PRIMARY SCHOOL COMPETITION RULES

The below rules are to be applied to all Primary school lacrosse competitions. In school PE lessons the rules can be adjusted to allow for differing abilities and maximum participation. We recommend you read these rules in conjunction with our Lacrosse Teachers' Resource.

FIELD DIMENSIONS

A rectangular field of either 50-60 m x 30-35 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

The Sofcrosse sticks (moulded plastic pockets) must be used with a soft ball. Each team should use sticks of the same colour. Pop up goals of 1.8m are recommended (same as soccer goals).

GAME DURATION

For a Round Robin – each game consists of 15 minutes. This timing may be varied to suit competition conditions. For a weekly inter-school competition, 4 x 10 minute quarters with 2 minute breaks at each quarter time and a 5 minute break at half time. There are no time outs.

TEAM SIZE

There are 7 players on the field, 2 attack, 3 midfield and 2 defence. 10 players per team are recommended for competition. Players can be substituted on and off the field at any time, leaving or entering the field near the junction of the sideline and the centre line.

OFFSIDES

A team is "off side" if it lacks 2 players in either half of the field (whether in attack or defence). If the team in possession of the ball goes off side, the offending team loses possession. If the offending team is on defence, the player is put back 'on side' and a free throw is given to the team with the ball.

STARTING THE GAME

Commence play with a stationary pass from the centre line. After each goal, the non-scoring team commences play from the centre line.

START AND STOP PLAY

All play is started and stopped by the sound of a whistle.

OUT OF BOUNDS & AFTER A SHOT

Possession is awarded to the opponent of the team who last touched the ball except after a shot on goal when possession is awarded to the closest player to the ball when it crossed the boundary. The player taking possession for a boundary throw-in can commence play with a pass or by running.

POSSESSION

A player should not retain possession of the ball longer than 4 seconds. Call 1, 2, 3, 4, then whistle.

ONE PASS RULE

A team in possession must complete 1 pass over the whole field before a shot on goal is called. If the ball is deflected by an opposition player, the counting of passes continues, as long as the offensive team remains in possession of the ball.

THROW

If simultaneous fouls occur, play becomes too congested, or the referee is uncertain who the ball last touched before going out of bounds, a throw is given. 2 opponents are placed 1 m apart facing the referee. The referee tosses a short underarm throw at shoulder height between the players. Play then continues.

ONE ON ONE PLAY

When competing for a groundball, only one player from each team is allowed to play the ball. Where 2 players from the same team compete for a ball, possession is awarded to the opposing team.

GOAL CIRCLE

No player is allowed in the goal circle. If the ball lies in the goal circle, the referee will direct the closest defender to collect the ball for play to recommence.

FOULS

- No stick or body contact
- No intentional ball off body
- No entry into goal circle
- No trapping/guarding ball
- No goaltending
- One hand on stick
- Carrying the ball for more than 4 seconds
- No over-guarding (beyond the vertical position of the defence stick)
- Offsides
- More than from each team on a groundball

IF A FOUL IS CALLED:

Possession is awarded to the player fouled. The offender is placed 3m behind the ball. All other players must be at least 3m away. The fouled player can choose to run, pass or shoot the ball. If a foul is called within 5m of the goal, a free throw is awarded to the attacking team (approximately 5m wide from the goal mouth) who can run, pass or shoot.