



RULES OF PLAY

U18 BOYS

FIELD LACROSSE

REVISED MARCH 2023

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1. AGE GROUP

All players must be under 18 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 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	Birth Range
U18	11 & 12	01/05/2005	01/05/2005 – 20/04/2007

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 a maximum of ten (10) players on the field at any one time. The ten (10) on-field players shall 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 same. Although this is not mandatory, it encourages an evenness of competition and fair play.

3. GAME DURATION

The duration of the game will be a maximum of 60 minutes, consisting of four (4) periods of 15 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).

Stop clock is to be applied for the last 30 seconds of each quarter, 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. 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

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

- Protective 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 of the helmet)
- Chest protector
- Protective box/cup
- Mouthguard

The game shall not start until the match official is satisfied that the goalkeeper is adequately protected.

The stick and its' length used by all players shall be in accordance with senior rules.

The goal keeping stick used shall be in accordance with the senior rules.

Crosse

The crosse must be a standard approved field crosse.

Ball

The ball used will be a standard approved 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.

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. 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 centre draw in line with regular rules irrespective of the score differential.

8. 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.