



**LACROSSE**  
**SOUTH AUSTRALIA**



# **UNDER 13 GIRLS COMPETITION RULES**

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

[Women's Rule Book](#)

## VARIATION TO WL WOMEN'S OFFICIAL RULE BOOK

### 1.1 DURATION OF PLAY

WL RULE	LSA VARIATION
<u>RULE 12: DURATION OF PLAY</u>	
12.A.1. The duration of the game will be four 15 minute quarters.	Four 12 minute quarters with a 2 minute break between the first and second quarter, 5 minute break between the second and third quarter, 2 minute break between the third and fourth quarter. Running clock.
12.A.2. Breaks between quarters 1 & 2 and 3 & 4 may not exceed 2 minutes and half time may not exceed 10 minutes.	Quarter break must not exceed 2 minutes and half time must not exceed 5 minutes.

### 1.2 NUMBER OF PLAYERS IN A TEAM

WL RULE	LSA VARIATION
<u>RULE 5: TEAMS</u>	
5.A.2. For World Lacrosse events, a roster of eighteen (18) players maximum constitutes a full team.	
5.A.3. 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 may enter the Goal-Circle, but must comply fully with Rule 17 Goal-Circle Rules & Penalties.	U13 competition is 10 v 10 (or 8 v 8 see note).  a. 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.  b. Coaches can alter the 8 v 8 rule by discussing between each other and the official to play 10v10 with no or 1 sub.

### 1.3 STICKS AND STRINGING

WL RULE	LSA VARIATION
<u>RULE 3: THE CROSSE</u>	
3.A.3.	
h. The overall length of the field Crosse will be 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a Crosse.	Junior players who are under the age of 15 may use a crosse shorter than 90cm to allow it to fit comfortably along the length of the player's arm.
s. The field Crosse meets specifications if:	
i. It complies with the criteria in this rule and the Manufacturer's Specifications for field Crosses as approved by the World Lacrosse (APPENDIX G).	
ii. The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, must be visible above the top of the entire wooden or plastic sidewall.	Stick pocket - half ball visible below the base of sidewall of the stick (to promote success).



## 1.4 GOGGLES, HELMETS AND MOUTHGUARDS

WL RULE	LSA VARIATION
<p><u>RULE 6: UNIFORM AND EQUIPMENT</u></p> <p>6.A.5. All players, including the goalkeeper, must correctly wear a professionally manufactured intra-oral mouthguard that covers all teeth of the upper jaw.</p> <p>a. The mouthguard shall be of any readily visible color, other than colorless or white, and must not have graphics of teeth. Printed text is not acceptable on a white or colorless mouthguard.</p> <p>b. Mouthguards must not be altered to decrease protection and field players must remove protruding tabs.</p> <p>6.A.2. Field players may wear close-fitting gloves, nose guards, or eye guards. Field players are not permitted to wear headgear or face masks.</p> <p>6.A.3. Field players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in APPENDIX G.</p> <p>Eye guards worn during a World Lacrosse contest must comply with the safety aspects listed in Rule 6, or meet certification requirements of any country, organization or standard. However, World Lacrosse does not guarantee the safety of the eye guard to the player wearing them, or other players. World Lacrosse does not monitor the safety or effectiveness of any eye guards, such as the ability to withstand impact from a ball or a Crosse, nor does World Lacrosse review or approve the certification process of any country, organization or standards organization.</p>	<p>Mouthguard can be of any colour, however it is recommended that mouthguards shall be of any readily visible color, other than colorless or white, and must not have graphics of teeth. Printed text is not acceptable on a white or colourless mouthguard to enable players to move to higher grades where it is mandatory.</p> <p>Field players are permitted to wear headgear or face masks. All players must wear eye protection (goggles).</p>

## 1.5 FREE MOVEMENT

After a whistle has been blown for a stoppage of play (foul or otherwise) all players not involved in the infringement may continue to move. Following an infringement, the offending player must 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.

## 1.6 SCORING

**MUST HAVE TWO PASSES ANYWHERE ON THE FIELD BEFORE A SHOT CAN BE ATTEMPTED.**

**Exception:** If the goalie is inside her goal circle with the ball when the pass is initiated the PASS WILL NOT COUNT. If the goalie has the ball and steps out of the goal circle and passes the ball to a teammate the pass is LEGAL (goalie has stepped out of the goal circle losing privileges and is now considered a field player).

**Example 1:** Goalkeeper saves a shot, collects the ball and passes the ball to a teammate from inside the goal crease, this PASS WILL NOT COUNT, as the goalkeeper is inside the crease. 2 additional passes will be required before a successful attempt on goal.

**Example 2:** Goalkeeper saves a shot, collects the ball then leaves the crease before making a pass, as the goalkeeper is now classified as a field player, with no 'privileges' the PASS WILL COUNT towards satisfying the 2 pass rule.

Consequence of shooting without satisfying the 2 pass rule = possession awarded to the opposition on the 15m Goal line extended offending team 4m to the side.

## 1.7 SELF START

WL RULE	LSA VARIATION
<p><b>RULE 13: STAR &amp; RESTART OF PLAY</b></p> <p>13.A.9. Following a whistle for a major or minor foul outside the AFA, the player who is awarded the Free Position may continue to play when both their feet are stationary on the ground and the ball is in their Crosse, without waiting for an additional whistle, other than as in Rule 13.A.9.h.</p>	<p>There will be no Self Start.</p>

## 1.8 POSSESSION IN THE GOAL CIRCLE

WL RULE	LSA VARIATION
<p><b>RULE 17: GOAL CIRCLE RULES &amp; PENALTIES</b></p> <p>17.A.4. When inside the Goal-Circle, the goalkeeper, or the defender must move the ball out of the Goal Circle within 5 seconds of gaining Possession of the ball in the Goal-Circle.</p> <p>The official will count the 5 seconds out loud while using a visible, hand chopping motion to count each second that the ball remains in the Goal-Circle.</p>	<p>When inside the Goal-Circle, the goalkeeper, or the defender must move the ball out of the Goal Circle within <b>10</b> seconds of gaining Possession of the ball in the Goal-Circle.</p> <p>The official will count the <b>10</b> seconds out loud while using a visible, hand chopping motion to count each second that the ball remains in the Goal-Circle.</p>
<p><b>ATTACK</b></p> <p>17.A.13. An attack player may play a ball within the Goal-Circle, but they must not:</p> <ol style="list-style-type: none"> <li>Step on or over the Goal-Circle line to play the ball on a shot,</li> <li>Step on or in the Goal-Circle until whole ball passes completely over the goal-line, (11.A.2),</li> <li>Initiate contact with the goalkeeper, or a defender,</li> <li>Cause a defender to make contact with the goalkeeper, or</li> <li>Interfere with the goalkeeper or their Crosse in any way. (11.A.7)</li> </ol>	<p>With the following exceptions, no other players are allowed to enter or have their feet, body or Crosse on, or over the goal circle line at any time.</p> <ul style="list-style-type: none"> <li>On a shot, the attack shooter may follow through with her Crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack's shooting motion must be initiated from outside the goal circle; therefore the shooter's Crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.</li> <li>On a shot, only the player/s directly marking/defending the attack shooter may reach into the goal circle with their Crosse/s to block the shot or check the shooter's Crosse. The defender/s feet must not touch or cross over the goal circle line.</li> <li>Players on the defending team in their defensive end of the field may run through any portion of their team's goal circle (GC). Running through the GC may be multi- or uni-directional (ie. A defense player running through the GC in one direction may change direction while running through). The amount of time a defensive player is in the GC is not limited by rule. However, no defensive player may settle or remain in the goal circle unless she abides by rule 17.A.14.</li> </ul> <p>Defense players may run through the GC when:</p> <ul style="list-style-type: none"> <li>They are marking the attack player with the ball;</li> <li>They are marking a non-ball attack player and;</li> <li>They are not marking any attack player.</li> </ul>

	<p>Any defender running through the goal circle must still abide by all provisions of the shooting space rule.</p> <p>Guidance: If an attack player settles at the edge of the GC or below the goal circle, any defender(s) may step back into the GC and move through to stay with the attack player.</p>
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## 1.8 DEFENDING AND CHECKING

Short checks only – any checking must be below the attacker's shoulders only.  
No stick or hand on body for defense.

## 1.9 SCORE LINE MARGIN

There is little to be gained (for either team) in a competition where the score-line becomes extreme. 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.

- When the trailing team is clearing the ball from the goal, the leading team cannot start defending until the attacking team crosses the offensive restraining line.
- The trailing team will start with possession of the ball from the centre rather than having a centre draw.
- The leading team is required to have 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 their 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.

## 1.10 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.

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