

For Playing Rules please refer to FIL Women's Official Rule Book for Women's Lacrosse.

<https://filacrosse.com/wp-content/uploads/2018/11/2018-2019-WomensRuleBook-OnlineA4final-v1.02.pdf>

## VARIATION TO FIL WOMEN'S OFFICIAL RULE BOOK

### START TIME

A prompt start essential.

Division 2: 8.30am finish by 9.20am

Division 1: 9.30am finish by 10.20am

### DURATION OF PLAY - FIL RULE BOOK - RULE 11.C

FIL RULE	LSA Variation
10.B. The timer will: c. Time the 10 minutes break between the second and third quarters.	10.B. The timer will: c. Time the 3 minutes break between the second and third quarters.
RULE 11: DURATION OF PLAY A. The duration of the game will be four 15 minutes quarters.	4 x 10 minute quarters with a 2 minute break between the first and second quarter, 3 minute break between the second and third quarter, 2 minute break between the third and fourth quarter. Running clock.
11.B. The horn indicates the end of time in each quarter and overtime period. Teams will change ends after quarters 1, 2 & 3. Quarter breaks may not exceed 2 minutes and half time may not exceed 10 minutes.	11.B – Quarter break must not exceed 2 minutes and half time must not exceed 3 minutes

### NUMBER OF PLAYERS IN A TEAM

FIL RULE	LSA Variation
RULE 5: TEAMS  A game is played between two teams. For FIL events, a roster of eighteen (18) players constitutes a full team; eight (8) are substitutes. Any number of players up to ten (10) are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper. If a team chooses to play without a goalkeeper, an unprotected field player/the 'deputy' may only enter the goal circle according to the criteria in Rule 18.A.4 and must never enter the goal circle to defend a shot. (Rule 24: Definitions).	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. Teams will play with 6 in their attacking third and seven (one being the goalie) in their defensive third. Off side will depend on the number of players on field.  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.
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### STICKS AND STRINGING

FIL RULE	LSA VARIATION
<p><b>RULE 3: THE CROSSE</b> Full crosse specifications are in Appendix G Manufacturer’s Specifications. Only those aspects of the crosse specifications that are necessary and useful for umpires, coaches and players during a game are included below. All Field Crosses: The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.</p> <ol style="list-style-type: none"> <li>1. The head of the field crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.</li> <li>2. The head of a field crosse will be triangular in concept. (Appendix G, Diagrams 12 &amp; 13) <ol style="list-style-type: none"> <li>a. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head crosse will be 16cm minimum and 15cm to 16cm for a wooden crosse.</li> <li>b. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.</li> </ol> </li> <li>3. The shaft of the field crosse will be ‘nominally’ straight and may be constructed of wood, metal alloy or other composite material. The crosse will not have sharp or protruding parts or edges and will not be dangerous to players in any way. Guidance: A *bent* shaft may only be used with the heads that are specifically designed to accommodate them. *Bent* shafts are head and manufacture specific. <ol style="list-style-type: none"> <li>a. Recessed metal screws with rounded heads will be used to attach the head of a plastic molded head crosse to the shaft. The butt ends of all shafts will have an end cap, be taped or sanded smooth, if wood.</li> </ol> </li> <li>4. The overall length of the field crosse will be 0.9m / 90cm minimum to 1.1m / 110cm maximum. End caps are included when measuring the overall length of a crosse. Guidance: Junior players who are under the age of 15 may use a</li> </ol>	<p>All Field Crosses:</p> <p>The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.</p> <ol style="list-style-type: none"> <li>1. The head of the field crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.</li> <li>2. The head of a field crosse will be triangular in concept. <ol style="list-style-type: none"> <li>a. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head crosse will be 16cm minimum and 15cm to 16cm for a wooden crosse.</li> <li>b. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.</li> </ol> </li> <li>3. The shaft of the field crosse will be ‘nominally’ straight and may be constructed of wood, metal alloy or other composite material. The crosse will not have sharp or protruding parts or edges and will not be dangerous to players in any way.</li> </ol> <p>Guidance: A *bent* shaft may only be used with the heads that are specifically designed to accommodate them. *Bent* shafts are head and manufacture specific.</p> <ol style="list-style-type: none"> <li>a. Recessed metal screws with rounded heads will be used to attach the head of a plastic molded head crosse to the shaft. The butt ends of all shafts will have an end cap, be taped or sanded smooth, if wood. 4. The overall length of the field crosse will be 0.9m / 90cm minimum to 1.1m / 110cm</li> </ol>

crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player's arm.

5. The pockets of all field crosses will be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are not allowed.

a. Longitudinal leather or synthetic thongs shall be 0.3 to 1.0 cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced along the length and across the width of the head. Loose ends of thongs may not be woven back up through the pocket of the crosse.

(Appendix G, Diagram 12).

b. Cross-lacing in a traditionally strung pocket is defined as 8 to 12 knots/stitches, where two strings intertwine at a common place on a thong and evenly spaced diamonds. (A 'diamond' is the shape formed between longitudinal knots on a thong and horizontal knots.)

c. Cross-lacing in a pre-manufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4 cm maximum.

d. Pockets must be attached to the head of the crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm. Guidance: A pocket may not be attached to the head of a crosse along the top of the bottom rail of the sidewall. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

6. Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.

a. Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the

maximum. End caps are included when measuring the overall length of a crosse.

Guidance: Junior players who are under the age of 15 may use a crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player's arm.

5.

d. Pockets must be attached to the head of the crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm.

Guidance: A pocket may not be attached to the head of a crosse along the top of the bottom rail of the sidewall.

Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

6. Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.

a. Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an "inverted U" in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop.

7.

b. Stick pocket - half ball visible below the base of sidewall of the stick (to promote success)

c. The ball must move freely within all parts of the head and pocket, both laterally and along its full length. The ball must not become wedged between the walls under the guard or the bridge of a wooden crosse, or in the ball stop, or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket of the crosse when the crosse is turned upside down.

<p>upper third of the head, and the bottom shooting/throw string may be an “inverted U” in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop. (Appendix G, Diagram 16)</p> <p>11</p> <p>7. The field crosse meets specifications if:</p> <p>a. It complies with the criteria in this rule and the Manufacturer’s Specifications for field crosses as approved by the FIL (Appendix G).</p> <p>b. The top of the ball, when dropped into the pocket of a horizontally held crosse, must be visible and remain above the top of the entire wooden or plastic sidewall wall after reasonable force with one hand has been applied to and released from a ball.</p> <p>c. The ball must move freely within all parts of the head and pocket, both laterally and along its full length. The ball must not become wedged between the walls under the guard or the bridge of a wooden crosse, or in the ball stop, or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket of the crosse when the crosse is turned upside down.</p> <p>8. At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s crosse. If, at any time during play, the ball becomes lodged in a field player’s crosse, the crosse no longer meets specifications. The umpire will take time out to remove the illegal crosse to the scorer’s table. To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul. (Rule 20.A.13,14,15).</p>	<p>8. At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s crosse. If, at any time during play, the ball becomes lodged in a field player’s crosse, the crosse no longer meets specifications.</p> <p>The umpire will take time out to remove the illegal crosse to the scorer’s table. To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul. (Rule 20.A.13,14,15).</p>
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### GOGGLES, HELMETS AND MOUTHGUARDS

FIL RULE	LSA VARIATION
<p><b>RULE 6: UNIFORM AND EQUIPMENT</b></p> <p>E. All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible color other than colorless or white and must not have graphics of teeth. Mouth guards must not be altered to decrease protection and field players must remove protruding tabs.</p> <p>Close-fitting gloves, nose guards, and eye guards may be worn. Field players are not permitted to wear headgear or face masks.</p>	<p>Mouthguards can be any colour.</p> <p>Field players are permitted to wear headgear or face masks.</p> <p>All players must wear eye protection (goggles).</p>

1. Players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in FIL Rule 6.G.	
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### FREE MOVEMENT

After a whistle has been blown for a stoppage of play (foul or otherwise) all players not involved in infringement may continue to move. Following an infringement, the offending player must make an attempt to move 4m behind (major foul) or 4m to the side (minor foul) of the player in possession of the ball. All other players, although able to move, must not be closer than 4m. Persistent delay of game fouls may result in a yellow card.

For infringements inside the 11m fan 'and set on a hash', players can continue to move outside the 11m fan space, but may not be closer than 4m to the side or behind the non-infringing player. If the free position is set on the hanging hash, only the penalty lane will be cleared.

### SCORING

FIL RULE	LSA VARIATION
<p><b>RULE 14: SCORING</b></p> <p>B. A goal is scored when the whole ball passes completely over the whole goal line, between the goal posts and under the crossbar from in front. the ball having been shot or propelled from an attack player's legal crosse, or from a defender's crosse or body.</p> <p>A player who scores a goal must immediately drop her crosse, or hand her crosse to the nearest umpire to allow the umpire to confirm it is legal. A player must not adjust the thongs of her crosse after an umpire requests to inspect her crosse.</p>	<p>A player who scores a goal is not required to drop their crosse or hand her crosse to the nearest umpire following a goal.</p>

### 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 Goal line extended offending team 4m to the side.

### FOUR SECOND CARRY LIMIT

A player may maintain possession of the ball for a maximum of 4 seconds. Umpires will count audibly for ball carriers. (Umpires try to say 1000 in your head before the audible 1-2-3 and blow the whistle on 4)

Consequence = possession awarded to the opposition.

### A MAXIMUM OF 1 PLAYER FROM EACH TEAM MAY CONTEST A 'LOOSE' BALL

Only one player from each team may contest a loose ball, on the ground or in the air.

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

### ONE ON ONE DEFENDING

Only one player can mark a player when defending and not 'double/triple team' the ball carrier.

Consequence = Possession maintained with infringing player 4m behind.

## OVER GUARDING

A defender must be 1m away from the attack player with her stick held vertical to defend. The defenders stick may mirror the attackers stick but must always remain 1m away and in a vertical position and not lean forward into the attackers space.

Consequence = infringing player 4m behind (major foul)

## 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.

## 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).

The PLAYERS ARE ALSO LEARNING THERE IS A DIRECT CONSEQUENCE FOR A PERSONAL FOUL RESULTING IN A PENALTY. They are encouraged to demonstrate good positioning and to minimise penalties as it is a disadvantage for their team.

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, black shorts/skirt or pants) 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.

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