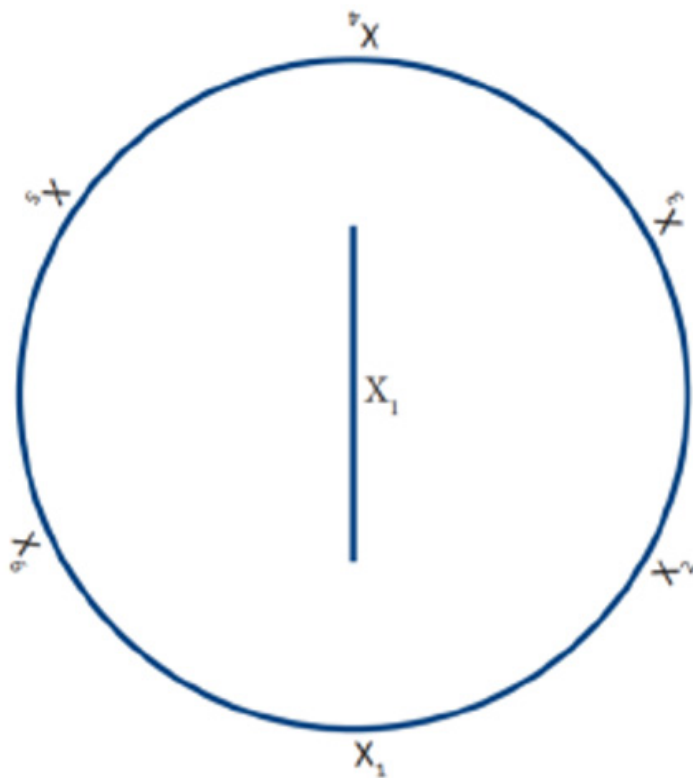
Drill Duration: 10 minutes

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

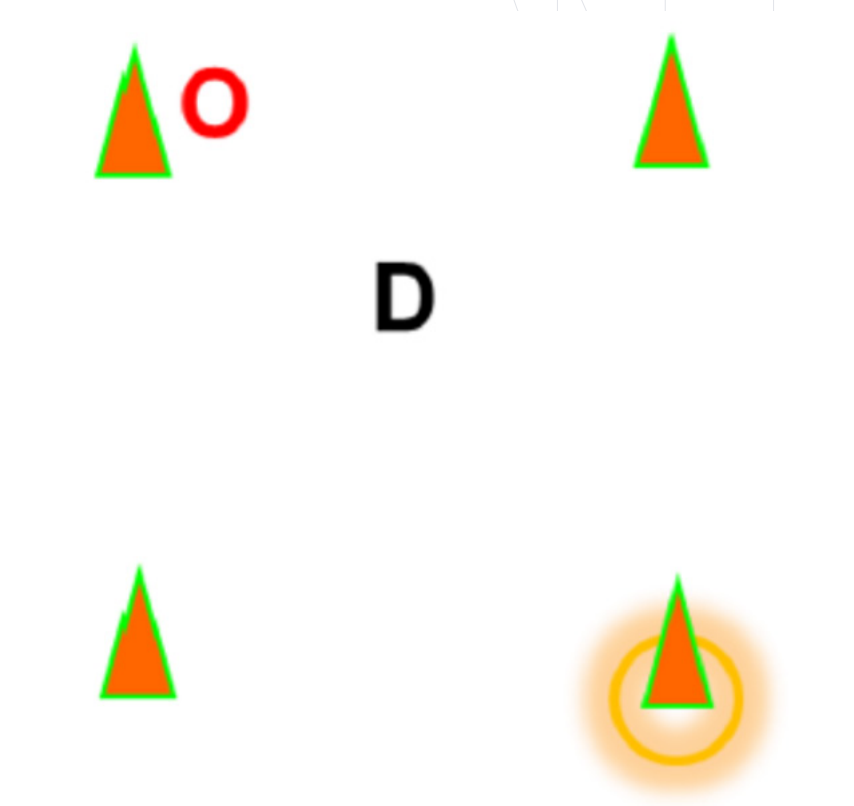
Drill Duration: 5 minutes

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

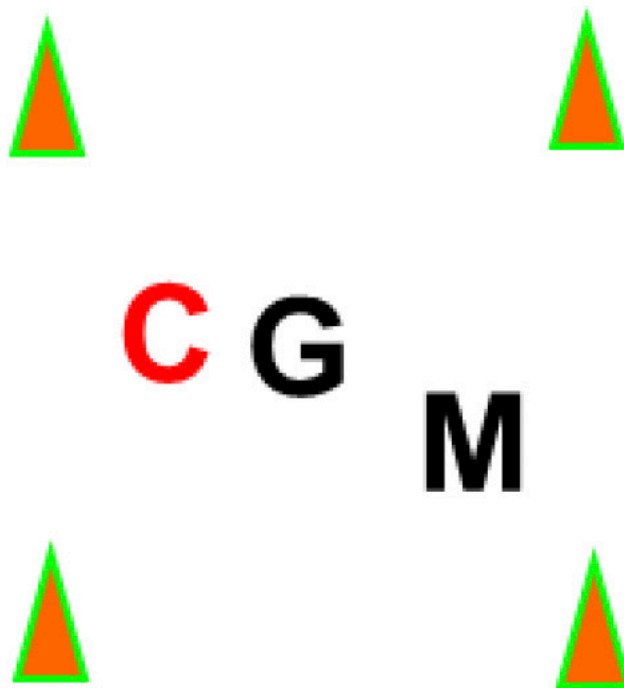
Skill(s): Dodging, 1v1 Defense

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

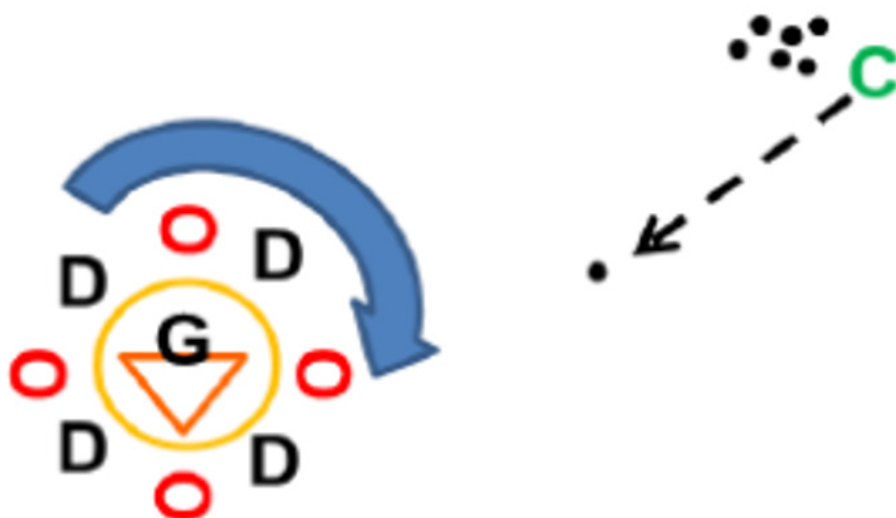
Drill Duration: 5-10 minutes

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:



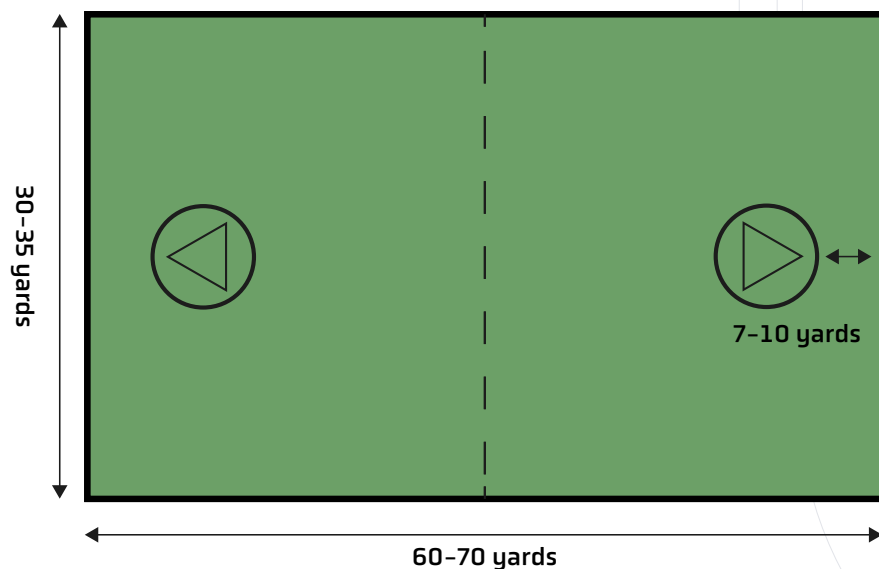


FLEX6 LACROSSE® INTRODUCTION

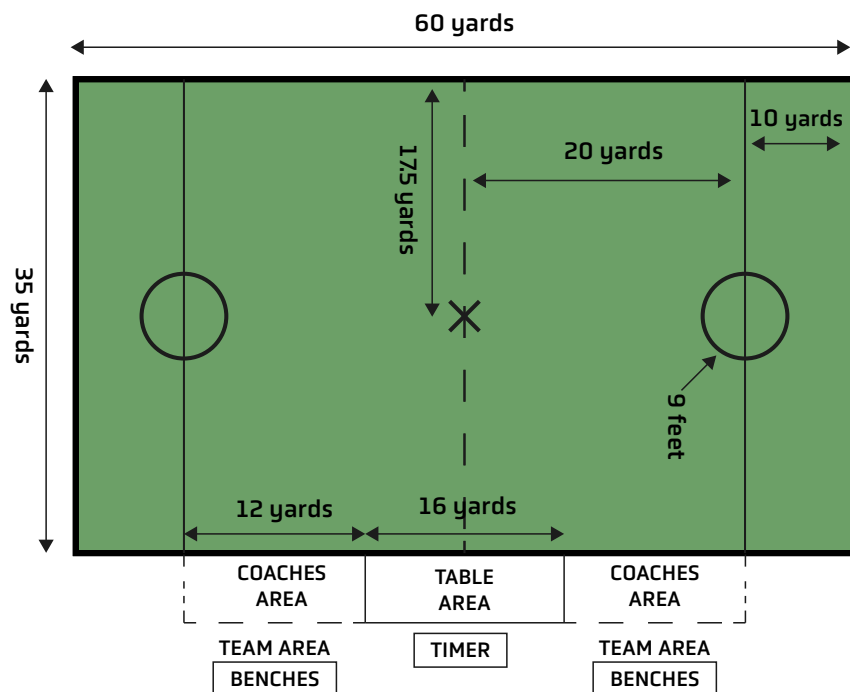
Flex6 represents the foundational small-sided game with no protective equipment needed. As the name suggests, Flex6 is FLEXIBLE. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

THE GAME, PLAYING AREA AND SPACE

BASIC FIELD CONFIGURATION

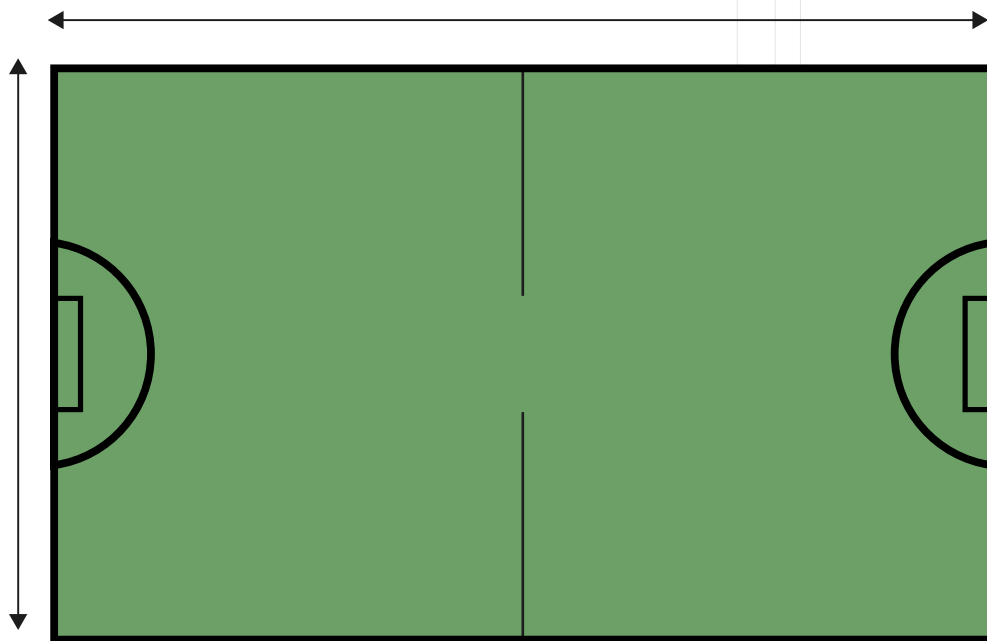


CROSS-FIELD ON A TRADITIONAL SPORTS FIELD





BASKETBALL OR TENNIS COURT CONFIGURATION



EQUIPMENT

THE BALL

A soft pink/orange (aka "Pinkie") ball or tennis ball. Do not use standard lacrosse balls.

THE LACROSSE STICK (CROSSE)

Girls', boys' or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

PLAYER EQUIPMENT

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.

GAME PERSONNEL

NUMBER OF PLAYERS

No more than 6v6 on the field at a 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. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.



OFFICIALS

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

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

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

OVERTIME

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.

PLAY OF THE GAME

STARTING THE GAME AND OVERTIME

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting. The team that loses the coin toss can choose 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.

GOAL SCORED

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal circle is used, the player cannot cross into the goal circle on the shot. No goal if a shot originates in the defensive half of the field.

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 goal circle to resume play.

CHANGE OF GOALS

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.



SUBSTITUTIONS

Substitutions during play are permitted.

FOULS

- ★ No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
- ★ No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
- ★ No covering the ball with your stick or body.
- ★ No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
- ★ No entering the goal circle (except to get the ball out of the goal after a shot is scored).
- ★ 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).
- ★ 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).
- ★ No dangerous follow through with the stick on a pass or shot.
- ★ No moving or blind picks.

The penalty for a foul is change of possession.

The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length 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 fouls or 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 by the defense 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 (self-start).

UNSPORTSMANLIKE CONDUCT

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures 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.

OPTIONAL MODIFICATIONS

- ★ A minimum pass rule may be added before shooting.
- ★ Ground balls may only be contested 1v1.
- ★ One player stays back on defense behind the midline of the area of play.