



LACROSSE
VICTORIA

R U L E S O F P L A Y
S C H O O L
I N T E R C R O S S E

R E V I S E D J A N U A R Y 2 0 1 8



Contents

1. Applicable Age Groups.....	3
2. The game.....	3
3. Teams.....	3
4. Game duration.....	4
5. Equipment.....	4
6. Field of Play.....	4
7. The goals.....	4
8. Match officials.....	4
9. Initial possession and choice of ends.....	4
10. Possession change after a goal score.....	5
11. One pass.....	5
12. Substitution.....	5
13. Ball out of Bounds – general play.....	5
14. Ball out of bounds – goal shot or defelected goal shot.....	5
15. Congested or potentially dangerous play.....	5
16. Five metre clearance.....	5
17. Advantage play.....	6
18. Runoff.....	6
19. Penalties.....	6
20. Possession after a penalty.....	7
21. Four second carry.....	7
22. Drawback pickup/Trapping.....	7
23. Hand contact with the ball.....	7
24. Goal circle restriction.....	7
25. Maximum on field players.....	7
26. Offside.....	8
27. No follow through.....	8
28. No body contact.....	8
29. No Stick contact.....	8
30. Encroaching.....	8
31. Unsportsmanlike conduct.....	9
32. One player from each team to a loose ball.....	9
33. One coach allowed on the field during play.....	9

1. APPLICABLE AGE GROUPS

The rules within this document are to be used for all School Sports Victoria Lacrosse Victoria Primary and Secondary school competitions.

2. THE GAME

Primary School lacrosse is a minimum contact team sport played with Sof-Crosse sticks or standard field lacrosse sticks and a hollow 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 at any time.

School Lacrosse is the first skill level in playing Competitive 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 six (6) players on the field at any one time. The 6 on-field players shall be designated as follows:

- Defence players (2)
- Midfield players (2)
- Attack players (2)
- Teams may have more than 10 players
- A minimum of 4 players on the field is allowed before an opposing team may claim a walkover.

Mixed/Boys Teams may consist of both boys and girls.

Girls Teams must consist only of female players.

Each player will wear the teams' or suitable clothing. Bibs/Sashes can be used in the case of clashing uniforms.

4. GAME DURATION

The duration of the game consists of two (2) periods of 7 minutes for a total game time of 14 minutes. There will be a break of a minimum of one (1) minute and a maximum of three (3) minutes. The difference in breaks is at the timekeepers distraction depending upon playing conditions (i.e. hot weather would necessitate a longer break to allow for water breaks etc)

5. EQUIPMENT

The Crosse must be an approved Sof-crosse stick or a standard approved field lacrosse crosse (stick). The ball must be an LV approved Sof-crosse ball or hollow soft-rubber ball.

Mouthguards are recommended to be worn

The length of a normal field Crosse (stick) in this competition must be between 0.91 and 1.07 metres (36 to 42 inches). Coaches, teachers and officials are to exercise common sense

6. FIELD OF PLAY

Field size is recommended to be between 50-60m x 30-35m. Cone markers should be placed at the four corners of the field and at a point where the center line crosses the sideline.

The following markers should be provided:

Centre Line (which acts as an offside line) that can be marked with cones.

Goal Circle – 3 meters' radius that can be marked with cones. This should be placed approximately 10m from the end boundary line.

7. THE GOALS

The goals are recommended to be 1.8 meters pop up goals placed securely fastened to the ground, at either end of the playing area, inside of the Goal Circle.

8. MATCH OFFICIALS

There is to be a minimum of one (1) official per match, with two (2) being recommended where available.

The official is encouraged to talk to the player's explaining any rule infringements and generally be positive about their efforts. On field coaching is also allowed by the official. They are encouraged to assist both teams indiscriminately for the benefit of the game.

9. INITIAL POSSESSION AND CHOICE OF ENDS

Prior to the start of the game the two captains shall call the toss of a coin (or another alternative decision making process – Rock, paper, scissors). 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. Possession for the start of the second half shall switch.

Possession is to be taken in the defensive half of the field at the centre line. Play will start on the whistle. Players are allowed to start in any area of the field. The starting player must pass the ball before moving from the centre spot. During open play the ball may be carried across the centre line.

10. 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.

11. 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 one 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.

12. 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 (between 2 cones).

13. BALL OUT OF BOUNDS – 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.

14. 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 referee), regardless of whether the ball has been touched by any player, will be awarded to the team with the nearest **inbounds** player to the point where the ball crossed the boundary.

15. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Referees are to stop the game if play becomes congested and to have a runoff (Ball up) 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.

16. FIVE METRE CLEARANCE

No player may be within five (5) 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 break or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run.

17.ADVANTAGE PLAY

If after an infringement on the field the non-offending team retains possession of the ball with the potential to score or move into a scoring position, the referee shall delay sounding the whistle until either:

- A goal is scored on the original play, or
- The attacking team loses possession of the ball, or
- The attacking team has lost the opportunity to score on the original play, or

The referee shall indicate that such an infringement has occurred by calling “Advantage”.

The “Advantage” period is at the discretion of the official. If no advantage is gained, the penalty will be awarded to the non-offending team.

18.RUNOFF

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

Two opposing players stand side by side with their sticks on the ground facing the referee who stands 3 metres away. Play starts when the Referee drops the ball and blows the whistle. All other players must be at least 10 metres away.

19.PENALTIES

There are a number of incidents or infringements of the rules that a penalty can be applied for.

Most of them are addressed below.

Officials can:

- Award a penalty for an infringement
- Produce a Yellow card (or similar) to indicate a player is to leave the field for 2 minutes). This will result in the team having only 5 players allowed on field during this time period.
- Produce a Red card (or similar) to indicate that the player is to leave the field for the remainder of the game. This will result in the team having only 5 players allowed on field during the remainder of the game.

If a player is given a Red card, they will be required to meet with the Competition supervisor to discuss the nature of the Red card offence, their suitability to be involved in further games and, or further sanctions.

A Penalty or Free Pass allows the non-offending player to pass or run with the ball, and is to be taken from where the infringement took place, or if the infringement took place within 15m of the goal, 15m in front of the goal.

The offending player is required to stand 3 meters behind the player taking the Penalty, and cannot become active in play until the player passes or runs with the ball.

20. POSSESSION AFTER A PENALTY

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 15 metres of the goal circle. Where an infringement has occurred within 15 metres of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 15 metres from the goal circle.

21. FOUR SECOND CARRY

A player must dispose of the ball to another player within four (4) seconds of gaining possession (i.e. Referee is to count aloud "one", "two", "three", "four", 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. DRAWBACK PICKUP/TRAPPING

The drawback is permitted, however coaches and officials are strongly recommended to encourage correct pickup techniques. Officials are encouraged to use the phrase "straight through for the ball" where a loose ball situation exists to encourage players to use correct pickup techniques.

A player is deemed to have "trapped" the ball if they have completely covered the ball and prevented the opposing team's players from accessing the ball.

Penalty: Loss of possession

23. HAND CONTACT WITH THE BALL

No player may touch the ball with the hand.

Penalty: Possession to the non-offending team.

24. GOAL CIRCLE RESTRICTION

No player from either team shall enter the goal circle when the ball is in play.

A player in the defence with the ball in their possession is not permitted to enter the goal circle.

Penalty: Loss of possession for the offending team.

If Offensive team offend, penalty to be taken from top of the goal circle.

If Defensive team offends, penalty to be taken 15m directly in front of goal.

25. MAXIMUM ON FIELD PLAYERS

Each team may have no more than six (6) 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 in possession - loss of possession

**Team not in possession – advantage played to Team in possession. If none
– Penalty 15m in front of goal**

26.OFFSIDE

Each team shall retain 2 players in the defensive half of the field and 1 player 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 – advantage played to Team in possession. If none
– Penalty 15m in front of goal**

Team in possession - loss of possession

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.

Excessive force may be considered a personal foul and attract a Yellow Card.

28.NO BODY CONTACT

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

**Penalty: Team not in possession – advantage played to Team in possession. If none
– Penalty 15m in front of goal**

Team in possession - loss of possession

Excessive force should be considered a personal foul and attract a Yellow Card.

29.NO STICK CONTACT

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: Team not in possession – advantage played to Team in possession. If none
– Penalty 15m in front of goal**

Team in possession - loss of possession

Excessive force should be considered a personal foul and attract a Yellow Card.

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: Team not in possession – advantage played to Team in possession.

If no advantage – Penalty 15m in front of goal

