



Lacrosse Victoria 6v6 Competition Rules for Girls U13, U16 & U19 Divisions.

1. Clubs must provide a scorer/timer and an umpire each week.
2. 4 x 10-minute running time quarters.
3. 5-minute halftime and 2 minutes between other quarters.
4. No timeouts.
5. Recommended roster size of 8-10 for substitutions, minimum to play is 6, no maximum.
6. No shot clock.
7. 6 players on the field (1 goalie and 5 field players) with standard field size goals.
8. Eye protection must be worn and other equipment rules the same.
9. All players can play offense and defense, only the goalie must stay in the defensive half.
10. Centre Draw to start each quarter. Players not involved in the draw will stand outside the centre circle. When a goal is scored, the play resumes with the goaltender restarting the ball back into play on the referee's whistle.
11. **After a goal is scored:** The official will have a 5 second count before play can restart. During that time the goalkeeper must retrieve the ball from the goal and be ready for play to restart.
12. Any ball considered out of bounds will be awarded to the opposing team to the player who last touched it. This also includes a shot that goes off a goalpost or does not touch a defensive player before going out of bounds.
13. Teams will have 10 seconds to get the ball over the midfield line.
14. Shortened field, approximately 70m long x 36m wide, dependent on venue size.
15. **Fouls:** fouls will be determined using terms "major or minor" fouls. 3 major fouls equal an ejection.
 - a. Minor foul: Examples include but not limited to interference, holding, pushing, will either be a change of possession or a 30 second penalty.
 - b. Major foul: Examples include but not limited to slashing, illegal body check, dangerous follow-through, dangerous propel and dangerous crease defending, will result in a one-minute penalty.
16. **Dangerous Propel:** Any shot directed or taken without regard to the positioning of an opposing player with the exclusion of the goalie. Closely aligned with free space.
17. **Dangerous Follow-Through:** The act of following through with one's stick that endangers the safety of an opposing player.
18. **Crease Rule:** for this competition, entry into the crease is prohibited.
19. Possessions will alternate if officials unsure of call.
20. These are the changes for the competition. All other rules will remain the same for the appropriate age groups.

Reminder, this competition was designed to get people back to lacrosse and have fun!