



Sheridan Recreation District Youth Lacrosse Program Overview For Spring of 2025 & 2026



Little Lacrosse K-2nd Boys & Girls

Season: 6 Weeks Beginning 1st Week of April

Format: USAL Sixes - 3v3, No Contact, No Goalie, No Face-off

Teams: Pios, Buckeyes, Terrapins

Practices: Tuesdays from 5:30-6:30pm, TBD Team Specific

Games: Thursdays at 5:30, 6:15pm and 7:00pm Dan Madia Fields

Fee: \$40, Includes Equipment

Boys Lacrosse 3rd-5th

Season: 6 Weeks Beginning 1st Week of April

Format: USAL Sixes - Up to 6v6, Limit Contact, With Goalie, Face-off at Quarter

Teams: Orange, Irish, Blue Devils

Practices: Mondays from 5:30-6:30pm, TBD Team Specific

Games: Wednesdays at 5:30, 6:15 and 7:00pm Dan Madia Fields

Fee: \$75, Includes Equipment

Girls Lacrosse 3rd-5th

Season: 6 Week Season Beginning 1st Week of April

Format: USAL Sixes - Up to 6v6, With Goalie, Draw at Quarter

Teams: Wildcats, Pios, Wolverines

Practices: Mondays from 5:30-6:30pm, TBD Team Specific

Games: Wednesdays at 5:30, 6:15 and 7:00pm Dan Madia Fields

Fee: \$75, Includes Equipment

Middle School Non-Travel 6th-8th Boys & Girls

Season: 8-9 Week Season Beginning 2nd Week of March

Format: Full Field - Practice weekday afternoons with the Sheridan Mavericks MS Boys or Girls travel teams. Includes inter-squad scrimmages. Great option for players who are unable to travel or need more development before playing competitively.

Fee: \$75, Includes Equipment

Sheridan Recreation District Youth Lacrosse Rules Overview

SIXES - ADVANCED SMALL-SIDED STANDARDS

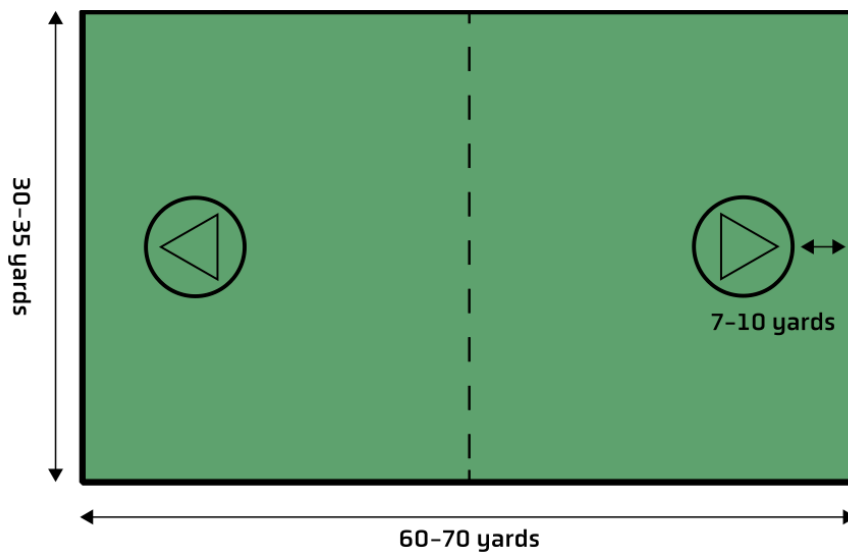
Based on World Lacrosse Sixes Rules with Modifications for USAL Youth Play

WG= Women's Game, MG=Men's Game

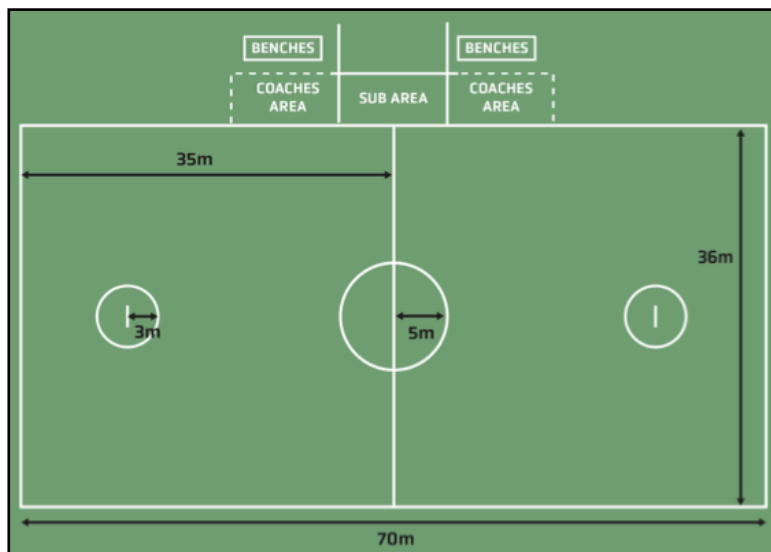
GENERAL RULES OVERVIEW

The Field

Short Sided - K-5th



Regulation Sixes - 6th-Adult



Equipment

- WG: Mouthguard mandatory, eyewear mandatory and all other equipment is optional.
- MG: Mouthguard, Gloves, helmet w/ facemask and chinstrap, and NOCSAE ND200 chest protection are all mandatory, all other equipment is optional.
- Goalkeeper (GK): Mouthguard, helmet w/ facemask and chinstrap, throat guard, ND200 chest protector, cup mandatory; for WG, the goalies must wear thigh protection shin guards are required for the goalie.
- Crosses/Sticks:
 - WG: Same as field lacrosse and pockets may be checked before the start of the game.
 - MG: Short Sticks Only and pockets may be checked during the game.

Personnel

- Team: Up to 14 players total on roster with a minimum of 1 GK; Must have 6 (including GK) to start a game. Up to 5 field players and 1 GK per team on the field.
- GK required on the field at all times (GK may not cross the center line)



Little Lacrosse Modifiers

- 4 player minimum to start a game.
- No Goalkeepers.

Timing

- A coin-toss will award the winner with the option to chose preferred defensive area or first alternating possession.
- Four 8-minute quarters: Running time (change ends each quarter)
- 2-minute break between 1st and 2nd quarter and 3rd and 4th quarter
- 5-minute half time between 2nd and 3rd quarter
- Sudden Victory Overtime
 - 8 minutes of running time until a goal is scored.
 - 2-minute break between periods



Little Lacrosse Modifiers

- No Overtime

STARTS AND RESTARTS

- Each Quarter and Overtime period will begin with a draw at the center of the field.
- Except when last quarter ended with an extra player situation, the team who ended the period with possession will be awarded possession same relative position on field to start next quarter.
- Play starts and stops on an official's whistle (NO SELF STARTS)
- All players must be at least 2 meters away for free positions.
- "Penalty Dot" Area near the midfield line is used to start play after the administration of time-serving penalties.
- Following a goal; the GK must retrieve the ball within 5 seconds; the official whistles the start and the GK has 5 seconds to clear the ball out of their crease.



Little Lacrosse Modifiers

- 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.
- 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.

OUT OF BOUNDS

- An out of bounds ball is awarded to the team that did not cause the ball to go out of bounds, including shots on goal.
- Note: All boundaries are whistle started; Official determines the player being awarded the ball
- The restart takes place 2 meters in bounds.

TYPES OF FOULS

Minor Fouls

(Green Card: 30 second time-serving penalty if the offending team does not have possession. If the offending team has possession, the penalty is a loss of possession and a whistle start at spot of the ball.)

- Interference (with stick or body)
- Pushing
- Illegal Pick
- Holding
- Withholding the ball from play
- Illegal stick check (Contact with horizontal stick in WG)
- Illegal action by team official (coach, trainer)
- Illegal Procedure (leaving penalty area before penalty time, delay of game, etc)
- Illegal Equipment
- Offsides only on Goalie
- Warding (using free arm/hand)
- Empty Stick Check {WG only. This is a minor foul only when a team has possession. Empty stick checks during loose ball situations are legal}



Little Lacrosse Modifiers

- The penalty for any Minor Foul is a change of possession only.

Major Fouls

(Yellow Card: 1 minute time-serving penalty)

- Illegal Body Check
- Slashing
- Cross-check
- Tripping
- Unnecessary Roughness
- Illegal Stick
- Unsportsmanlike Conduct
- Dangerous Follow-Through (WG only)
- Illegal Crease defending
- Walling (WG only)
- Dangerous Propel (WG only) Above knee = expulsion; below knee = 1 minute



Little Lacrosse Modifiers

- In the event of a Major Foul, another player may substitute in the offending player's place during a time served penalty.

Expulsion Fouls

(Offending Player leave game & In-Home serve 2-minute time serving penalty)

- Fighting
- Using threatening, abusive language or misconduct towards the officials.
- Deliberately body checking in the head, neck area or from behind.
- Dangerous Propel (WG) that hits a player above the knee.

NOTE: All time serving penalties are not releasable.

Traditional WG Field Game Penalties that are NOT Called

- 3 Seconds
- Shooting Space
- Empty stick check on ground balls
- Hooking
- Poke checks
- In the sphere
- Check across the body
- Slash

Over and Back

Once a ball is in a team's offensive half of the field it cannot return to the defensive half of the field through actions of the offensive team.

- Offensive player may bat the ball to keep it in offensive zone.
- If the ball does touch or cross center line, there is an immediate change of possession and a quick re-start for non-offending team.
- No violation if off of a shot, loose ball last touched by defense or a loose ball that is leaving offensive zone and defense is called for a loose ball foul (play-on).



Little Lacrosse Modifiers

- This rule is relaxed as necessary to maintain gameplay.

Officials

- The Head Coach from each team will coach and officiate from their own defensive side. (change ends each quarter)
- Prior to the start of the game, it must be decided which Head Coach will keep the game time and which will keep the penalty time on the field.
- Coaches will call fouls using the honor system. In the event of a dispute, alternating possession will be awarded.