



LACROSSE
SOUTH AUSTRALIA



UNDER 15 BOYS COMPETITION RULES

MAY 2023

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

[Mens World Lacrosse Rules](#)

VARIATION TO WL MEN'S OFFICIAL RULE BOOK

1. STICK CHECKING

Slashing = Personal Foul

Must be a controlled, two handed, short travelled check, to the stick, or the gloved hand holding the stick, of the player in possession of the ball.

Cross Checking (or a 'Bar Check') - the use of the shaft of the stick held between both Gloved hands to check an opponents' stick or body is a **Personal Foul**. - 1, 2, or 3-minute penalty.

Using the handle of the stick between the gloved hands holding the stick to Hold or Push an opponent is a **Technical Foul**. - Loss of Possession, or 30 second penalty.

The Gloved hands holding the stick may be used to hold an opponent legally, but both hands must be holding the stick.

2. POKE CHECK

Slashing = Personal Foul

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

Must be a controlled, two handed, short travelled check, to the Bottom Hand of the player in possession of the ball.

Poke check no slide through forward hand.

3. BODY CHECKING

Illegal Body check- Body check only allowed to person in possession of the ball - **below the Neck** and above the **Hip**, from either **Side** or **Front** on, but **Not from the Rear**.

Unnecessary Roughness = Personal Foul.

- 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.
- Unnecessary Roughness - any avoidable act deemed deliberate, reckless and/or excessively violent.

Areas of the body that can be legally Pushed or Body Checked

