



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

UNDER 13 GIRLS COMPETITION RULES

JUNE 2018

TABLE OF CONTENTS

1.1	Philosophy	3
1.2	Enjoy the game: Have 'fun' and 'play fairly!'.....	3
1.3	Learn the game: Improve individually and as a team.....	3
1.4	Member Protection Policy.....	3
1.5	Game Structure.....	3
1.6	Number of players.....	4
2.	Rules	5
2.1	Free Movement	5
2.2	Centre Draw	5
2.3	Must be at least one pass after the centre draw before a shot at goal can be attempted.....	5
2.4	Four second carry limit.....	5
2.5	A maximum of 1 player from each team may contest a 'free' ball.....	5
2.6	One on one defending.....	5
2.7	Covering the ball.....	5
2.8	Handling the ball	6
2.9	Pre-checking.....	6
2.10	Offside.....	6
2.11	No contact - with stick or body.....	6
2.12	Personal Foul.....	6
2.13	Illegal Contact.....	6
2.14	Dangerous Throw/Shot	7
2.15	Obstructing Free space (shooting lane).....	7
2.16	Throw.....	7
2.17	Goal Circle and Goalie.....	7
2.18	Missed 'shot' on goal.....	8
2.19	Time Penalties — personal fouls.....	8
3.1	Score line margin	8
3.2	Unsporting behaviour and Fair Play.....	8
3.3	Developing players through supportive umpiring and coaching.....	9
3.4	Division 1 and 2 Player movement	9
3.5	Adjusted Field Dimensions	10

1.1 PHILOSOPHY

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

1.2 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 and 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 and show respect to self, the game and other participants.
- Cooperate with your coach, team-mates, opponents and the official.

1.3 LEARN THE GAME: IMPROVE INDIVIDUALLY AND 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.

1.4 MEMBER PROTECTION POLICY

Lacrosse SA has a Member Protection Policy (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 and civil manner.

1.5 GAME STRUCTURE

START TIME

Division 2: 8.30am finish by 9.20am

Division 1: 9.30am finish by 10.20am

DURATION

A prompt start essential. Adjust the half time break (if running behind time).

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

PLAYING AREA AND GOALS

Adjusted Field Dimensions (Refer p9). 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 second) 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 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

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 and throat protector, gloves and a mouthguard (properly fitted and worn). Leg and shin pads optional.

PLAYERS

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

UNIFORM

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

1.6 NUMBER OF PLAYERS

The progression in U13 competition is 8/side (or 10/side see note) all played using Adjusted Field dimensions (p9).

THE AIM IS FIRSTLY, FOR ALL CLUBS TO HAVE STANDALONE TEAMS, AND EVENTUALLY FOR ALL CLUBS TO HAVE AT LEAST TWO U13 TEAMS ENABLING TWO DIVISIONS.

Note* Clubs are to play eight (8) a side if each team has less than twelve (12) players, if both teams have twelve (12) players or more they play ten (10) a side. Any changes to be made at end of quarter breaks.

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

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 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.
- Goal Circle (see point 15.)
- For Time penalties (see point 17)

2. RULES

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

3 players from each team 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 player's 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.

Note** this is new consequence from the U11 competition. Umpires are encouraged to communicate with players about this concept.

2.3 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)

2.4 FOUR SECOND CARRY LIMIT

A player may maintain possession of the ball for a maximum of 4 seconds (1 and 2 and 3 and 4-whistle)

Consequence = possession awarded to the opposition.

2.5 A MAXIMUM 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.

2.6 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.

2.7 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.

2.8 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.

2.9 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.

2.10 OFFSIDE

Only 5 attackers are allowed in the attacking half. Only 6 defenders (goalie + 5) allowed in the defensive half.

Note** this is new consequence from the U11 competition. Umpires are encouraged to communicate with players about this rule and consequences.

Consequence:

- If an attacker goes over the restraining (centre) 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 (centre) line. The attacking team retain possession of the ball.

2.11 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.

2.12 PERSONAL FOUL

Consequence = Penalty 1 minute

Note** this is new consequence from the U11 competition. 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.

2.13 ILLEGAL CONTACT

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 minute 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 minute 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 minute 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 minute penalty

2.14 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 minute penalty.

2.15 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.

2.16 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’.

2.17 GOAL CIRCLE AND 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 second 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)

2.18 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.

2.19 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 5 minute 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.

3.1 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 and 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 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.

3.2 UNSPORTING BEHAVIOUR AND 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 (2 minute penalty) or be ejected from the game (red card). These measures would only be applied following clear communication, and warning.

A spirit of cooperation – Coaches, Officials, Parents and 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 and encouraging. Acknowledge their effort and 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'.

3.3 DEVELOPING PLAYERS THROUGH SUPPORTIVE UMPIRING AND 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 and 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 and 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.

3.4 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.

3.5 ADJUSTED FIELD DIMENSIONS

- DISTANCE BETWEEN GOALS = 66M (GOAL LINE TO GOAL LINE)
- Measure 33m from the centre of the field towards each end line. This becomes the goal line for the goal circle. Mark the goal circle in black paint (or other alternate to white OR use a 'portable' goal circle marker)
- The backline is the goal line extended of the regular field goal circle.
- Marker cones can be used to indicate the backline.

Diagram #2: View of the field showing the goal circles 66m apart, the centre line and backline.

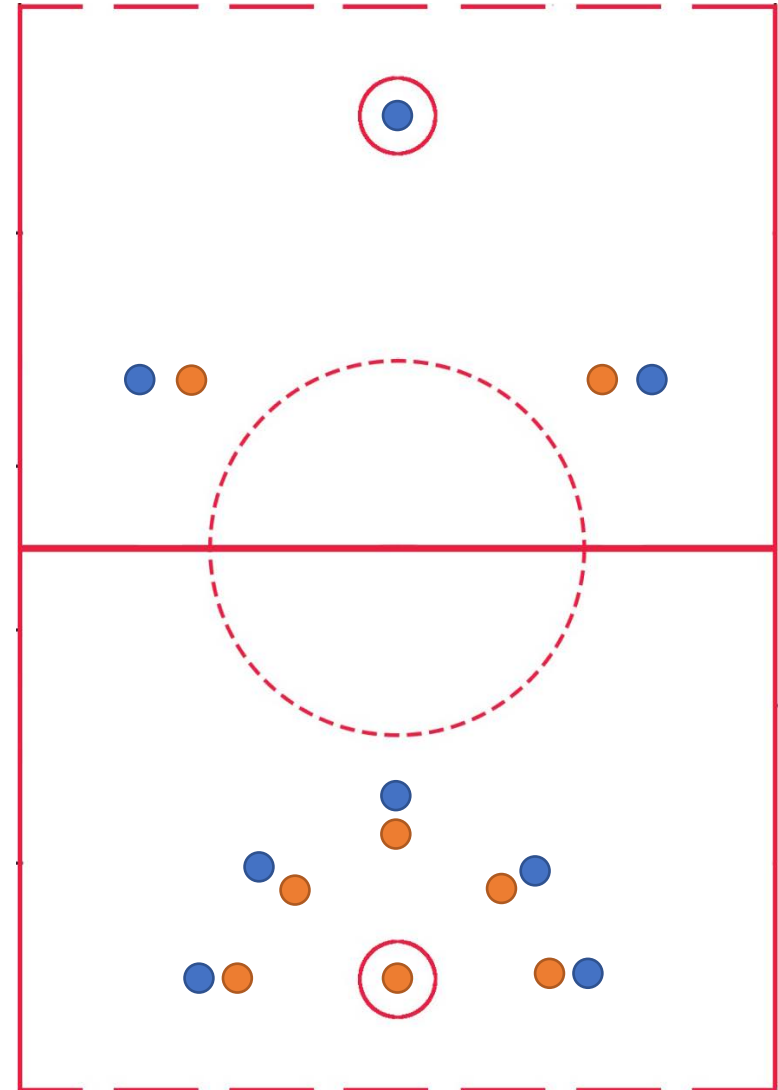
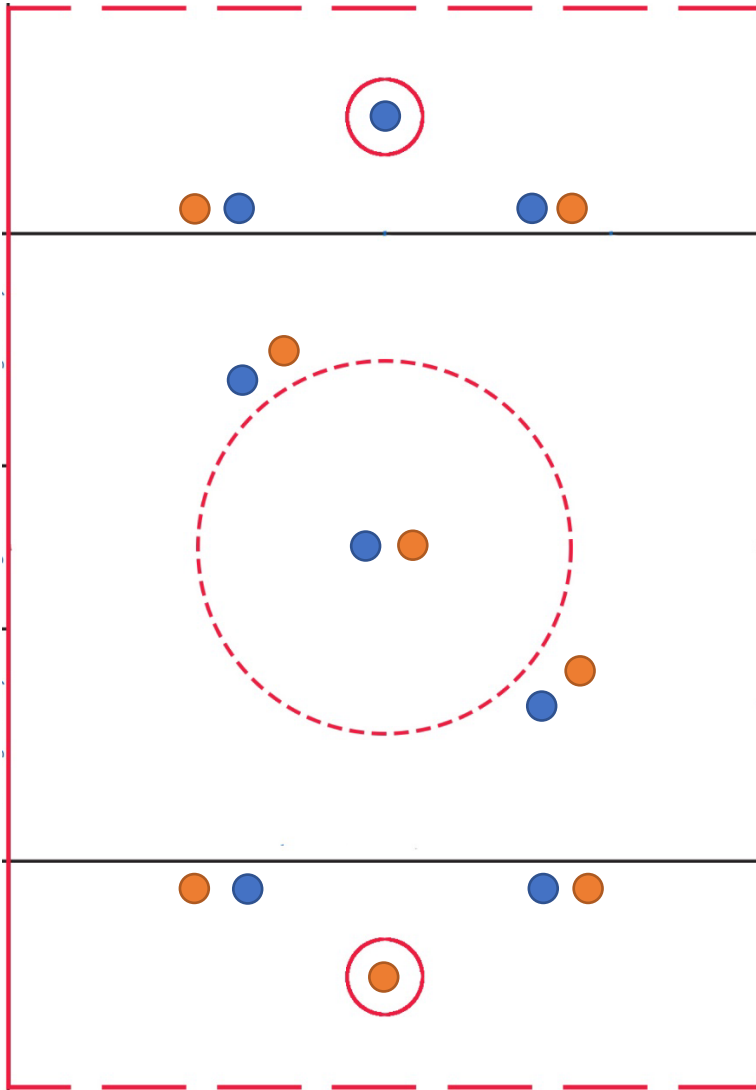
Women's restraining lines and centre circle are used for centre draw. Once the ball is in play the off-side rules apply using the centre line as the restraining line.

**** DO NOT OVERLAP GOAL CIRCLES.** The adjusted goal circle must be located forward of the original goal circle.

**** Some fields are limited in length and may not require adjustment.** This can be determined by the 33m measurement from the centre of the field to the goal line. **IF THIS MATCHES CLOSELY TO THE ORIGINAL GOAL CIRCLE THEN AN ADDITIONAL CIRCLE IS NOT REQUIRED.**

CENTRE DRAW SET UP WITH ATTACK/DEFENCE BEHIND THE STANDARD RESTRAINING LINES.

ONCE THE BALL IS IN PLAY THE OFF-SIDE RULES APPLY USING THE CENTRE LINE AS THE RESTRAINING LINE.



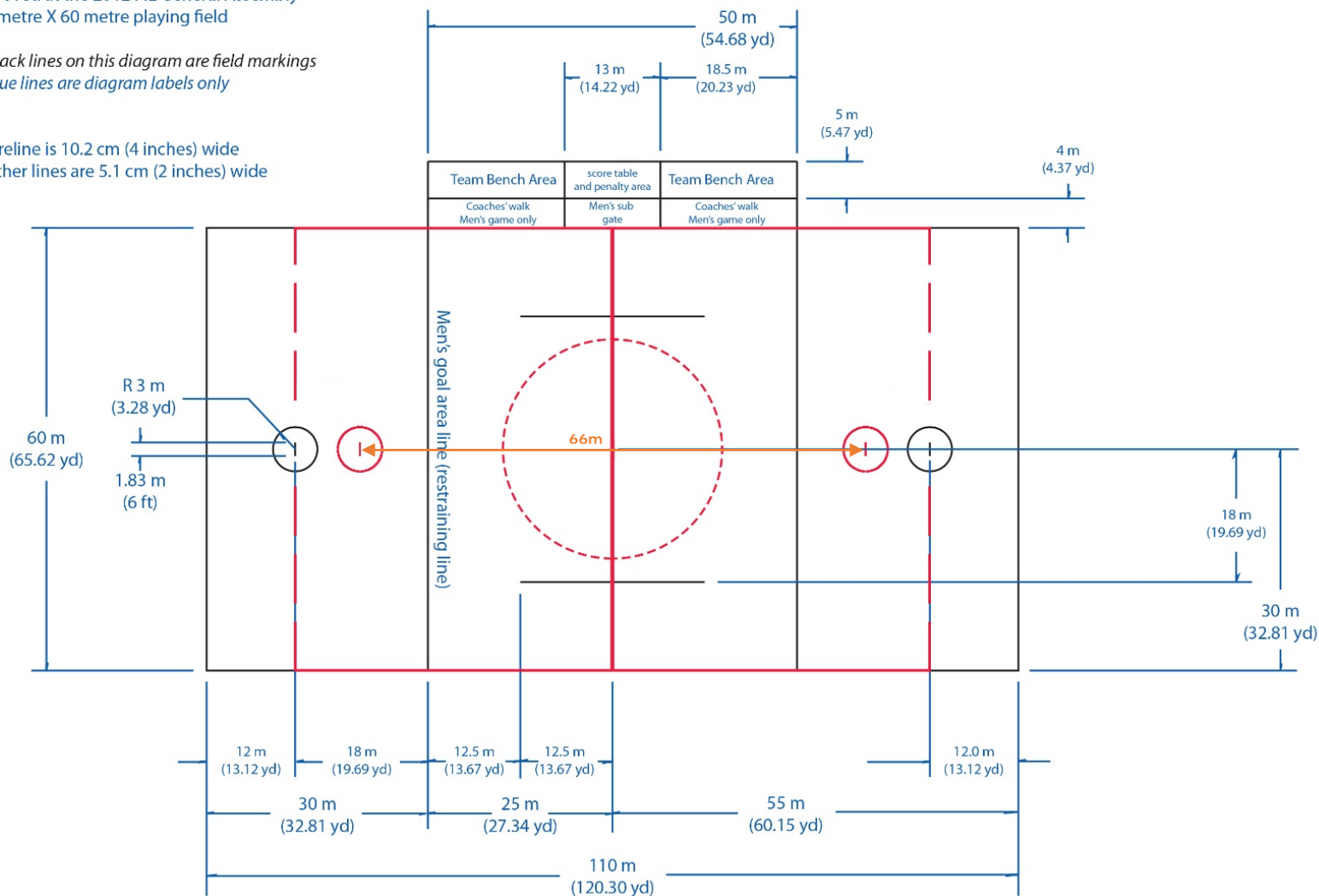
FIL Unified Men's and Women's Lacrosse Field

- Approved at the 2012 FIL General Assembly
- 110 metre X 60 metre playing field

- all black lines on this diagram are field markings
- all blue lines are diagram labels only

NOTE

- centreline is 10.2 cm (4 inches) wide
- all other lines are 5.1 cm (2 inches) wide



Location of markings for the Men's game

Diagram # 2