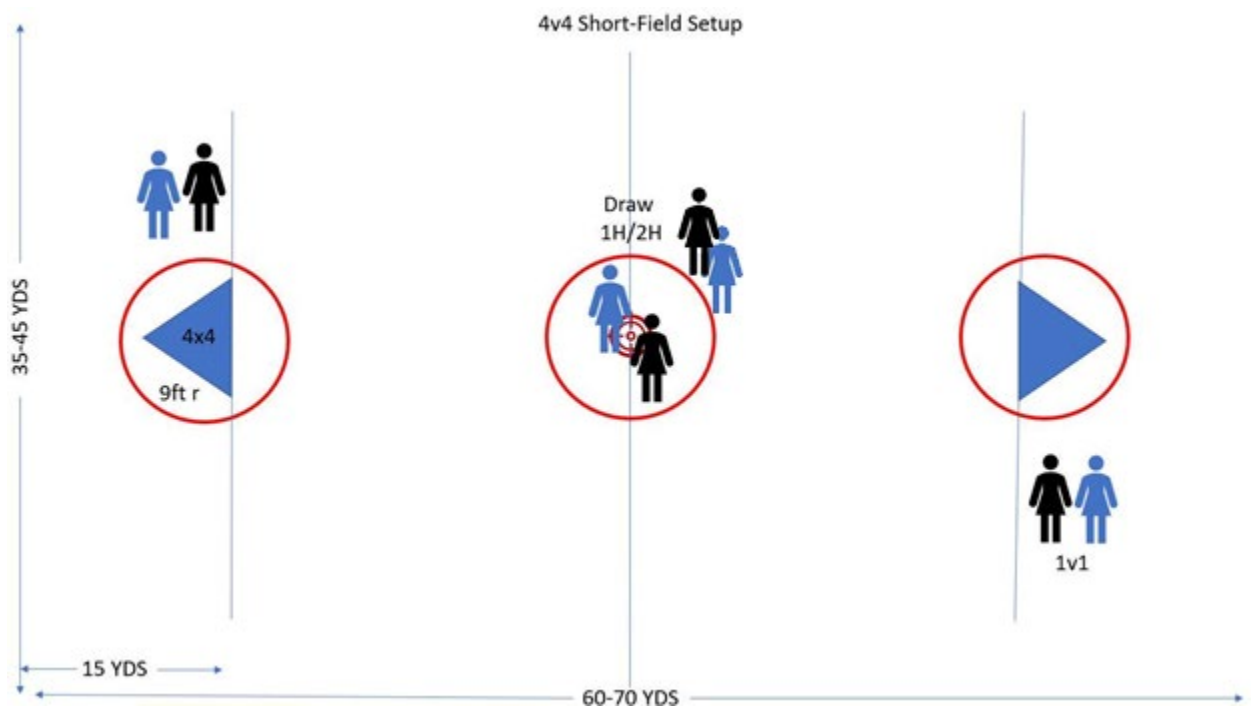


Heartland K-4th Game Rules

Format

Field Size

- The field should be approximately 60 yds x 35 yds. (See 4v4 Field Diagram)
- Use 4x4 goal
- Field will have sidelines and centerline as well as goal circles. Sideline and centerline can be marked by flat cones, portable goal circles or paint. Center circle is not required to be marked.
- 3v3 - No goalie. Coaches may elect to play with 4v4 if there are enough players.
- 1 coach is allowed on the field per team for the purpose of instructing
- Pinky balls will be used by K-2 (STX soft practice lacrosse balls). 3rd/4th will use standard lacrosse ball.
- 8-minute quarters with a 2-minute break between the quarters, 10-minute halftime. Officials and Table will keep game time
- No timeouts.
- No offsides, players may move anywhere on the field
- Draws will be used at the start of each quarter and after a score.
- During draws, 1 set of attack/defenders will be on or behind each goal line extended (or only one set behind one goal line extended for 3v3), with each player matched up with the opponent they will be marking. 1 set of attack/defenders will be on the circle. When the official blows this whistle and the ball goes up at the draw, this set of attack/defenders may run towards the center to attempt to scoop up the ball. Players on goal line extended must wait for the ref to yell "Possession" at which point the players on goal line extended are released and may run toward the area of play.



- NO CHECKING

- One pass rule is enforced. Teams must **attempt** one pass before going to goal. Upon a shot the attempt count is reset. Penalty: Immediate stoppage of play and possession is awarded to the offended team. (Officials will tell the players when they can take a shot)
- Must play 1v1 defense. Players must be marking (within a stick's length) when her team does not have the ball. If a player leaves her player to double the ball, the whistle will be blown, and the offending player moved back to her mark. Penalty: Immediate stoppage of play and possession is awarded to the offended team, with all other players moved 4 meters away.
- 3 seconds closely guarded (Offense) is called at this age. Player with the ball may not hold the ball for more than 3 seconds when closely guarded, the defense has both hands on their stick and the defense is in a position to legally check if checking were allowed. Penalty: Immediate stoppage of play and possession is awarded to the offended team.
- Hot substitutions are allowed as needed.
- If ball stops movement in the crease, official stops the game, and gives the ball to the defense. Defense stands outside the crease at point closest to where ball stopped movement. All other players back up at least 4 meters (12 ft.) and allow defender to clear.
- Goals, possession will be taken at goal line extended by the team that was scored upon.

Penalties

- Officials have the authority to remove any player, coach, or parent from the field due to unsportsmanlike conduct.

Playtime

- Players should have approximately equal playtime and frequent substitution is recommended.