

Philosophy

The aim of this competition event is to promote participation, enjoyment & improvement for all players regardless of their experience hours.

1. Enjoy the game and play fairly!

It is important for players to enjoy participating in Lacrosse and every effort must be made to create a safe and supportive environment. *Fair play* is an important part of this because it fosters positive relationships and an enjoyable atmosphere at the games.

Players must demonstrate fair play during games and all spectators, parents, officials & coaches are expected to model, encourage and acknowledge 'fair play' behaviours.

Some examples of fair play are:

- Shaking hands after the game and thanking opponents, umpires and helpers.
- Treat others as you like to be treated & show respect to self, the game and other participants.
- Cooperating with your coach, team-mates, opponents and the official.
- Understanding the 'score-line margin rule' – what it is and why it exists.

2. Learning the game & improving.

Coaches and officials have a key role in helping players to learn the game and apply the new concepts and rules associated with u15 game. The officials & coach must be patient and positive as they 'explain and show' the new rules and concepts at this level.

Special consideration must be given to new players who have low experience hours in the game in order to promote their improvement and enjoyment of the game.

Remember:

- *Encourage all players to 'do their best'.*
- *Effort and persistence is required to improve.*
- *Players are likely to make mistakes as they try new things.*
- *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.*

Member Protection Policy: (www.lacrossesa.com.au)

Lacrosse SA -Member Protection Policy outlines the obligations of all persons involved with the sport to act ethically & responsibly to maintain a safe and inclusive environment. The policy supports inclusion, respectful relationships, safety and child protection. All players, referees, 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 unacceptable.

- Always act with care!
- Show respect to all people involved with the sport and to the game.
- Resolve differences in a calm & civil manner.

Game Structure:

Duration: 4 x 15 minutes. To be reduced in length if the game is expected to go past 10.15 am. Breaks: 2-5-2 minutes

Start times: 8.45 am finished by 10.15 am. Check fixtures.

Playing Area & goals: The dimensions of the fields at clubs. Large goals.

Start of the game/half. Toss to determine ends and a face off to commence play.

Time outs:

2 per team per match (90 sec).

The running game clock to stop during time outs.

Ball: Regulation hard ball.

Stick: Apart from the goalkeeper's sticks, all sticks must be between 1016mm (40") and 1067mm (42") in length. (Unsportsmanlike Conduct Personal Foul)

52- 60" (max) long pole length.

Protective Equipment: Helmet, mouthguard and gloves are mandatory for all players. Goalies must also wear Personal & Throat protectors

Uniform: Each player will wear a team uniform of:

- a. Shirts numbered front and back
 - b. Shorts
 - c. Socks - Same colour
 - d. The goalkeeper may wear tracksuit pants, but are to be the same colour as the team shorts.
 - e. Undershirts (if worn) must be tucked into shorts
 - f. Bike shorts (if worn) must be worn under shorts and must be the same colour as the shorts
- Players not correctly dressed will not be allowed to take the field.

Number of players:

10/side. A team must have 8 players in order for the game to be played without a forfeit. Equalization of on-field numbers (8 players per team as a minimum) is mandatory during the minor rounds only, not in finals.

The aim is to promote participation.

Substitution: Players may substitute at any time through the designated area. Player coming off must leave the field before player enters field.

Illegal substitution Consequence = technical foul

U 15 Rule Variations (FIL)

1. Stick checking:

Slashing = Personal Foul

Must be a controlled, two handed, short travelled check, to the stick, or the gloved hand holding the stick, of the player in possession of the ball.

Cross Checking - Using the handle of the stick between gloved hands - called 'Bar Check' *Gloved hands must be together.*

2. Poke Check:

Slashing = Personal Foul

No check shall be uncontrolled vicious or reckless (regardless of contact)

Must be a controlled, two handed, short travelled check, to the Bottom Hand of the player in possession of the ball.

3. Body Checking:

Unnecessary Roughness = Personal Foul

Illegal Body check- Body check only allowed to person in possession of the ball - below the neck and above the knee- **Not** from the rear but **side or front on**.

- A player may not '**Takeout**' an opponent by applying an otherwise legal body check with such force as to cause the offended player to fall to the ground.
- Unnecessary Roughness- any avoidable act deemed deliberate, reckless and/or excessively violent.

4. Personal Fouls: a player will be "fouled out" of the game after incurring 4 personal fouls.

5. Coaches:

May only communicate with the referees during breaks

Guidelines for Fair Play: Score line margin:

There is little to be gained (for either team) in a competition where the score-line becomes extreme. In particular, 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 situation it is important for those involved with the event (coaches, umpires 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 umpire, coach & players.

- When the trailing team is clearing the ball from the goal, the leading team cannot start defending until the attacking team crosses the restraining line.
- The leading team is required to have a set number of passes in the attacking third before having a shot for goal.
- The face off remains however the winning team may only have one player (either defensive or attacking) on the wing. The other wing remain vacant until "possession" is called. Should the lead extend to 15 goals, then the winning Team then 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 (ie play Man Down) until the margin is back to ten goals.

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

- Challenge various players to use 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.

PERSONAL FOULS.

The most serious with time penalties from 1 - 3 min.
Only 4 personal fouls are allowed before a player is 'fouled out' of the game.

Illegal Body Check

(U/15, U/13's - refer to the 'Variations' leaflet)

- For a 'legal' Body Check; the opponent must have possession of the ball, or be within 3m of a loose ball.
- Contact must be below the neck, or above the hip, or from the side, or front on. NOT from the rear.
- No blocking with the head (spearing).
- No body checking an opponent who is lying on the ground or down on one or both knees.

Slashing

(U/15, U/13's - refer to the 'Variations' leaflet)

- No player shall swing his crosse in a vicious or reckless manner - irrespective of whether contact is made.
- A strike on the neck or helmet is illegal, except where this is the result of a pass or a shot on goal.
- Where permitted, the opponents gloved hand holding the crosse may be checked, but only whilst in possession of, or within 3 metres of a loose ball.
- Contact must be a definite blow, not a BRUSH.

Cross-Checking

A check using the handle of the crosse, between the gloved hands holding the stick. Commonly called a 'Bar-Check'.

The gloved hands must be together

Unnecessary Roughness

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

Tripping

Deliberately causing an opponent to fall or stumble, by physical contact below the hips, using the lacrosse stick or any part of the body.

Unsporting-like Conduct

No player, squad member, coach or person officially connected with a team shall;

- Argue with, or dispute a decision of a referee.
- Use threatening language, or audible obscenities.
- Repeatedly commit the same technical foul.

No player shall use a stick of trick construction or stringing.

TECHNICAL & PROCEDURAL FOULS:

Less Serious. Time Penalty; 30 sec or loss of possession.

Pushing

Defined as exerting enough pressure to force an opponent to move in a direction other than that in which he intends to go, or if in the direction he intends to go, at a greater speed than he intends.

- A player may not push an opponent with his crosse.
- A player may not push an opponent from the rear, below the hips, or above the shoulder.
- A player may not push an opponent who is lying on the ground or down on one or both knees.

Off-side (for 10 players)

Only 6 attackers are allowed in the attacking half. Only 7 defenders allowed in the defensive half. (For 8 players: 5 in attacking half and 6 defenders)

Consequence:

- Attacker offside: When an additional attacker goes over the centre line 'offside' is called. *Consequence: a turnover of possession taken where the ball is at the time of the call.*
- Defender offside: When an additional defender goes over the centre line, there will be a held whistle, until there is a loss of possession or the attacking team is no longer attacking the goal. *Consequence: The attacking team retain possession of the ball and the defender receives a 30 sec technical penalty.*

Holding

A player may not hold an opponent or an opponent's crosse illegally.

Interference

1. A player may not interfere with an opponent in an attempt to keep him from a loose ball.
2. A player may not interfere with a player who is in pursuit of an opponent who has possession of the ball.
3. A player may not guard an opponent so closely as to prevent the opponent's free movement when not in possession of the ball.

Illegal Pick

1. When attempting to block a defensive player from the player he is marking, an offensive player must be stationary and standing in his normal stance.
2. No offensive player shall hold his crosse rigid or extended to impede the normal movement of a defender.

Warding Off

Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Unsporting behaviour

Each game presents players with an opportunity to apply the rules, to play safely and to demonstrate fair play. If a player constantly breaches the philosophy or the rules of the game they may receive a personal foul or be ejected from the game.

A spirit of cooperation – Coaches, Officials, Parents & 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 officials' decisions.
- Focus on the effort, sporting behaviour and performance of the players rather than whether they won or lost.
- Be positive & encouraging. Acknowledge effort & achievement.
- Applaud and acknowledge good play from both teams.

Developing players through supportive umpiring & coaching.

Umpiring is critical for ensuring safe game play and for promoting learning especially with players who might be new entering this level of competition. The **stick checking and body checking** concepts are the most important rules for umpires to attend to at this level in order to maintain a safe environment.

An infringements must be picked up promptly and explained to the players. When an infringement occurs the umpire can clearly help all players to understand what happened and how to improve on it.

Umpires & 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, 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). Know the rules and help players 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.