



LACROSSE
SOUTH AUSTRALIA



UNDER 13 BOYS COMPETITION RULES

APRIL 2026

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	FIELD SIZE	4
1.6	NUMBER OF PLAYERS	4
1.7	THE STICK	5
1.8	SUBSTITUTION	5
1.9	COACHES	5
1.10	GUIDANCE FOR FAIR PLAY – MERCY RULE	5
2.	U13 PLAYING RULES (VARIATIONS TO WORLD LACROSSE RULES)	5
2.1	SCORING.....	5
2.2	SHOT ON GOAL	6
2.3	OFFSIDE (FOR 8 ON-FIELD PLAYERS)	6
2.4	MAJOR FOULS	6
2.5	FOULED OUT	6
2.6	UNSPORTSMANLIKE CONDUCT	6
2.7	ILLEGAL BODY CHECKING	7
2.8	UNNECESSARY ROUGHNESS.....	7
2.9	SLASHING, ILLEGAL STICK CHECKING.....	7
2.10	CROSS CHECKING.....	8
2.11	TRIPPING	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:	9
	OFFICIATING GUIDELINES:	9

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.

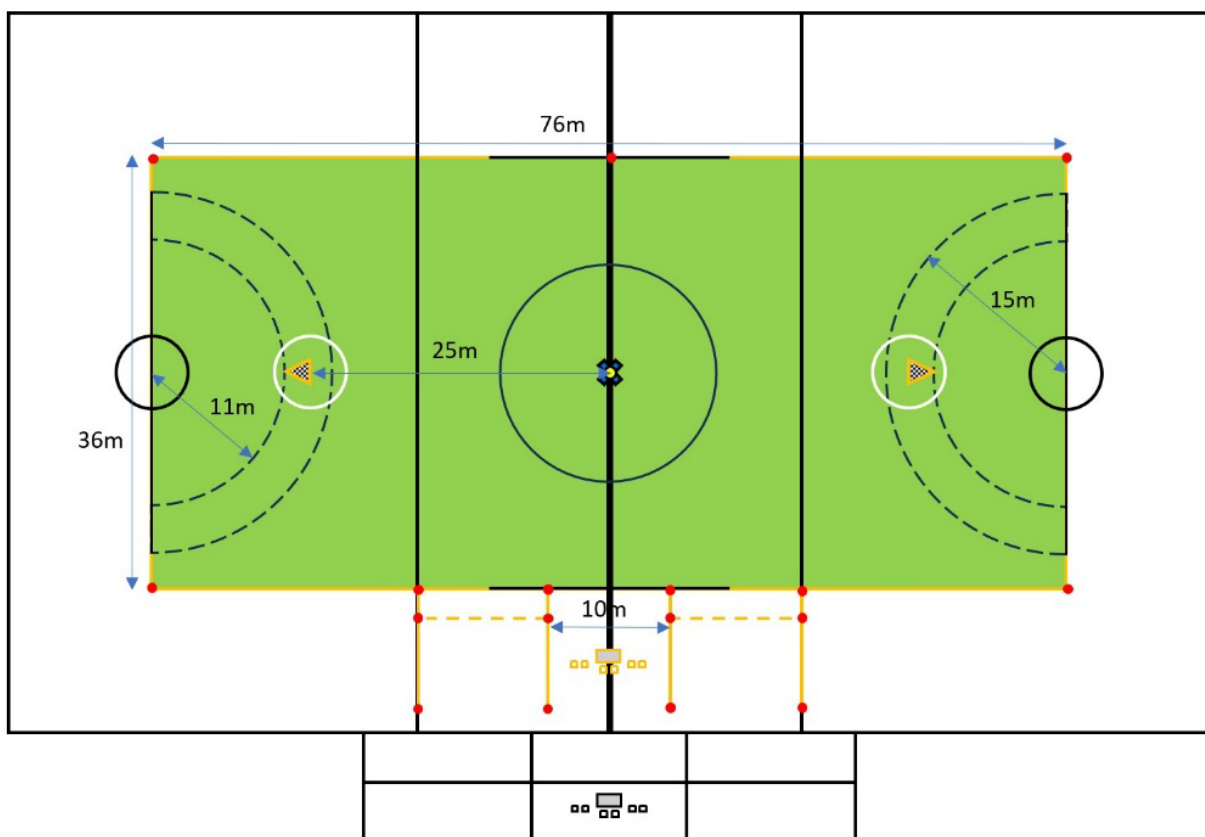
Overtime: None. **Shot Clock:** Not Applicable.

1.5 FIELD SIZE

The **Width** of the field shall be 36-metres, the extension of the Men's Field Wing Restraining Lines.

The **Length** of the field shall be 76-metres, the extension of the existing Field Lacrosse Goal Lines.

Goal Lines and their Goal Circles will be marked centrally between the sidelines, at 25-metres from the middle of the centreline.



The extra endlines, sideline boundary linemarkings and bench areas may be indicated by the use of cones and or a different colour paint to the existing field line markings. The Goal Lines should be painted. The Goal Circles may also be painted, or 6-metre diameter temporary Goal Circles used instead.

1.6 NUMBER OF PLAYERS

The U13 competition will consist of teams of Eight (8) per side on the field of play.

- The minimum number of players per team for a game to commence is Seven (7).
- Teams are encouraged to share players with their opposing team if their opponents do not have enough players to start the game.
- At a Face-Off, each team will have
 - 2 players in their Attack Goal Area,
 - 3 players including a correctly equipped Goal Keeper in their Defensive Goal Area,
 - 1 Player at the Centre X for the Face-Off and
 - 1 player behind each of the Wing Restraining Lines.

1.7 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**.

1.8 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).

1.9 COACHES

Team Coaches are NOT permitted on the field during the game,

Coaches may only ask questions of the match officials during the half time break between Quarters 2 and 3.

1.10 GUIDANCE FOR FAIR PLAY – MERCY RULE

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 Goal Difference between the two teams reaches 7 goals, the following conditions will be applied to promote a more even contest. These conditions will remain in place until the Goal Difference reaches 4 goals. This will be managed by the match officials, with assistance from the coaches.

Until the Goal Difference is reduced to 4 goals the Trailing team will:

- a) not be required to complete two consecutive passes before shooting at and/or scoring a goal.
- b) be awarded possession of the ball at the Face Off 'X' on the Centreline after each goal scored against them.
 - If the Trailing Team scores, play will resume with a Face-Off.

The team coaches may apply additional specific conditions to challenge their players as they see fit.

- Challenge various players to use non preferred hand
- Limit the total goals any one player may score – 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 PLAYING RULES (VARIATIONS TO WORLD LACROSSE RULES)

NOTE: The Drawback Pickup Restrictions have been deliberately deleted from the U13 Rule Variations

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,
 - except where **Men's Field Rule Rule 34.1 i.** is in effect.
 - When there is an uneven number of players from each team serving penalty time at the end of the quarter, then the team that had completed two passes and has possession of the ball when the quarter ends, does not need another two passes before they can shoot the ball at the goal.

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 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.

2.4 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.

2.5 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.

A Suspended Junior Player should stay in the Bench Area, under the supervision of their coach, but must not wear their teams playing top.

2.6 UNSPORTSMANLIKE CONDUCT

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

2.10 CROSS CHECKING

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

2.11 TRIPPING

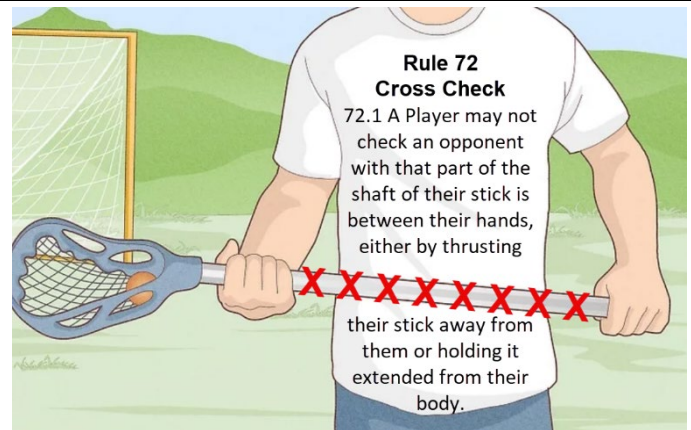
World Lacrosse **Men's Field Rule 73**

A Player shall not intentionally trip an opponent with any part of their stick or body.

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 2.9)

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

WARDING

Men's Field Rule 66

ILLEGAL STICK

Men's Field Rule 63.

CONDUCT FOUL

Men's Field Rule 67

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

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 skillfully and legally, and to minimise time served in the penalty area.

All infringements must be penalised 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 primary 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 please 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.