



LACROSSE VICTORIA

R U L E S O F P L A Y
U N D E R 1 3
G I R L S
F I E L D L A C R O S S E

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1. AGE GROUP

All players must be under 13 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. TEAMS

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

Players may be designated as follows:

- Goalkeeper
- Defence players
- Midfield players
- Attack players

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.

Teams may have more than 16 players during home and away matches but in finals will be limited to 16 players for each team.

Mixed gender participation rules are contained in the LV Competition Rules.

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

3. 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 (2) minute break at the end of the first and third period and a five (6) minute break at end of the second period (half time).

The clock will be stopped in accordance with senior rules.

4. TEAM TIME OUTS

Each team will be restricted to two time-outs across the four (4) periods.

5. TIED GAME

Overtime and sudden death procedures do not apply for regular competition matches but do apply in any finals match.

6. EQUIPMENT

Crosse

The Crosse must be a standard approved women's field Crosse, with no mesh pockets allowed to be used.

Ball

The ball used will be a standard solid rubber women's field ball.

Mouthguard

MOUTHGUARDS MUST BE WORN BY ALL PLAYERS

Protective Eyewear

Approved protective eye guards (goggles) MUST be worn by all players except for the goalkeeper and protective headgear is permitted.

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.

Goalkeeper

The goalkeeper must wear the following; an approved helmet with a throat guard, gloves and chest pad. The game shall not start until the match official is satisfied that the goalkeeper is adequately protected. The designated goalkeeper only may use a regular goalkeeper's Crosse or an approved field stick.

The goalkeepers Crosse used shall be in accordance with the senior rules, but common sense should prevail by having the crosse length appropriate for the player's size.

7. MATCH OFFICIALS

Two umpires who are 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, record scores and monitor time penalties) shall be located at the side of the field at the centre line. LV approved 'Match Reports' shall be used.

8. 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. 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. During play the ball may be carried across the centre line. Both centre players must stand until after the first pass. The defending player must remain 4 (four) metres from the centre player with the ball.

9. 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.

10. ONE PASS IN FORWARD THIRD

A team must make at least one (1) pass in its attack third 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.

11. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Umpires are to stop 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.

12. FIVE SECOND CARRY

A player must dispose of the ball to another player within five seconds of gaining possession (i.e. Referee 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. Players are also not permitted to carry the ball for more than 18 metres.

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**

13. OFFSIDE (RESTRAINING LINE RULES)

Each team shall retain three (3) players including the goalkeeper in the defensive half, behind the restraining line, of the field at all times to remain onside. Possession will be awarded as per the penalties in rule 19 of the women's rulebook.

14. 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: **Loss of possession – 4 meter to side**

15. 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**

16. 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**

17. 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)

18. FREE SPACE

Defence players in front of goal must be “actively defending” an attacking opposition player when any player is intending to shoot on goal.

Actively defending requires a defending player to be within one (1) metre of their opponent. And only one (1) defending player may mark the same player in the free space area.

The umpire must stop play immediately to remove any defence playing not marking an opposition player.

Penalty: **Loss of possession with defender placed 4 meter to side**
(Player is not to be placed closer than 15 m to goal)

19. SELF-START RULE

This senior trial rule does not apply in this grade.

20. ALL OTHER RULES

All other rules are the same as those applicable to senior lacrosse. Please refer to the rulebook.