

LACROSSE - POP LACROSSE

Quick rules

- The game starts with a pass from the centre, where every centre will alternate, no matter who scores.
- Substitutions as needed from the halfway point, a stick must be exchanged between players.
- No stick or body contact, no intentional playing the ball off the body.
- No entry into the circle round the goal.
- No trapping or guarding the ball (but momentary pull back is allowed).
- Maximum of four-second possession of the ball by a player.
- No defender can stand in front of the goal (in 5m arc) unless marking an attacker.
- Fouls inside the 5m arc, restarts are taken from outside the arc to the side of the pitch and in line with the goal.
- You can only score when the ball is inside the opponents' half.

Equipment required

- Drop discs (pitch marking).
- Eight bibs per 16 players.
- Pitch size 40 x 40.
- 10 pop lacrosse sticks (minimum).

Health and safety

- No dangerous use of sticks including follow through in passing or shooting.
- Allow space behind the goal.
- Make sure players are marking their opponents and not blocking the goal inside the 5m arc.
- Put the person who fouls three steps behind the player they have fouled.



FOR YOUNG PEOPLE

Think tactics

Before you start consider what positions are required: a defender, an attacker and some midfield players.

Spirit of the Games: Excellence through Competition



Ensure all players get opportunities to score goals by passing to the best-placed player.





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Quick introduction

POP Lacrosse is a 5v5 stick and ball invasion game that can be played on a four badminton court-sized space or similar. The aim of the game is to score a goal by shooting or rolling a ball into the opponents net.

Getting started

- Squads of eight; four boys and four girls.
- Five players on the pitch, minimum two of each sex.
- Goal at either end, 2m in from back line each within a 2m radius circle.



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Hints and tips

- Have a practice match with the full markings.
- Have an order of substitutions.
- Have an area for teams to warm up and practise.

Leadership and volunteering opportunities

- Roles available could be:
 - Team manager.
 - Marketing and communication – reporters and photographers.
 - Runners and scorers.
 - Statisticians.
- Identify links with young people who have completed the Lacrosse Young Officials Award or the Introduction to Practical Lacrosse Leadership Award.

Officiating

- Study the rules above and try to blow for:
 - ball out of play
 - contact
 - dangerous play
 - blocking the goal.

Think inclusively (STEP)

Space

- Use current markings on play areas to your advantage.
- Use the example of player zones to give disabled and SEN participants maximum opportunities to be successful in playing the game.
- Zone 1 and 3 - mobile players, Zone 2 - limited mobility players.

Task

- Allow 6 or 8 seconds to carry the ball for people with limited mobility.
- Allow different points for goals scored by players from different zones.
- If SEN/disabled players have difficulty using the stick, allow them to use their hands to catch and pass the balls.

Equipment

- Use cones or throw-down markers to quickly set up circles and arcs.
- Only use five sticks per team, so changes can be made swiftly without extra active players being on court.
- If no goals are available use a bin or target in the same position.

People

- Allow visually-impaired players to work with a sighted player.
- Make sure players mark similar standard opponents.
- Try and place players in areas they can be

successful.

- All abilities can play including wheelchair users.
- Teams can be adjusted and adapted according to participant ability, e.g. smaller teams.

