



**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   N O V E M B E R   2 0 2 5**



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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 always have 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.

All Gender/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

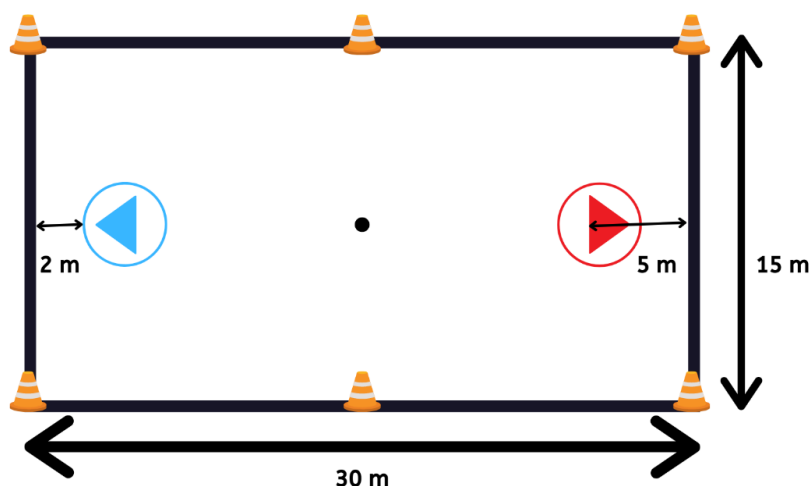
## 6. FIELD OF PLAY

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. SOFT BOUNDARIES

There are soft boundaries. The field is marked out with cones or lines as a guide, but the play should remain inside the marked area. If the ball or a player goes significantly outside the marked area or the ball is trapped (in fencing, for example), then the official should stop play and bring the players back into the marked area. The nearest player takes possession of the ball if no team has possession. Everyone else must be 1 metre away. And everyone must stand at least 1 metre inside the marked area. (A ball toss can be used if you can't determine who is closest to the ball.)

## 8. THE GOALS

The goals are recommended to be 1.2 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. 2 HANDS ON STICK**

At all times, there must be 2 hands on the stick to prevent dangerous swinging of the stick.

## **11. 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.

## **12. SCORE FROM ATTACKING HALF**

Players must only shoot from their attacking half. If a goal is shot from their defensive half, the goal will be disallowed. Opposing team will get the ball to the side of the goal circle.

## **13. 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 at the whistle and the player has 4 seconds to pass the ball from the centre. For example, blue team scores. Red teams takes possession at the centre.

## **14. 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 near the centre spot/cone of the field.

## **15. 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.

## **16. 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.

## 17. 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 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.

## 18. 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. Official to define two players. Play restarts when the ball is tossed to an area of the field with no advantage to either team.

## 19. 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 and the following game. The offense must be reported to the official competition scores table by the official.

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.

## 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. CARRY RULE**

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

### **Penalty:**

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

## **22. 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.

### **Reasoning:**

This stops a pack of players forming and allows two players to contest for the ball, helps develop ground ball skills and keeps the flow of the game going.

### **Penalty:**

**Loss of possession**

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

No player may touch the ball with the hand.

### **Penalty:**

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

## **24. 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 19 - Penalties).**

## **25. NO GOAL CIRCLE ENTRY**

No players or sticks 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 19 - Penalties).**

## **26. NO GOALTENDING**

There is no goalie in Primary school rules. If, to block a shot on goal, defenders fall back and line the circle, a free pass is awarded the team in possession.

### **Penalty:**

**Team not in possession – advantage played to Team in possession. If none – Penalty protocols are applied (See section 19 - Penalties).**

## **27. 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.**

## **28. NO DANGEROUS SHOTS**

A player in possession and shooting on goal shall not shoot through someone and hit someone with the ball.

**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.**

## **29. 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 – Penalty protocols are applied (See section 19 – Penalties).**

**Team in possession - loss of possession**

**Excessive force should be considered a personal foul and attract a verbal warning or sending off.**

## **30. 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 – Penalty protocols are applied (See section 19 - Penalties)**

**Team in possession - loss of possession**

**Excessive force should be considered a personal foul and attract a verbal warning or sending off.**

### 31. 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 19 - Penalties)**

### 32. ACCEPTABLE BEHAVIOUR AT SSV EVENTS

**Participation in school sport is an opportunity for all involved to demonstrate kind and supportive behaviour.** All participants have a responsibility for providing a safe, inclusive and enjoyable space for school sport.

By ensuring teachers, students and spectators are aware of the expectations around behaviour and code of conduct we will continue to ensure students have a positive and enjoyable school sport experience.

Racial, verbal or physical abuse experienced by anyone at an SSV event should always be reported and can be done either directly through your school, to the official at the LV event or directly to SSV.

[Codes of Conduct Full Policy \(ssv.vic.edu.au\)](http://ssv.vic.edu.au)

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### 33. UNSPORTING-LIKE CONDUCT

No player, substitute, non-playing squad member, coach, parent, spectator or anyone connected with a competing teams 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 other player by yelling or other means, including foul or inappropriate language.

**Penalty:**

**Verbal warning for a minor offense.**

**For a major or repetitive offense, the offending player is sent off. If a player is sent off, they must sit out the remainder of that game as well as the next game. The offense must be reported to the official competition scores table by the official.**

**If the offense is on a non-playing person, the game official must report them to the official competition scores table, and they may be asked to leave the venue by the official.**