



LACROSSE
SOUTH AUSTRALIA



UNDER 13 BOYS COMPETITION RULES

APRIL 2025

TABLE OF CONTENTS

1.1	ENJOY THE GAME: HAVE 'FUN' AND 'PLAY FAIRLY'!	3
1.2	LEARN THE GAME: IMPROVE INDIVIDUALLY AND AS A TEAM	3
1.3	MEMBER PROTECTION POLICY	3
1.4	GAME STRUCTURE	4
1.5	NUMBER OF PLAYERS	4
1.6	THE STICK	4
1.7	SUBSTITUTION	4
1.8	COACHES	4
1.9	GUIDANCE FOR FAIR PLAY - SCORE LINE MARGIN	4
2.	U13 RULES (VARIATIONS TO WORLD LACROSSE RULES)	6
2.1	SCORING	6
2.2	SHOT ON GOAL	6
2.3	DRAWBACK PICKUPS	6
2.4	OFFSIDE (FOR 8 ON-FIELD PLAYERS)	7
2.5	MAJOR FOULS	7
2.6	FOULED OUT	7
2.7	UNSPORTSMANLIKE CONDUCT	7
2.8	ILLEGAL BODY CHECKING	7
2.9	UNNECESSARY ROUGHNESS	7
2.10	CROSS CHECKING	8
2.11	SLASHING, ILLEGAL STICK CHECKING	8
2.12	MINOR AND PROCEDURAL FOULS	8
2.13	PRE-CHECKING	8
2.14	OVER AND BACK	8
	A SPIRIT OF COOPERATION – COACHES, OFFICIALS, PARENTS AND SPECTATORS	9
	DEVELOPING PLAYERS THROUGH SUPPORTIVE OFFICIATING AND COACHING	9
	OFFICIALS AND COACHES:	10
	OFFICIATING GUIDELINES:	10

1.1 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, match officials 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.

1.2 LEARN THE GAME: IMPROVE INDIVIDUALLY AND AS A TEAM

The purpose of these modified rules is to provide a fairer and safer competition for the players of this age group, regardless of their size and their skill development.

Players start learning the skills and rules of the game at different ages and at differing rates.

Some players have family who are very knowledgeable about the game to assist them in their skills development, other players do not have that level of support.

In this age group the physical size differences between even players of the same age presents a serious safety risk to the smaller athletes.

For these reasons, Coaches and Officials have a key role in helping players to learn how to play the game and applying key rules and concepts.

Officials and Coaches must be patient and positive as they 'explain and show' the rules when they are applied. Coaches must work with the Officials to manage a safe and fair competition.

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.

1.3 MEMBER PROTECTION POLICY

(www.lacrosse.com.au/nationalpolicies)

The National Integrity Framework has a Member Protection Policy 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, match officials, 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 UNSPORTING BEHAVIOUR. CONSEQUENCE FOR UNSPORTSMANLIKE CONDUCT = MAJOR FOUL (1, 2 OR 3 MINUTE PENALTY, OR EXPULSION)

- 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.

Breaches of the Member Protection Policy could result in that person being Reported and Suspended from Lacrosse competitions.

Each game presents players with an opportunity to apply their skills within the rules, to play safely and to demonstrate fair play. If a player or coach constantly breaches the rules of the game regarding Unsportsmanlike Conduct they may receive a Major foul penalty and/or be ejected from the game.

1.4 GAME STRUCTURE

Duration: 4 x 12 minute quarters. To be reduced in length if the game is expected to go past 11.30am.

Stop Clock: None. **Quarters Breaks:** 2-5-2 minutes. **Team Time-Outs:** 2 per team per GAME. **Overtime:** None

1.5 NUMBER OF PLAYERS

The U13 competition is Ten (10) players per side (or Eight (8) per side), on the field of play.

- Should both teams have Twelve (12) players or more, they shall play Ten (10) per side.
- Clubs shall play Eight (8) per side if either team has less than Twelve (12) players,
- If a team's number of available players changes during the game, such that the game should swap from 10 to 8, or 8 to 10 players per side, this shall occur during the next quarter break.
- When each Team has Ten (10) players per side, they shall be Onside when they have a maximum of Six (6) players in their attacking half of the field, and a maximum of Seven (7) players (one may be the goalkeeper) in their defensive half. Offside for Eight (8) per side is a variation, below.
- Coaches may alter the 8 v 8 rule by agreement between each other and the match official(s) to play 10 v 10 with no or 1 sub.

1.6 THE STICK

Apart from the goalkeeper's sticks, all other sticks must be between 1016mm (40") and 1067mm (42") in length, i.e. No Long Sticks. All sticks must otherwise conform to the World Lacrosse **Men's Field Rules 15, 16, and 63**.

1.7 SUBSTITUTION

Players may substitute at any time through the Gate of the Special Substitution Area. Substitute Players coming onto the field must wait for their on-field teammate to first leave the field through the Gate.

Illegal Substitution Consequence = Minor foul (30 second penalty or Loss of Possession).

1.8 COACHES

Only one Coach per team is permitted on the field during the game, restricted to within 3 meters from the substitution side boundary. Shall not communicate with the Officials or the opposing players while on the field. Coaches may only ask questions of the match officials during the half time break between Quarters 2 and 3.

1.9 GUIDANCE FOR FAIR PLAY - SCORE LINE MARGIN

There is little to be gained (for either team) in a game where the score-line becomes extreme. Teams made up of mostly new players with limited experience face significant challenges. When they are 'thrashed' they are not given opportunities to learn and improve. It also does not provide many development opportunities for the dominating teams players.

To assist in making these types of games a 'fairer' competition for all the players it is important for those involved (coaches, match officials and players) to recognise these situations and to cooperate to 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 match official, coach 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. Minor Foul: The trailing team retains possession of the ball and it is brought straight up to the centreline (provided the ball is in the defensive half) and the defender receives a 30 second penalty.
- The leading team is required to have a 3 passes in the attacking half before having a shot for goal (If desired, the number of passes can be increased by the Leading team's coach).

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- c. The face off remains, however, the leading team may only have one player (defensive or attacking) on the wing. The other wing remains vacant until 'possession' is called. Should the lead extend to 15 goals, then the leading team has no player on either wing and they join the game once "possession" is called.

If the lead further extends beyond 15, then the leading Team must take one player from the ground (i.e. playing a man down) until the margin is back to 10 goals.

The coach may apply other specific conditions to individual players if applicable.

- Challenge various players to use non preferred hand
- Limit the total goals any one player may contribute – they have to bring other players into the game.
- Include other 'conditions on the team', i.e. ball must go behind the goal before shooting at the goal.

2. U13 RULES (VARIATIONS TO WORLD LACROSSE RULES)

2.1 SCORING

A TEAM MUST COMPLETE TWO CONSECUTIVE PASSES ANYWHERE ON THE FIELD BEFORE A GOAL CAN BE SCORED. THIS IS TO ENCOURAGE MULTIPLE PLAYER PARTICIPATION IN SCORING OPPORTUNITIES.

Exception: If the Goalkeeper, or Defender, is inside their Goal Crease when they pass the ball, the PASS WILL NOT COUNT toward the “Two Consecutive Passes”. If the Goalkeeper, or Defender, has possession of the ball and steps out of the Goal Crease and passes the ball to a teammate, the **PASS WILL COUNT**.

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 legitimate attempted shot on goal.

Example 2: Goalkeeper saves a shot, collects the ball then leaves the crease before making a pass, as the goalkeeper is now outside of their Goal Crease, with no ‘privileges’ the **PASS WILL COUNT** towards satisfying the 2-Pass rule.

The 2-Passes must be consecutive, (in sequence), not interrupted by:

- an opposing player gaining possession of the ball, or
- the end of a quarter, or
- an official’s whistle being blown to administer the game.

Should any of the above occur, then another 2 completed passes are required before a goal can be scored.

Consequence of Scoring without satisfying the 2-Pass rule = No Goal,

The ball is awarded to the nearest opposition player as per World Lacrosse **Men’s Free Play Rule 37.2**.

Definition: A Completed Pass includes a dropped pass that is picked up by the player who dropped it.

2.2 SHOT ON GOAL

A TEAM MUST COMPLETE TWO CONSECUTIVE PASSES, ANYWHERE ON THE FIELD, BEFORE A SHOT ON GOAL CAN BE ATTEMPTED, THIS IS TO ENCOURAGE MULTIPLE PLAYER PARTICIPATION IN SCORING OPPORTUNITIES

See 2.1 for Exceptions and Examples, and the Definition of what is a Completed Pass.

Consequence for Shooting without satisfying the 2-Pass rule = Possession of the ball is awarded to the nearest opposition player as per the World Lacrosse **Men’s Free Play Rule 37.2**.

2.3 DRAWBACK PICKUPS

Players shall be encouraged to gain Possession of a loose ball on the ground by picking it up into their stick by scooping the head of their stick underneath the ball until the ball rests in the pocket of their stick.

- Momentarily covering the ball with the rear surface of the pocket of the stick and then rolling the ball backwards and into the pocket of a player’s stick is only allowed;
 - a. immediately after a face off by one of the two face off players, or
 - b. by the Goalkeepers in their goal crease, in their attempt to rake the ball into the crease and/or to pick the ball up.

Consequence for Withholding the Ball from Play = Minor foul, Loss of Possession

Refer to the World Lacrosse **Men’s Field Rule 58** for more details about Withholding the Ball from Play.

2.4 OFFSIDE (FOR 8 ON-FIELD PLAYERS)

A maximum of 5 players are allowed in a team's attacking half of the field.

A maximum of 6 players are allowed in a team's defensive half of the field.

Consequence for Offside = Minor foul, 30-Second Penalty or Loss of Possession.

Refer to the World Lacrosse **Men's Field Rule 65** for more details about the Offside rule.

2.5 MAJOR FOULS

Major fouls are more serious, with respect to Player Safety and Sporting Behaviours.

The Consequence for all Major Fouls is time served penalties from 1 - 3 minutes, including possible Expulsion.

2.6 FOULED OUT

When a player accumulates **4 Major fouls** in a game they shall be 'Fouled Out' of that game.

Consequence = Last Major Foul penalty time is served, then Removal from further participation in the game.

2.7 UNSPORTSMANLIKE CONDUCT

Refer to the World Lacrosse **Men's Field Rule 75** for more details.

2.8 ILLEGAL BODY CHECKING

Body checking is only allowed to be applied to the player in possession of the ball.

- Limited in force to a "solid bump"
- below their opponent's Head and or Neck, above their Hips, and applied to either side of, or to the front of their body.

Refer to the World Lacrosse **Men's Field Rules 41 and 70** for more details on Body Checking.

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



2.9 UNNECESSARY ROUGHNESS

Any avoidable act by a player which is deemed to be, deliberate and/or excessively violent.

- A player may not 'Take-out' an opponent by applying an otherwise legal body check with such force as to cause the offended player to fall to the ground.

- A player who deliberately lowers their Shoulder and/or Head to use their Helmet to make contact with an opponent is endangering the health of both players. This should be penalised immediately.
- Targeting a player who (turning without looking) is not aware that an opponent is about to apply a body check is also dangerous and unnecessarily rough play at this level of competition.

Refer to the World Lacrosse **Men's Field Rule 74** for more details on Unnecessary Roughness.

2.10 CROSS CHECKING

It is illegal for a Player to use that part of the handle of their stick, that is between their gloved hands holding their stick, to Check an opponent.

Refer to the World Lacrosse **Men's Field Rule 72** for more details about the Cross Checking rule.

2.11 SLASHING, ILLEGAL STICK CHECKING

The following rules outline the stick checking permitted at this level:

- Stick checking is permitted only on the stick of an opposing player who is in Possession of the ball.
- Possession of the ball is identified when a player can Carry, Cradle, Pass or Shoot the ball.
- A player **must** have **Both Hands** holding their stick to apply a Stick Check.
- The contact must only be from stick to stick, or to their opponents gloved hands holding their stick.
- A limited Stick travel distance (approximately 60 cm) is allowed when Stick Checking.
- The Stick Check must be applied in a more vertical than horizontal direction.
It may be applied from above or below, But no more than 45 degrees from Vertical.
- The Stick Check **SHALL NOT** be applied with excessive force or with uncontrolled aggression.
- Poke Checking, (the thrusting of the head of the lacrosse stick along its length through the extension of the players hands and arms, in an attempt to check an opponent's stick), is **NOT PERMITTED** at this level of Men's Field Lacrosse due to the high level of skill and control necessary to perform it safely without injuring their opponent.

2.12 MINOR AND PROCEDURAL FOULS

Less serious fouls that can unfairly disadvantage an opponent, or where the offending player can gain an unfair advantage.

The Consequence for all Minor and Procedural Fouls = 30-Second Penalty or Loss of Possession.

2.13 PRE-CHECKING

Stick Checking is not permitted unless a player has Possession of the ball.

- All players should be encouraged to go for the ball.

The Consequence for pre-checking the stick of an opponent while they are contesting a loose ball = Interference Minor Foul, unless the foul is judged to be Slashing or an Illegal Stick Check foul. (See 2.11)

Unavoidable contact is permitted at the discretion of the Match Officials. I.e. Contesting a loose ground-ball with sticks touching. Two players attempting to catch the same ball and their sticks collide.

2.14 OVER AND BACK

World Lacrosse **Men's Field Rule 61.18 Shall Not apply** to U13 Boys lacrosse competitions.

There are more Minor and Procedural Fouls in the World Lacrosse Men's Field Rule Book.

They all apply unless they have been modified or excluded as per the variations and statements above.

FACING AT THE CENTER

Men's Field Rule 34

FREE PLAY

Men's Field Rule 37

PUSHING

Men's Field Rule 53

HOLDING	Men's Field Rule 55.
INTERFERENCE	Men's Field Rule 52.
ILLEGAL PICK	Men's Field Rule 54
HANDLING THE BALL	Men's Field Rule 57
ILLEGAL EQUIPMENT	Men's Field Rule 64
WITHHOLDING THE BALL FROM PLAY	Men's Field Rule 58
OFFSIDE	Men's Field Rule 65
WARDING	Men's Field Rule 66
ILLEGAL STICK	Men's Field Rule 63.
CONDUCT FOUL	Men's Field Rule 67

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 the match 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. i.e. 'great job', 'you kept on trying to get the ball back – well done!', 'what an improvement'
- Applaud/ acknowledge good play from both teams! Congratulate all players for playing a 'good game'.

DEVELOPING PLAYERS THROUGH SUPPORTIVE OFFICIATING AND COACHING

Officiating is critical for ensuring safe game play and for promoting learning, especially with beginning players. Coaches who take on the Officiating role must do so with an even-handed application of the rules.

The Stick Checking and Body Checking concepts are the most important rules for Officials to attend to at this level to maintain a safe playing environment. Boys must be encouraged to go for the ball.

The players must learn that there are direct consequences for Major fouls, and Minor fouls when the opposing team has possession of the ball, which will result in time served penalties.

They are encouraged to take responsibility for this and recognise it is a disadvantage for their team.

It is important that all players learn to play skilfully and legally, and to minimise time served in the penalty area.

All infringements must be picked up promptly and explained to the players. When an infringement occurs the match official should clearly help all players to understand what happened and how to improve on it. Coaches also have a responsibility to educate their players in the rules as well as the skills and tactics of the game.

The U13 competition is also where new officials may start their leaning process. Have patience and help them.

OFFICIALS AND COACHES:

Need 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, match officials and coaches are working together to create a positive game environment, promoting enjoyment and development for all participants.

OFFICIATING GUIDELINES:

Dress appropriately, black shorts and officiating stripes (or green 'novice' shirt).

Know the rules and help the children to understand them by explaining why the whistle has been blown and why possession or a penalty has been awarded.

It is important to project a positive and encouraging manner, to be patient and to communicate clearly to clarify rules with all parties.

The Lacrosse SA Under 13 Boys Competition Rules should be read in conjunction with the:

[WORLD LACROSSE MEN'S FIELD LACROSSE RULE BOOK](https://worldlacrosse.sport/wp-content/uploads/2025/01/WL_Mens-Rules_25-27.pdf)

https://worldlacrosse.sport/wp-content/uploads/2025/01/WL_Mens-Rules_25-27.pdf