



PO Box 246, West Beach SA 5024

Barratt Reserve, Military Road, West Beach

Phone: (08) 8355 3350

Fax: (08) 8355 3360

Email: office@lacrossesa.com.au

Website: www.lacrossesa.com.au

ABN: 71 066 138 361

U15 GIRLS COMPETITION RULES

TABLE OF CONTENTS

1.1	Philosophy.....	3
1.2	Enjoy the game and play fairly!.....	3
1.3	Learning the game & improving.....	3
1.4	Member Protection Policy.....	3
1.5	Game Structure.....	3
2.	Playing Rules & Guidance.....	4
2.1	Free Movement.....	4
2.2	Centre Draw.....	5
2.3	Covering the ball.....	5
2.4	Handling the ball.....	5
2.5	Pre-checking.....	5
2.6	Holding the stick.....	5
2.7	Warding off.....	5
2.8	Offside.....	5
2.9	3 second fan violation.....	6
2.10	Stick checking.....	6
2.11	Illegal contact.....	6
2.12	Follow-through.....	7
2.13	Dangerous propulsion.....	7
2.14	Obstructing Free space (shooting lane).....	7
2.15	Throw.....	7
2.16	Goal Circle & Goalie.....	7
2.17	Missed 'shot' on goal.....	8
2.18	Advantage flag.....	8
2.19	Time Penalties & Cards.....	8
3.1	Developing players through supportive umpiring & coaching.....	11

I.1 PHILOSOPHY

The aim of this competition event is to promote participation, enjoyment & improvement for all players regardless of their experience hours.

I.2 ENJOY THE GAME AND PLAY FAIRLY!

It is important for players to enjoy participating in Lacrosse and every effort must be made to create a safe and supportive environment. Fair play is an important part of this because it fosters positive relationships and an enjoyable atmosphere at the games.

Players must demonstrate fair play during games and all spectators, parents, officials & coaches are expected to model, encourage and acknowledge 'fair play' behaviours.

Some examples of fair play are:

- Shaking hands after the game and thanking opponents, umpires and helpers.
- Treat others as you like to be treated & show respect to self, the game and other participants.
- Cooperating with your coach, team-mates, opponents and the official.
- Understanding the 'score-line margin rule' – what it is and why it exists.

I.3 LEARNING THE GAME & IMPROVING

Coaches and officials have a key role in helping players to learn the game and apply the new concepts and rules associated with u15 game. The officials & coach must be patient and positive as they 'explain and show' the new rules and concepts at this level.

Special consideration must be given to new players who have low experience hours in the game in order to promote their improvement and enjoyment of the game.

Remember:

- Encourage all players to 'do their best'.
- Effort and persistence is required to improve.
- Players are likely to make mistakes as they try new things.
- Make sure each player has fair opportunity to play (especially the new players). This will help them to feel a part of the team and allow them to improve.

I.4 MEMBER PROTECTION POLICY

(www.lacrossesa.com.au)

Lacrosse SA -Member Protection Policy outlines the obligations of all persons involved with the sport to act ethically & responsibly to maintain a safe and inclusive environment. The policy supports inclusion, respectful relationships, safety and child protection. All players, referees, coaches, officials and spectators are expected to demonstrate respect for the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Abuse, sledging or bullying of any persons involved in the game is unacceptable.

- Always act with care!
- Show respect to all people involved with the sport and to the game.
- Resolve differences in a calm & civil manner.

I.5 GAME STRUCTURE

START TIME

10.30am finished by 11.25am. A prompt start essential. Adjust the half time break (if running behind time).

DURATION

2 x 20 min halves with 5 min break. Running clock.

PLAYING AREA & GOALS

Various Fields with large goals.

TIME OUTS

Each team is permitted one time (90 sec) out per half when the team has possession or after a goal. The running clock is stopped for time outs.

Start of the game/half. The team captains will toss a stick to determine which direction they will shoot. The play will start with a centre draw.

EQUIPMENT & UNIFORM

Ball: Regulation hard ball.

STICK

Women's sticks between 90-110 cm length (with the exception of the goalkeeper 90-135 cm). The combined height of the sidewall and the depth of the pocket (containing ball) must not exceed the diameter of the ball. Umpires will check all sticks prior to starting the game. Sticks will not be checked after a goal is scored unless specifically requested by the umpire or player (FIL p64).

GOAL KEEPER

The goal keeper must wear a chest pad, helmet & throat protector, gloves. Leg and shin pads, mouth-guard are optional.

Players: Are permitted to wear a helmet (optional). If not wearing a helmet, eye protection (goggles) & mouthguard (properly fitted and worn) are mandated.

UNIFORM

Each player will wear a team uniform consisting of shirts with numbers (front & back), shorts or skirt.

NUMBER OF PLAYERS

10 players per side. A team cannot play for points with less than 8 players.

The aim is to promote participation so equalisation of on field numbers is mandatory during the minor rounds only and not during finals.

Division 2: may be played with 8/side.

Substitution: Players may substitute at any time through the designated area. Player coming off must leave the field before player entering.

Illegal substitution: If ball is free – possession.

If the attack have possession and attacker infringes: consequence = loss of possession. If defender infringes = 30 sec technical.

This document provides an overview of the rules for

Lacrosse SA (variations). For other detail/ specifics of the rules refer to FIL Official Rules Handbook.

2. PLAYING RULES & GUIDANCE

Possession on Rule infringements are generally taken at the point of the rule breach except

- Within the 11m –possession is taken out to the 15m relative to the point of infringement.
- Goal Circle specifics (refer to point 16)
- For Time penalties (1 min & 30 sec technical refer to point 19)

2.1 FREE MOVEMENT

All players may continue to move after a whistle has been blown for any stoppage of play. Players must be 4 m away from the player in possession of the ball after an infringement. If players continuously take too long to reposition or continuously encroach before the umpire signals play they may be penalised accordingly (green card).

2.2 CENTRE DRAW

At the draw 3 players from each team are between the restraining lines. One is in the centre and 2 other players outside of the centre circle. Players must not step on or over the centre circle or restraining lines till the whistle sounds.

To draw, the ball is placed between the crosses on the upper one-half of the head near the widest part of the head.

Illegal draw or draw infringement: consequence = Possession to the team not infringing.

2.3 COVERING THE BALL

A player may not cover or trap the ball with their stick and inhibit another player from contesting the ball.

Consequence = Possession to the player not covering the ball.

2.4 HANDLING THE BALL

No player other than the goal keeper (in the circle) may touch the ball with their hand.

Consequence = possession to the player not handling the ball.

2.5 PRE-CHECKING

A player must not check an opponent's empty stick while the opponent is trying to gain possession of the ball. This rule applies when an opponent is attempting to play a ground ball, contest a ball in the air or receive a pass.

Consequence = Possession to the player who was pre-checked and offending player 4m to side.

2.6 HOLDING THE STICK

A player may not hold the opponent's stick for a short time during a check.

Consequence = Possession to the player not holding and offending player 4m to side.

2.7 WARDING OFF

A player may not guard her stick with her arm. If one hand is removed from the shaft of the stick, an elbow or free arm may not be used to ward off an opponent deliberately or otherwise, with or without contact.

Consequence = loss of possession

2.8 OFFSIDE

Only 6 attackers are allowed in the attacking third. Only 7 defenders allowed in the defensive third (including the goalie). *Note: to be adjusted accordingly if teams have players on penalty.

If playing 8/side then there will be 5 attackers in attacking third.

Consequence:

- Attacking team offside: When an additional player from the attacking team goes over the restraining line 'offside' is called. Consequence: a turnover of possession taken where the ball is at the time of the call. (player/s repositioned)
- Defending team offside: When an additional player from the defending team goes over the restraining line, there will be a held whistle, until there is a loss of possession, or the attacking team is no longer attacking the goal.
Consequence: attack possession + 30 sec. technical.
- Both teams offside (with the same number of players): Infringement is negated.
Consequence: Players repositioned + play continues
- If the ball is free (neither team in possession) when offside is called. Consequence: possession is given to non-infringing team. (player/s repositioned).
If both teams are offside: Throw.

2.9 3 SECOND FAN VIOLATION

THE 'FAN' IS INTRODUCED AT THE U15 LEVEL. Players will need to understand the rules associated with defending in this space. A defender may only remain in the fan for 3 seconds unless they are:

- directly marking an opponent within a sticks length (1.5m approx.) from them. (Only one defender may be marking a player without the ball in this space).
- marking an opponent who is directly behind the goal circle.

Consequence: Possession to the attacking team (at the 15m) with the offending player placed 4 m behind.

2.10 STICK CHECKING

A player may check the stick of an opponent who is in possession of the ball in a 'controlled' manner.

THIS IS A NEW CONCEPT INTRODUCED AT THE U15 LEVEL AND PLAYERS WILL NEED TO BE ASSISTED IN UNDERSTANDING HOW TO STICK CHECK SAFELY ACCORDING TO THE RULES. UMPIRES AND COACHES HAVE IMPORTANT ROLES IN ASSISTING IN THIS EDUCATION.

A. PROXIMITY TO HEAD

A player in possession of the ball must not carry their stick within 18cm (approx) of their head/neck.

A player must not enter this space with their stick to defend or to stick check.

Consequence for carrying the ball in this area = Possession turnover.

Consequence for holding the stick or checking in this space = 1 min penalty or yellow card (if head contact or swipe)

Guidelines for a safe & controlled stick check.

- The stick head travel distance when stick checking should be minimal and controlled (approx. 60 cm).
- The direction of a stick check must be away from a player's head.
- A player may not reach around or across her opponent's body to check her stick when her feet are behind or level with an opponent.
- A check may not force an opponent's stick back into her head or body.

B. DANGEROUS (ROUGH) STICK CHECKING

Evidenced by excessive travel distance of the stick, checking towards the head, checking with poor feet positioning, reaching around the body & checking causing contact on the body. Consequence: 1 min penalty

C. SWIPE

A rough and/or reckless swing of the stick — with has the potential to cause injury. A swipe can be called whether the stick makes contact (stick or body) or not.

Consequence: **yellow card** 2 min penalty.

D. STICK CONTACT TO THE HEAD

Any stick check contacting the head is a yellow card.

Consequence: **yellow card** 2 min penalty

2.11 ILLEGAL CONTACT

At the U15 level it is important to clarify illegal contact especially as stick checking has been introduced. If illegal contact occurs players need to be educated as to who is responsible for the illegal contact.

The responsibility for illegal contact may be on the attacker or the defender.

- A player may not use the shaft of the stick to hit, push or displace an opponent.
- A player may not detain/block other players with their body or stick by holding, pressing or pushing against an opponent's body, clothing or stick.
- A player may not barge, charge or back into an opponent who has occupied the space on the field in an appropriate defensive position.

- A player may not push with the hand.
- A player may not set a moving pick. A player setting a pick must allow enough space/ time for the opponent to stop or change direction.
- A player may not trip an opponent
- A player may not check the goal keeper, in the goal circle.

Consequence = 1 min penalty

BARGE OR CHARGE

Consequence: possession turnover + 1 min penalty on the infringing player.

This occurs when an attacking player makes body contact with a defender who has adopted a legal defensive position (with feet, arms and stick no wider than shoulder width apart) and is stationary when contact occurs.

Blocking: consequence 1 min penalty on the defender.

This occurs when a defending player causes contact with an attacking player (with their body or stick) by stepping across the path of the moving attacker or by extending their body causing contact, or by reaching across their body with their stick.

2.12 FOLLOW-THROUGH

A player must not follow through with her stick in a dangerous or uncontrolled manner. The shooter will not be penalised for a dangerous follow through when a defender moves into the path of the stick after the ball has been released.

Consequence: yellow card 2 min penalty

2.13 DANGEROUS PROPULSION

A player may not throw the ball in an uncontrolled & dangerous manner to other players. A pass or a shot taken without regard to the positioning of other players is potentially dangerous.

Consequence: possession turnover + yellow card 2 min penalty

2.14 OBSTRUCTING FREE SPACE (SHOOTING LANE)

This rule is enforced when the attacking team ball carrier is within 15m of the goal and looking to shoot. The defending player/s must not stand in front of the goal circle in the 'free space' unless they are actively marking a player (within 1.5m). No advantage call on this.

Consequence = Penalty 1 min.

2.15 THROW

In situations where the official is unable to determine who gains possession, a throw can be called. The 2 opposing players stand 1 m apart, closest to their goal, facing in from the boundary and with sticks raised in front of their body. On the whistle the ball is tossed into the air towards the two players and they may compete for possession.

2.16 GOAL CIRCLE & GOALIE

The goal keeper may use their hands, body or stick to stop the ball whilst in the goal circle. When the goal keeper is in the goal circle no other players may enter the goal circle. A defender may enter the goal circle to clear the ball once the goalie has left the circle. Consequence: Turnover possession

The consequence for attackers or defenders entering the goal circle is dependent on the game context.

- a. If the ball is outside of the goal circle & attackers have possession.

Attacker in the circle: Turnover possession to goalie

Defender in the circle: 30 sec. technical.

- b. If the ball is outside of the goal circle & clearing defenders have possession.
Attacker in the circle: 30 sec. technical on infringing player
Defender in the circle: Possession
- c. When ball is with the keeper in the goal circle
Attacker in the circle: 30 sec. technical on infringing player
Defender in the circle: turnover possession
Players may not check the goal keeper whilst they are within the goal circle. Consequence = 1 minute penalty
The goal keeper has 10 sec to clear the ball from the goal circle. Consequence = turnover possession (15m goal line extended)
The goal keeper may not cover or draw the ball back into the goal circle. Consequence = Possession to non-infringing player
The goal keeper may not carry the ball back into the goal circle once they leave the circle. Consequence = turnover possession
The goal keeper may leave the goal circle however they are not permitted to cross the restraining line into the attacking third with the ball. Consequence = turnover possession.

2.17 MISSED 'SHOT' ON GOAL

If the ball goes out of play from a missed or deflected shot at goal, possession is taken by the player closest to the ball when the ball crosses the backline. It is taken 4m in from the backline and at the 15m. This may be the goal keeper if they are the closest player when the ball crosses the back line. The goal keeper takes the ball in the goal circle. Note: A deflection occurs when player merely touches the ball with her crosse or body and does not gain any distinct/clear advantage or control of the ball.

2.18 ADVANTAGE FLAG

The advantage is a 'held whistle' for a personal (1 min), card or technical (30 sec) infringement. The advantage is called loudly by the umpire & signalled (hand or flag) so players are aware.

If a goal is scored following an advantage call:

- On a 1 min penalty or a card, the infringement must be served. The time penalty starts, as the play commences centre draw whistle.
- If a foul occurs after a goal is scored, then the penalty is called, the offending player sent from the field and possession is taken from inside the restraining line.
- On a 30 second technical, the infringement penalty is cancelled.

Following an 'advantage' call if the shot is unsuccessful or the ball is lost, then play is stopped and the penalty awarded. Possession is taken depending on the location of play. If play is goal side of the 15m line possession is taken to the most advantageous side of the goal. If between the 15m and the restraining line possession is taken at the restraining line.

2.19 TIME PENALTIES & CARDS

For any time penalty infringements committed in the defensive end of the field, the ball is advanced to the centre.

If the infringement takes place in a team's attacking third, then the ball is taken at the nearest place to either

- Goal line extended on the side that foul was committed
- At the 45 (degree) on the side that the foul was committed
- At the 15m at the centre of the field

If the infringement is a 3 second fan violation then the ball is taken at the 15m in a direct line from the centre of the goal to where the ball was at the time of the call. The offending player is placed 4m behind.

If a player receives a total of 5min (1 min or card) of penalties they are disqualified from the game.
30 sec technical infringements are cancelled by a goal scored by the non-offending team.

The time penalty does not commence for any player sent from the field after a goal has been scored, until such time that the play recommences.

The time penalty also stops whenever the game clock stops.
Another field player can take the goalkeeper's 1 min penalty.

CARDS

Green Card: A team's captain will be shown a green card if their team is consistently committing technical fouls or delaying the game. A green/yellow and then green/red may follow on subsequent fouls.

Yellow Card: 2 min player down penalty.

Yellow/Red Card: 5 min player down penalty.

Red Card: 10 min player down penalty

UNSPORTING BEHAVIOUR

Personal misconduct may result in a yellow, yellow/red or red card. A straight red card is an automatic report to LSA.

Zero tolerance to unsporting behaviour by spectators, officials, players, for further information refer to LSA Zero Tolerance Policy.

GUIDELINES SCORE LINE MARGIN

There is little to be gained (for either team) in a competition where the score-line becomes extreme. The aim of the junior competitions is to assist all players to improve, enjoy lacrosse and to flourish. Coaches, umpires & players must cooperate to assist this.

When the margin between the two teams reaches 10 goals 'conditions' will be applied to promote a more even contest. These conditions will remain in place until the margin reaches 7 goals. This will be managed by the umpire, coach & players.

- a) When the trailing team is clearing the ball from the goal, the leading team cannot start defending until the attacking team crosses the restraining line.
- b) The leading team must rotate different players into the draw and they may only have the centre plus one other player between restraining lines. Should the lead extend to 15 goals, then the leading team then has only one centre player contesting.
- c) The leading team is required to have a 3 passes in the attacking third before having a shot for goal. (this can be increased by the coach)

The coach may apply other specific conditions to particular players if applicable.

- Challenge various players to use non preferred hand
- Limit the total goals any one player may contribute — after which they have to bring other players into the game.
- Include other 'conditions on the team' — such as ball must go to the back of the goal before a shot at goal is allowed.

SUMMARY CHART OF INFRINGEMENTS & CONSEQUENCES

INFRINGEMENT	CONSEQUENCE
Covering Illegal draw or illegal centre Deliberate ball off the body Handling the ball	Possession to non-infringing player
Attack offside Carrying ball too close to head	Turnover - Possession

Illegal sub (If neither team have possession or if the non-offending team has possession)	
Pre-check (4m to side) 3 sec in fan (4m behind) Holding the stick (4m to side)	Possession to non-infringing player + 4m
Warding (4m to side)	Turnover – Possession +4m
Defender offside illegal sub (if the offending team does not have possession)	30 sec. technical
Dangerous / illegal stick checking (See 10) <ul style="list-style-type: none"> ▪ excessive travel distance of the stick ▪ Checking towards the head ▪ Checking with poor feet positioning & reaching around the body ▪ Checking causing contact on the body. ▪ Holding the stick or checking within 18cm of opponent's head Illegal contact: (See 11) <ul style="list-style-type: none"> ▪ hit or push with the shaft of the stick ▪ block or detain opponent ▪ barg/charge or back into opponent ▪ push with hand ▪ moving pick ▪ trip ▪ check goal keeping in the goal circle 	1 min. personal
Free space	
Check to head Swipe Dangerous propulsion Dangerous follow through Misconduct.	Yellow card: 2 min
Goal keeper / goal circle (See 16) A defender in goal circle. Attacker in the circle Over 10 sec to clear Goal keeper covers or draws the ball back into the goal circle. Goal keeper carries the ball back into the goal circle The goal keeper crosses into the attacking third.	Possession or 30sec technical (depending on context)

UNSPORTING BEHAVIOUR

Each game presents players with an opportunity to apply the rules, to play safely and to demonstrate fair play. If a player constantly breaches the code of conduct /philosophy or the rules of the game they may receive a yellow, yellow red or be ejected from the game (red card). These measures would only be applied following communication, discussion of the issue and a warning.

A SPIRIT OF COOPERATION – COACHES, OFFICIALS, PARENTS & SPECTATORS

Remember:

- Everyone is working together to create a positive and supportive environment.
- Accept that mistakes will occur, be open to discussion and settle any disagreements in a respectful manner at the appropriate time. Respect officials' decisions.
- Focus on the effort, sporting behaviour and performance of the players rather than whether they won or lost.
- Be positive & encouraging. Acknowledge their effort & achievement. ie. 'great job' 'you kept on trying to get the ball back – well done!' 'what an improvement'
- Applaud/ acknowledge good play from both teams!

3.1 DEVELOPING PLAYERS THROUGH SUPPORTIVE UMPIRING & COACHING.

Umpiring is critical for ensuring safe game play and for promoting learning. At u15 level the new concepts introduced are stick checking, and the fan. These are important rules for umpires to attend to in order to maintain a safe environment. In addition, a clear understanding of illegal contact and the carding system can be emphasized

When an infringement occurs the umpire can clearly help all players to understand what happened and how to improve on it.

UMPIRES & COACHES

Need to be aware of the new game concepts and rules being introduced at the U 15 level and assist players to understand them.

OFFICIATING GUIDELINES

Dress appropriately (officiating or green 'novice' shirt). Know the rules and help the players to understand them by explaining the whistle calls. Be patient and positive. Discussion and clarification of the rules is encouraged at the appropriate times.