



# LACROSSE VICTORIA

R U L E S   O F   P L A Y  
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B O Y S  
F I E L D   L A C R O S S E

R E V I S E D   M A R C H   2 0 1 8



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## 1. AGE GROUP

All players must be under 13 years of age on the 1<sup>st</sup> 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. TEAMS

A team consists of a maximum of ten (10) players on the field at any one time. The ten (10) on-field players shall be designated as follows:

- Goalkeeper (1)
- Defence players (3)
- Midfield players (3)
- Attack players (3)

Teams may have more than 16 players during home and away matches but in finals will be limited to 16 players for each team.

Any team with fewer than eight (8) on field players, 5 minutes after the commencement time of the game shall forfeit the game as a walkover.

## 3. GAME DURATION

The duration of the game consists of four (4) periods of 12 minutes for a total game time of 48 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.

## 4. TEAM TIME-OUTS

Each team will be restricted to one time-out per half of play.

## 5. TIED GAME

Overtime and sudden death procedures do not apply for regular competition matches but do apply in any finals match.

## 6. EQUIPMENT

All players must wear the following protective equipment:

- Protective Lacrosse helmet equipped with a face mask and a chin strap
- Gloves
- Mouthguard

The goalkeeper must wear the following additional protective equipment:

- Throat guard (attached to the face guard of the helmet)
- Chest protector
- Box/cup

The stick and its' length used by all players shall be in accordance with senior rules with the exception that no long sticks are allowed to be used.

The goal keeping stick used shall be in accordance with the senior rules, but common sense should prevail by having the stick length appropriate for the player's size.

## 7. TEAM UNIFORMS

Each player will wear a team uniform consisting of shirts numbered front and back, shorts and socks. The goalkeeper may wear tracksuit pants. Players not correctly dressed will not be allowed to take the field.

## 8. 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. Players are also not permitted to carry the ball for more than 18 metres.

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**

## 9. ONE PASS IN ATTACK GOAL AREA

A team must make at least one (1) pass in its attack goal area of the field before a goal can be scored. The attack goal area of the field is defined by the goal area line drawn from sideline to sideline 20m from the Centre line.

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. A shot on goal deflected off an opposition defender or goalkeeper into the goal does not reset the pass count.

The pass count shall reset following a shot on goal, even if the ball does not touch an opposition player or exits the field of play and brought back into play by the attacking side. Once the referee calls shot, unless the ball is called 'all clear' for a goal, then the pass count is restarted.

Merely dropping the ball does not count as a pass.

The first pass from the centre putting the ball into play does not count as the one pass.

## 10. BODY CHECKING

A player may body check an opponent from the front or side, above the hip and below the neck if the opponent is **IN POSSESSION** of the ball. Any avoidable, late or unnecessary body contact is to be penalised.

For the sake of this rule, 'possession' shall be interpreted as being in the carrying position.

**Penalty: Personal Foul - one (1) to three (3) minutes depending on severity**

## 11. STICK CHECKING

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.**

## 12. PRE CHECKING

Pre checking another player before they gain possession with either the body or the stick in a loose ball OR catching situation will not be allowed.

**Penalty: Technical Foul – award possession**

## 13. GLOVED HAND/S CHECK TO THE BODY

A check delivered with the gloved hand/hands on the crosse may not be delivered with a punching blow. (Refer to rule 74)

**Penalty: Personal foul – one (1) to three (3) minutes depending on severity**

## 14. OFFSIDE

Each team shall retain four (4) players in the defensive half of the field and three (3) players 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**

## 15. ALL OTHER RULES

All other rules are the same as those applicable to senior lacrosse. Please refer to the rulebook.