



**LACROSSE  
VICTORIA**



**R U L E S   O F   P L A Y**  
**S C H O O L**  
**L A C R O S S E**

**R E V I S E D   O C T O B E R   2 0 2 3**



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## 1. APPLICABLE AGE GROUPS

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

## 2. THE GAME

Primary School lacrosse is a non-contact team sport played with Sof-Crosse sticks or 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.

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 four (4) players on the field at any one time. With a recommended team size of 8 to 10 players.

**Mixed/Boys Teams** may consist of all genders.

**Girls Teams** must consist only of students who identify as a girl.

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 6 minutes for a total game time of 12 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 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 a low compression tennis 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

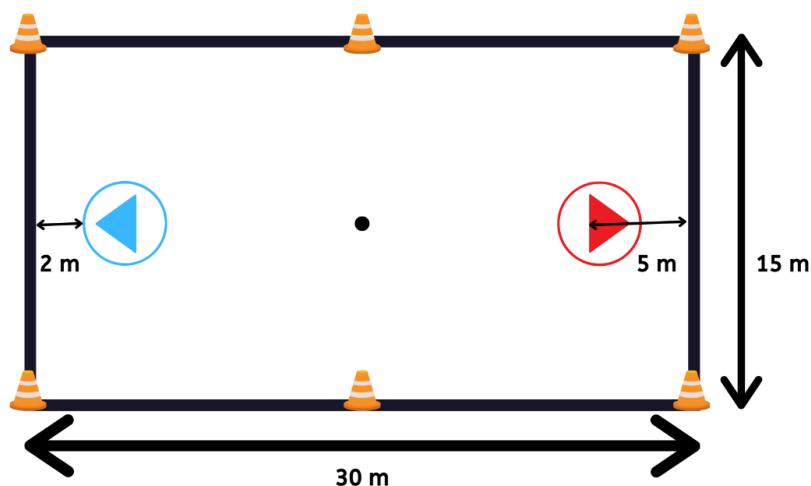
## 6. FIELD OF PLAY

Field size is recommended to be 30m x 15m, similar to a basketball court. Cone markers are placed at least at the four corners of the field and the centre line.

The following markers should be provided:

Centre spot or cross that can be marked with a flat dot, a painted x, or cones on each sideline.

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



## 7. NO BOUNDARIES

There are no boundaries. The field can be marked out with cones as a guide, but if the ball or a player goes outside the cones 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 inside the cones.

## 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, inside of the Goal Circle.

## 9. MATCH OFFICIALS

There is to be a minimum of one (1) official per match.

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 the Official stands facing the benches to see interchange and coaches/teachers.

## 10. INITIAL POSSESSION AND CHOICE OF ENDS

Prior to the start of the game, possession 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. Play will start on the whistle. Players are allowed to start in any area of the field. The starting player must pass the ball from the centre spot. The opposing player must be 3 metres away from the starting player.

## **11. POSSESSION CHANGE AFTER A GOAL SCORE**

After the scoring of a goal, possession of the ball will go to the team that was just scored against and shall be taken from the centre. Play commences once the player passes the ball. For example, blue team scores. Red teams takes possession at the centre.

## **12. 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).

## **13. CONGESTED OR POTENTIALLY DANGEROUS PLAY**

Referees 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.

## **14. 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, bringing a ball back into play from boundary, or a penalty. On the whistle the player with the ball may pass or run.

For the start of the game, restarting play after a halftime break, or restarting play after a goal has been scored, three (3) metres must be given to the centre player who has possession of the ball and must pass.

## **15. 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.

## 16. BALL TOSS

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.

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

## 17. 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. This will result in the team having 1 less player on the field during 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. All players must move 1 metre away from the player taking the penalty or free pass. If the infringement took place within 5 metres to goal, it is taken to the [goal line extended](#), 1 metre from the sideline. The offending player is required to stand 1 meter behind the player taking the Penalty and play restarts on the whistle.

## 18. 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**

## 19. 4 SECOND CARRY

A player may carry the ball for no more than 4 seconds. The count goes 1, 2, 3, 4, whistle.

### Penalty:

**Possession to the non-offending team.**

## **20. HAND CONTACT WITH THE BALL**

No player may touch the ball with the hand.

### **Penalty:**

**Possession to the non-offending team.**

## **21. MAXIMUM ON FIELD PLAYERS**

Each team may have no more than four (4) 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 protocols are applied (See section 17 - Penalties).**

## **22. NO GOAL CIRCLE ENTRY**

No players are allowed to enter the goal circle. If the ball stops in the goal circle but doesn't cross the goal line, one defender is allowed to enter the circle to retrieve the ball.

### **Penalty:**

**Team in possession - loss of possession**

**Team not in possession – advantage played to Team in possession. If none – Penalty protocols are applied (See section 17 - Penalties).**

## **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 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 protocols are applied (See section 17 – Penalties).**

**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 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 protocols are applied (See section 17 - Penalties)**

**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 none – Penalty protocols are applied (See section 17 - Penalties)**

## **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 Referee.

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

### **Penalty:**

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

## **28. ONE PLAYER FROM EACH TEAM TO A LOOSE BALL**

When there is a loose ball either on the ground or in the air, only one (1) player from each team is to contest the ball.

If a third (or more) player(s) enters the contest, it is up to the referee to keep reminding them only one player from each team 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 the ball is tossed to an area of the field with no advantage to either team.

### **Reasoning:**

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.

### **Penalty:**

**Loss of possession**