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SENIOR WOMEN'S COMPETITION RULES

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This document provides an overview of the rules for Lacrosse SA (variations). For other detail/specifics of the rules refer to FIL Official Rules Book.

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1.1 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 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 and civil manner.

1.2 GAME STRUCTURE

START TIMES

Women's State League and Women's Division 2: 1.30pm

Women's Division 1: 3.00pm

Duration: 4 x 15 minute quarters with 2-5-2 minute breaks.

Stop clock in the final 1 minute of each quarter.

PLAYING AREA AND GOALS

Various grounds with large goals.

TIME OUTS

Each team is permitted two time outs (90 seconds) in the game, when the team has possession or after a goal. The clock is stopped for time outs.

A time out cannot be called whilst the ball is within 15m of the goal.

The coach may request the time out directly through a field umpire.

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 AND UNIFORM

All players, including the goalkeeper and any player wearing a helmet, must wear a mouthguard (properly fitted and worn).

BALL

Regulation hard ball.

STICK

Women's sticks between 90-110cm length (with the exception of the goalkeeper 90-135cm). 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 and throat protector, gloves and a mouthguard (properly fitted and worn). Leg and shin pads optional.

PLAYERS

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

UNIFORM

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

NUMBER OF PLAYERS

Women's State League: 10 players per side, with a maximum of 14. A team cannot play for points with less than 10 players.

Women's Division 1 and Division 2: 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 advocated during the minor rounds only and not during finals.

SUBSTITUTION

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

Illegal substitution: If ball is free – possession.

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

2. PLAYING RULES AND 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 (exemption for 3 second flag call, foul set on hash mark nearest to the foul).
- Goal Circle specifics
- For Time penalties (1 minute and 30 second technical)

2.1 FREE MOVEMENT

All players may continue to move after a whistle has been blown for any stoppage of play. Players must be 4m 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 circle 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. Players must not choke the throat of their stick.

The flight of the ball must go higher than the heads of both players taking the draw.

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: 1 minute penalty

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. If the ball is in the 15m fan or anywhere inside the goal circle when the violation occurs, the opponent nearest to the top center of the 15m fan will be awarded the free position.
- 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. The penalty is cancelled if a goal is scored. Consequence: attack possession + 30 second technical.
- If players from both teams are offside, the offside players will move back onside and a throw will be taken at or near the spot of the ball when play stopped, at least 15 m from the center of the goal line, 4 m from the boundary and 4 m from the restraining line.
- If the ball is free (neither team in possession) when offside is called. Consequence: possession is given to non-infringing team. (player/s repositioned).

2.9 3 SECOND FAN VIOLATION

A defender may only remain in the fan for 3 seconds unless they are:

- directly marking an opponent within a sticks length (1.5m approximately) 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.

If the defending player is in violation of the 3 second rule and the ball is outside the 15m area, the defending player is immediately penalised and placed 4m behind the player with the ball.

If the ball is within the 11m area, The Advantage Flag was raised for the violation, and the scoring play ends without a further foul or shot on goal. The free position will be set relative to the spot of the ball when the flag was raised.

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

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 minute penalty or yellow card (if head contact or swipe)

Guidelines for a safe and 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 and checking causing contact on the body.

Consequence: 1 minute 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 minute penalty.

D. STICK CONTACT TO THE HEAD

Any stick check contacting the head is a yellow card.

Consequence: yellow card 2 minute penalty

2.11 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 minute penalty

Barge or charge: Consequence: possession turnover + 1 minute 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 minute 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 minute penalty

2.13 DANGEROUS PROPULSION

A player may not throw the ball in an uncontrolled and 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 minute 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.

Blocking the free space to goal requires an immediate whistle in order to prevent injury.

Consequence = 1 minute penalty

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 AND 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 and attackers have possession.
Attacker in the circle: Turnover possession to goalie + player 4m to side.
Defender in the circle: Turnover.
- b. If the ball is outside of the goal circle and clearing defenders have possession.
Attacker in the circle: Attacker 4m to side.
Defender in the circle: Possession to attack.
- c. When ball is with the keeper in the goal circle
Attacker in the circle: Attacker 4m to side.
Defender in the circle: Turnover possession to attack to the side nearest the violation, and level with the goal line.

Players may not check the goal keeper whilst they are within the goal circle. Consequence = 1 minute penalty

The goal keeper has 10 second 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 minute), card or technical (30 second) infringement. The advantage is called loudly by the umpire and signalled (hand or flag) so players are aware.

If a goal is scored following an advantage call:

- On a 1 minute 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 the centre.

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 will be taken at the spot of the ball where the foul occurred.

2.19 TIME PENALTIES AND CARDS

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

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. An advantage flag is raised when the ball carrier is on direct route to goal. The free position is set on the nearest hash mark to where the foul occurred.

If the ball is within the 11m area, The Advantage Flag was raised for the violation, and the scoring play ends without a further foul or shot on goal. The free position will be set relative to the spot of the ball when the flag was raised.

If a player receives a total of 5 minute (1 minute or card) of penalties they are disqualified from the game.

30 second 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 minute 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. For the second delay of game or persistent foul penalty, the umpire shall award the appropriate major foul.

Yellow Card: 2 minute player down penalty.

Yellow/Red Card: 5 minute player down penalty.

Red Card: 10 minute player down penalty

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.

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.

3.1 SUMMARY CHART OF INFRINGEMENTS AND CONSEQUENCES:

INFRINGEMENT	CONSEQUENCE
Covering the ball Illegal draw or illegal centre Deliberate ball off the body Handling the ball	Possession to non-infringing player + 4m to side
Attack offside Illegal sub (If neither team have possession or if the non- offending team has possession)	Turnover - Possession
Pre-check (4m to side) 3 second in fan (4m behind) Holding the stick (4m to side)	Possession to non-infringing player + 4m to side
Defender offside Illegal sub (if the offending team does not have possession)	30 second technical
DANGEROUS/ILLEGAL STICK CHECKING <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: <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 keeper in the goal circle Free space Warding Carrying ball too close to head	1 minute personal
Check to head Swipe Dangerous propulsion Dangerous follow through Misconduct	Yellow card: 2 minute
Goal keeper/goal circle A defender in goal circle Attacker in the circle	Possession to noninfringing player + 4m to side

Over 10 second 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.	
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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.