



ONE TEAM LACROSSE

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Firebirds Lacrosse Play Time Philosophy

Excerpts below are taken from the US Lacrosse 2022 Rule Book. Firebirds uses this as a guideline for each age group.

PHILOSOPHY OF 8U LACROSSE

8U lacrosse is many young athletes' first experience with the sport of lacrosse. The boys entering at this point have a vast difference in their physical and cognitive development.

The focus at this level should be to help children learn and build fundamental athletic skills. Coaches, parents, and officials should model and emphasize an inclusive culture

Firebirds Interpretation: 8U straight forward – Everyone gets to play and uses the term “inclusive culture”.

PHILOSOPHY OF 10U LACROSSE

10U lacrosse is the age many young athletes begin developing fundamental technical skills in lacrosse. While instilling a love and excitement of playing the environment should be inclusive for all athletes.

Firebirds Interpretation: 10U consistent with 8U just more developed instruction, says nothing about “inclusive culture” just “inclusive play”. Our interpretation is that everyone should have an opportunity to play.

PHILOSOPHY OF 12U LACROSSE

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse. Athletes should have multiple opportunities to practice these skills while in an environment that is inclusive of all athletes.

Firebirds Interpretation: 12U ramps up and removed the word “play” and inserts “practice”. Our interpretation is everyone gets “opportunities to practice” while gives flexibility on who gets playing time.

PHILOSOPHY OF 14U LACROSSE

14U lacrosse is where young athletes begin emerging into a competitive environment. Athletes at this age are preparing to be competitors. With respect to the competition at this level, coaches parents, and officials should model and emphasize.

Firebirds Interpretation: 14U introduction of the word “competitive” and mentions nothing about “opportunities” for players although we maintain that everyone gets “opportunities to practice”. Our interpretation is to place emphasis on competing at the highest level the team can produce as they prepare for High School which gives flexibility on who gets playing time.