

NZALU Guidelines for Players U19

NZALU is committed to developing the game at the grassroots level through school, club, regional and national programmes. However, it is recognised that the exercise and mental demands placed on young, under 19, athletes need to be carefully monitored. NZALU recognises it has a duty of care for all players and volunteers within their programmes and the purpose of these procedures is to provide guidance for coaches, parents and programme managers to support younger players.

The guidelines are for the protection of players and the player has to be aware of their own workloads and discuss with their coaches across all teams and sports they are involved in.

U19 Programs within New Zealand Lacrosse include those programmes for any age groups below that level including U15.

Training Recommendations to avoid overtraining and injury

| | U15 | U19 |
|---|--|---|
| Total hours per week trained (inc. school, club, regional and national) | 3 - 8 hours physical training no single session longer than 2 hours | 8 - 18 hours physical training no single session longer than 3 hours |
| Time away from the game | 2 - 3 months | 2 months |
| days free from training and/or games | at least 2 days per week | at least 1 day per week |

Game and Tournament Play

The nature of Lacrosse is that most players are not on the field the whole game. So the times below mean the total playing time of a player across all games. This includes a younger player playing in a higher age grade tournament. It is up to the coach and the player to monitor this.

| | U15 | U19 |
|--|---|---|
| Games per week (30 min halves for women) (15 min quarters for men) | 1 game 60 minutes playing | 1 full game or part of 2 games 70 minutes playing |
| 2 day Tournaments Must have sufficient recovery time between games. | <p>1 full game per day (25 min halves - W) (12 min quarters - M) or shortened games accordingly</p> <p>2 games / day (20 min halves - W + M) 3 games / day (15 min halves - W + M)</p> <p>Total of 60 minutes playing time across all games</p> | <p>1 full game per day (30 min halves - W) (15 min quarters - M) or shortened games accordingly</p> <p>2 games / day (25 min halves - W) (12 min quarters - M) 3 games / day (15 min halves - W + M)</p> <p>Total of 70 minutes playing time across all games</p> |
| Age Restrictions | to play in U15 teams and tournaments W - must be 12 at start of tournament M - must be 13 at start of tournament | to play in U19 teams and tournaments W - must be 15 at start of tournament M - must be 16 at start of tournament (as FIL tournament rules) |

NB - FIL tournament rules apply to age restrictions on senior tournaments. To play in a senior tournament Women must be 15 at the start of the tournament and Men must be 16.

For other age grade tournaments, the same differentiation between the lower and upper age. For example, if U18 then it would be 1 year less at 14 for girls and 15 for boys

Consideration of the position played can be taken into account. For instance, a goalie may well be able to play longer than suggested but a boy midi should adhere to the guidelines in terms of total playing time.

Tournaments

The times of games are suggested but not policy. The important factor is total playing time so tournament organisers need to ensure that teams have sufficient players to ensure it is possible to adhere to the the maximum playing time.

National Training Camps

At the national level, the training loads of younger players playing in an older environment (playing up) need to be carefully considered by coaches to ensure that the recommended rest and time away from the game is adhered to.

After training camps coaching staff need to ensure **all** players get the necessary recovery time.

Main References

US lacrosse

<http://www.uslacrosse.org/multimedia-center/blog/postid/756/coaching-youth-lacrosse-avoid-overtraining.aspx>

And an important recommendation from the American Academy of Paediatrics and other experts is that young athletes need to take time off each week (1-2 days) and each year (2-3 months) to avoid burnout and injury.

<http://www.uslacrosse.org/multimedia-center/blog/postid/744/coach-youth-lacrosse-kids-are-not-little-adults.aspx>

Bike NZ

www.cyclingnewzealand.nz

Various other similar policies and guidelines from other sports.