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U8/U11 COMPETITION RULES

NON CONTACT LACROSSE 5'S

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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 the rules. The official/coach must be patient and positive as they 'explain and show' the rules 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

Adjust - context of space and situation.

DURATION

4 x 10 min quarters (running clock), No time outs, 2-3-2 min breaks.

START TIMES

8.30 am finished by 9:30 am. Adjust quarter times to accommodate.

PLAYING AREA AND GOALS

(Refer page 4 and adjust to the space available): The dimensions are 40-50m length by 20-30m width depending on the space available. The 100m men's field can be divided into 4 mini fields of 25m width. The goal line is located 6m in from the back line. Small goals (1.22m x 1.22m) or equivalent 'pop up' goal. The radius of the goal circle (crease) shall be 3.5m. The goal circle may be 'cut off' at the back of the goal to allow more space to the back line.

CENTRE LINE

Designated by 2 marking cones.

START OF THE GAME/QUARTERS

The home team selects their attacking end and their goalie starts with the ball. All players must be in their defensive half of the playing area. The umpire whistles to start play, players are then free to move to both halves of the field. Possession alternates at the start of each quarter.

EQUIPMENT AND UNIFORM

BALL

The pink STX modified soft-ball or its equivalent.

STICK

Any brand/model stick (safe and appropriate to the developmental level). U8's have the option of using a 'fiddle stick'.

GOAL KEEPER

The goal keeper must wear a chest pad, helmet and throat protector. Protector boys (recommended). Gloves and shin pads optional. Mini goalie stick.

MOUTHGUARDS

Encouraged however optional

UNIFORM

Each player will wear a team uniform consisting of shirts with numbers, shorts or skirt.

NUMBER OF PLAYERS

The aim is to have players participating in a game each week. 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 having a coach or parent join in with the children. Shot blocker or bin can be used as a goalie.

U8s: 4 players (no goalie). The minimum age in U8s is 5 yrs and teams can be mixed. U8 players may play in the U11 games if their 'experience base' is appropriate.

U11s: 5 players (4 on the field plus a goalie or a shot blocker or bin). The minimum number to play (without a forfeit) is 4 players. Equalisation of players (with the minimum being 4) is required. A culminating event will conclude term 2 and term 3 compt.

U8s: No submission or posting of match results. No ladder maintained.

U11s Scores and Ladder

Scoresheets to be forwarded to LSA with a generic name for goals scored. A ladder is generated to be used for arranging culminating events as deemed appropriate by JCC.

HOST CLUB

The hosting club is required to provide a 'coordinator' to support the smooth running of the event.

2. PLAYING RULES AND GUIDANCE

2.1 NO CONTACT WITH THE STICK OR BODY

This includes stick to stick contact, stick to body contact or body to body contact.

Consequence = Loss of possession (offending player to stand to the side out of play)

- When the ball is being contested on the ground watch carefully for body contact and stick contact. Players may not use their body to push an opponent or shepherd when going for a loose ball. Encourage players to 'go for the ball' fairly. It is important to call any stick contact or body contact quickly in this circumstance to prevent congested or rough play.

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.

All players are 'encouraged' to control their stick using two hands when playing the ball. This is not penalised unless dangerous to other players.

Contact can be defined as 'barging (charge)', 'blocking', 'follow-through' or 'over-guarding'. If 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.

B) BLOCKING — A FOUL ON THE DEFENDER

This occurs when a defending player makes contact with an attacking player (with body or stick) by stepping across their path with their body or reaching across with their stick.

C) FOLLOW THROUGH

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

D) OVER GUARDING

This occurs when the defending player moves their stick forward of the vertical plane whilst the attacker is passing or shooting causing contact or potential danger through the proximity of the stick to the opponents face/body.

2.2 SIMULTANEOUS CONTACT OR UNABLE TO DETERMINE POSSESSION

In situations where the official is unable to determine possession, the ball may be rolled towards a player from each team to determine possession.

2.3 FOUR SECOND CARRY LIMIT

Consequence = Loss of possession

A player may maintain possession of the ball for a maximum of 4 seconds. To be counted as '1 and 2 and 3 and Whistle' at normal pace.

2.4 A MAXIMUM OF 1 PLAYER FROM EACH TEAM MAY CONTEST A BALL

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

Only one player from each team may contest the ball. This rule helps to prevent congestion particularly on ground balls and it encourages other players to support their teammates.

2.5 COVERING THE BALL

Consequence = Loss of possession

A player may not cover or trap the ball with their stick and inhibit another player from contesting the ball.

2.6 PASSES IN THE ATTACKING HALF

Consequence of a shot at goal without the designated number of passes = Loss of Possession

Once the ball enters the attacking half there must be 2 passes before a goal is attempted. (Under 8: one pass)

THIS RULE RESETS ONCE THE BALL EXITS AND RETURNS INTO THE ATTACKING HALF.

Note* A pass is defined as a throw to a team mate who is able to gain possession. It does not have to be a clean catch.

Note* If a shot at goal misses and possession is regained by the attackers they do not need to make another 2 passes.

This rule is to encourage children to share possession of the ball. Once the possessions are completed the player with the ball is encouraged to make a good decision about whether to pass, run or shoot the ball.

2.7 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.

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 halfway line.

No intentional pass back into the crease is permitted.

Consequence = Loss of Possession.

2.8 MISSED GOAL SHOT AND RESTART AFTER A GOAL SCORE

If the ball goes out of play from a missed shot at goal without touching any player, it is a turnover and possession is taken by the defending team inside the backline.

After a goal is scored, the goalie takes possession at their goal crease, all players return to their respective defensive half of the field and the umpire whistles play.

2.9 DEFENDING THE GOAL CREASE

Player/s may not stand in front of the goal circle making a 'wall' around the goal crease or acting as a 'second goalie' to prevent a shot at goal.

Note: It is common for new players to congest this area.

UMPIRES AND COACHES MUST ENCOURAGE PLAYERS TO 'MARK A PLAYER' AND NOT TO CONGEST THE SPACE IN FRONT OF GOAL.

Consequence = The attacking player maintains possession of the ball and takes a 'free pass'. The defending player/s are relocated away from the space. If the infringement occurs within 2 m of the goal circle the attacking player takes possession at a point beyond 2m from the crease.

2.10 SCORE LINE MARGIN

There is little to be gained (for either team) in a competition where the score-line becomes extreme. Coaches/umpires to collaborate before the game and during quarter time breaks to apply the following conditions to promote a more even contest.

When the margin between the two teams reaches 6 goals 'conditions' will be applied to promote a more even contest.

- a) The leading team cannot start defending until the attacking team completes one pass in the attacking half. This can be extended to two passes if deemed necessary. (The coach of the team who is ahead can direct the players to come back closer to goal before beginning to defend. This can be back to a quarter of the field)
- b) The leading team is required to have an additional pass in their attacking half.

Other variations as deemed appropriate such as using their non- preferred hand, limiting goals scored by individuals.

These conditions will remain in place until the margin reaches four goals.

2.11 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 1 min penalty or be ejected from the game. These measures would only be applied following communication, discussion of the issue and a warning.

3.1 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'.

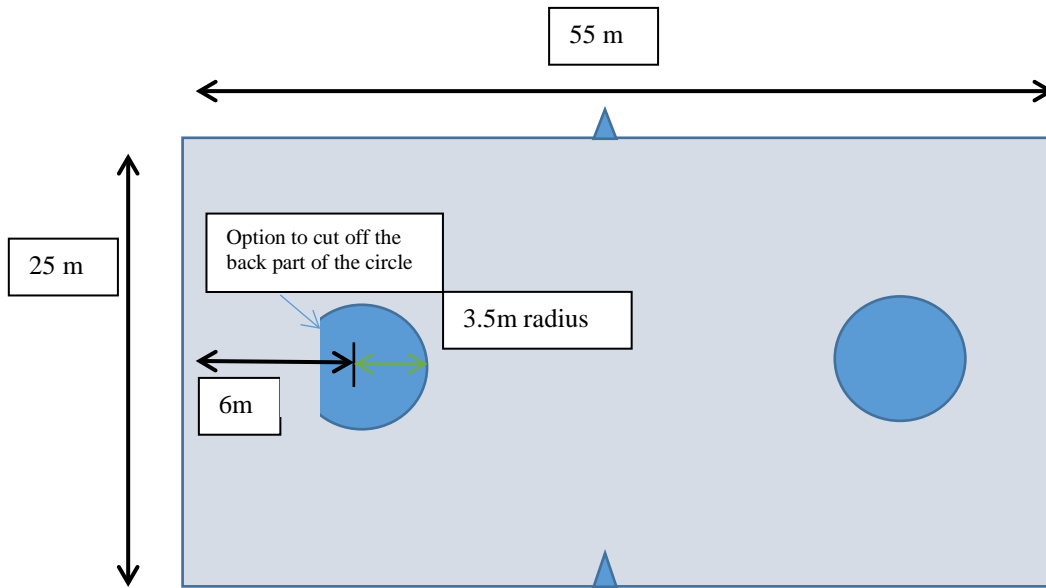
3.2 SUPPORTING THE DEVELOPMENT OF PLAYERS - UMPIRING AND COACHING

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. The no-contact rule (1) and the dangerous throw (2) are the most important rules for umpires to attend to in order to maintain a safe environment. These must be picked up promptly and explained to the players. When an infringement occurs the umpire can clearly help all players to understand what happened and how to improve on it.

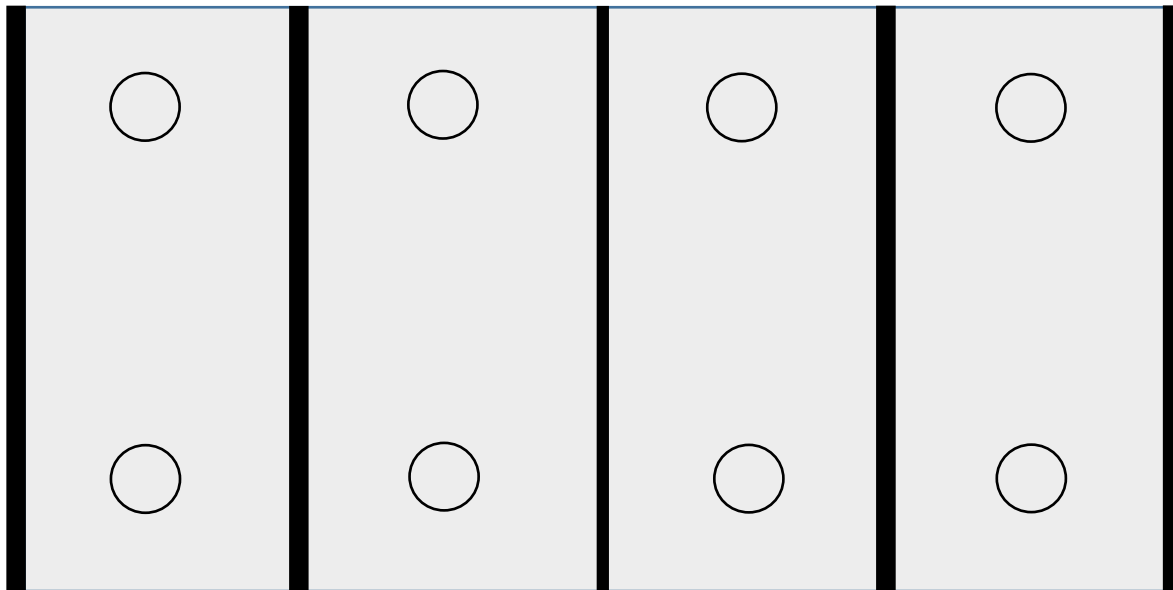
COACHING ON FIELD: One coach from each team may move onto the playing field (to a maximum of 3 meters from the boundary).

OFFICIATING GUIDELINES: Dress appropriately (officiating or green 'novice' shirt). Know the rules and help the children to understand them by explaining the whistle calls. Be patient and positive. The first named team is to supply the official, but teams may each supply an official. Discussion and clarification of rules is encouraged at the appropriate times.

3.3 FIELD SET UP



Men's Field (100m). Use the half way line. Create 4 mini fields 25m wide. Can add on 1 m on each end line to create a 1m space between the fields. The centre line can be used as a common boundary. If space permits a 1 m space can be



Enjoy Lacrosse
Do your best
Play Fairly