

Secondary school lacrosse rules (ModCrosse)

COMPETITION RULES

Secondary school lacrosse rules emphasise Non-contact rules which put emphasis on skill development and team play necessary to pass the ball before a shot on goal

SKILL DEVELOPMENT

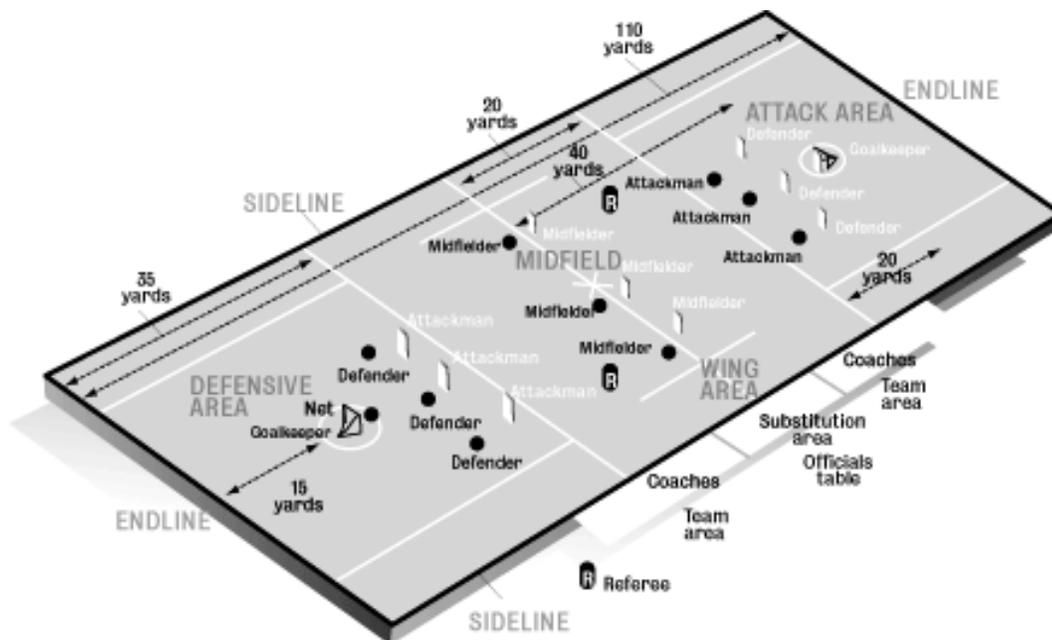
Play should be continuous with players throwing, catching or scooping up the ball. Players should be encouraged to have both hands on the stick when playing the ball:

Referees should penalise the following practices by awarding a free throw to an opposing player from the position where the offence occurred.

- Touching the ball with their hand
- The “draw back” pick up in a contested situation.
- Trapping the ball
- Batting the ball
- Kicking the ball
- Over-guarding (blocking beyond the vertical position of the defence stick)
- One hand on stick (encourages warding off an opponent)

FIELD DIMENSIONS

A rectangular field of either 50-60 m x 30-35 m or 90-100 m x 60 m, divided by a halfway line and with a goal circle of 3 metres radius approximately 10 metres from each of the end boundary. Each goal should be located centrally within the goal circle.



EQUIPMENT

- Normal field lacrosse sticks and modified lacrosse sticks (moulded plastic pockets) can be used. Each team should use sticks of the same colour if possible to assist identification by the referee.
- A soft ball is used.
- Goals of approximately 2m x 2m are used if playing with a goalie (ie. Indoor Soccer Goals). If no goalie, goals of approximately 1m square-mouthed goal. Goals can only be scored from the front of the goal line.
- Uniform – players should wear identically coloured tops and shorts – preferably with tops individually numbered.

GAME DURATION

- For afternoon inter-school competition, 4 x 10 minute quarters with 2 minute breaks at each quarter time and a 5 minute break at half time.
- Round Robin – each game consists of 10 minute halves with time to change ends at half time. This timing may be varied to suit tournament conditions.
- No time outs.

TEAM SIZE

- 8 players on the field, this consists of 2 attack, 3 midfield, 2 defence and a goalie (optional).
- 8 players are played if you are playing on the field dimensions of 50-60m x 30-35m. If no goalie, 7 players on the field, this consists of 2 attack, 3 midfield, 2 defence.
- 10 players on field dimensions 90-100m x 50-60m, which would consist of 3 attack, 3 midfield, 3 defence and a goalie. If no goalie, 9 players on the field, which would consist of 3 attack, 3 midfield, 3 defence.
- There should be no more than 16 players per team.
- Players can be substituted on and off the field at any time, leaving or entering the field near the junction of the sideline and the centre line on one side of the field.

OFF SIDE

- A team of 8 players must have 2 players in the forward half of the field and 3 players in the defensive half.
- When playing with 10 players you must have 3 players in the forward half of the field and 4 players in the defensive half.
- If the team in possession of the ball goes off side, the offending team loses possession. If the offending team is on defence, the player is put back 'on sides' and a free throw is given to the team with the ball.

STARTING THE GAME

- Decide ends and award possession to one team. Commence play with a stationary pass from the centre line. Alternate the teams at the start of each quarter. After each goal, the non-scoring team commences play from the centre line.

POSSESSION

- A player should not retain possession of the ball longer than 4 seconds. Call 1, 2, 3, 4, and then whistle.
- A team in possession needs to complete 3 passes over the whole field before a shot on goal is called.
- If the ball is deflected by an opposition player, the counting of passes continues, as long as the offensive team remains in possession of the ball.
- If a player throws a ball to himself, loss of possession must pass to a teammate.

NO CONTACT

- Intentional body or stick contact is not permitted. Deliberate contact, over guarding, aggressive or a non-sporting play should be penalised by dismissal from the field. Vertical stick block is permitted.

OUT OF BOUNDS

- Possession is awarded to the opponent of the team who last touched the ball except after a shot on goal when possession is awarded to the closest player to the ball when it crossed the boundary. The player taking possession for a boundary throw-in can commence play with a pass or by running.

BALL UP

- When the referee is uncertain about the player to be awarded a throw-in or when play becomes too congested, the referee can take a player from each team, place those players side by side facing the referee at a distance of 4-5 metres, throw the ball underarm between the players (preferably at head height for catching - a safer procedure). All other players should be 4 metres clear of this play.

ONE ON ONE PLAY

- When competing for a ground ball or a pass, only one player from each team should be involved. Where 2 players from the same team compete simultaneously for a ball, possession is awarded to the opposing team.

GOAL TENDING

- If a goalkeeper is used (optional) they should be provided with a baseball type chest pad and face guard and protector for safety.
- The goal keeper is the only player to tend the goal.
- If a goalkeeper is not used, a defensive player may enter the goal circle to retrieve the ball. No attacking player is allowed into the goal circle.

CENTRE PASS AND FREE THROW

- When a player is commencing play from the centre, from boundary line or after being awarded a free-throw, opponents must be at least 4 metres distance from the player.