



Auckland University Lacrosse Social League Rules

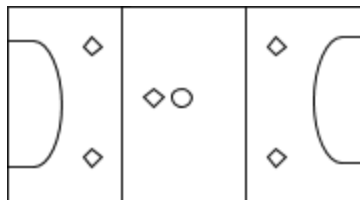
Equipment/Uniforms:

- A mouth guard is highly recommended. By entering the league a player accepts that **AULAX takes no responsibility** for any injury caused while not wearing a mouth guard.
- Both men's and women's sticks can be used except for men's defensive sticks or goalkeeper's sticks.
- Non-marking shoes only.
- Coloured bibs will be provided but teams are welcome to wear a matching uniform.

The New Zealand Women's Lacrosse Association rules apply with the following exceptions:

- Games will be played 5 aside (there is no goalkeeper).
- The ball may be held for only 3 seconds if in the A league and 5 seconds if in the B league. Infringement amounts to a minor foul.
- A coin toss will determine which team starts with the ball. Before the starting whistle each team must have two players in each of the goal thirds. These players may not enter the centre third until the starting whistle has been blown.
- Play will not be stopped for a foul i.e. players may move when the whistle is blown.

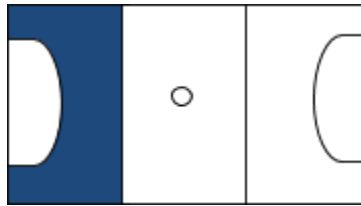
I.e. players should be positioned similar to shown on the diagram below (players are diamonds).



- In order to score a goal, a player must be within their goal half. Any goals scored from outside the goal half will be disallowed.

- In order to score a goal, the player must also have both feet outside the semi circle surrounding the goal. Defensive and other offensive players may be inside the semi circle, however usual shooting space rules apply. The three second rule applies where a defender may not sit in the shooting circle without being within 1m of an offensive player.

A player must be within the area marked in blue on the diagram if shooting to the goal on the left hand side of the diagram:



- After each goal is scored the opposing team recommences play from behind their defensive baseline.

Game format:

- Games will consist of **2 x 15 minute** halves.
- Half time is a maximum two -minute break. Teams switch to be going the other direction and play recommences immediately.

Basic rules:

- For fouls all players must be 4m away, the infringing player is placed 4m behind for a serious breach of the rules (major foul) or 4m to the side (minor foul).
- The whistle starts and stops play. Players stand still at the sound of the whistle.
- Shooting Space Rule – there must be a clear pathway between the ‘shooting lane’ for an attacker. Shooting through people is dangerous and a major foul. The foul will be taken from the closest third line.
- Dangerous and reckless checking e.g. stick into the body/face is a major foul.
- Throws – if indecision or simultaneous fouling occurs a throw is taken. Players stand 1m apart (including sticks), nearest to the goal they are defending. The umpire will throw the ball up to above head height from 4m away and players come forward to contest possession. Throws will be taken clear of the fan, at the spot indicated by the umpire.
- All rules are at the umpire’s discretion.