



LACROSSE
VICTORIA

RULES OF PLAY
UNDER 11
BOYS
FIELD LACROSSE

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1. AGE GROUP

All players must be under 11 years of age on the 1st of January of the year of competition. Eligibility exceptions to this will be in accordance with but not limited to the LV Junior Age Exemption Policy and LV Physical development and Maturation policies. Applications must be made in writing with all supporting documentation and submitted to LV for a final decision.

2. THE GAME

Under 11 lacrosse is a minimum contact team sport played with Sof-Crosse sticks or standard field lacrosse sticks and a solid sponge rubber ball. The main object of the game is to outscore the opposing team. Goals are scored by gaining possession of the ball and causing the ball to pass through the face of the goals.

The ball may not be touched with the hand except by the goalkeeper within the goal circle.

Under-11 Lacrosse is the first skill level in playing Competitive FIELD LACROSSE. Play should be continuous and players should be coached to scoop the ball in a forward motion, pass and catch and be part of a team. Players should also be encouraged to play with both hands on the stick to prevent dangerous stick swinging. Players should be discouraged from:

- Draw back pickup
- Trapping the ball
- Batting the ball
- Over guarding

3. TEAMS

A team consists of a maximum of six (6) players on the field at any one time. The 6 on-field players shall be designated as follows:

- Goalkeeper (1)
- Defence players (1)
- Midfield players (3)
- Attack players (1)
- Teams may have more than 12 players

The aim is to have players participating in a game each week. If there are insufficient players in any team on a match day, coaches are encouraged to use their initiative and adopt strategies to ensure maximum participation and enjoyment of game play. Possible strategies include sharing/equalising of players, creating combined teams or having a coach or parent join in with the children.

Any team with fewer than five (5) on field players, 5 minutes after the commencement time of the game shall forfeit the game as a walkover.

Teams may consist of both boys and girls.

Each player will wear the teams' uniform consisting of shirts or jumpers numbered front and back, shorts and socks. The goalkeeper may wear tracksuit pants.

4. GAME DURATION

The duration of the game consists of four (4) periods of 10 minutes for a total game time of 40 minutes. There will be a three (3) minute break at the end of the first and third period and a five (5) minute break at end of the second period (half time).

No stop clock is to be applied during any period of play, including finals.

5. TEAM TIME-OUTS

Each team will be allowed two time-outs of 90 seconds each which may be used at any point during the game.

6. EQUIPMENT

The Crosse must be an approved Sof-crosse stick or a standard approved field lacrosse crosse. The ball must be an LV approved sof-crosse ball or solid soft-rubber sponge ball.

MOUTHGUARDS MUST BE WORN BY ALL PLAYERS

The goalkeeper must wear the following; an approved lacrosse helmet with a throat guard, gloves, chest pad and box/cup. The game shall not start until the match official is satisfied that the goalkeeper is adequately protected. Other players may wear protective equipment. The designated goalkeeper only may use a regular goalkeeper's Crosse.

The length of a normal field Crosse in this grade must be between 0.91 and 1.07 metres (36 to 42 inches). Coaches are to exercise common sense

The goalkeepers Crosse used shall be in accordance with the senior rules, but common sense should prevail by having the crosse length appropriate for the player's size. Coaches to exercise common sense.

7. FIELD OF PLAY

Field size is a maximum of 60 x 45 meters (across a standard ground). Cone markers should be placed at the four corners of the field and at a point where the center line crosses the sideline.

The following markers must be provided:

Centre Line (which acts as a restraining line) that can be marked with cones.

Goal Circle – 3 meters radius that can be marked with cones.

Goal Line – 6 meters from end boundary line.

8. THE GOALS

The goal is a square frame of inside dimensions 1.8 meters x 1.8 meters placed vertically with pyramidal shaped netting attached to the rear of the frame and securely fastened to the ground.

9. MATCH OFFICIALS

There is to be one (1) official per match. This official is to be provided by the home team. The official is encouraged to talk to the player's explaining any rule infringements and generally be positive about their efforts.

Bench Officials (one from each team, to keep time, record scores and monitor time penalties) shall be located at the side of the field at the centre line. LV approved 'Match Reports' shall be used.

10. INITIAL POSSESSION AND CHOICE OF ENDS

Prior to the start of the game the two captains shall call the toss of a coin the team winning the toss will have the choice of possession of the ball **OR** the choice of ends and the team losing the toss will have the choice which the other team doesn't take. Possession for the start of the other three quarters shall alternate.

Possession is to be taken in the defensive half of the field at the centre line. Play will start on the whistle. All players are restricted to positions behind their respective restraining lines until the whistle is blown. Players must pass the ball before crossing the centre line, the attacking player starting with the ball is not restricted in movement except to cross the centre line. During play the ball may be carried across the centre line after the first pass putting the ball into play.

11. POSSESSION CHANGE AFTER A GOAL SCORE

After the scoring of a goal, possession of the ball will go to the team against which the goal was scored and shall be taken as described in the Initial Possession and Choice of Ends.

12. ONE PASS

A team must make at least one (1) pass in its attack half of the field before a goal can be scored. Passes may be thrown, bounced or, rolled to a teammate and the count is to continue for as long as the opposition does not intercept or touch the ball. Merely dropping the ball does not count as a pass. If an attacking team regains possession of the ball after a missed shot at goal, they retain the one pass credit provided the opposition has not touched the ball. The first pass from the centre putting the ball into play does not count as the one pass.

13. SUBSTITUTION

Substitution of players may take place at any time during the game subject to the following:

- Substitution must take place off the field, i.e. the player entering the field must wait for the departing player to vacate the field,
- Substitution is to take place through the designated substitution area,
- The provision of Offside (rule 28) is to be observed during substitution.

14. BALL OUT OF BOUNDS – GENERAL PLAY

When the ball goes out of bounds in general play the ball is awarded to the team opposing that team whose player last touched the ball before it went out of bounds. A ball is out of bounds when it or any player in possession touches the boundary line or any part of the field outside the boundary line.

15. BALL OUT OF BOUNDS – GOAL SHOT OR DEFELECTED GOAL SHOT

A ball going out of bounds as the result of a goal shot (called 'shot' by the referee), regardless of whether the ball has been touched by any player, will be awarded to the team with the nearest inbounds player to the point where the ball crossed the boundary.

16. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Referees are to stop the game if play becomes congested and to have a runoff between two opponents, i.e. keep the game flowing. Chopping, trapping the ball, batting the ball and wild hockey hits and other negative actions are to be discouraged and repetition penalised.

17. FIVE METRE CLEARANCE

No player may be within five metres of an opposing player who has a free throw either as a result of a change in possession, bringing a ball back into play from boundary, restarting play after a quarter break or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run except for situations as outlined in rule 9 of this rulebook.

18. ADVANTAGE PLAY

If after an infringement in the offensive half of the field the non-offending team retains possession of the ball with the potential to score, the referee shall delay sounding the whistle until either:

- A goal is scored on the original play, or
- The attacking team loses possession of the ball, or
- The attacking team has lost the opportunity to score on the original play.

The referee shall indicate that such an infringement has occurred by the dropping of a yellow flag. After the play has been completed and the whistle blown, the penalty for the infringement must be applied.

19. RUNOFF

Used for restarting play after stoppage where no clear possession can be determined by the Referee, e.g. on a goal shot, two opponents dead heat to the boundary or scrimmage, mired in mud etc.

Two opposing players stand side by side with their sticks on the ground facing the referee who stands 5 metres away. Play starts when the Referee drops the ball and blows the whistle. All other players must be at least 9 metres away.

20. PENALTIES

There are two types of penalties:

- Technical Fouls - Loss of possession or 30 seconds suspension from the game.
- Personal Fouls - Loss of possession and one (1) to three (3) minutes suspension from the game.

Any player who is suspended from the game is to spend the time in the penalty area adjacent to the Bench Officials area.

Any player who receives five personal fouls shall be suspended from the game for the remainder of the game.

21. POSSESSION AFTER A PENALTY

When a penalty is awarded the non-offending team shall take possession where the infringement occurred, except that no free throw may be taken within 18 metres of the goal circle. Where an infringement has occurred within 18 metres of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 18 metres from the goal circle.

22. FIVE SECOND CARRY

A player must dispose of the ball to another player within five seconds of gaining possession (i.e. Referee is to count aloud “one”, “two”, “three”, “four”, “five”, then blow the whistle). Count should be as follows: one thousand and one, one thousand and two, etc.

If a player deliberately bounces, drops or rolls the ball in front of them and picks it up again they are considered to have control of the ball so therefore the count continues and doesn't restart.

Penalty: loss of possession

23. DRAWBACK PICKUP

The drawback is permitted, however coaches and officials are strongly recommended to encourage correct pickup techniques. Officials are encouraged to use the phrase “straight through for the ball” where a loose ball situation exists to encourage players to use correct pickup techniques.

24. HAND CONTACT WITH THE BALL

No player other than the designated goalkeeper inside the goal circle may touch the ball with the hand.

Penalty: possession to the non-offending team.

25. HAND CONTACT WITH THE BALL – GOAL KEEPER

The goalkeeper may block or stop the ball with the hand but may not catch, hold or throw the ball.

Penalty: possession to the non-offending team.

26. GOAL CIRCLE RESTRICTION

No player from the attacking team shall enter the goal circle when play is in their attack half.

A player in the defence with the ball in their possession is not permitted to enter the goal circle.

(Note: A player will be deemed to have retained possession if he/she merely passes the ball into the sanctuary of the goal area and then retrieves it him/herself).

Penalty: **Team not in possession - 30 seconds**

Team in possession - loss of possession

27.GOAL KEEPING RESTRICTION

Only one player at any one time shall act as a goalkeeper. All other defence players must be actively playing an opposition player and no defence player may act as a goalkeeper in addition to the designated goalkeeper.

Penalty: **30 seconds**

28.MAXIMUM ON FIELD PLAYERS

Each team may have no more than six (6) players on the field at any one time. A team infringing will incur a penalty depending on which team had possession of the ball at that time.

Penalty: **Team not in possession - 30 seconds**

Team in possession - loss of possession

29.OFFSIDE

Each team shall retain 2 players in the defensive half of the field and 1 player in the offensive half of the field at all times to remain onside. The number of players is more important than the positions those players adopted. The team going offside will incur a penalty depending on which team had possession of the ball at the time of the offside.

Penalty: **Team not in possession - 30 seconds**

Team in possession - loss of possession

30.NO FOLLOW THROUGH

A player in possession and passing the ball or shooting on goal shall not follow through onto an opposing player.

Penalty: **loss of possession and the goal is not counted.**

Excessive force may be considered a personal foul and attract a one (1) minute penalty.

31.NO BODY CONTACT

There shall be no body contact although unavoidable contact is allowed at the discretion of the Referee. The offending player shall be the player who initiates the contact by movement into another player.

Penalty: **Team not in possession – 30 seconds**

Team in possession – loss of possession and 30 seconds

Excessive force should be considered a personal foul and attract a one (1) minute penalty

32.NO STICK CONTACT

There shall be no stick contact although unavoidable contact is allowed at the discretion of the Referee. The offending player shall be the player who initiates the contact.

Penalty: 30 seconds

Although unnecessary force should be adjudged a one-minute penalty, at the discretion of the referee.

33.CONTACT WITH THE GOAL KEEPER

No opposing player may contact the goalkeeper or the goalkeeper's Crosse while the goalkeeper is within the goal circle, whether the goalkeeper has possession or not.

Penalty: Team not in possession – 30 seconds

Team in possession – loss of possession and 30 seconds

Excessive force should be considered a personal foul and attract a one (1) minute penalty

34.ENCROACHING

Players are not permitted to over guard or encroach. In other words, the stick cannot be past the vertical position when defending against a player.

Penalty: 30 seconds

35.UNSPORTSMANLIKE CONDUCT

No player, substitute, non-playing squad member, coach or anyone connected with a competing team shall act in an unsportsmanlike manner. The definition of unsportsmanlike conduct shall be left to the discretion of the Referee.

In addition, players are not allowed to threaten, frighten or intimidate other player by yelling or other means, including foul or inappropriate language.

Penalty: one (1) to three (3) minutes

(Depending on the seriousness of the action).

36.ONE PLAYER FROM EACH TEAM TO A LOOSE BALL

When there is a loose ball either on the ground or in the air, only one player from each team is to contest the ball.

If a third players enters the contest, it is up to the referee to keep reminding them only one player each and if a player or players continue to do so it is up to the referee's discretion to apply the penalty. If too many players from each team contest the ground ball at once and a pack does form, then a RUN OFF (as described in Rule 18) shall take place.

Reasoning:

This stops a pack of players forming and allows two players to battle for the ball, helps develop ground ball skills and keeps the flow of the game going.

Penalty: Loss of possession

37. ONE COACH ALLOWED ON THE FIELD DURING PLAY

As under 11 lacrosse is about participation and education in the basics of the sport, each team will be permitted to have one coach at a time enter the field of play for the purposes of education. They shall not “generally coach their team” while on the field, rather they are permitted to assist the development of individuals on specific aspects of the game. An example may be to encourage a player to go straight through for the ball rather than drawback. At all times coaches must remain out of the play and must remove themselves from the field of play and retire to the coaches walk immediately if asked to do so by a referee.