



LACROSSE
SOUTH AUSTRALIA

GIRLS/WOMEN'S COMPETITION RULES

APRIL 2022

For Playing Rules please refer to World Lacrosse (WL) Women's Official Rule Book for Women's Lacrosse and Memorandum.

[Women's Rule Book](#)

[Women's Memorandum](#)

VARIATION TO WL WOMEN'S OFFICIAL RULE BOOK

WL RULE	LSA VARIATION
<p>RULE 5: TEAMS</p> <p>A game is played between two teams. For WL 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 <u>never</u> enter the goal circle to defend a shot. (Rule 24: Definitions).</p>	<p>In women's senior field lacrosse matches the maximum number of players (including substitutes) in a team shall be 14 (but may vary for national or international matches) except the lowest senior grade of a Club which shall have a maximum of 23 players. The minimum number of players for State League competition shall be 10. (refer to Lacrosse SA bylaw 3.7.1).</p> <p>The minimum number of players for all other divisions/grades shall be 8.</p> <p>Please note that the minimum number of players is the minimum number of players to start the game. Should player numbers fall below this during the game, it is the responsibility of the coach/team to decide to continue or forfeit the game.</p> <p>If teams fail to meet the minimum number of players at the commencement of the programmed time, the officials must start the clock at the programmed time and provide 10 minutes to the team with less than the minimum number of players to meet minimum numbers. If after 10 minutes minimum numbers are not reached, the team with less than the minimum numbers shall forfeit the game.</p>
<p>10.B. The timer will:</p> <ol style="list-style-type: none"> 1. c. Time the 10 minutes break between the second and third quarters. 	<p>10.B. The timer will:</p> <ol style="list-style-type: none"> 1. c. Time the 5 minutes break between the second and third quarters.
<p>RULE 11: DURATION OF PLAY</p> <p>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.</p>	<p>11.B – Quarter break must not exceed 2 minutes and half time must not exceed 5 minutes</p>
<p>RULE 14: SCORING</p> <p>B.</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>



GOGGLES, HELMETS AND MOUTHGUARDS

WL RULE	LSA VARIATION
<p>RULE 6: UNIFORM AND EQUIPMENT</p> <p>E. All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that covers all teeth of the upper jaw. 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. Close-fitting gloves, nose guards, and eye guards may be worn. Field players are not permitted to wear headgear or face masks.</p> <p>1. Players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in WL Rule 6.G.</p>	<p>Field players are permitted to wear headgear or face masks.</p> <p>For aged teams: all players must wear eye protection (goggles).</p>

All participants should familiarise themselves with Lacrosse SA's Zero Tolerance Policy.