
**LACROSSE VICTORIA
UNDERAGE COMPETITION**

**RULES OF PLAY FOR
Men's Under 12 Field Lacrosse**



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Men's Under-12 Lacrosse Competition

Rules of Play

Table of Contents

1.	<i>Age Group</i>	4
2.	<i>The Game</i>	4
3.	<i>Teams</i>	4
4.	<i>Game Duration</i>	4
5.	<i>Equipment</i>	5
6.	<i>Field of Play</i>	5
7.	<i>The Goals</i>	5
8.	<i>Officials</i>	5
9.	<i>Initial Possession and Choice of Ends</i>	5
10.	<i>Possession Change After a Score</i>	6
11.	<i>One Pass</i>	6
12.	<i>Substitution</i>	6
13.	<i>Ball Out of Bounds – General Play</i>	6
14.	<i>Ball Out of Bounds – Goal Shot OR Deflected Goal Shot</i>	6
15.	<i>Congested OR Potentially Dangerous Play</i>	6
16.	<i>Five Metre Clearance</i>	6
17.	<i>Advantage Play</i>	6
18.	<i>Runoff</i>	7
19.	<i>Penalties</i>	7
20.	<i>Possession After Penalty</i>	7
21.	<i>Five Second Carry</i>	7
22.	<i>Drawback Pickup</i>	7
23.	<i>Hand Contact with the Ball</i>	8
24.	<i>Hand Contact with the Ball – Goal Keeper</i>	8
25.	<i>Goal Circle Restriction</i>	8
26.	<i>Goal Keeping Restriction</i>	8
27.	<i>Maximum On Field Players</i>	8
28.	<i>Offside</i>	8
29.	<i>No Follow Through</i>	9
30.	<i>No Body Contact</i>	9
31.	<i>No Stick Contact</i>	9

32.	<i>Contact with the Goal Keeper</i>	9
33.	<i>Encroaching</i>	9
34.	<i>Unsportsmanlike Conduct</i>	9
35.	<i>One Player Each to a Loose Ball</i>	9

1. Age Group

All players must be under 12 years of age on 1st January of the year of competition.

2. The Game

Under-12 Lacrosse is a game played with soft-crosse sticks or a standard A.L.C. approved field Lacrosse stick and a Mod-crosse ball (a solid sponge rubber ball) and is a minimum contact team sport. The 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 except by the goalkeeper within the goal circle.

Under-12 Lacrosse is the first skill level in playing 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 8 players on the field at any one time. The 8 on-field players shall be designated as follows:

- Goalkeeper (1)
- Defence players (2)
- Midfield players (3)
- Attack players (2)
- Teams may have more than 16 players during home matches but finals will be limited to 16 players for each team.
- A minimum of 8 players on the field is allowed before an opposing team may claim a walkover.

Teams may consist of both boys and girls.

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

4. Game Duration

The duration of the game is 4, 10 minute quarters with a 3 minute break at the end of the first and third quarters and a 5 minute break at half time.

5. Equipment

The crosse / stick must be a Lacrosse Victoria approved Sof-crosse stick or a standard approved field lacrosse stick. The ball must be a Lacrosse Victoria approved Sof-crosse ball.

Mouthguards must be worn by all players

The goalkeeper should wear approved helmet, throat guard, gloves, chest pad and groin protector and the game should not start until the referee is satisfied that the goalkeeper is adequately protected. Other players may wear protective equipment. The goalkeeper only may use a regular goalkeeper's stick.

The length of a normal field stick in this grade must be between 0.91 metres and 1.07 metres (36 to 42 inches).

The goalie stick may be any desired length as in the senior rules, but common sense should prevail in consideration of the player's size.

6. Field of Play

The size of the normal field of play is 100 metres long and 55 metres wide. The goals are located 72 metres apart, 36 metres either side of the centre line and midway across the width of the field.

Field size is optional but 3/4 full size is the preferred minimum. Goals may be placed closer to the centre line if preferred but should not be less than 25 metres from the centre line.

Cone markers should be placed at the 4 corners of the field, at the points where the centre line crosses the side lines.

7. The Goals

The goal is a square frame of inside dimensions 1.8 metres x 1.8 metres placed vertically with pyramidal shaped netting attached to the rear of the frame and fastened to the ground.

8. Officials

The game shall be controlled by one or two referees (preferably two) who are encouraged to talk to the player's explaining any rule infringements and generally be positive about their efforts.

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. Approved Match Reports shall be used.

9. 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 loosing 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. Players must pass the ball before crossing the centre line. During play the ball may be carried across the centre line.

10. Possession Change After a 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 1 pass in its attack half of the field before a goal can be scored. Passes may be bounced, rolled or dropped and the count is to continue for as long as the opposition does not intercept or touch the ball. 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,
- The provision of Offside (rule 28) is to be observed during substitution.

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 Deflected 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 whose player is closest to the point where the ball crossed the boundary.

15. Congested OR Potentially Dangerous Play

Referees are to stop game if play becomes congested and to have a runoff 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 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 breaks or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run except for restart of play after a goal has been scored or the beginning of a quarter when only a pass may be used.

17. Advantage Play

If after an infringement in the offensive half of the field the non-offending team retains possession of the ball with the potential to score, the referee shall delay sounding the whistle until either:

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- 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.

The referee shall indicate that such an infringement has occurred by the dropping of a yellow flag. After the play has been completed and the whistle blown, the penalty for the infringement must be applied.

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 5 metres away. Play starts when the Referee drops the ball and blows the whistle. All other players must be at least 9 metres away.

19. Penalties

There are two types of penalties:

- Technical Fouls - Loss of possession or 30 seconds suspension from the game.
- Personal Fouls - Loss of possession and one (1) to three (3) minutes suspension from the game.

Any player who is suspended from the game is to spend the time in the penalty area adjacent to the Bench Officials area.

Any player who receives five or more minutes of personal fouls shall be suspended from the game for the remainder of the game.

20. Possession After 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 18 metres of the goal circle. Where an infringement has occurred within 18 metres of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 18 metres from the goal circle.

21. 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”, then blow the whistle).

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.

Count should be as follows: one thousand and one, one thousand and two, etc. Referees should adjust their count (counting quicker) to ensure that the player with the ball does not carry the ball for more than 18 metres.

Penalty: loss of possession

22. Drawback Pickup

The drawback is now permitted, however coaches are strongly encouraged to deter its use.

23. Hand Contact with the Ball

No player other than the goalkeeper inside the goal circle may touch the ball with the hand.

Penalty: possession to the non-offending team.

24. Hand Contact with the Ball – Goal Keeper

The goalkeeper may block or stop the ball with the hand but may not catch, hold or throw the ball.

Penalty: possession to the non-offending team.

25. Goal Circle Restriction

No player from the attacking team shall enter the goal circle when play is in their attack half.

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

(Note: A player will be deemed to have retained possession if he/she merely passes the ball into the sanctuary of the goal area and then retrieves it him/herself).

Penalty: Team not in possession - 30 seconds

Team in possession - loss of possession

26. Goal Keeping Restriction

Only one player at any one time shall act as a goalkeeper. All other defence players must be actively playing an opposition player and no defence player may act as a goalkeeper in addition to the designated goalkeeper.

Penalty: 30 seconds

27. Maximum On Field Players

Each team may have no more than eight (8) 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 not in possession - 30 seconds

Team in possession - loss of possession

28. Offside

Each team shall retain 3 players in the defensive half of the field and 2 players 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 - 30 seconds

Team in possession - loss of possession

29. 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

30. 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: one (1) minute.

31. 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: one (1) minute.

32. Contact with the Goal Keeper

No opposing player may contact the goalkeeper or the goalkeeper's crosse while the goalkeeper is within the goal circle, whether the goalkeeper has possession or not.

Penalty: 30 seconds.

33. 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: 30 seconds

34. Unsportsmanlike 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 Referee.

In addition, players are not allowed to threaten, frighten or intimidate other player by yelling or other means.

Penalty: one (1) to three (3) minutes (depending on the seriousness of the action).

35. One Player Each to a Loose Ball

When there is a loose ball only one player from each team is to contest the ball, this stops a pack of players forming and allows two players to battle for the ball, helps develop ground ball skills and keeps the flow of the game going.

If a third player enters the contest, it is up to the referee to keep reminding them only one player each and if a player or players continue to do so it is up to the referee's discretion to apply the penalty. If too many players from each team contest the ground ball at once and a pack does form then a RUN OFF (as described in Rule 18) shall take place.

Penalty: Loss of possession.