



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
RULE 12: DURATION OF PLAY	
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
RULE 5: TEAMS	
5.A.2. For World Lacrosse events, a roster of eighteen (18) players maximum constitutes a full team.	U13 competition is 10 v 10 (or 8 v 8 see note).
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.	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. Offside will depend on the number of players on field.
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.	b. Coaches can alter the 8 v 8 rules 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
RULE 8: COACHES	
8.A.4 Will be responsible for ensuring that their players are properly and legally dressed and equipped according to Rule 3, Rule 6 and APPENDIX H and confirm this to the officials prior to the start of the game.	The officials will inspect crosses prior to the game or pocket depth (can see no more than half the ball under the bottom of the side wall as per below), mouthguards, removal of jewellery and assess any other equipment to ensure they comply with the rules.
RULE 3: THE CROSSE	
3.A.1 A field Crosse is legal if:	
3.A.1.a It meets the specifications outlined in APPENDIX H;	
3.A.1.b The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, is visible above the top of the entire wooden or plastic sidewall.	Stick pocket - half of the ball visible below the base of sidewall of the stick (to promote success).
APPENDIX H	
A field Crosse must:	

- Have an overall length of 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a Crosse.
 - i. 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.

1.4 GOGGLES, HELMETS AND MOUTHGUARDS

WL RULE	LSA VARIATION
<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. 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.

Example 3: Goalkeeper saves a shot or ball hits the goal post (Goalie possesses the ball via a save), 2 additional passes will be required before another attempt on goal.

Example 4: Where a shot misses the goal and the attacking team gain first possession (including being first on from an out of bounds possession), they have retained the ball and can actively shoot **WITHOUT** 2 more additional passes.

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>RULE 13: START & RESTART OF PLAY</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>RULE 17: GOAL CIRCLE RULES & PENALTIES</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 10 seconds of gaining Possession of the ball in the Goal-Circle.</p> <p>The official will count the 10 seconds out loud while using a visible, hand chopping motion to count each second that the ball remains in the Goal-Circle.</p>
<p>ATTACK</p> <p>17.A.12. An attack player may play a ball within the Goal-Circle, but they must not:</p> <ol style="list-style-type: none"> Step on or over the Goal-Circle line to play the ball on a shot, Step on or in the Goal-Circle until whole ball passes completely over the goal-line, (11.A.2), Initiate contact with the goalkeeper, or a defender, Cause a defender to make contact with the goalkeeper, or Interfere with the goalkeeper or their Crosse in any way. (11.B.5) <p>DEFENSE</p> <p>17.A.14 When the defending team has Possession or the ball is loose, players in their Defending Area who do not have Possession of the ball may move through or remain in the Goal Circle in their defensive end of the field. Any defensive player in Possession of the ball must abide by Rule 17.A.4.</p> <p><i>This is usually the goalkeeper but can also be a defender.</i></p>	<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"> 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. 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.

17.A.15 When the attacking team has Possession, only the goalkeeper may remain in the Goal Circle for the purpose of saving a shot.

17.A.16 If a defender is in the Goal-Circle, they must immediately leave the Goal-Circle when the opposing team gains Possession of the ball. A defender attempting to save a shot on goal, while in the Goal-Circle, is a major foul. (20.A.14)

17.A.17 When the attacking team has Possession, players in their Defending Area may move through their Goal-Circle. Defensive players are permitted to run through any portion of their Goal-Circle while defending; however, only the defensive player(s) marking the ball carrier Within a Crosse Length may remain in the Goal-Circle while defending.

Any defender running through the Goal-Circle must still abide by all provisions of the Shooting Space and Three Seconds rules. (20.A.19 & 20.A.20)

A defender may run through the Goal-Circle:

- When they are marking the attack player with the ball, or
- When they are marking a non-ball attack player, or
- When they are not marking any attack player, or
- To play the ball within the Goal Circle.

1.8 PENALTIES

WL RULE	LSA VARIATION
RULE 23: PENALTIES 23.B.1 Carded players will serve timed penalties in their Team Bench Area.	Carded players will serve timed penalties in the provided penalty seats by the scorer/timer Bench Area.

1.9 DEFENDING AND CHECKING

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

1.10 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.

- a) 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.
- b) The trailing team will start with possession of the ball from the centre rather than having a centre draw.
- c) 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.

1.11 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.