

## SECONDARY SCHOOL LACROSSE RULES (MODCROSSE)

### COMPETITION RULES

Secondary school lacrosse rules are Non-contact rules which put emphasis on skill development and team play.

### FIELD DIMENSIONS

A rectangular field of 80 m x 50 m, divided by a halfway line and with a goal circle of 3 metres radius approximately 10 metres from each of the end boundary. Each goal should be located centrally within the goal circle.

### EQUIPMENT

Normal field lacrosse sticks can be used. Lacrosse Victoria can provide the sticks if the school does not have them. A soft lacrosse ball is used.

Goals are 2m x 2m.

Players should wear the same coloured tops or uniform.

### GAME DURATION

Round Robin – each game consists of 2 x 8 minute halves with 2 minute breaks at half time. This timing may be varied to suit tournament conditions.

No time outs.

### TEAM SIZE

8 players on the field, this consists of 2 attack players, 3 midfield players, 2 defence players, and a goalie. Players can be substituted on and off the field at any time by leaving and entering the field at the junction of the sideline and the centre line.

### STARTING THE GAME

Decide ends and award possession to one team. Commence play with a stationary pass from the centre line. After each goal, the non-scoring team commences play from the centre line. The team that did not gain possession at the start of the game starts with the ball at the start of the second half.

### CENTRE PASS AND FREE THROW

A Centre Pass occurs at the start of each half and after a goal is scored. The player making the centre pass must make a stationary pass to any teammate on the field. A Free Throw occurs after a player is fouled or the ball goes out of bounds. A player making the free throw starts 4 metres in bounds and is allowed to run with the ball or pass it to a teammate.

When a player is commencing play from the centre, from the boundary line or after being awarded a free-throw, opponents must be at least 4 metres distance from the player.

## **FOULS**

The official should penalise the following practices by awarding a free throw to an opposing player from the position where the offence occurred:

- Touching the ball with their hand
- The 'draw back' or 'rake' pick up in a contested situation
- Trapping or caging the ball
- Swinging the stick (like a hockey stick or golf club)
- Kicking the ball
- Over-guarding (defending beyond the vertical position of the defence stick)

## **OFF SIDE**

A team must have 2 players in the forward half of the field and 3 players in the defensive half (including the goalie).

If the team in possession of the ball goes off side, the offending team loses possession. If the offending team does not have possession of the ball, the official calls for the offending team to come back on-side, the team with the ball remains in possession, and play starts again with a free throw.

## **POSSESSION**

A player should not retain possession of the ball longer than 4 seconds. The official calls 1, 2, 3, 4, then blows the whistle. If a player carries the ball for over 4 seconds, it is a foul and the opposing team gets the ball where the offence occurred.

A team in possession needs to complete 3 passes over the whole field before the team can shoot a goal. As long as a change of possession does not occur, the counting of passes will continue. If an opposition player gains possession of the ball, but then loses it, the counting of passes starts again at zero.

## **NO CONTACT**

Intentional body or stick contact is not permitted. Deliberate contact, repeated over-guarding, aggressive or non-sporting play should be penalised by dismissal from the field. Defenders may block a pass with a vertical stick.

## **ONE ON ONE PLAY**

When competing for a ground ball, only one player from each team should be involved. Where 2 players from the same team compete simultaneously for a ball, possession is awarded to the opposing team.

## **OUT OF BOUNDS**

Possession is awarded to the team that did not touch the ball last. However, after a shot on goal and the ball goes out of bounds, possession is awarded to the closest player to the ball when it crosses the boundary. The player taking possession for a boundary free throw can commence play with a pass or by running.

## **BALL UP**

When the official is uncertain which team should be awarded possession or when play becomes too congested, the official can setup a ball up. The official will take a player from each team; place the players a metre apart, facing the official at a distance of 4-5 metres. The official throws the ball underarm between the players at head height. The 2 players are able to compete for possession of the ball. All other players should be 4 metres clear of this play.

## **GOAL TENDING**

A goalkeeper should wear protective padding. It is recommended that they wear something similar to a baseball catcher's chest pad, face guard, and helmet. Lacrosse Victoria can provide the protective padding if the school does not have any.

The goal keeper is the only player who can tend the goal.

An attacking player may not reach into the circle to retrieve the ball or enter the goal circle at any time.

## **ADVANTAGE**

If the team in possession would be penalised by stopping play for a foul, "Advantage" will be yelled by the official to allow play to continue. This allows players to know a foul would have been called, but since it would have disadvantaged the team in possession, the official does not stop the play.