



# **RULES OF PLAY**

## **LACROSSE TOGETHER CUP**

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## 1. APPLICABLE AGE GROUPS

The rules within this document are to be used for all Lacrosse Together Cup competitions.

## 2. THE GAME

The Lacrosse Together Cup game is a non-contact team sport played with any standard field lacrosse sticks and a low compression tennis 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.

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 three (3) players on the field at any one time. With a recommended team size of 8 to 10 players. There are no offsides with all 3 team members playing offense & defence. Any member of the team can play goalie but only 1 player can occupy the "goalie" position at one time.

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 5 minutes for a total game time of 10minutes. 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 timekeeper's discretion 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 stick. The ball must be an LV approved low compression tennis ball.

**Mouthguards are recommended to be worn**

## **6. FIELD OF PLAY**

Field size is recommended to be between 30m x 20m, similar to that of a basketball court. Cone markers can be placed at the four corners of the field, although there is "soft" boundaries, which are called at the officials discretion.

The following markers should be provided:

Centre spot (which acts as the point where halves start) that can be marked with a disc or cones.

Goal Circle – 3 meters' radius that can be marked with cones.

## **7. BOUNDARIES**

The area of play is marked by cones. Play should be as continuous as possible. When the ball goes 'out of bounds' or is trapped (in fencing, for example), then the nearest player takes possession of the ball. Everyone else must be 1 metre away. And everyone must stand at least 1 metre from the boundary.

## **8. 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.

## **9. MATCH OFFICIALS**

There is to be a minimum of one (1) official per match, which can be a volunteer, coach, official, or any other qualified person.

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.

It is recommended that in games with one (1) official, the Official stands facing the benches in order to see interchange gate and coaches/teams.

## **10. INITIAL POSSESSION AND CHOICE OF ENDS**

Prior to the start of the game shall be decided by a game of rock, paper, scissors (RPS) between the two captains. The team winning RPS will have the choice of possession of the ball or the choice of ends and the team losing RPS 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 at the centre spot. Play will start on the whistle. Players are allowed to start in any area of the field. The starting player may pass or run with the ball from the centre spot.

## **11. 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 behind the goal, play commences once the player runs around the goals.

## **12. GOAL CREASE**

Only 1 player from the defensive team may physically enter the goal circle at any one time, no attacking player is allowed in the goal circle.

**Penalty:**      **Team not in possession if too many defenders are in the crease – advantage played to Team in possession.**  
**If none – Possession shall be taken back to the starting formation.**  
**Team in possession - loss of possession**

### 13. SUBSTITUTION

Unlimited 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).

### 14. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Officials are to stop the game if play becomes congested and are to toss the ball to an area of the field with no advantage to either team, 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.

### 15. ONE METRE CLEARANCE

No player may be within one (1) metre of an opposing player who has a free throw either as a result of a change in possession, restarting play after a break or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run.

### 16. 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 official 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 official 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.

### 17. BALL TOSS

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

Play restarts the ball is tossed to an area of the field with no advantage to either team.

## 18. 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
- Provide a verbal warning to a player.
- Send off a player that has displayed unacceptable behaviour. The player is to leave the field for the remainder of the game.

If a player is sent off, they will be required to meet with the Competition Supervisor to discuss the nature of the 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 close to goal, possession shall be taken back to the starting position, and play restarts on the whistle.

## 19. 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 close to the goals. Where an infringement has occurred within 5 metres of the goal, possession shall be taken back to the starting formation.

## 20. 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**

## 21. HAND CONTACT WITH THE BALL

No player may touch the ball with the hand.

**Penalty:            Possession to the non-offending team**

## 22. MAXIMUM ON FIELD PLAYERS

Each team may have no more than three (3) 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 – Possession shall be taken back to the starting formation, start on whistle**

## 23. 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 verbal warning or sending off.**

## 24. NO BODY CONTACT

There shall be no body contact although unavoidable contact is allowed at the discretion of the Official. 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 – Possession shall be taken back to the starting formation**  
**Team in possession - loss of possession**  
**Excessive force should be considered a personal foul and attract a verbal warning or sending off.**

## 25. NO STICK CONTACT

There shall be no stick contact although unavoidable contact is allowed at the discretion of the Official. The offending player shall be the player who initiates the contact.

**Penalty:**           **Team not in possession – advantage played to Team in possession. If none – Possession shall be taken back to the starting formation.**  
**Team in possession - loss of possession**  
**Excessive force should be considered a personal foul and attract a verbal warning or sending off.**

## 26. 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 or too close to the body or head.

**Penalty:**           **Team not in possession – advantage played to Team in possession.**  
**If no advantage – Possession shall be taken back to the starting formation.**

## 27. UNSPORTING-LIKE CONDUCT

No player, substitute, non-playing squad member, coach or anyone connected with a competing team shall act in an unsporting-like manner. The definition of unsporting-like conduct shall be left to the discretion of the Official.

In addition, players are not allowed to threaten, frighten or intimidate another player by yelling or other means, including foul or inappropriate language.

**Penalty:            Verbal warning or offending player sent off.**