

Mid Penn 8U Exhibition Format

8U: One pool with a three-game minimum.

1. 4 v 4, small field, no offsides
2. “Pinkie” or soft-type ball
3. 3x3 Goals
4. No scores kept
5. 20 Minute running clock, field/official timing
6. No timeouts (officials may suspend play for injuries, etc.)
7. **Starting the Game**
 - a) Coin toss to determine first possession.
 - b) 4 field players per team placed in their defensive half. Upon the whistle being blown, defensive players may engage the offense.
8. **Restarting the Game**
 - a) After a goal the defense (team just scored upon) is given the ball at Goal Line Extended (GLE) and will clear the ball. The riding team, must drop back into their defensive half and may not play the ball or any other offensive player until the midfield line has been gained.
 - b) All other restart situations (in-bounds, other stops in play) follow the 2017 US Lacrosse Youth Rules
9. **Substitutions**
 - a) Substitutions may occur during any dead-ball situation or immediately after a goal is scored. Officials shall provide time for substitutions after goals.
 - b) No live ball (on-the-fly) substitutions are permitted.
 - (1) **PENALTY:** Illegal Substitution – loss of possession and ball awarded to offended team.
10. **Passing Rule**
 - a) Teams must **ATTEMPT** 1 pass in their offensive half before going to goal or shooting.
11. **No Contact**
 - a) Intentional stick to stick, stick to body, or body to body contact is **NOT** permitted. Checking is not permitted.
 - b) **PENALTY:** Illegal Contact – Ball is awarded to offended team and the player is substituted and may not re-enter the game until the next goal is scored by either team.
12. **Shooting Fouls**
 - a) Offensive players are responsible for not shooting at other players and a safe follow through on all shots. Defensive players are not permitted to deliberately step into shooting lanes unless within one stick length of the ball carrier. Final judgment of safety and intent is made by the official.
 - (1) **PENALTY:** Illegal Shot (Offense) – loss of possession and free clear for the offended team
 - (2) **PENALTY:** Illegal Procedure (Defense) - Ball is awarded to offended team and the player is substituted and may not re-enter the game until the next goal is scored by either team.
13. **Loose Balls**
 - a) Players are not permitted to cover the ball with their cross or body.
 - (1) **PENALTY:** Illegal Cover – ball awarded to offended team
 - b) No more than 2 players may contest a loose ball. If a third player comes into the scrum, play shall be stopped and the ball is awarded via Alternating Possession
14. **Goal Crease Violation**

a) No player other than a properly equipped goalkeeper is permitted within the goal circle.

(1) PENALTY: Goal Circle Violation (Offense) – immediate whistle and possession awarded to the defense if an offensive player enters the goal circle. Free clear.

(2) PENALTY: Goal Circle Violation (Defense) – immediate whistle and the defensive player who entered is substituted for. Offense retains possession and offending player may not re-enter the game until the next goal is scored by either team.

15. **Unsportsmanlike Conduct**

a) Players are expected to uphold the highest levels of sportsmanship at all times. Any actions contrary to this shall be deemed unsportsmanlike conduct.

b) PENALTY: Unsportsmanlike Conduct – Ball is awarded to offended team and the player is substituted and may not re-enter the game until the next goal is scored by either team. May also be disqualified from the entire EVENT at officials discretion.

16. **Coaches**

a) No coaching. Adult field chaperone may assist with substitutions and provide positive encouragement, but should not be directing play of the game.

b) PENALTY: Illegal Procedure - adult must keep a lollipop in their mouth for duration of game.