



**LACROSSE**  
SOUTH AUSTRALIA



# UNDER 15 BOYS COMPETITION RULES

MAY 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
2.	U15 RULES (VARIATIONS TO WORLD LACROSSE RULES)	4
2.1	MAJOR FOULS	4
2.2	FOULED OUT	4
2.3	UNSPORTSMANLIKE CONDUCT	4
2.4	ILLEGAL BODY CHECKING	4
2.5	UNNECESSARY ROUGHNESS	5
2.6	CROSS CHECKING	5
2.7	SLASHING, ILLEGAL STICK CHECKING	5
2.8	MINOR AND PROCEDURAL FOULS	5
2.9	OVER AND BACK	5

---

## 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 create 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](http://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 15 minute quarters. To be reduced in length if the game is expected to go past 10.30am.

**Stop Clock:** Q4, last 2 min. **Quarters Breaks:** 2-5-2 min. **Team Time-Outs:** 2 per team / GAME. **Overtime:** None

## 2. U15 RULES (VARIATIONS TO WORLD LACROSSE RULES)

### 2.1 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.

### 2.2 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 suspended from further participation in the game

### 2.3 UNSPORTSMANLIKE CONDUCT

World Lacrosse **Men's Field Rule 75.**

### 2.4 ILLEGAL BODY CHECKING

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

- Contact must be 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



FRONT

LEGAL

ILLEGAL



BACK

OFFICIALS JUDGMENT REQUIRED

## 2.5 UNNECESSARY ROUGHNESS

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

- 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.

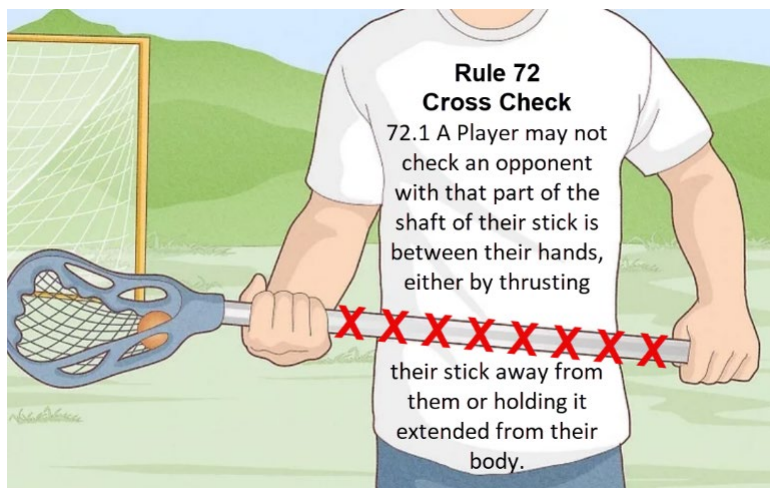
## 2.6 CROSS CHECKING

World Lacrosse **Men's Field Rule 72.**

## 2.7 SLASHING, ILLEGAL STICK CHECKING

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

- A player **must** have **Both Hands** holding their stick to apply a Stick Check.
- The Stick Check **SHALL NOT** be applied with excessive force or with uncontrolled aggression.
- The Poke Check, thrusting of the head of the lacrosse stick along its length to check an opponent's stick, the players hands are **limited in travel** from the front of their body to their full extension of both arms.



## 2.8 MINOR AND PROCEDURAL FOULS

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

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

## 2.9 OVER AND BACK

World Lacrosse **Men's Field Rule 61.18 Over and Back Shall Apply** to U15 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**

The Lacrosse SA Under 15 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](https://worldlacrosse.sport/wp-content/uploads/2025/01/WL_Mens-Rules_25-27.pdf)**

---

## 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. Coaches also have a responsibility to educate their players in the rules as well as the skills and tactics of the game.

The Under 15 competition is also where new officials may start their learning 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 players 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 participants.