



LACROSSE
SOUTH AUSTRALIA

GIRLS/WOMEN'S COMPETITION RULES

2025

For Playing Rules please refer to [World Lacrosse \(WL\) Women's Official Rule Book](#) for Women's Lacrosse.

VARIATION TO WL WOMEN'S OFFICIAL RULE BOOK

WL RULE	LSA VARIATION
<p>RULE 5: TEAMS</p> <p>5.A.1 A game is played between two teams.</p> <p>5.A.2 For World Lacrosse events, a roster of twenty-two (22) players maximum constitutes a full team. (APPENDIX C)</p> <p>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.</p> <p>If a team chooses to play without a goalkeeper, unprotected field players may enter the Goal Circle, but must comply fully with Rule 17 Goal-Circle Rules & Penalties.</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>RULE 6: UNIFORM AND EQUIPMENT</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 the safety aspects listed in Rule 6, or meet certification requirements of any country, organization or standard.</p> <p>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>Field players are permitted to wear headgear or face masks.</p> <p>For aged teams: all players must wear eye protection (goggles), including when playing in senior grades.</p>
<p>RULE 12: DURATION OF PLAY</p> <p>12.A.2 Breaks between quarters 1 & 2 and 3 & 4 may not exceed 2 minutes and half time may not exceed 10 minutes.</p>	<p>Quarter break must not exceed 2 minutes and half time must not exceed 5 minutes</p>
<p>RULE 23: PENALTIES</p> <p>23.B.1 Carded players will serve timed penalties in their Team Bench Area.</p>	<p>Carded players will serve timed penalties in the provided penalty seats by the scorer/timer Bench Area.</p>

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