

## BRANFORD YOUTH LACROSSE

# Playing Time Policy

Branford Youth Lacrosse values both player development and competitive spirit. Our playing time policy is designed to ensure that all players have opportunities to participate, improve, and enjoy the game while also adapting to the competitive nature of the sport as players progress.

**Grades 1-4:** At this level, the focus is on learning the basics of the game, building confidence, and having fun. Players receive similar playing time within a game, regardless of skill level or experience. Our priority is to foster a love for the game and a positive learning environment.

**Grades 5-8:** While skill development remains a top priority, an element of preparing players for competitive play is added while still ensuring a rewarding experience for everyone. All players receive meaningful opportunities to participate in each game, but playing time may vary depending on the circumstances. Playing time is balanced through the aggregate of multiple games, as opposed to an individual game.