



PACIFIC COAST FIELD LACROSSE LEAGUE PLAYING FORMAT - U8 DIVISION GAMES

Each team will consist of 2 defenders, 3 midfielders, and 2 attackers. The goalkeeper could be dressed in field or box goalie equipment, dependent on the parent and/or the coach. **Regular Field Lacrosse balls, NO CONTACT**, and shorter version long poles are to be introduced at this level. The long poles shall be a **maximum of 48" (122 cm) in length**, and there will be a maximum of 2 long poles per team on the field.

The game, with 1-2 referees, consists of two 20 minute halves with a 5 minute break at the half for a total 45 minute game. A 1 hour block would give more than adequate time to get the youngsters safely off the field.

The playing field will be one-third of the regular-sized field with the teams playing side to side. Dimensions are such that:

- the playing field is 35 yards wide, 60 yards deep;
- the end line is 10 yards back from the goal line;
- the restraining lines are 10 yards from the goal line towards centre;
- the wing lines are 5 yards from the side lines;
- the centre "X" is scaled in appropriately; and
- the goal crease has a 6' radius.

All lines and crease will marked out using flat cones and/or tape.

Drop downs will be added to the regular Field Lacrosse nets. For fields that will be playing two games at once, the timers and players benches and coaches areas will be orientated in the middle of the field.