



LACROSSE VICTORIA

RULES OF PLAY
UNDER 11
GIRLS
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 soft-Crosse sticks or standard women's 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.

Under 11 Lacrosse is the first skill level in playing 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 five (5) players on the field at any one time. Teams may consist of both boys and girls. Players may be designated as follows:

- Defence players
- Midfield players
- Attack players

The opposing team can support a team with less than the minimum number of players by 'sharing' players if both coaches agree. In the spirit of junior development and participation, it is also recommended that the number of players from each team on the field at any one time be the same. Although this is not mandatory, it encourages an evenness of competition and fair play.

Each player will wear the teams' uniform consisting of shirts or jumpers numbered front and back, shorts/skirt and socks.

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).

There will be no stopped clock.

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

Crosse

The Crosse must be an approved sof-crosse stick or a standard approved women's field lacrosse Crosse. A crosse with a mesh pocket is permitted, with at least ½ the ball visible below the sidewall.

Ball

The ball must be an LV approved sof-crosse ball.

Mouthguard

MOUTHGUARDS MUST BE WORN BY ALL PLAYERS

Protective Eyewear

Approved protective eye guards (goggles) and protective headgear are permitted in accordance with LV requirements on their manufacture standards.

Jewellery

Players must not wear earrings, necklaces, bracelets, watches or soft jewellery on the field. Medical jewellery with information visible and rings must be taped securely to the player or removed. Flat hair clips are permitted. Small studs, earrings or piercings may be worn if taped over to cover them adequately to the satisfaction of the umpire before and during the game. This allowance is for piercings that may not be easily removed (such as surgically inserted), and they must be easily taped over to ensure they are covered.

7. FIELD OF PLAY

The field is marked across a women's field, the size of the normal field of play is a maximum of 60 meters long and 45 meters wide.

Cone markers should be placed at the 4 corners of the field and at the points where the centerline crosses the sidelines.

The following markings must be provided:

- Centre line (which also acts as the restraining line)
- Goal circle – 4 meter diameter can be marked with cones
- Goal Line – 6 meters from end boundary line
- Centre circle – 4 meter diameter
- Hash marks at 11 meters at both sides of extended goal line

8. THE GOALS

The preferred goal is a round/square frame (pop-up) of inside dimensions 1.2 meters x 1.2 meters placed vertically with pyramidal shaped netting attached to the rear of the frame and

fastened to the ground. The size goal may vary and must not be less than 100cm high or 120cm high. It must not be less than 120cm wide and must not exceed 185cm wide. The mouth of the goal can be round or square.

9. MATCH OFFICIALS

There is to be one umpire, provided by the home team. The umpire is encouraged to talk to the player's explaining any rule infringements and generally be positive about their efforts shall control the game.

Bench Officials (one from each team, to keep time and record scores) 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. Initial 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, with the direct defending player to also remain stationary (4 metre away) until the pass is made. 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 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 27) is to be observed during substitution.

14. BALL OUT OF GROUNDS – 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 umpire), regardless of whether the ball has been touched by any player, will be awarded to the team whose player is closest to the point where the ball crossed the boundary.

16. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Umpires are to stop the game if play becomes congested and to have a 'throw' 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. FOUR METRE CLEARANCE

No player may be within four 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 breaks or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run except for restart of play after a goal has been scored or the beginning of a quarter when only a pass may be used.

18. ADVANTAGE PLAY

If after an infringement the non-offending team retains possession of the ball, the umpire may call 'advantage' rather than blowing the whistle.

Note: it is important to acknowledge to the player infringing that the umpire saw the foul and called advantage.

19. THROW

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

Two opposing players stand side by side with their sticks and feet 1m apart. Each player stands nearer the goal they are defending. The Umpire stands 6-8m from the players and tosses the ball in a short arc towards the players so they can catch or play the ball as they move forward. All other players must be at least 4 metres away. If the throw is inaccurate or both players miss the ball, the throw is repeated.

20. PENALTIES

When a foul has occurred the player responsible will lose possession and move 4 metres to the non-goal side of the opposition who has been awarded the ball.

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 11 metres of the goal circle. Where an infringement has occurred within 11 metres of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 11 metres from the goal circle.

21.FIVE SECOND CARRY

A player must dispose of the ball to another player within five seconds of gaining possession (i.e. Umpire 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

22.HAND CONTACT WITH THE BALL

No player may touch the ball with the hand.

Penalty: possession to the non-offending team.

23.GOAL CIRCLE RESTRICTION

No player is allowed in the goal circle during play, but players may reach into the goal circle with their stick to play the ball. If the ball becomes trapped or is unreachable in the goal circle, the umpire may award the ball to the team defending the goal where the ball is, for a free pass outside the goal circle.

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: possession to the non-offending team – on the 11 meter goal line hash
(All players that enter the goal circle are to be removed immediately)**

24.GOAL TENDING

NO player may stand in front of the goal unless they are actively defending another player. That is, no player(s) can create a ‘wall’ in front of goal unless their opposition are also standing in front of the goal.

Penalty: Player(s) goal tending to be removed and placed 4 meters beside player in possession who is placed on 11 meter hash of extended goal line

25.MAXIMUM ON FIELD PLAYERS

Each team may have no more than five (5) 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 – Player removed immediately
Team in possession – Loss of possession & player removed immediately**

26.OFFSIDE

Each team shall retain one (1) player in each half, behind centre/restraining line, 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 – Loss of possession & player to go onside**
Team in possession - loss of possession & player to go onside

27.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.**

28.NO BODY CONTACT

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

Penalty: **Team not in possession – Loss of possession**
Team in possession – loss of possession

29.NO STICK CONTACT

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

Penalty: **Loss of possession**

30.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: **Loss of possession**

31.WITHOLDING THE BALL

No player is allowed to block/guard/cover the ball with either his or her body or stick. They are also not allowed to kick the ball at any time.

Penalty: **Loss of possession**

32.UNSPORTING 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 Umpire.

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

Penalty: **Expulsion from the game.**
(Reporting to the association may also be undertaken)

33.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 player enters the contest, it is up to the umpire to keep reminding them only one player each and if a player or players continue to do so it is up to the umpire'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 throw (as described in Rule 19) 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**

34. 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.