



**LACROSSE
VICTORIA**

RULES OF PLAY
U12 BOYS
FIELD LACROSSE

REVISED MARCH 2026

TABLE OF CONTENTS

| | | |
|-----|---|----|
| 1. | Age group | 4 |
| 2. | The game | 4 |
| 3. | Teams | 5 |
| 4. | Game duration and commencement | 5 |
| 5. | Team time-outs..... | 5 |
| 6. | Equipment | 5 |
| 7. | Field of Play | 7 |
| 8. | The goals | 7 |
| 9. | Match officials..... | 7 |
| 10. | Fair Play Rule – 5 goal difference | 7 |
| 11. | Initial possession and choice of ends | 8 |
| 12. | Possession change after a goal score | 8 |
| 13. | Substitution | 8 |
| 14. | Ball out of Bounds – general play | 8 |
| 15. | Ball out of bounds – goal shot or deflected goal shot | 8 |
| 16. | Congested or potentially dangerous play..... | 8 |
| 17. | 1 v 1 to a loose ball..... | 8 |
| 18. | Three metre clearance..... | 9 |
| 19. | Advantage play | 9 |
| 20. | Runoff | 9 |
| 21. | Penalties..... | 9 |
| 22. | Possession after a penalty | 10 |
| 23. | Drawback pickup..... | 10 |
| 24. | Hand contact with the ball..... | 10 |
| 25. | Hand contact with the ball – goalkeeper | 10 |
| 26. | Goal circle restriction..... | 10 |
| 27. | Goal keeping restriction..... | 11 |
| 28. | Maximum on field players | 11 |
| 29. | Offside..... | 11 |
| 30. | No follow through | 11 |
| 31. | Body contact..... | 11 |

| | | |
|------------|---|-----------|
| 32. | Stick contact | 12 |
| 33. | Cross Checking..... | 12 |
| 34. | Contact with the goalkeeper..... | 12 |
| 35. | Unsporting-like conduct | 12 |
| 36. | One coach allowed on the field during play | 13 |
| 37. | All other Rules | 13 |

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 | 01/05/2014 | 01/05/2014 – 30/04/2016 |

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.

[Age Exemption Permit Form](#)

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.

2. THE GAME

Under-12 lacrosse is a minimum contact team sport played with Sof-Crosse sticks or standard 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 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:

- Trapping the ball
- Batting the ball
- Over guarding

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. The 6 on-field players shall be designated as follows with no set positions:

- Goalkeeper (1)
- Field players (5) – No set positions

Teams are recommended to have no more than 12 players to ensure all players have sufficient time on field.

In the spirit of junior development and participation;

- If both coaches agree, one team can support their opposing team with less than the minimum number of players by 'sharing' players
- 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. All players may wear tracksuit pants. 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).

Each quarter shall commence with a face-off between two players at the centre of the field. Players are permitted to match up against an opponent and are not confined to their defensive half.

During the face-off players are not permitted to:

- Use their hands to handle the ball or their opponents crosse;
- Use their helmet 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 an approved Sof-crosse stick or a standard approved Men's or Women's field lacrosse crosse.

The length of a normal field Crosse in this grade must be between 0.91 and 1.07 metres (36 to 42 inches). Coaches are to exercise common sense.

No Long poles are permitted.

Ball

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

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 official 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.

Field Players

Boys should wear a protective box/cup.

All players must wear the following protective equipment:

- Protective Lacrosse helmet equipped with a face mask and a chin strap,
- Gloves,
- Mouthguard.

Goalkeeper

The goalkeeper must wear the following:

- An approved lacrosse helmet with a throat guard,
- Gloves,
- Chest pad,
- Box/cup,
- Mouthguard.

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

The goalkeepers Crosse used shall be in accordance with the senior rules. Coaches are to exercise common sense 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 of all genders and religions.

Safety and common sense should prevail with this flexibility and players must still wear the correct protective equipment.

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.

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 metres 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 per match, 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, 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.

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 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 faceoff 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 crosse to determine the choice of ends, with the winner of the flip to elect their preference.

Initial possession will be determined by a face-off 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 face-off.

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' between two opponents, i.e. keep the game flowing. Chopping, trapping the ball, battering the ball and wild hockey hits and other negative actions are to be discouraged and repetition penalised.

17. 1V1 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 RUNOFF (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.

18. 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 face off after a quarter break or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run.

19. 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 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.

The official shall indicate that such an infringement has occurred by the dropping of a yellow flag.

After the play has been completed and the whistle blown, the penalty for the infringement must be applied.

20. 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 or scrimmage, multiple players are contesting a loose 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 Official 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.

21. PENALTIES

Possession to the offended team is the preferred corrective measure. However, reckless or intentionally dangerous play should result in a more serious penalty.

Due to the lack of padding in u12 play, slashes and crosschecks are to be considered dangerous play.

There are two types of penalties:

- Technical Fouls - Loss of possession or 30 seconds suspension from the game.
- Personal Fouls - Loss of possession and one (1) to three (3) minutes suspension from the game.

When a Technical Foul has occurred the player responsible will move 5 metres away (to the non-goal side) from the opposition who has been awarded the ball.

Any player who incurs a Personal Foul is to spend the penalty time in an area adjacent to the Bench Officials.

Any player who receives five (5) Personal Fouls shall be suspended from the game for the remainder of the game.

22. POSSESSION AFTER A PENALTY

When a penalty is awarded, the non-offending team shall take possession where the infringement occurred, except within 11 metres of the goal circle. Where an infringement has occurred within 11 metres of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 11 metres from the goal circle.

23. DRAWBACK PICKUP

The drawback is permitted. 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.

24. HAND CONTACT WITH THE BALL

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

Penalty: possession to the non-offending team.

25. HAND CONTACT WITH THE BALL – GOALKEEPER

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

Penalty: possession to the non-offending team.

26. 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 of 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 passes the ball into the sanctuary of the goal area and then retrieves it themselves).

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)

27. GOAL KEEPING RESTRICTION

Only one player at any one time shall act as a goalkeeper. All other defence players must be actively playing an opposition player and no defence player may act as a goalkeeper in addition to the designated goalkeeper.

Goalkeepers within the goal circle are allowed 10 seconds of possession, in order to clear the ball.

As per senior rules, checking the goalie within the goal circle is considered a Technical Penalty for interference, and players should be warned to not interfere with a clearing goalkeeper.

Penalty: 30 seconds Technical Penalty

28. MAXIMUM ON FIELD PLAYERS

Each team may have no more than six (6) players, including the goalkeeper, 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.**

29. OFFSIDE

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

Penalty: Team in possession – loss of possession

30. 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 at least a one (1) minute penalty.**

31. BODY CONTACT

Body contact is permitted but limited to only equal or opposite pressure from the front or side, above the hip or below the neck, only when the opposing player is in possession of the ball. Any excessive force, avoidable, late or unnecessary body contact, either with or without the ball is to be penalised.

A check delivered with the gloved hand/hands delivered with a punching, thrusting or jarring blow is illegal.

For the sake of this rule, 'possession' shall be interpreted as being in the carrying position. Jostling for a loose ball and boxing out on ground ball is also permitted.

Penalty: Team not in possession – 30 seconds

Team in possession – loss of possession and 30 seconds
Excessive force should be considered a Personal Foul and attract at least a one (1) minute penalty.

32. STICK CONTACT

Tap checks are allowed to dislodge the ball but must also be completely controlled with 2 hands on the stick. A player must show clear intent to dislodge the ball only.

Stick checks are permitted but must be controlled with 2 hands, in a vertical motion with the head of the stick contacting the opponents head of the stick.

Poke checks or Prechecking are not permitted, and the stick may not slide through the hands on a check.

An aggressive or uncontrolled check is illegal regardless of whether it makes contact or not.

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: 30 seconds Technical Foul

At the discretion of the official, unnecessary force will be considered a Personal Foul and attract at least a one (1) minute penalty.

33. CROSS CHECKING

Using the shaft of the crosse located between the hands is illegal. A check delivered with a punching, jarring or thrusting motion should be considered as Cross Check.

Penalty: One (1) minute Personal Foul

34. CONTACT WITH THE GOALKEEPER

No opposing player may contact the goalkeeper or the goalkeeper's Crosse while the goalkeeper is within the goal circle, whether the goalkeeper has possession or not.

Penalty: Team not in possession – 30 seconds

Team in possession – loss of possession and 30 seconds

Excessive force should be considered a personal foul and attract a one (1) minute penalty.

35. 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 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: One (1) to three (3) minutes Personal Foul
(Depending on the seriousness of the action).
OR
Expulsion from the game.
(Reporting to the association may also be undertaken)**

36. 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 an official.

37. ALL OTHER RULES

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