



**National School Competition Framework
Sport: Lacrosse**



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Competition framework descriptor	Recommended competition structure	Level and location	Scheduling	Next steps in competition
<p>Key Stage 2: Year 3-4</p> <ul style="list-style-type: none"> • Multi-skill festivals (termly) • Off school site • Theme based • Possible early specialisation in some sports through NGB and club structure • POP Lacrosse 	<ul style="list-style-type: none"> • FUNdamental skills based stations. Individual and partner based work looking at footwork, invasion and co-ordination • Introductory games (steal the bacon, capture the flag) 	<ul style="list-style-type: none"> • Can be delivered indoors and/or outdoors • Delivery can be intra- or inter-school or as festivals (single or multi skills) 		<ul style="list-style-type: none"> • POP Lacrosse area inter-school competitions – Years 5-6
<p>Key Stage 2: Year 5-6</p> <ul style="list-style-type: none"> • Multi-sport competition (six- week block rotation) • POP Lacrosse 	<ul style="list-style-type: none"> • FUNdamental skills based stations. Individual and partner based work looking at footwork, invasion and co-ordination • Central venue festivals • Coaching and competition based on primary, secondary or club site • POP Lacrosse school competition – Years 5-6 (boys and girls mixed): five-a-side • POP Lacrosse area finals (this can be flexibly organised to incorporate a single SSP or multiple SSPs) 	<ul style="list-style-type: none"> • Club or school site based • Several festivals per area (depending on demand) • Round robin format • Club or school site based • Several competitions per area • Round robin format • Area winners progressing to regional competition • Regional winners progressing to national competition 	<ul style="list-style-type: none"> • Annually: Sept – March • Annually: Sept – March • March • June 	<ul style="list-style-type: none"> • Introduction into locally based satellite and/or lacrosse club – POP Lacrosse club Saturday morning with progression into lax and field lacrosse • Saturday morning league games • Exit routes into boys/ girls games • POP Lacrosse area final winners/runners up Progress to: • POP Lacrosse regional finals winners/runners up Progress to: • POP Lacrosse national finals

		<ul style="list-style-type: none"> National Agricultural College, Cirencester 	<ul style="list-style-type: none"> Annually: March 	<ul style="list-style-type: none"> National U12s tournament National club tournament at central venue Round robin format
<p>Key Stage 3: Year 7-9</p> <p>LAX (Mixed lacrosse)</p> <ul style="list-style-type: none"> Pilot LAX programmes in targeted areas <p>BOYS FIELD LACROSSE</p> <ul style="list-style-type: none"> Boys Field Lacrosse league structure 	<ul style="list-style-type: none"> Lax school competition – Year 7-9 (boys and girls mixed, 12-a-side) Central venue tournament in a range of sports coaching at secondary school, hub or club sites Year 7-9 (boys and girls mixed, 12-a-side) Lax school competition delivered through English Lacrosse Development programme Lax school competition – Year 7-9 (boys and girls mixed, 12-a-side) Lax area/inter-partnership competition 	<ul style="list-style-type: none"> Delivered outdoors School or club based site Delivered outdoors Club or school site based Several competitions per area Round robin format Top teams leading to area/inter-partnership tournaments 	<ul style="list-style-type: none"> Annually: Sept – March Annually: Sept – March Annually: March 	<ul style="list-style-type: none"> Introduction into locally based satellite and/or lacrosse club – lacrosse club Saturday morning with progression into Lax and field lacrosse Exit routes into boys/girls game <p>Progression for future years</p> <ul style="list-style-type: none"> Development of area/regional/national Lax competitions Lax area final winners/runners up Progress to: Lax regional finals winners/runners up Progress to: Lax national finals Progression through regionally based knockout competition

<p>GIRLS FIELD LACROSSE</p> <ul style="list-style-type: none"> Girls Field Lacrosse 	<ul style="list-style-type: none"> Competitive league structure (full sided games) age groups U12, U14 Area school competition (age groups 12, 13, 14, 15) Full sided competitive tournament; one-day shortened games 	<ul style="list-style-type: none"> Club based leagues regionally Club based knockout competition School or club based (all competition and tournaments organised by English Lacrosse development staff and volunteers) School based 	<ul style="list-style-type: none"> Annually: Sept – April Annually: Sept – April Annually: Sept – April Annually: Sept – April Annually: Sept – April Annually: March 	<ul style="list-style-type: none"> Tournaments are open to all schools. Area club league competition (age groups U12, U14) Regional school and club festivals (age groups 12, 13, 14, 15) Regional school tournaments (age group 15 years) National school tournament (see below) National school girls short sided 8-a-side tournament (age groups 13, 14, 15) National schools girls competition (U15 A and B teams)
<p>Key Stage 4: Year 10-11</p> <p>BOYS FIELD LACROSSE</p> <ul style="list-style-type: none"> Boys Field Lacrosse league structure U19 competitive league <p>GIRLS FIELD LACROSSE</p> <ul style="list-style-type: none"> Girls Field Lacrosse 	<ul style="list-style-type: none"> Competitive league structure (full sided games) age groups U16, U19 Club based knockout competition Central venue based league Area school competition (age groups 16, 18) 	<ul style="list-style-type: none"> Club based Club based Club based School or club based (all competition and tournaments organised by English Lacrosse) 	<ul style="list-style-type: none"> Annually: Sept – April Annually: Sept – April Annually: Sept – April 	<ul style="list-style-type: none"> Club league competitive structure Regional knockout competition U19 competition Sunday league Regional senior competitive league structure Girls club Saturday leagues Tournaments are open to all schools

<ul style="list-style-type: none"> National schools girls (U18 A and B teams) <p>Pilot programme 2006</p> <ul style="list-style-type: none"> Girls lacrosse competitive league structure South East in schools 	<ul style="list-style-type: none"> Full sided national tournament over two days, shortened games Full competitive girls games delivered through English Lacrosse SCO development programme and existing school programmes 	<p>development staff and volunteers</p> <ul style="list-style-type: none"> School based School based 	<ul style="list-style-type: none"> Annually: Sept – April Annually: March Annually: Sept – March 	<ul style="list-style-type: none"> Area club league competition (age groups U16, U18) Regional school and club festivals (age groups 16, 18) Regional school tournaments (age group 18 years) National school tournament (see below) National school girls short sided 8-a-side tournament (age groups 18) National small schools (age groups 18) Progression to competitive senior club lacrosse
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National School Competition Framework Organisers' Sheet Sport: Lacrosse



National School Competition Framework Organiser's Sheet

Sport: Lacrosse

Competition age group	Format	Facilities	Organisers/helpers	Equipment	Resources available from NGB to support
<p>Key Stage 2: Year 3-4</p> <ul style="list-style-type: none"> POP Lacrosse introductory games: Steal the bacon; Capture the flag; Relay games 	<ul style="list-style-type: none"> No formal inter-school competition Festivals at local sites focusing on FUNdamental skills 	<ul style="list-style-type: none"> Sports hall or outside hard/soft area Sports hall or outside hard/soft area 	<ul style="list-style-type: none"> Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery 	<ul style="list-style-type: none"> POP Lacrosse set of sticks and balls A variety of multi-skill equipment As above 	<ul style="list-style-type: none"> Development Coach Manual POP Lacrosse Teachers' Manual Skills cards (to be developed) Step into Sport resource Young Leaders Award (being developed)
<p>Key Stage 2: Year 5-6</p> <ul style="list-style-type: none"> Central venue skills festivals (inter-partnerships) POP Lacrosse area competition 	<ul style="list-style-type: none"> Festivals at local secondary school or club POP Lacrosse school competition Year 5/6 (boys and girls) 	<ul style="list-style-type: none"> Sports hall or outside hard/soft area Sports hall or outside hard/soft area 	<ul style="list-style-type: none"> Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery Festival to be organised by ELA development staff with the support of CMs and the partnership Coaching to be led by appropriately qualified teacher/ 	<ul style="list-style-type: none"> POP Lacrosse sticks and balls POP Lacrosse goals (4" x 4") A variety of multi-skill equipment POP Lacrosse sticks and balls POP Lacrosse 	<ul style="list-style-type: none"> Development Coach Manual POP Lacrosse Teachers' Manual Skills cards (to be developed) Step into Sport resource Tournament rules Tournament

<ul style="list-style-type: none"> • POP Lacrosse regional competition • POP Lacrosse national competition • National U12s tournament 	<p>mixed, five-a-side)</p> <ul style="list-style-type: none"> • POP Lacrosse school competition Year 5/6 (boys and girls mixed, five-a-side) • POP Lacrosse school competition Year 5/6 (boys and girls mixed, five-a-side) • Club tournament open to all clubs 	<ul style="list-style-type: none"> • Sports hall • Sports hall • Outdoor field 	<p>assistant teacher/ Lacrosse coach/ Lacrosse development officer</p> <ul style="list-style-type: none"> • Tournament to be organised by ELA development staff • Tournament to be organised by ELA development staff • Tournament to be organised by ELA development staff • Tournament to be organised by ELA development staff 	<p>goals (4" x 4")</p> <ul style="list-style-type: none"> • A variety of multi-skill equipment • POP Lacrosse sticks and balls • POP Lacrosse goals (4" x 4") • Bibs • POP Lacrosse sticks and balls • POP Lacrosse goals (4" x 4") • Bibs • Goals (6" x 6") 	<p>guidelines</p> <ul style="list-style-type: none"> • As above • As above
<p>Key Stage 3: Year 7-9</p> <p>LAX (Mixed Lacrosse)</p> <ul style="list-style-type: none"> • Pilot Lax programmes in targeted areas • Central venue tournament 	<ul style="list-style-type: none"> • Lax school competition (boys and girls mixed, 12-a-side) • Lax school competition delivered through English 	<ul style="list-style-type: none"> • Outdoor at secondary school, hub or club site • Outdoor at secondary school, hub or club site 	<ul style="list-style-type: none"> • Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach • Young Leaders can help in delivery • Competition to be organised by ELA development staff with the support of CMs and the partnership • Coaching to be led by appropriately 	<ul style="list-style-type: none"> • Lax sticks and balls • Lax sticks and balls • Goals (6" x 6") 	<ul style="list-style-type: none"> • Development Coach Manual • Skills cards (to be developed) • Teaching Students to Play Games (11-16) • Field Lacrosse specific modules for teachers (11-18) to be developed • Lax rules • Tournament rules/

<ul style="list-style-type: none"> Lax area/inter-partnership competition Lax regional competition Lax national competition 	<p>Lacrosse development programme</p> <ul style="list-style-type: none"> Lax school competition (boys and girls mixed, 12-a-side) Lax school competition (boys and girls mixed, 12-a-side) Lax school competition (boys and girls mixed, 12-a-side) 	<ul style="list-style-type: none"> Outdoor at secondary school, hub or club site Outdoor at secondary school, hub or club site Outdoor at secondary school, hub or club site 	<p>qualified teacher/ assistant teacher/ lacrosse coach</p> <ul style="list-style-type: none"> Young Leaders can help in delivery Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery Competition to be organised by ELA development staff with the support of CMs and the partnership Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery Competition to be organised by ELA development staff with the support of CMs and the partnership Coaching to be led by appropriately qualified teacher/ assistant teacher/ lacrosse coach Young Leaders can help in delivery Competition to be organised by ELA development staff with the support of 	<ul style="list-style-type: none"> Bibs Lax sticks and balls Goals (6" x 6") Bibs Lax sticks and balls Goals (6" x 6") Bibs Lax sticks and balls Goals (6" x 6") Bibs 	<p>guidelines</p> <ul style="list-style-type: none"> Lax rules Tournament rules/ guidelines Lax rules Tournament rules/guidelines Lax rules Tournament rules/ guidelines
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<p>BOYS FIELD LACROSSE</p> <ul style="list-style-type: none"> Boys Field Lacrosse league structure <p>GIRLS FIELD LACROSSE</p> <ul style="list-style-type: none"> Girls Field Lacrosse 	<ul style="list-style-type: none"> Competitive league structure (full sided games) age groups U12, U14 Club area competition Area school competition Regional school and club festivals Regional school tournaments National school tournaments 	<ul style="list-style-type: none"> Club based School or club based 	<p>CMs and the partnership</p> <ul style="list-style-type: none"> Organised by English Lacrosse Staff and volunteers All competition and tournaments organised by English Lacrosse staff and volunteers 	<ul style="list-style-type: none"> Provided by individual clubs or team members Provided by individual clubs, schools or team members 	<ul style="list-style-type: none"> Teaching Students to Play Games (11-16) Field Lacrosse specific modules for Teachers (11-18) to be developed Teaching Students to Play Games (11-16) Field Lacrosse specific modules for teachers (11-18) to be developed
<p>Key Stage 4: Year 10-11</p> <p>BOYS FIELD LACROSSE</p> <ul style="list-style-type: none"> Boys Field Lacrosse league structure <p>GIRLS FIELD LACROSSE</p> <ul style="list-style-type: none"> Girls Field Lacrosse 	<ul style="list-style-type: none"> Competitive league structure (full sided games) age groups U12, U14 Club area competition Area school competition Regional school and club festivals Regional school 	<ul style="list-style-type: none"> Club based School or club based 	<ul style="list-style-type: none"> Organised by English Lacrosse Staff and volunteers All competition and tournaments organised by English Lacrosse staff and volunteers 	<ul style="list-style-type: none"> Provided by individual clubs or team members Provided by individual clubs, schools or team members 	<ul style="list-style-type: none"> Teaching Students to Play Games (11-16) Field Lacrosse specific modules for teachers (11-18) to be developed Teaching Students to Play Games (11-16) Field Lacrosse specific modules for teachers (11-18) to be developed

<p>Pilot programme 2006</p> <ul style="list-style-type: none"> Girls lacrosse competitive league structure South East in schools 	<p>tournaments</p> <ul style="list-style-type: none"> National school tournaments Full competitive girls games 	<ul style="list-style-type: none"> School based 	<ul style="list-style-type: none"> All competition and tournaments organised by English Lacrosse staff and volunteers 	<ul style="list-style-type: none"> Provided by individual clubs, schools or team members 	
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