

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](mailto:office@lacrossesa.com.au)

Website: [www.lacrossesa.com.au](http://www.lacrossesa.com.au)

ABN: 71 066 138 361

# UNDER 13 BOYS COMPETITION RULES

JUNE 2018

## TABLE OF CONTENTS

1.1	Enjoy the game: Have 'fun' and 'play fairly'!	3
1.2	Learn the game: Improve individually and as a team	3
1.3	Member Protection Policy	3
1.4	Game Structure	3
2.	U13 Rules (Variations FIL)	5
2.1	5 Second Ball Carry	5
2.2	Stick checking	5
2.3	Poke Check: not permitted at this level.	5
2.4	Drawback pickups	5
2.5	Face Off	5
2.6	One pass in attacking half following face off only	5
2.7	Body Checking	6
2.8	Off-side	6
2.9	Personal Fouls	6
2.10	Coaches	6
2.11	Guidance for Fair Play - Score Line Margin	6
2.12	Personal Fouls	7
2.13	Technical and Procedural Fouls	7
2.14	Unsporting behaviour	8
2.15	A spirit of cooperation – Coaches, Officials, Parents and spectators	8
2.16	Developing players through supportive Refereeing and coaching	8
2.17	Adjusted Field dimensions	9

## 1.1 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 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, Referees 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.

## 1.2 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 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.

## 1.3 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 and civil manner.

## 1.4 GAME STRUCTURE

### START TIME

Start times: 10.45am. Check fixtures.

### DURATION

Duration: 4 x 15 minutes. To be reduced in length if the game is expected to go past 12 noon. Breaks: 2-5-3 minutes

### PLAYING AREA AND GOALS

Adjusted Field dimensions as indicated on (p9). 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 second).

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 and Throat protectors

## UNIFORM

Each player will wear a team uniform of:

- Shirts numbered front and back
- Shorts
- Socks - Same colour
- The goalkeeper may wear tracksuit pants, but are to be the same colour as the team shorts
- Undershirts (if worn) must be tucked into shorts
- 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

## 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 and coaches will work together to facilitate this.

## 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.

## 2. U13 RULES (VARIATIONS FIL)

### 2.1 5 SECOND BALL CARRY

Exceeding the carry limit = technical foul

Players are limited to a maximum 5 second possession.

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

### 2.2 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. It may be from above or below.
- 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!**

### 2.3 POKE CHECK: NOT PERMITTED AT THIS LEVEL

Slashing = Personal Foul

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

### 2.4 DRAWBACK PICKUPS

Illegal Procedure = Technical Foul

Except:

- a. immediately after a face off
- b. by Goalkeepers in the goal circle

### 2.5 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.

### 2.6 ONE PASS IN ATTACKING HALF FOLLOWING FACE OFF ONLY

All other times 5 second carry limit applies.

Pass number not implemented = Turnover.

**(TO ENCOURAGE PARTICIPATION)**

## 2.7 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.

## 2.8 OFF-SIDE

### OFF-SIDE (FOR 8 PLAYERS)

Only 5 attackers are allowed in the attacking half. Only 6 defenders allowed in the defensive half.

### OFF-SIDE (FOR 10 PLAYERS)

Only 6 attackers are allowed in the attacking half. Only 7 defenders allowed in the defensive half.

- Attacker offside: The ball is in the team’s attacking half of the field and the attacking team have more than the number of players allowed in the attack half between the centreline and the end line. (including any players in the penalty box)

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 the defending team have more than the number of players permitted in the area between the centreline and the end line - including any players in the penalty box. A flag will be throw thrown, and play continues 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 second technical.

## 2.9 PERSONAL FOULS

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

## 2.10 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.

## 2.11 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 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. 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 second 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.

## 2.12 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

- For a 'legal' Body Check; the opponent must have possession of the 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

- 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.

### 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.

## 2.13 TECHNICAL AND PROCEDURAL FOULS

Less Serious. Time Penalty; 30 second or loss or possession.

### PRE-CHECK

Players are not permitted to check the stick of an opponent whilst they are contesting the ball. All players should be encouraged to go for the ball. A defender may check the stick once the player with possession brings the stick head up above waist height.

Unavoidable contact such as contesting a loose ball with sticks touching is permitted at the discretion of the referee, however no deliberate stick contact is permitted.

## 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.

## 2.14 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.

## 2.15 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. 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'.

## 2.16 DEVELOPING PLAYERS THROUGH SUPPORTIVE REFEREEING AND 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 AND 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.

## 2.17 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.

**\*\*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.**

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

Boys U13: Men's restraining lines for face off are used.

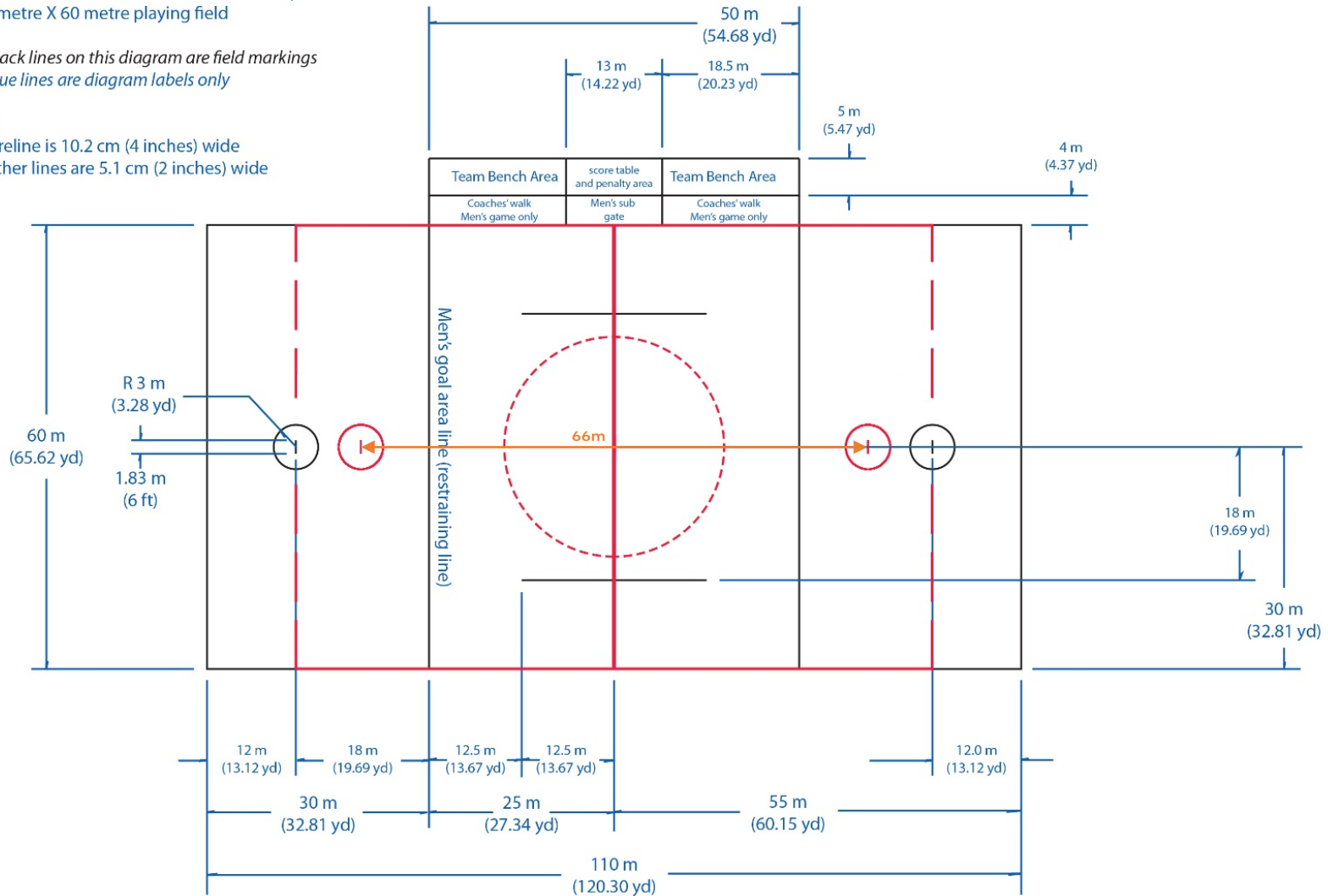
## FIL Unified Men's and Women's Lacrosse Field

- 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