



# U15 Rules 2008

*These rules have been modified using the International Federation of Women's Lacrosse Association (IFWLA) rules. They promote participation, fun and safety and can be used by any age group and skill level.*

*Released 14 April 2002*

*Reviewed May 2003, March 2004, May 2004, April 2006, May 2008*

## 1. AGE GROUP

All players must be U15 years of age as at 1<sup>st</sup> January of the year of the competition.

## 2. THE GAME

The object of the game is to outscore your opponent. A goal is scored by gaining possession of the ball in a players stick, carrying, or passing the ball, to other team players and throwing the ball through the face of the goal. The ball must not be touched with the hand, except by the goal keeper within the goal circle. Play is continuous with the ball able to be passed forward, sideways or backwards. Players should be encouraged to pass, catch and pick up the ball with both hands on the stick to prevent dangerous stick movement. Players should be discouraged from 'drawing back over the ball' to pick it up, trapping the ball, batting the ball, or over guarding.

## 3. TEAM

A team shall consist of up to 16 players with **no fewer than eight (8) and no greater than ten (10) on the field** at any one time.

A team with more than the maximum number of players on the field at any one time will incur the following penalty.

### Penalty:

Team infringing and not in possession

**Player removed immediately**

Team infringing and in possession

**Loss of possession and player removed immediately.**

*Team infringing and goal scored*

***Goal deemed null and void. Player removed immediately and opposition to take ball at 11m mark on extended goal line.***

A team with less than the minimum number of players can be supported by the opposing team '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.

Players may be designated as follows:

- Goalkeeper
- Defence players
- Midfield players
- Attack players

Each team member will wear a uniform comprising of a shirt and skirt/shorts. The goal keeper may wear tracksuit pants. **The shirts should be numbered as per senior rules – 10cm minimum size for front number and 20cm for back number**

## 4. GAME DURATION

The duration of the game is **2 x 20** minute halves, with a 5 minute break at half time. **\*\* Game duration may be subject to change.**

### GAME TIMES

**U15 10.30am**

**All games must finish by the stipulated time. Matches beginning late will still be required to end at the listed time.**

## **5. EQUIPMENT**

### *Stick*

The game shall be played with a modified or approved field stick. A stick with a mesh pocket is permitted, with at least ½ the ball visible below the side wall. The minimum stick length is 70cm and the maximum length 110 cm.

### *Ball*

A women's field ball shall be used.

### *Mouthguards*

Mouthguards MUST be worn by all players.

### *Protective headgear*

Approved protective headgear is permitted.

### *Goal keeper*

The goalkeeper shall wear an approved helmet with throat protector, body pad and gloves. Shin guards are also recommended. The game will not start until the umpires are satisfied that the Goalkeeper is adequately protected. The Goalkeeper shall use a modified or approved field stick or a goalie stick.

### *Jewellery*

Players must not wear earrings, necklaces, bracelets or watches on the field of play. Medical jewellery with information visible, soft jewellery and rings must be taped securely to the player or removed. Flat hair clips are permitted.

## **6. FIELD OF PLAY**

The field of play is as per women's field and the 'fan' (marking area) will be used. All fouls in the marking area shall be treated as 'major' fouls. Hence, the marking area shall be cleared (see IFWLA rule book for marking area infringements).

## **7. THE GOAL**

The goal is a square frame. The goals should be placed vertically with the pyramidal shaped netting attached to the rear of the frame and fastened to the ground behind the goal. The goal shall be the women's field goal dimensions.

## **8. UMPIRES**

The game shall be controlled by two umpires who are encouraged to talk to the players and explain any rule infringements that occur. All teams shall provide 1 umpire. If a team cannot supply an umpire, the opposing team can supply two.

The minimum age of an umpire is 15 years.

## **9. BENCH OFFICIALS**

One person from each team shall keep time and record scores. The bench officials shall be located at the side of the field at the centre line. Approved scoresheets shall be used.

## **10. LADDER**

A ladder will be kept.

## 11. FINALS

A final series will be played, with teams competing for the Vivienne Parker-Grant trophy. A finals series will be played (unless otherwise determined by the Board) as will be calculated as follows:

3 teams or less:     Week 1 - 2 v 3,  
                          Week 2 - 1 v Winner 2 v 3

4 teams or more:    Week 1 - 1 v 2 (A), 3 v 4 (B)  
                          Week 2 Loser A v Winner B (C)  
                          Week 3 Winner A v Winner C

If at the end of the game, the scores are level, both teams will have a 3 min rest. The captains will then toss for ends and 2 x 2 min halves will be played. The clock will be stopped after 2 mins for the teams to change ends and the game will be restarted with a centre draw. If the game remains tied after the 4 mins, the teams will be given a further 3 mins rest. Following this, a 'sudden win' approach is taken. That is, additional 2 x 2 min halves are played with the first goal scored ending the game. The teams will continue to play 2 x 2 min halves, with 3 mins rest until the first goal is scored.

## 12. WALKOVERS

Any team not able to field the minimum number of players 5 minutes after the commencement time of the match, shall forfeit the match.

Any team giving a walkover must notify both the Club Delegate and Coach (or representative) of the opposing team, the hosting club, the Association Director of Officiating and the Association Director of Records, thirty-six (36) hours prior to the match for e.g. Friday 9pm for a Sunday 9am match). Any team not meeting this requirement will be deemed to have given an un-notified walkover.

### **Penalty for an un-notified walkover: 75 units.**

Any team giving a walkover and subject to a fine, shall not play in any subsequent match until that fine is paid.

## 13. CHOICE OF ENDS

Prior to the start of the game, the two captains shall call the toss of a stick to determine

a)        what end each team shoots towards.

## 14. POSSESSION

### **a) INITIAL POSSESSION AND AFTER GOAL**

A centre draw will be used to begin play as well as after a goal has been scored. See the IFWLA rule book for the correct centre draw procedure.

## 15. POSSESSION AFTER A PENALTY

When a penalty is awarded, the non-offending team shall take possession where the infringement occurred, except within 11m of the goal line (see below).

Where an infringement has occurred within 11m of the goal line, possession is taken at the 11m mark on the extended goal line.

## 16. FIVE SECOND CARRY LIMIT

A player must pass the ball to another player within 5 secs of gaining possession. The nearest umpire shall count aloud to four - "one", "two", "three", "four" then blow the whistle. The count should be as follows: one thousand and "one", one thousand and "two", etc. An arm signal may also be used to indicate the count.

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition player who has been awarded the ball.

### **17. STARTING AND STOPPING (STANDING) ON WHISTLE**

All players must stand when the whistle is blown to stop play. Players are not permitted to move until the whistle is blown to restart play. Persistent creeping (moving after whistle) will result in a change of possession.

### **18. CLEARANCE ON FREE THROW**

#### **a) Sideline pass**

No player may be within 1m of an opponent who has possession. On the whistle to start play, the player with the ball may pass or run with the ball.

#### **b) Field pass (which can include possession from a penalty)**

No player may be within 4m of an opponent who has possession. On the whistle to start play, the player with the ball may pass or run with the ball.

### **19. SUBSTITUTION**

Each team may substitute an unlimited number of players at any time during play, and after every goal.

### **20. BALL OUT OF BOUNDS - GENERAL PLAY**

When the ball goes out of bounds (unless on an attempted goal shot), the ball is awarded to the opponent of the player who 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.

### **21. BALL OUT OF BOUNDS – GOAL SHOT OR DEFLECTED GOAL SHOT**

A ball going out of bounds after an attempted goal shot ("shot" called by the Umpire) regardless of whether the ball has been touched by any player, will be awarded to the player closest to the ball where it crossed the boundary.

### **22. CONGESTED OR POTENTIALLY DANGEROUS PLAY**

Umpires are permitted to stop the game if play becomes congested and to have a throw between two opponents i.e. with the aim of keeping the game flowing as much as possible. Chopping, blocking, covering or trapping the ball, batting the ball and wild swings at the ball and other negative actions to be discouraged and repetition penalised (see blocking, covering and kicking the ball rule).

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

### **23. 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 an advantage.

## 24. THROW

When two players are vying for possession of the ball and neither is able to gain clear possession, and body or stick contact occurs, the Umpire may have a throw.

Two opposing players shall stand with their feet and sticks 1m apart. Each player stands nearer the goal they are defending facing in towards the game. The umpire stands 6-8m from the players and tosses the ball in a short arc towards the players so they can catch it or play the ball as they move in toward the game. No other player may be within 4m of these 2 players. If the throw is inaccurate or the ball is missed by both players, the toss is repeated.

## 25. DRAWBACK PICKUP

A drawback and pickup will be only allowed when:

- a player is on their own; or
- by a goal keeper when they are in their goal circle.

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

## 26. HAND CONTACT WITH BALL – GOAL KEEPER

The goal keeper may block or stop the ball with their hand and may catch and hold the ball, but SHALL only throw the ball with their stick.

## 27. GOAL CIRCLE RESTRICTION

No field player shall enter the goal circle unless their team has possession of the ball and the goal keeper is out of the circle.

**Penalty:**

Team in possession	Loss of possession
Team not in possession	Player removed immediately

## 28. GOAL KEEPING RESTRICTION

Only one appropriately equipped player at any one time shall act as a goalkeeper. All other defence players must be actively playing an opponent.

**NO** defence player may act as a goalkeeper in addition to the designated goalkeeper (that is, **NO GOAL TENDING** is permitted).

## 29. RESTRAINING LINE

Each team shall have 2 players behind their restraining line at all times.

**Penalty:**

Team not in possession	Offending player (or closest player to line) to go onside immediately and ball to be taken at place where violation is called or at restraining line (which ever is most advantageous)
Team in possession	Loss of possession and free pass taken on the restraining line with player who was offside (or nearest player) to be placed 4m to side of player with ball

### **30. NO FOLLOW THROUGH**

A player in possession and passing the ball shall not follow through with her stick onto an opponent.

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

### **31. 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:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

### **32. STICK CONTACT**

There shall be no stick contact permitted (unavoidable contact is allowed at the discretion of the Umpire), however, full stick cover is allowed. The offending player shall be the player who initiates the contact.

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

### **33. BLOCKING/COVERING/KICKING THE BALL**

No field players can block/guard/cover with their body, or kick the ball at any time.

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.

### **34. UNSPORTING CONDUCT**

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

**Penalty:** Loss of possession with the player committing the infringement moving 4m to the side of the opposition who has been awarded the ball.