

## 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, umpires 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 umpiring.

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:

Lacrosse SA has a Member Protection Policy ([www.lacrossesa.com.au](http://www.lacrossesa.com.au)) 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:** *Adjust - context of space & situation.*

**Start times:** Div 2: 8.30am finish by 9.30am

Div 1: 9.30am finish by 10.30am.

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:** The fields at park 25 are used. Large goals located to the back of the circle to provide more space forward of the goal line.

### Time outs:

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

**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:** Any brand/model women's stick. Stick pocket- half ball visible below the base of sidewall of the stick. (*to promote success*). Stick check occurs before the start of the game.

**Goal Keeper:** The goal keeper must wear a chest pad, helmet & throat protector, gloves. Leg/shin pads and 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:

#### **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*

*The aim is to promote participation. If there are insufficient players in any team, coaches are encouraged to adopt strategies to ensure maximum participation and enjoyment of game play. Possible strategies include sharing/ equalising of players, creating combined teams or other.*

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

*Illegal substitution: If the illegal sub was from the attacking team: consequence = loss of possession. If the illegal sub was from the defending team = play on as the attacking team maintains possession.*

### **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 (see point 15.)*
- *For Time penalties (see point 17)*

#### **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. 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.

The draw: opponents stand with one foot toeing the centre line. Sticks held in the air above hip level, parallel to and above the centre line. Both stick head and shaft must lie along the vertical plane of the centre line.

The sticks will be held back to back, the right sidewall (this is the right side when stick is held vertical with open pocket facing) is down, so that each players stick is between the ball and the goal she is defending. The player's top hand may not contact the throat pocket or sidewall of the stick-head. *When setting the draw position the height so that neither player gains an advantage.*

The ball is placed between the stick heads (mid-upper), umpire calls 'ready' before moving backwards out of the circle. On 'ready' the players taking the draw remain steady until the whistle. On the whistle both players must immediately draw their sticks up and away from one another.

*Illegal draw: consequence= possession at the centre to the player not infringing.*

The flight of the ball must go higher than the heads of both players. *If the ball does not lift above head height on the draw a redraw will occur. After two redraws a throw will be implemented.*

**3. Must be at least one pass after the centre draw** before a shot at goal can be attempted.

*Consequence = possession awarded to the opposition at the 15m (side)*

#### **4. Four second carry limit**

A player may maintain possession of the ball for a maximum of 4 seconds. (1001, 1002, 1003, 1004 - instant whistle)

*Consequence = possession awarded to the opposition.*

#### **5. A max. of 1 player from each team may contest a 'free' ball**

Only one player from each team may contest a free ball.

*Consequence = Possession awarded to the team with only one player contesting the ball.*

#### **6. One on one defending – players are encouraged to mark a player when defending and not 'double/triple team' on the ball carrier.**

*Consequence = Possession maintained with infringing player 4m behind.*

#### **7. 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 awarded to the opposition.*

#### **8. Handling the ball**

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

*Consequence = possession awarded to the opposition.*

#### **9. Pre-checking**

A player may not contact an opponent's stick when contesting the ball. This commonly occurs when players contest the ball when it is on the ground or in the air. Encourage players to go for the ball.

*Consequence = Possession awarded to the non pre-checker. The player who infringed is 4 m side.*

#### **10. Offside:**

Only 5 attackers are allowed in the attacking third. Only 6 defenders (goalie + 5) allowed in the defensive third.  
*Consequence:*

- If an attacker goes over the restraining line and is 'offside' there is a turnover of possession with the free being taken where the ball is at the time of the penalty.
- If the defender goes over the restraining line. The attacking team retain possession of the ball.

### **11. No contact - with stick or body**

It is a non-contact game.

- Stick contact to an opponent's stick whilst carrying the ball is not permitted
- Stick contact to an opponent's body is not permitted.
- Body contact to an opponent's body is not permitted.

*Personal Foul: Consequence = Penalty 1min*

*Note this is new consequence from the u11 comp. Umpires are encouraged to communicate with players about these rules and consequences and encourage them to position themselves well to minimise penalties.*

*Defending players are to be encouraged to adopt a good defensive position, approximately stick distance from attacker with their stick in a vertical position.*

*Attacking players (with the ball) are encouraged to move their feet in order to create a clear path for a pass or a shot.*

If illegal contact occurs the following guidelines shall be used to determine who is responsible for the contact.

#### **a) Barging/ (charge) – A foul on the attacker.**

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

*Consequence = 1 min penalty*

#### **b) Blocking – A foul on the defender.**

This occurs when a defending player makes contact with an attacking player (using their body or stick). This often occurs when the defender steps across the attackers path initiating contact with their body or if they reach across the attacker with their stick. *Consequence = 1 min penalty*

#### **c) Follow through – A foul on the attacker**

This occurs when the attacking player makes 'dangerous' contact into a defenders stick or body whilst passing or shooting. The defender must be in defensive position with their stick in the vertical plane. No goal may be scored on a dangerous follow through call.

*Personal Foul Consequence = 1 min penalty*

#### **d) Over guarding – a foul on the defender.**

This occurs when the defending player moves their stick forward of the vertical plane causing contact or potential

danger (by the proximity of the stick to the opponents face/body).

*Personal Foul Consequence = 1 min penalty*

### **12. Dangerous Throw / Shot**

A player may not throw the ball in a manner which the umpire considers dangerous to any other players. This may occur when a player attempts to shoot through other players. No goal may be scored from a dangerous throw.

*Personal Foul Consequence = 1 min penalty.*

### **13. 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). This rule prevents the defenders acting as a 'second goalie' or making a wall in front of the goal.

*Consequence= attack possession on 15m (side) with infringing player 4m behind.*

*This is a new concept from u11 so players may make errors. Hence the consequence is as listed.*

### **14. Throw**

In situations where the official is unable to determine possession the 2 opposing players stand 1 m apart, closest to their goal, facing in from the boundary 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.

There are also some situations in which a stick or body contact may occur simultaneously as both players contest the ball. In this situation the umpire may call either 'play on' or a 'throw'.

### **15. Goal Circle & Goalie**

Only the goalie is allowed in the goal circle. No other players may enter the goal circle with either their body or their stick.

*Attacker in the circle: consequence = Possession to goalie*

*Defender in the circle: consequence= attack possession on 15m (infringing player 4m behind)*

During clearing, defender may enter the circle to clear the ball only once the goalie has left the circle.

*Consequence = possession to attack at 15m (side)*

The goal keeper may use their hands, body or stick to stop the ball whilst in the goal circle.

The goal keeper may leave the goal circle however they are not permitted to cross the far restraining line.

*Consequence = loss of possession at the restraining line.*

The goal keeper has 10 sec to clear the ball from the goal circle. *Consequence = possession to attack at 15m (side)*

Once the ball has been cleared from the goal circle it may not be immediately passed back into the goal- to delay play.

*Consequence = possession to attack at 15m (side)*

### 16. 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.

### 17. Time Penalties – personal fouls

If the penalty is signalled in the attacking third of the field possession is taken where the infringement occurred. No closer than 15m from goal and relative to the point of the infringement.

If the penalty occurred outside of the attacking third possession is taken at the centre.

The penalty time commences when the player sits on the bench. If a player receives 5min of penalties they are disqualified from the game.

If the goalie receives a personal time penalty, another team player may take this penalty.

*Players moving from u11 are introduced to personal foul 'penalties' at this level. Hence the consequences. The card system is introduced at u15 level.*

### Guidelines 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. The aim of the junior competitions is to assist all players to improve, enjoy lacrosse and to flourish. In order to assist in these situations it is important for those involved with the event (coaches, umpire, scorers 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 scorers, umpires, coaches & players.

- 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.
- 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.

- 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 also 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.

### Unsporting behaviour & Fair Play

*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 yellow card (2min penalty) or be ejected from the game (red card). These measures would only be applied following clear communication, and and 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! Congratulate the children for playing a 'good game'.

### Developing players through supportive umpiring & coaching.

Umpiring is critical for ensuring safe game play and for promoting learning especially with beginning players. The coach (or an official) can take on the umpiring role and they are expected to work in a helping manner to assist players to understand and apply the rules. ***They need to use their common sense particularly with incidental/accidental breeches such as stepping over the restraining line (not interfering in the play or other circumstances.***

***Pre-checking*** needs to be monitored closely when the ball is in the air or on the ground. The ***no-contact rule (10 a-d), the dangerous throw and obstructing the free space*** are the important rules for umpires to attend to at this level in order to maintain a safe environment. *Check the consequences allocated for this age.*

The **players are also learning there is a direct consequence for a personal foul resulting in a time penalty.** They are encouraged to demonstrate good positioning and to minimise time penalties as it is a disadvantage for their team. *Check the consequences allocated for this age & note cards are not applied until u15 age.*

These infringements and the follow up must be communicated clearly/ explained to the players to help educate them. When an infringement occurs, clear communication from the umpire can help all players to understand what happened and how to improve on it.

**Umpires & coaches:** It is important 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, umpires 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.

#### **Division 1 and 2 Player movement**

The general intent of two divisions within the grade is for players to be selected into either Div 1 or Div 2 and for all players to maximise their game time within the specific division.

However, movement of players between D1 and D2 is allowed to cover for illness, injury, any other unavailability and to help with numbers in general, on the basis that D2 players are allowed to "play up" in D1 after their game, without restriction on how many, however the maximum number of players in D1, where D2 players are making up numbers is 10 players i.e. 2 subs.

D1 players would be also allowed to fill in for the D2 team in similar circumstances and once again the maximum number of players in the D2 team when D1 players "play down" is capped at 10 players.

In essence there can be movement of **fringe D1 players** and **better D2 players** between the 2 teams **to help with numbers**, but not to the extent that these players are taking too much game time from the players who are only playing the 1 game and that the rule is not abused by dropping better D1 players to play in D2 games.