



MSLAX
MINNESOTA SCHOOLGIRLS
LACROSSE ASSOCIATION

8U RULES

Format:

- We will have **12-minute** running games. Time is kept by the head table and will start and end with a horn
- There will be 3 mins between each game to allow teams to get to their proper fields
- Each team will get 3 games.
- 4v4 format, NO goalies
- No score is kept

Rules:

- At the start of the game, each team will line up by their prospective goals then a ball will be rolled into the middle and girls will go for a ground ball
- There is to be one attempted pass prior to shooting
- After a goal, the ball will be given to the opposite team
- 1v1 ground balls are to be attempted if there is a pile up simply roll the ball into a neutral area for the girls to attempt to pick up again
- No stick checking. Sometimes it happens by accident, so just remind girls to try to play good body defense. There is no need to make a big deal out of it and stop the game
- If the ball goes out on the sidelines the ball should go to the opposite team
- Coaches are allowed on the fields to ref/coach, we encourage you to try to help the girls spread out
- We prefer one coach from each team to be on-field to help instruct/ref at each game