

U8 Boys Lacrosse Rules Primer (4v4)

Introduction:

Welcome to U8 Boys Lacrosse! This age group emphasizes fun, skill development, and sportsmanship in a supportive and enjoyable environment. This rules primer is based on USA Lacrosse Youth Lacrosse Guidelines and is designed to provide an easy-to-understand overview of the rules for U8 boys lacrosse in a 4v4 format.

Field:

1. The field is a smaller, modified version of a standard lacrosse field, approximately 30-40 yards in length and 20-30 yards in width.
2. Goals are 4 feet wide by 4 feet high.

Equipment:

1. Players must wear a helmet, shoulder pads, elbow pads, gloves, and mouthguard.
2. A standard lacrosse stick (short crosse) is required, with a length of 37 to 42 inches.
3. Goalies are not used at the U8 level, and therefore, no goalie-specific equipment is needed.

Game Structure:

1. Games consist of four 10-minute quarters, with a 2-minute break between quarters and a 5-minute halftime.
2. Each team has a maximum of 4 players on the field at a time, with all players acting as field players.

Rules:

1. No body checks or stick checks are allowed, encourage lift and poke checks.
2. Legal contact is limited to incidental contact or equal pressure when two players are going for a loose ball.
3. One pass rule: After a change of possession, the offensive team must **attempt** at least one pass before attempting to score.
 - a. If a team amasses a 5 goal lead, it will be changed to a **completed** pass before attempting to score for the leading team
4. No player may deliberately hold, trip, or push an opponent.

5. A loose ball must be played by scooping, not by kicking or swatting with the crosse.
6. No player may use their free hand to hold, push, or control an opponent's stick.

Penalties:

1. No time-serving penalties are assessed at this level.
2. Instead, coaches should use teachable moments to explain rule violations and proper play.
3. In cases of egregious or repeated violations, a player may be temporarily removed from the game for a brief "cool-down" period.

Faceoffs and Restarts:

1. To start each quarter and after each goal, a coach will throw the ball into the air, and players may go after the loose ball.
2. After a change of possession, the team gaining possession gets a free clear, and the opposing team must give 5 yards of space.

Conclusion:

Remember, the primary goal of U8 boys lacrosse is to have fun, learn the fundamentals, and foster good sportsmanship. Players, coaches, and parents should emphasize a positive and supportive environment. Enjoy the game!