



**LACROSSE
VICTORIA**

RULES OF PLAY

U14 BOYS

FIELD LACROSSE

REVISED FEBRUARY 2026

TABLE OF CONTENTS

1. AGE GROUP	3
2. TEAMS	3
3. GAME DURATION.....	4
4. TEAM TIME-OUTS.....	4
5. TIED GAME	4
6. EQUIPMENT	4
7. BODY CHECKING.....	5
8. STICK CHECKING	5
9. FAIR PLAY RULE	5
10. PRE-CHECKING.....	6
11. GLOVED HAND/S CHECK TO THE BODY	6
12. OFFSIDE	6
13. PENALTIES	6
14. UNPORTING-LIKE CONDUCT	6
15. ALL OTHER RULES.....	6

1. AGE GROUP

All players must be under 14 years of age on the 1st 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	01/05/2012	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. TEAMS

A team consists of up to 16 players with a maximum of ten (10) players on the field at any one time, one of which must be a properly equipped goalkeeper (refer to rule 6).

The ten (10) on-field players shall be designated as follows:

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

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 same. Although this is not mandatory, it encourages an evenness of competition and fair play.

Notes:

- A maximum of 3 long poles on the field per team is permitted but they must start in defence (i.e. no long stick midfielders on centre draws).
- Long poles can be shortened if required in accordance with World Lacrosse rules of length between 132.08cm and 182.88cm.

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).

No stop clock is to be applied during any period of play except for time-outs, including finals.

4. 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. No time-outs are permitted during sudden victory play in finals.

5. TIED GAME

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

6. EQUIPMENT

Crosse

Players are to use short sticks between the length of 101.6cm – 106.68 or a maximum of three (3) long poles between 132.08cm and 182.88cm. No LSM are permitted. A player cannot use sticks between the lengths of 106.7cm – 132cm.

The goal keeping stick used shall be in accordance with the senior rules, but common sense should prevail by having the stick length appropriate for the player's size.

Ball

The ball used will be an approved standard white lacrosse 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 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.

All players **must** wear the following protective equipment:

- Protective Lacrosse helmet equipped with a face mask and a chin strap
- Gloves
- Mouthguard
- Elbow Pads
- Protective box/cup

The goalkeeper **must** wear the following additional protective equipment:

- Throat guard (attached to the face guard of the helmet)
- Chest protector
- Protective box/cup
- Mouthguard

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

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. BODY CHECKING

A player may **ONLY** body check an opponent who is **IN POSSESSION** of the ball and the body check must be from the front or side, above the hip and below the neck.

Incidental contact, with equal pressure, while jostling for a loose ball and boxing out on ground ball is permitted.

Any excessive, avoidable, late or unnecessary body contact is to be penalised.

For the sake of this rule, 'possession' shall be interpreted as being in the carrying position.

Penalty: Personal Foul - one (1) to three (3) minutes depending on severity

8. STICK CHECKING

A player may stick check the gloved hand of opponent, but excessive force is not permitted. Excessive force or uncontrolled stick checks are illegal, irrespective of whether contact is made with opposing player or not.

All stick checking must be applied with two gloved hands holding the stick.

For poke checks, the crosse is permitted to slide through the front hand but both hands must remain on the stick.

Penalty: Personal Foul

9. 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 10 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 faceoff in line with regular rules irrespective of the score differential.

* The losing team has a choice to accept or deny implementing the Fair Play Rule during the match.

10. PRE-CHECKING

Pre – checking is permitted in a loose ball OR catching situation. Excessive force or uncontrolled contact is a foul even if contact is made or if no contact is made.

11. GLOVED HAND/S CHECK TO THE BODY

A check delivered with the gloved hand/hands on the crosse may not be delivered with a punching blow. (Refer to rule 74 of the FIL Men's Field Rulebook)

Penalty: Personal foul – one (1) to three (3) minutes depending on severity

12. OFFSIDE

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.

**Penalty: In possession - Loss of possession
Not in Possession – 30 second**

13. PENALTIES

There are two types of penalties:

Technical Fouls - The penalty is 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, depending upon official's assessment of the severity or intention of the foul.

Any player who is suspended from the game is to spend the time in the penalty area adjacent to the Bench Officials area.

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

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: one (1) to three (3) minutes (depending on the seriousness of the action).

OR

Expulsion from the game (Reporting to the association may also be undertaken)

15. 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.