The purpose of the Novice program is to introduce, emphasize, and develop the fundamental skills of lacrosse. The focus of practices as well as games is to promote an environment that encourages participation, skill development, and overall enjoyment of the game.

* Full length of the floor
* 4x4 CLA approved nets
* Regular box rules apply

**Game Time Allotment:**

* Games are 1 hr full floor – 5 min warm up, 3x12 min runtime, 3 min breaks

**Fall Back Rule:**

* Applies anytime the goalie has the ball
* Goalie MUST pass the ball in the air to a teammate who must be outside the 24 foot dotted line
* Rolling the ball to a teammate is not permitted
* Defensive players are required to retreat behind the restraining line. Once all defensive players are in the neutral zone, they are free to go wherever they want
* If the arena has no restraining line, a different line shall be indicated to both coaches prior

to the start of the game

* If the defensive team fails to entirely retreat during dynamic play, blow the down and award

possession to the goalie

**Penalties:**

* Time served penalties are in effect
* Standard penalty procedures will be followed

**Contact:**

* Full contact
* <http://cloud.rampinteractive.com/ablax/files/Coaching/Contact%20Presentation.pdf>