



**LACROSSE
VICTORIA**

RULES OF PLAY
U12 GIRLS
FIELD LACROSSE

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1. AGE GROUP

All players must be under 12 years of age on the 1st of May of the year of competition. Eligibility exceptions to this will be in accordance with but not limited to the LV Junior Age Exemption Policy and LV Physical development and Maturation policies. Applications must be made in writing with all supporting documentation and submitted to LV for a final decision.

Age – Group	School Years	Oldest Birth Date	D.O.B Range
U12	5 & 6	01/05/2012	01/05/2012 – 30/04/2014

Age exemption policy

If a player is older than the typical range of their school year level, the player can apply to Lacrosse Victoria for an exemption based on their school year level. This would be capped at 12 months older than the standard oldest age.

If a player is younger than the typical range of their school year level, they can play in the older age bracket at their will.

[LV Junior Age Exemption Form](#)

2. THE GAME

Under 12 lacrosse is a minimum contact team sport played with standard women's field lacrosse sticks and a solid sponge rubber ball. The main objective of the game is to outscore the opposing team whilst providing all players with a fun and safe developmental lacrosse match experience. 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.

Note: The drawback is not permitted for Girl's competition and shall result in loss of possession

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.

3. TEAMS

A team consists of a maximum of six (6) players, on the field at any one time, one of which must be a properly equipped goalkeeper. Teams may consist of all genders. Players may be designated as follows with no set positions:

- Field Players (5) – No set positions
- Goalkeeper (1)
- Teams are recommended to have no more than 12 players to ensure all players have sufficient time on the field.

The opposing team can support a team with less than the minimum number of players by 'sharing' players if both coaches agree. In the spirit of junior development and participation, it is also recommended that the number of players from each team on the field at any one time be the same. Although this is not mandatory, it encourages an evenness of competition and fair play.

Any team with fewer than five (5) on field players, 5 minutes after the commencement time of the game shall forfeit the game as a walkover.

Each player will wear the teams uniform consisting of shirts or jumpers numbered front and back. Please refer to Lacrosse Victoria's Flexible Uniform Policy for further breakdown of the modifications allowed.

Teams may consist of all genders.

4. GAME DURATION & COMMENCEMENT

The duration of the game consists of four (4) periods of 10 minutes for a total game time of 40 minutes. There will be a three (3) minute break at the end of the first and third period and a five (5) minute break at the end of the second period (half time).

The game shall commence with a centre-draw between two players at the centre of the field to determine initial possession and will be administered at the start of each quarter. Players are not permitted to: use their hands to handle the ball or their opponents crosse, use their head to push their opponent away from the ball.

5. TEAM TIME-OUTS

Each team will be allowed two time-outs of 90 seconds each which may be used at any point during the game.

6. EQUIPMENT

Crosse

The Crosse must be a standard approved Women's Field Crosse.

Ball

The ball must be an LV approved solid soft-rubber sponge ball (pink mod-crosse ball)

Goalkeeper

The goalkeeper **must** wear the following:

- An approved lacrosse helmet with a throat guard,
- Gloves,
- Chest pad.

The game shall not start until the match official is satisfied that the goalkeeper is adequately equipped. The designated goalkeeper only may use a regular goalkeeper's Crosse or an approved field stick.

The goalkeepers Crosse used shall be in accordance with the senior rules, but common sense should prevail by having the crosse length appropriate for the player's size. Coaches to exercise common sense.

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

Mouthguard

MOUTHGUARDS MUST BE WORN BY ALL PLAYERS

Protective Eyewear

Approved protective eye guards (goggles) **MUST** be worn and additional protective headgear is permitted in accordance with LV requirements on their manufacture standards.

Jewellery

Players must not wear earrings, necklaces, bracelets, watches or soft jewellery on the field. Medical jewellery with information visible and rings must be taped securely to the player or removed. Flat hair clips are permitted. Small studs, earrings or piercings may be worn if taped over to cover them adequately to the satisfaction of the umpire before and during the game. This allowance is for piercings that may not be easily removed (such as surgically inserted), and they must be easily taped over to ensure they are covered.

Uniform – Flexible Policy

Wherever possible our clubs will consider flexibility in uniforms to encourage the participation of all genders.

This may include, but is not restricted to:

- Less restrictive, body-hugging attire
- The wearing of traditional head scarf or turban
- The wearing of leggings or tracksuits to cover legs
- The wearing of long sleeve top to cover arms
- The wearing of shorts in replacement of skirts

It is a requirement that headscarves be tied but are not to be fastened with any pins or sharp objects. Colours of headscarves or other garments must be black or in accordance with or resemble the official colours of Lacrosse Victoria or the member's Club.

[LV Flexible Uniform Policy](#)

7. FIELD OF PLAY

Field size should be roughly 60 x 40 metres with full size goals. Cone markers should be placed at the 4 corners of the field and at the points where the centreline crosses the sidelines.

The following markings must be provided:

- Goal Circle – 3 metre diameter, can be marked with flat discs
- Goal Line – 6 metres from end boundary line
- Centre circle – 4-metre diameter or a line on the side to indicate the centre of the pitch.
- Hash marks (rubber dots/small discs) at 11 meters at both sides of extended goal line

8. 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 securely fastened to the ground.

9. MATCH OFFICIALS

There is to be at least one (1) official, provided by the home team. The official is 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, monitor time penalties and record scores) shall be located at the side of the field at the centre line. LV approved 'Match Reports' shall be used.

10. FAIR PLAY RULE

When one team has a lead of 5 or more goals and a goal is scored by either team, the play will restart with the losing team in possession at the centre and the leading team's players starting behind their defensive half line in a 'D-Formation', employing a team defence structure rather than an attacking defence structure. Play commences on the whistle and the player with the ball may run or pass the ball in any direction. Once a pass has been made or the attacking team has crossed the defensive team's half the ball becomes 'free', meaning the defensive team can move freely.

Quarters will begin with a centre draw in line with regular rules irrespective of the score differential.

11. CHOICE OF ENDS AND INITIAL POSSESSION

Captains of each respective teams are to flip a coin or crosse to determine the choice of ends, with the winner of the flip to elect their preference.

Initial possession will be determined by a centre-draw at the beginning of each quarter, as stated in rule 4. Players are not restricted to their defensive half and are permitted to match up against an opponent in the lead up to the centre-draw.

12. 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 at the halfway point of the field. Play commences on the whistle and the player with the ball may run or pass in any direction.

13. 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,

14. 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.

15. 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 official), regardless of whether the ball has been touched by any player, will be awarded to the team with the nearest inbounds player to the point where the ball crossed the boundary.

16. CONGESTED OR POTENTIALLY DANGEROUS PLAY

Officials are to stop the game if play becomes congested and to have a 'throw/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.

17. NO UP-CHECK

No player shall swing their crosse in an upward motion in an attempt to dislodge to the ball. This will be considered a dangerous play and is to be discouraged by the official. Repetition of this action will result in a 'free throw' against the offending player.

18. 1 v 1 TO A LOOSE BALL

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

If a third player enters the contest, it is up to the official to keep reminding them only one player each and if a player or players continue to do so it is up to the official'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 20) shall take place.

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

19. THREE METRE CLEARANCE

No player may be within three (3) 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, a centre draw 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.

20. ADVANTAGE PLAY – SLOW WHISTLE TECHNIQUE

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:

- 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.

Note: it is important to acknowledge to the player infringing that the umpire saw the foul and called advantage. No yellow flag is used.

21. RUNOFF

Used for restarting play after stoppage where no clear possession can be determined by the official, e.g. after a goal shot and two opponents dead heat to the boundary, multiple players are contesting a loose ball or if the ball is mired in mud etc.

Two opposing players stand side by side with their sticks and feet 1m apart. Each player stands nearer the goal they are defending. The Umpire stands 6-8m from the players and tosses the ball in a short arc towards the players so they can catch or play the ball

as they move forward. If the throw is inaccurate or both players miss the ball, the throw is repeated. All other players must be at least 3 metres away

22. PENALTIES

Penalties are only intended to be issued where reckless or intentional behaviour endangers the safety of other players.

- Minor fouls incur a loss of possession and
- Major fouls incur a loss of possession + 5m behind

A player receiving yellow/red cards or a straight red card must:

- Leave the field of play. Player may remain in their team bench area.
- The team must play with one less player below/goal side of the restraining lines for five (5) minutes for the yellow/red cards and 10 minutes for a straight red card.
- Once play resumes, any eligible player may substitute as long as the offending team plays with one less player on the field for the duration of the five (5) or 10 minute penalty.

23. HAND CONTACT WITH THE BALL

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

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

Penalty: Possession to the non-offending team.

24. GOAL CIRCLE RESTRICTION

No player from the attacking team shall enter the goal circle when play is in their attack half. Players may reach into the goal circle with their stick to play the ball, as long as they do not interfere with the Goalkeeper, or the Goalkeeper's stick. If the ball becomes trapped or is unreachable in the goal circle, the official will award the ball outside the goal circle to the team defending the goal, for a free pass.

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 they merely pass the ball into the sanctuary of the goal area and then retrieves it him/herself).

Penalty: possession to the non-offending team – on the 11-metre goal line hash (All players that enter the goal circle are to be removed immediately)

25. GOAL TENDING

NO player may stand in front of the goal unless they are actively defending another player. That is, no player(s) can create a 'wall' in front of goal unless their opposition are also standing in front of the goal.

Penalty: Player(s) goal tending to be removed and placed 4 meters beside player in possession who is placed on the 11-metre goal line hash.

26. MAXIMUM ON FIELD PLAYERS

Each team may have no more than six (6), including the goalkeeper, 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 – Player removed immediately

Team in possession – Loss of possession & player removed immediately.

27. OFFSIDE

No official offside rule. However, a team's goalkeeper must always remain in their own half.

Penalty: Team not in possession – 30 seconds

Team in possession – loss of possession

28. 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.

29. NO BODY CONTACT

There shall be no body contact although unavoidable contact is allowed at the discretion of the Umpire. The offending player shall be the player who initiates the contact by movement into another player.

Penalty: Team not in possession – Offending player to be removed and placed 4 metres beside player in possession

Team in possession – loss of possession

30. STICK CONTACT

Checking below the shoulder is permitted but must be completely controlled and executed with two hands on the stick.

An aggressive or uncontrolled check is illegal play whether it makes contact or not. A player must be in possession of the ball to be checked. i.e., No pre-checking

Poke checks are not permitted and the stick may not slide through the hands when executing a check.

A player must be in possession of the ball to be checked (i.e no pre-checks).

Officials are encouraged to be proactive in ensuring that stick checks are legal and do not escalate in nature. Checks that start from above the head are likely to be illegal, and at this age group should receive appropriate punishment.

Penalty: The non – offending team retains possession of the ball where the infringement happened. The offending player is placed 4 metres behind restart of play.

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.

Penalty: Offending player placed 4 metres behind restart of play.

32. WITHOLDING THE BALL

No player is allowed to block/guard/cover the ball with either his or her body or stick. They are also not allowed to kick the ball at any time.

Penalty: Loss of possession

33. 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 in accordance with LV's Code of Conduct with the decision left to the discretion of the Umpire.

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

Penalty: 1 – 3 minutes on the sideline

34. ONE COACH ALLOWED ON THE FIELD DURING PLAY

As under 12 lacrosse is about participation and education in the basics of the sport, each team will be permitted to have one coach at a time enter the field of play for the purposes of education. They shall not “generally coach their team” while on the field, rather they are permitted to assist the development of individuals on specific aspects of the game. An example may be to encourage a player to go straight through for the ball rather than drawback. At all times coaches must remain out of the play and must remove themselves from the field of play and retire to the coaches walk immediately if asked to do so by a referee.

35. ALL OTHER RULES

All other rules are the same as those applicable to senior lacrosse. Please refer to the rulebook.