



**LACROSSE  
VICTORIA**

RULES OF PLAY  
U14 GIRLS  
FIELD LACROSSE

REVISED MARCH 2024

Level 2, Sports House, 375 Albert Rd  
Albert Park, VIC 3206  
p 03 9682 3300  
f 03 9681 6749  
e [office@lacrossevictoria.com.au](mailto:office@lacrossevictoria.com.au)  
[lacrossevictoria.com.au](http://lacrossevictoria.com.au)  
ABN 31 876 640 323



# TABLE OF CONTENTS

|     |   |   |
|-----|---|---|
| 1.  | AGE GROUP .....                               | 3 |
| 2.  | TEAMS .....                                   | 3 |
| 3.  | GAME DURATION.....                            | 3 |
| 4.  | TEAM TIME OUTS.....                           | 4 |
| 5.  | TIED GAME.....                                | 4 |
| 6.  | EQUIPMENT.....                                | 4 |
| 7.  | MATCH OFFICIALS .....                         | 5 |
| 8.  | START AND RESTART THE GAME.....               | 5 |
| 9.  | CONGESTED OR POTENTIALLY DANGEROUS PLAY ..... | 5 |
| 10. | FAIR PLAY RULE... ..                          | 5 |
| 11. | OFFSIDE (RESTRAINING LINE RULES) .....        | 5 |
| 12. | STICK CHECKING.....                           | 5 |
| 13. | ENCROACHING.....                              | 6 |
| 14. | UNSPORTING-LIKE CONDUCT.....                  | 6 |
| 15. | FREE SPACE.....                               | 6 |
| 16. | PENALTIES .....                               | 6 |
| 17. | SELF-START RULE.....                          | 6 |
| 18. | ALL OTHER RULES.....                          | 6 |

## 1. AGE GROUP

All players must be under 14 years of age on the 1<sup>st</sup> of May of the year of competition. Eligibility exceptions to this will be in accordance with the Competition Rules and the LV Junior Age Exemption Policy. 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             |
|-----------|--------------|-------------------|-------------------------|
| U14       | 7 & 8        | 01/05/2010        | 01/05/2010 – 30/04/2012 |

### *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. TEAMS

A team may consist of up to 16 players with no fewer than eight (8) and no greater than ten (10) players on the field at any one time, one of which must be a properly equipped goalkeeper (refer to rule 6). Players may be designated as follows:

- Defence players (3)
- Midfield players (3)
- Attack players (3)
- Goalkeeper (1)

Teams may have more than 16 players during home and away matches but in finals will be limited to 16 players for each team.

Any team with fewer than eight (8) on field players 5 minutes after the commencement time of the game shall forfeit the game as a walkover.

A team with less than the minimum number of players can be supported by the opposing team '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.

Each player will wear the teams' uniform, noting modifications permitted by the [LV Flexible Uniform Policy](#) consisting of shirts or jumpers numbered front and back, shorts/skirt and socks. The goalkeeper may wear tracksuit pants. Please refer to Lacrosse Victoria's Flexible Uniform Policy (add link when ready) for further breakdown of the modifications allowed.

## 3. GAME DURATION

The duration of the game consists of four (4) periods of 12 minutes for a total game time of 48 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 end of the second period (half time).

There will be no stopped clock, including during finals, except for timeouts.

#### 4. TEAM TIME OUTS

Each team will be allowed two time-outs of 90 seconds each which may be used across the four (4) periods. Time outs during sudden victory play in finals will be allowed in compliance with the senior rules.

#### 5. TIED GAME

Sudden victory procedures do not apply for regular competition matches but do apply in any finals match.

#### 6. EQUIPMENT

##### ***Crosse***

The Crosse must be a standard approved women's field Crosse.

##### ***Ball***

The ball used will be a standard solid rubber women's field ball.

##### ***Mouthguard***

#### **MOUTHGUARDS MUST BE WORN BY ALL PLAYERS**

##### ***Protective Eyewear***

Approved protective eye guards (goggles) **MUST** be worn by all players except for the goalkeeper and protective headgear is permitted. Any eye guards or headgear worn must be 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.

##### ***Goalkeeper***

The goalkeeper **must** wear the following:

An approved helmet with a throat guard, gloves and chest pad. The game shall not start until the match official is satisfied that the goalkeeper is adequately protected. 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.

##### ***Uniform - Flexible Policy***

Wherever possible our clubs will consider flexibility in uniforms to encourage the participation 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. MATCH OFFICIALS**

Two umpires who are encouraged to talk to the player's explaining any rule infringements and generally, be positive about their efforts shall control the game.

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. LV approved 'Match Reports' shall be used.

## **8. START AND RESTART THE GAME**

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 ends which shall alternate for the remaining quarters. The game is started with a Draw as detailed in the senior rules.

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

Umpires are to stop game if play becomes congested and to have a 'throw' 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.

## **10. FAIR PLAY RULE**

To increase evenness and improve developmental opportunities for both teams, a fair play rule will be enforced.

When one team has a lead of 7 or more goals there will be no centre draw after a goal is scored. After 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 restraining line. Play commences on the whistle and the player with the ball may run or pass in any direction. Once a pass is made or the offensive team has crossed the defensive team's restraining line, the ball is then 'free' and defensive players are able to match up against their opposing players.

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

## **11. OFFSIDE (RESTRAINING LINE RULES)**

Each team shall retain four (4) players including the goalkeeper in the defensive half, behind the restraining line, of the field at all times to remain onside. Possession will be awarded as per the penalties in rule 19 of the women's rulebook.

## **12. STICK CHECKING**

Stick checking is permitted in accordance with senior Women's rules but must note the safety guidance below.

Must be executed with the motion of the check beginning between the shoulder and hips and make legal contact with the oppositions stick. Checking must be completely controlled and with two hands on the stick. An aggressive 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-checks).

### 13. 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:** Possession to the non-offending team with the offending player moved 4 metres behind the player in possession

### 14. 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:** Expulsion from the game. (reporting to the association may also be undertaken)

### 15. PENALTIES

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 cars 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 one the field for the duration of the five (5) or 10-minute penalty.

### 16. FREE SPACE

The senior free space to goal rule applies with the following addition:

- i. Only one (1) defending player may mark the same player in the free space area, the ball carrier can be doubled but that double cannot come from within that free space area. (i.e. must already be marking the attacker when the attacker enters the free space area or come in from the side or behind)

### 17. SELF-START RULE

This senior rule does not apply in this grade.

### 18. ALL OTHER RULES

#### Gender Dispensation Permit

If a junior wants to play in a gendered competition that does not align with their gender identity this permit must be completed and submitted to LV for approval by a parent/guardian. Participation shall be allowed provided they are eligible under Rule 11.8 of the [LV Competition Rules](#) and have an approved permit from LV prior to the commencement of the game.

[LV Gender Dispensation Form](#)

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