



Kelly Post Ducks Lacrosse

Game Rules & Coach Guide · Ages 5–8 · No scores · No standings · Everyone plays

Coach Cheat Sheet

Format	4v4 or 5v5 (agree before game)	Defense	Man-to-man · sliding OK
Halves	2 × 12 min running clock	Before a goal	1 pass attempt first
Goals	6×6 ft · cones = crease	After a goal	Scored-upon team restarts
Goalies	None — all field players	1st possession	Away team · alternates
Checking	No body · No stick	Subs	Mirror across both teams
Offsides	None	Playing time	Every player ≥ 50%

Schedule & Structure

1:00 PM	Practice	30 min · Split field in half · Skills & fun drills
1:30 PM	Game	2 × 12 min halves · Running clock
~1:55 PM	Handshakes + Cheer	Good sportsmanship wrap-up

Two teams share a field, each using one half during practice. Games are played on one quarter of the lined Tyker-sized field (zones A, B, C, or D).

Coaches as Referees

Coaches serve as referees for their own games. There are no neutral officials. The goal is a safe, fair, and fun experience — not technical exactness.

Both coaches share officiating responsibility. Before the game, agree on how you'll handle common situations (crease violations, scrums, out-of-bounds). Consult openly during play — the spirit of the game always outweighs a strict reading of any rule.

Remember: these are 5–7 year olds. Simple, calm, and consistent officiating goes a long way. A clear "ball goes to the blue team — line up at the crease!" beats any technical explanation.

Key Whistle Signals

Signal	When to Use
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One short blast	Start or resume play
One firm blast	Stoppage
Two short blasts	Goal scored
One blast + point	Restart / award possession
Stop + gesture	Out of bounds — award possession
Three blasts	End of half or game

Tips for Coaching While Refereeing

- Stay on the sideline near the action, not behind a goal.
- Let minor incidental contact go — only whistle clear body contact or stick checks.
- If you and the opposing coach disagree, talk it out quickly and move on. Flow matters more than every call being right.
- Keep your voice calm and encouraging. Simple instructions land best with this age group.
- When in doubt: what outcome makes this most fun and fair for the kids?

Game Format

Agree on 4v4 or 5v5 before the game based on roster size and availability. Two 12-minute halves with a running clock. No scores or standings are recorded.

Divide each roster into two units by experience level. The goal is a well-matched, teachable game — not a competitive one. Discuss unit pairings with the opposing coach and agree on concepts to focus on for each group. If rosters are uneven, ask a player to fill in.

Game Rules

Starting & Restarting

No face-offs. The away team starts with the ball at its own crease. Possession alternates at the start of each subsequent quarter. After a goal, the team scored upon restarts at its own crease.

Contact & Checking

No body contact beyond minor incidental contact. No stick checking, except minor incidental contact on ground balls. Blow the whistle and reset possession.

Defense

Man-to-man only. No zone defense. Sliding is permitted. No guarding the goal. Players are encouraged to keep sticks up to block passes or shots.

One-Pass Rule

Before a goal may be scored, the attacking team must make at least one genuine pass or transfer of possession (rolling the ball counts). Hand-offs and basket transfers do not count — the intent is to spread players out on the field.

Crease Violations

Any player who enters the opponent's crease to gain possession or attempt to score loses the ball. A player who casually runs through without possession gets a warning; their team keeps possession.

Scrum & Ball in Pile

If the ball is stuck in a pile and can't be safely freed, stop play and award possession on an alternating basis.

Out of Bounds

The last team to touch the ball before it goes out loses possession — except after a shot, when possession goes to the team whose player is closest to where the ball went out.

Playing Time

Every player must play at least 50% of game time. Players may only exceed two quarters of play if there aren't enough players to do otherwise. Substitutions must be mirrored across both teams, except for injury or a bathroom break.

Sportsmanship & Game Spirit

Lopsided Games

If one team is clearly more skilled or the game becomes one-sided, that team's coaches should require multiple passes before any shot. Keep it fun and competitive for everyone on the field.

Spirit of the Game

Coaches may make minor, common-sense rule adjustments — but only in the interest of fair play, competitive balance, and player development. No rule may be modified to gain a competitive advantage or create a disadvantage for the opponent.

Game Flow

Avoid overly technical enforcement. Keep the game moving. For kids this age, momentum and smiles matter more than perfect rule adherence.

Questions? Coaches are encouraged to connect before and during games. We're all here for the kids.

