

2024 Founders League Coach Rules / Guidelines / Responsibilities

ALL GRADES

- All game scores (except 1/2 grade) are reported by the winning team to: scores@teamscompete.com
- Start every game with a quick meeting with opposing coaches and officials
- Goalies required. No shot blockers; All games are 4 12-minute quarters
- Kicking the ball, self-start & free movement
- Draws to start play & after a goal
- No more than 3 coaches per team on the sideline
- No pre-game stick checks. Coaches cannot request stick checks. Only girls lacrosse sticks allowed.
- Stick-tap "good game" line after every game
- Officials are paid by the league. Teams do not pay officials at the field. Referees can contact the league at: thegriffins@earthlink.net, 508-982-2958

1/2 & 3/4 GRADE

- 8v8 (7 plus goalie). **NO CHECKING.**
- Only for 1/2 grade games: one coach per team may assist on the field to help organize the players – vocal coaching from these on-field assistants should be kept to a minimum
- Goalies are allowed a FREE CLEAR to a teammate. Defense can engage once the clear is made. No goalie deputy.
- One pass required once ball crosses midfield

5/6 & 7/8 GRADE

- 12v12 (11 plus goalie). Goalie Deputy is not allowed; modified checking
- Defense is allowed to ride and prevent goalie clear
- **5/6:** One pass required once ball crosses midfield; **7/8:** No required pass

3/4 SELECT

- Coaches agree on the final score at the field.
- Full field, 12v12 Format; No checking & no required pass. Coaches agree on the final score at the field.
- 3-minute overtime period if tied after regulation. Overtime period starts immediately after regulation with no break. 1v1 Braveheart follows if still tied. *See below for Braveheart details.*

5/6 & 7/8 SELECT

- **Coaches agree on the final score at the field following the game.**
- No required pass.
- Modified checking, except, full checking is allowed at 7/8 Select if there are two adult officials.
- Overtime same as 3/4 Select above. *See below for Braveheart details.*

STICK TO BODY CONTACT / CARD POLICY

- New this year: **NO stick to body contact initiated by the defense.** Coach your players to avoid holding the stick horizontally and not extend into/toward offensive player.
- Yellow / Red Cards: Coaches report all cards to their town director who will forward to the league. A player receiving 2 yellow cards in a game is out for the game. A player receiving a red card is out for the game, and the following game. A red card initiates a call with the coach, town director, and the league. 4 or more yellow cards for a team in a single game initiates a call with the coach, town director, and the league. Multiple games with excessive yellow cards will result in further discussion and possible coaching changes.

BRAVEHEART DETAILS

A 2-player Braveheart — 1 field player and 1 goalie per team — determines the winner as follows:

- 1) Goalies protect the same cage (they are in or out of the goal based on who has possession). Play starts with a draw.
- 2) If a goalie makes a save, they are allowed a free clear to her teammate, who clears the ball to the 12-meter fan before attacking, allowing the goalies to switch places. Defenders can engage as soon as the ball is cleared to the 12-meter fan. **First goal wins.**

