

Organised by the Hong Kong Lacrosse Association
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Lacrosse 〉

Purpose: To assess participants' lacrosse skill level through assessment tests and to encourage them to enhance skills by receiving sustained and systematic training in the sport.

Types of Badges: 1. Three levels of awards, namely Bronze, Silver and Gold
2. Content of Tests

Level of Awards	Assessment Item
Bronze	Self-Toss and Catch, Ball Carrying, Ground Ball, Shooting
Silver	Self-Toss and Catch above the Shoulder, Underhand Pass, Cradling, Ground Ball, Catch and Shoot
Gold	Overhand Pass, Dodging, Bouncing Loose Ball, Shooting on the Run down the Alley

3. Rating Standard

Participants must pass all of the tests and meet the skill requirements of the respective levels to be awarded with the badges.

Award/ Participation Method: All participants of lacrosse training courses of the Easy Sport Programme and the Outreach Coaching Programme under the School Sports Programme of the Leisure and Cultural Services Department will be assessed by registered coaches of the Hong Kong Lacrosse Association (HKLA) at the end of the courses based on the assessment items of the respective tests. Participants meeting all the passing criteria may apply to be registered as HKLA Junior Members and will be awarded e-certificates free of charge. Paper certificates cost an administrative fee of HK\$50.

Collection of Badges and Certificates: Upon assessment, coaches will submit the results of the participants to the HKLA for verification, which will notify the participants in question how to register their membership and collect e-certificates by means of emails.

Fee: E-certificates are issued free of charge, while paper certificates cost an administrative fee of HK\$50. Please pay by a cheque payable to “Hong Kong Lacrosse Association Limited”.

Enquiries (1): The Leisure and Cultural Services Department
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services
Headquarters, 1-3 Pai Tau Street, Sha Tin

Telephone No.: 2601 7602 **Fax:** 2684 9076

Website: www.lcsd.gov.hk **Email:** ssp@lcsd.gov.hk

Enquiries (2): The Hong Kong Lacrosse Association

Address: Unit B, 16/F, North Point Industrial Building, No. 499 King’s Road, Hong Kong

Telephone No.: 2114 3405 **Fax:**

Website: www.hklax.org **Email:** info@hklax.org

- Remarks:**
1. The HKLA is tasked with coordinating and organising the Badges Award Scheme for Lacrosse.
 2. All participants must first take Bronze Badge tests. Only those passing the tests may enrol in Silver Badge tests. The Silver Badge holders may then proceed to enrol in Gold Badge tests.
 3. Participants below the age of 12 may opt to use black mini soft balls and mini sticks of 80 cm to 90 cm in length. Other participants must use standard lacrosse game balls and sticks recognised by the World Lacrosse, including men’s sticks (both short and long are acceptable), women’s sticks and goalie sticks.

Test for the Bronze Badge

Participants must meet all the passing criteria to be awarded with the Bronze Badge.

Test 1: Self-Toss

Description: Toss a ball up to the eye level and catch it 10 consecutive times.

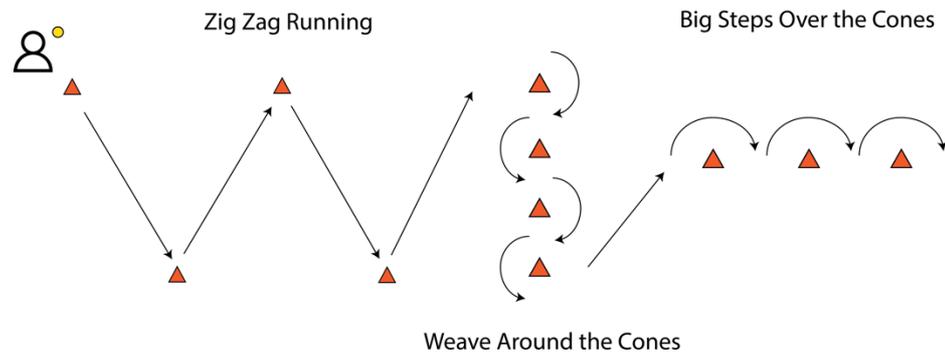
Passing Criterion: Complete the task within 90 seconds.

Test 2: Ball Carrying

Description: Carry a ball and complete a course of obstacles by Zig Zag runs, weaving runs or in big steps within 30 seconds.

Passing Criterion: Complete the course of obstacles without dropping the ball more than once.

Illustration:

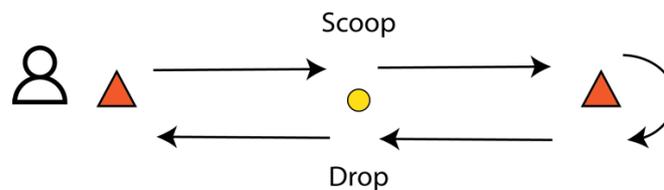


Test 3: Ground Ball

Description: Scoop a static ground ball, carry it around the cone and drop it in the centre on the way back. Repeat the above actions 5 times. Make 3 successful attempts out of 5. Dragging and scooping are allowed.

Passing Criteria: a) Make 3 successful attempts out of 5.
b) Only first-time ground balls count.

Illustration:



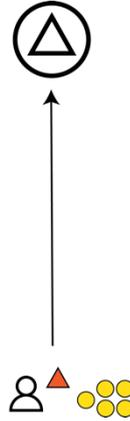
Test 4: Shooting

Description: Shoot 5 metres away from the net from top centre. Score 3 goals in 5 attempts.

Passing Criteria:

- a) Score 3 goals.
- b) A goal will not count if the ball bounces more than once before going into the net.

Illustration:



Test for the Silver Badge

Participants must meet all the passing criteria to be awarded with the Silver Badge.

Test 1: Self-Toss

Description: Toss a ball up in the air and catch it above the shoulder 10 consecutive times.

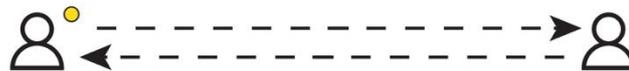
Passing Criterion: Complete the task within 90 seconds.

Test 2: Underhand Pass

Description: Pass and catch a ball with an underhand motion, with partners standing 3 to 5 metres apart.

Passing Criterion: Make 5 successful passes and catches within 1 minute.

Illustration:

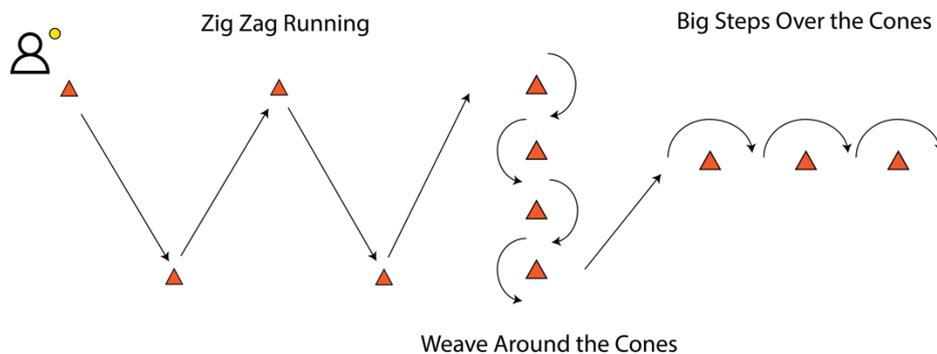


Test 3: Cradling

Description: Cradle continuously and complete a course of obstacles by Zig Zag runs, weaving runs or in big steps within 30 seconds.

Passing Criterion: Cradle continuously and complete the course of obstacles without dropping the ball more than once.

Illustration:

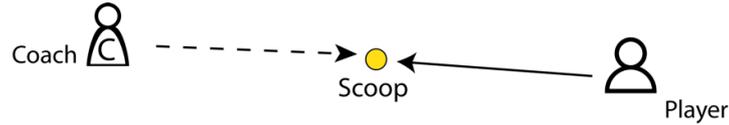


Test 4: Ground Ball

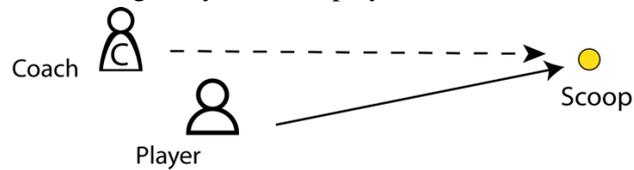
Description: The coach rolls a ball towards or away from the player, who must run towards it and scoop it. There will be 3 attempts for either roll.

- Passing Criteria:**
- a) Make at least 2 successful attempts for either roll.
 - b) Only first-time ground balls count.
 - c) Stick handling manner: with both hands on the stick

Illustration: Ball rolling towards the player



Ball rolling away from the player

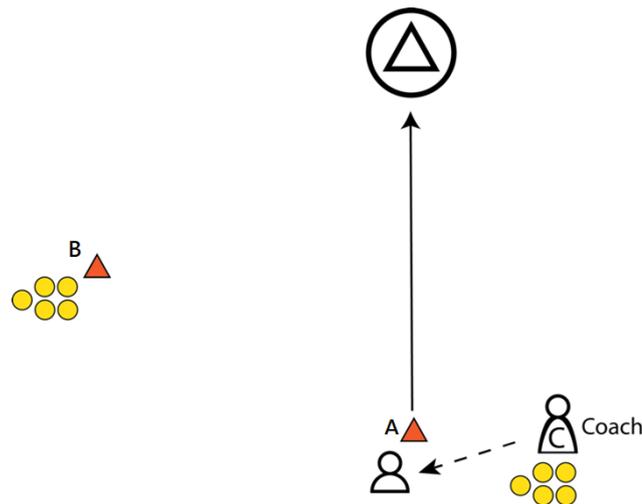


Test 5: Catch and Shoot

Description: The coach tosses a ball to the player, who will catch it and shoot 6 metres away from the net from (A) top centre, (B) 45 degrees to the left, and (C) 45 degrees to the right. There will be 3 attempts from each of the above spots.

- Passing Criteria:**
- a) Score at least 2 goals from each spot.
 - b) A goal will not count if the ball bounces more than once before going into the net.

Illustration:



Test for the Gold Badge

Participants must meet all the passing criteria to be rewarded with the Gold Badge.

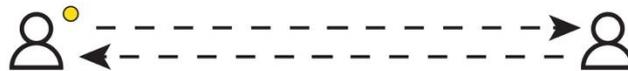
Test 1: Overhand Pass

Description: Pass and catch a ball with an overhand motion, with partners standing 7 metres apart.

Passing Criteria:

- Make successful passes and catches 5 consecutive times within 1 minute.
- Accuracy: The passes must hit the box area (i.e. above the shoulder next to the ear) of the receiver
- Stance: A proper sideways stance

Illustration:



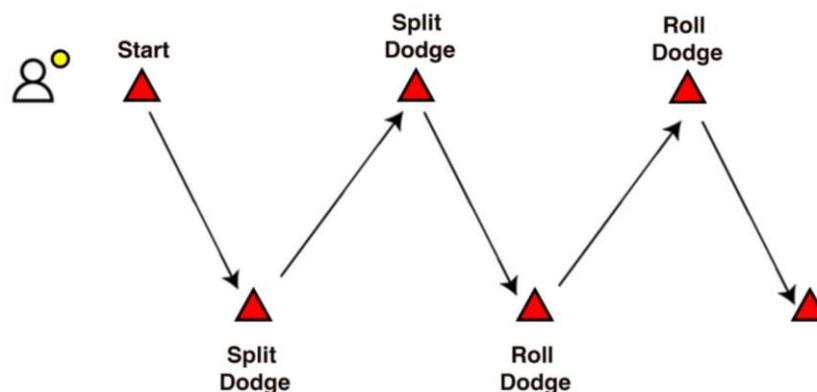
Test 2: Dodging

Description: Complete a zigzag course with Split Dodge and Roll Dodge at specified cones within 30 seconds.

Passing Criteria: The player will be assessed based on:

- the deceptive footwork;
- the correct switching of hands for Split Dodge;
- the correct switching of pivot foot for Roll Dodge; and
- the change in speed.

Illustration:

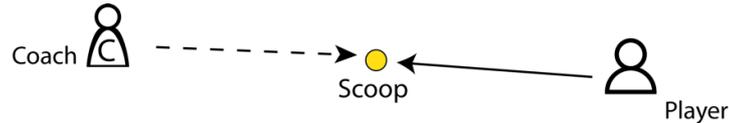


Test 3: Bouncing Loose Ball

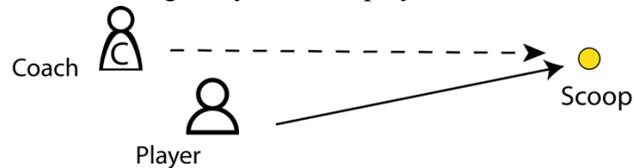
Description: The coach throws a bouncing ball towards or away from the player, who must run towards it and scoop it. There will be 3 attempts for either throw.

- Passing Criteria:**
- a) Make at least 2 successful attempts for either throw.
 - b) Only first-time ground balls count.
 - c) Stick handling manner: with both hands on the stick

Illustration: Ball bouncing towards the player



Ball bouncing away from the player



Test 4: Shooting on the Run Down the Alley

Description: Perform a dodge at A, run down the alley and shoot before reaching B. Score 3 goals out of 5 attempts.

- Passing Criteria:**
- a) Score at least 3 goals.
 - b) A goal will not count if the ball bounces more than once before going into the net.
 - c) The player must shoot while running.

Illustration:

