

### **Philosophy**

***The aim of this event is for children to participate, enjoy the game, & improve individually & as a team.***

#### **1. Enjoy the game: Have 'fun' and 'play fairly'.**

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

Children need to practice fair play during games and all adults (parents, officials & coaches) are expected to model, encourage and acknowledge 'fair play' behaviours.

Examples of fair play are:

- Shaking hands after the game and thanking opponents, Referees and helpers.
- Treat others as you like to be treated & show respect to self, the game and other participants.
- Cooperate with your coach, team-mates, opponents and the official.

#### **2. Learn the game: Improve individually & as a team**

Coaches and officials have a key role in helping players to learn how to play the game and applying key rules and concepts. The official/coach must be patient and positive as they 'explain and show' the new rules and concepts when Refereeing.

*Remember:*

- *Encourage players to 'do their best'.*
- *Effort and persistence are important when learning new things.*
- *Mistakes are a part of the learning process.*
- *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.*

#### **Member Protection Policy: ([www.lacrossesa.com.au](http://www.lacrossesa.com.au))**

Lacrosse SA has a Member Protection Policy outlining the obligations of all persons involved with the sport to act ethically and 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.

**Game Structure:**

**Duration:** 4 x 15 minutes. To be reduced in length if the game is expected to go past 11:45am. Breaks: 2-5-3 minutes

**Start times:** 10.45am. Check fixtures.

**Playing Area & goals:** The dimensions of the fields at clubs. Large goals.

**Start of the game.** Toss to determine ends and a face off to commence play.

**Time outs:**

**2 per team per GAME (90 sec).**

The **ALL** clock(s) to stop during time outs.

**Ball:** Regulation hard ball.

**Stick:** Apart from the goalkeeper's sticks, all sticks must be between 1016mm (40") and 1067mm (42") in length.

**Protective Equipment:** Helmet, mouthguard and gloves are mandatory for all players. Goalies must also wear Personal & Throat protectors

**Uniform:** Each player will wear a team uniform of:

- a. Shirts numbered front and back
- b. Shorts
- c. Socks - Same colour
- d. The goalkeeper may wear tracksuit pants, but are to be the same colour as the team shorts.
- e. Undershirts (if worn) must be tucked into shorts
- f. Bike shorts (if worn) must be worn under shorts

The colour of the undershirts must be the same as the rest of the team

The colour of the bike shorts must be the same as the rest of the team

**TEAM NUMBERS**

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

Clubs are to play eight (8) a side if each team has less than eleven (11) players, if both teams have eleven (11) players or more they have to play ten (10) a side.

**Example 1** – start with eight (8) a side, both teams have eleven (11) players 10 minutes into the game, keep playing and change to ten (10) a side at quarter time.

**Example 2** – start with eight (8) a side, extra players arrive and both teams have eleven (11) players or more 10 minutes into the second quarter, keep playing and change to ten (10) a side for the third quarter.

Whatever the situation is at the beginning of the third quarter remains for the game regardless of injuries or any other incident.

All endeavours are to be made to get a game underway.

*The aim is to promote participation.*

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

*Illegal substitution Consequence = technical foul*

## U 13 Rules (Variations FIL)

### 1. 5 Second Ball Carry:

Exceeding the carry limit = technical foul

Players are limited to a maximum 5 second possession.

To be counted as '1 & 2 & 3 & 4 & Whistle', at a normal pace.

### 2. Stick checking:

Illegal stick check = Personal Foul

The following guidelines outline the stick checking permitted at this level

- Stick checking is permitted only on the **player in possession** of the ball
- **Both hands** must be holding the stick to apply a check.
- **A limited stick travel distance (of 60 cm) is allowed** when stick checking.
- The force of the check shall not be excessive
- The stick check must be **More Vertical Than Horizontal**
- The contact must only be from **stick head to stick head**

Unavoidable contact is permitted at the discretion of the referee. Ie. Contesting a loose ball with sticks touching. *Encourage players to go for the ball!*

### 3. Poke Check: not permitted at this level.

Slashing = Personal Foul

**No check shall be uncontrolled vicious or reckless regardless of contact.**

### 4. Drawback pickups:

Illegal Procedure = Technical Foul

Except: a. immediately after a face off

b. by Goalkeepers in the goal circle

### 5. Face Off

Withholding the Ball = Technical Foul.

The "Clamping Technique" may be used at the Face Off, as long as the ball is continuously moving while under the head of the stick. Withholding the Ball by clamping it on to the ground into a Stationary Position is **Not Permitted**.

### 6. One pass in attacking half following face off only;

All other times 5 sec carry limit applies;

Pass number not implemented = Turnover.

*(to encourage participation)*

### 7. Body Checking:

Unnecessary Roughness = Personal Foul

Body checking is allowed only to the player in possession of the ball.

- Limited to a "solid bump"
- A player may not '**Takeout**' an opponent by applying an otherwise legal body check with such force as to cause the offended player to fall to the ground.

### 8. Off-side (for 8 players)

Only 5 attackers are allowed in the attacking half. Only 6 defenders allowed in the defensive half. (For 10 players: 6 in attacking half and 7 defenders)

#### Off-side (for 10 players)

Only 6 attackers are allowed in the attacking half. Only 7 defenders allowed in the defensive half. (For 8 players: 5 in attacking half and 6 defenders)

- Attacker offside: The ball is in the team's attacking half of the field and they have more than six (6) men including players in the penalty box in their attack half of the field, between the centreline and the end line. Technical Foul : *a turnover of taken where the ball is at the time of the call.*

- Defender offside: The ball is in the defensive half of the field and they have more than seven (7) men including players in the penalty box in their defensive half of the field, between the centreline and the end line, there will be a flag thrown, until there is a loss of possession or the attacking team is no longer attacking the goal. **Technical Foul:** *The attacking team retain possession of the ball and the defender receives a 30 sec technical.*

#### **9. Personal Fouls:**

Only 4 personal fouls are allowed before a player is 'fouled out' of the game.

#### **10. Coaches:**

Only one per team is permitted on to the field, restricted to within 3 meters from the interchange side boundary. May only interact with own players whilst on the field. May communicate with the referees during breaks only.

#### **Guidance for Fair Play - Score line margin:**

*There is little to be gained (for either team) in a competition where the score-line becomes extreme. In particular, concern is for teams with predominately new players with low experience hours who are being 'thrashed' and not experiencing a fair opportunity to learn. In order to assist in these situations it is important for those involved with the event (coaches, Referees and players) to recognise this situation and to cooperate to create a 'fairer' situation and promote player development.*

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 Referee, 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. **Technical Foul:** *The team retain possession of the ball and it is brought straight up to the centreline (provided the ball is in the defensive half) and the defender receives a 30 sec technical.*
- b) The leading team is required to have a set number of passes in the attacking half before having a shot for goal. The set number shall be one (1) and increase as the margin increases. (coaches to discuss)
- c) The face off remains however the leading team may only have one player (either defensive or attacking) on the wing. The other wing remains vacant until "possession" is called. Should the lead extend to 15 goals, then the leading team has no player on either wing and they join the game once "possession" is called.

If the lead further extends beyond 15, then the leading Team must take one player from the ground (i.e. playing a Man Down) until the margin is back to ten goals.

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 – 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.

#### **PERSONAL FOULS.**

The most serious with time penalties from 1 - 3 min.

Only 4 personal fouls are allowed before a player is 'fouled out' of the game.

#### **Illegal Body Check**

*(U/15, U/13's - refer to the 'Variations' leaflet)*

- For a 'legal' Body Check; the opponent must have possession of the ball, ~~or be within 3m of a loose ball.~~
- Contact must be below the neck, or above the hip, or from the side, or front on. NOT from the rear.
- No blocking with the head (spearing).
- No body checking an opponent who is lying on the ground or down on one or both knees.

#### **Slashing**

*(U/15, U/13's - refer to the 'Variations' leaflet)*

- No player shall swing his crosse in a vicious or reckless manner - irrespective of whether contact is made.
- A strike on the neck or helmet is illegal, except where this is the result of a pass or a shot on goal.
- ~~Where permitted, the opponents gloved hand holding the crosse may be checked, but only whilst in possession of, or within 3 metres of a loose ball.~~
- ~~Contact must be a definite blow, not a BRUSH.~~

#### **Cross-Checking**

A check using the handle of the crosse, between the gloved hands holding the stick. Commonly called a 'Bar-Check'.

- **The gloved hands must be together**

#### **Unnecessary Roughness**

Any avoidable act by a player which is deemed to be, deliberate and/or excessively violent.

#### **Tripping**

Deliberately causing an opponent to fall or stumble, by physical contact below the hips, using the lacrosse stick or any part of the body.

#### **Unsporting Conduct**

No player, squad member, coach or person officially connected with a team shall;

- Argue with, or dispute a decision of a referee.
- Use threatening language, or audible obscenities.
- Repeatedly commit the same technical foul.

No player shall use a stick of trick construction or stringing.

#### **TECHNICAL & PROCEDURAL FOULS:**

Less Serious. Time Penalty; 30 sec or loss of possession.

#### **NO pre-check**

Unavoidable contact is permitted at the discretion of the referee, however no deliberate contact. I.e. Contesting a loose ball with sticks touching. *Encourage players to go for the ball!*

#### **Pushing**

Defined as exerting enough pressure to force an opponent to move in a direction other than that in which he intends to go, or if in the direction he intends to go, at a greater speed than he intends.

- A player may not push an opponent with his crosse.
- A player may not push an opponent from the rear, below the hips, or above the shoulder.
- A player may not push an opponent who is lying on the ground or down on one or both knees.

#### **Holding**

A player may not hold an opponent or an opponent's crosse illegally.

#### **Interference**

1. A player may not interfere with an opponent in an attempt to keep him from a loose ball.
2. A player may not interfere with a player who is in pursuit of an opponent who has possession of the ball.
3. A player may not guard an opponent so closely as to prevent the opponent's free movement when not in possession of the ball.

#### **Illegal Pick**

1. When attempting to block a defensive player from the player he is marking, an offensive player must be stationary and standing in his normal stance.
2. No offensive player shall hold his crosse rigid or extended to impede the normal movement of a defender.

#### **Warding Off**

Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

#### **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 philosophy or the rules of the game they may receive a personal foul penalty or be ejected from the game.*

**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. i.e. 'great job' 'you kept on trying to get the ball back – well done!' 'what an improvement'
- Applaud/ acknowledge good play from both teams! Congratulate all players for playing a 'good game'.

**Developing players through supportive Refereeing & coaching.**

Refereeing is critical for ensuring safe game play and for promoting learning especially with beginning players. The coach (or an official) can take on the Refereeing role. Boys must be **encouraged to go for the ball**. The **stick checking and body checking** concepts are the most important rules for Referees to attend to at this level to maintain a safe environment. The **players are also learning there is a direct consequence for a personal foul resulting in a time penalty. They are encouraged to take responsibility for this and recognise it is a disadvantage for their team**. It is important for all players to play good defence and to minimise time penalties.

All infringements must be picked up promptly and explained to the players. When an infringement occurs the Referee can clearly help all players to understand what happened and how to improve on it.

**Referees & coaches:** Need to be aware of the new game concepts and rules being introduced at this level and assist players to understand them. Discussion and clarification of rules is encouraged at the appropriate times. All officials including scorers, Referees and coaches are working together to create a positive game climate, promoting enjoyment and development.

**Officiating Guidelines:** Dress appropriately (officiating or green 'novice' shirt). Know the rules and help the children to understand them by explaining the whistle calls. It is important to project a positive and encouraging manner, to be patient and to communicate clearly to clarify rules with all parties.