

# 5-a-side Lacrosse Rules

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## 1 General

- a. **Number of players:** 5 players (4 plus a goalie). The minimum number to play is 3 field players plus a goalie.
- b. **Ball:** The official approved ball is the PINK STX modified soft ball or its equivalent.
- c. **Stick:** Subject to general lacrosse stick compliancy, allows any brand/model of stick
- d. **Team Uniform:** Each player will wear a team uniform consisting of shirts with numbers
- e. **Protective Equipment**
  - i. **Goalkeeper-** The goalkeeper must wear a facemask and helmet, throat protector and chest protector. The goalkeeper may wear padding on hands on hands, arms, legs, shoulders and chest.
  - ii. **Mouthguards -** are not compulsory but are recommended.
- f. **Rules**
  - i. The home team starts with the ball next to their defensive circle.
  - ii. For the game to start all players must be in their defensive half of the playing area.
  - iii. After a goal is scored the opposition takes possession next to their goal circle and as soon as both sides are in their respective defensive halves
  - iv. No other player other than the properly attired goalie is allowed in the goal circle.
  - v. If the ball goes out in play – loss of possession. Player receiving the ball stands 1 m in from the boundary line.
  - vi. If the ball goes out from a shot – the player closest to the ball receives the ball at the goal line extended.

## 2 Game Structure

<b>Duration:</b>	2 x 10 min halves (Running Clock) No time outs
<b>Breaks:</b>	2 min breaks
<b>Goal Circles:</b>	3 metre radius and to be set 5 metres from each end line.
<b>Playing Area:</b>	Length 50-60m Width 25-30m (4 per men's field)
<b>Centre Line:</b>	Designated by 2 marking cones.
<b>Goals:</b>	Small goals 1.22m x 1.22m.
<b>Officiating:</b> 'beginners' shirt	At least 1 umpire wearing a striped officiating shirt, or green
<b>Score keeping:</b>	Each team will nominate 1 scorer. Individual scores will be kept.

## 3 Fouls

- a. **Minor foul:** Loss of Possession. Offender stands 1 m to the side of the player fouled.
- b. **Major foul:** Loss of possession and 1 min penalty. A player may incur 4 personal fouls before being expelled for the remainder of the game.

### 3.1 Minor fouls

- a. **Four second carry limit:** A player may maintain possession of the ball for a maximum of 4 seconds. To be counted/spoken as '1 and 2 and 3 and WHISTLE' at normal pace. You are not allowed to intentionally drop the ball, and then pick it up in order to re-start the 4 second rule.
- b. **Ball contest:** A maximum of 1 player from each team may contest a ball
- c. **Contact:** The act of using an uncontrolled or controlled tap, or a charge, barge, fend, on any part of an opponent's body, with stick body, arm, or elbow.
- d. **Blocking:** Occurs when contact is initiated by a defender who has moved into the path of an opponent with the ball without giving that player a chance to stop and change direction.
- e. **Dangerous pass:** Occurs when a player flicks the ball on to a team mate, either in the air or on the ground, without having full control of the ball
- f. **Goal Circle:** No player other than the goalie may enter the crease with body or stick.
- g. **Warding off:** Occurs when a player removes their hand from the stick and uses their free hand to ward off an opponent
- h. **Body Ball:** A ball that hits a field player's body to their distinct advantage (THIS RULE DOES NOT APPLY IF THE PLAYER IS NOT BEING CHALLENGED FOR THE BALL – THEREFORE NO ADVANTAGE GAINED) *this rule gets confusing so don't prioritise it.*
- i. **Covering or trapping the ball:** Occurs when a player guards a ground ball with a stick or their foot.
- j. **Pass back & re-entering the goalie:** No intentional pass back into the crease is permitted. The Goal Keeper is permitted to cross the halfway line.
- k. **Defending the goal:** Players shall not make a 'wall' around the goal to prevent goal shooting by the opposition. If players continually abuse this rule they shall be awarded a 1 minute personal foul.

### 3.2 Major fouls

- a. **Dangerous shot:** shooting must be controlled, with no shooting through players, or following through the shot with stick in a dangerous manner.
- b. **Misconduct:** Occurs when a player conducts themselves in a rough, dangerous or unsportsmanlike manner, persistently causes infringement of the rules, or deliberately endangers the safety of opposing players.
- c. **Slashing / Overguarding:** Occurs when a defender swings their stick at an opponent's stick or body with deliberate viciousness or recklessness, whether or not the opponents stick or body is struck. A player must keep their stick vertical when defending and not angle the stick forward (overguard) into their opponent's playing space.

### 3.3 Determining possession

In situations where the official is unable to determine possession, a toss-up is done. This is when the two players are placed side by side 1 m apart. The umpire stands in front of them, throws the ball in-between them and blows the whistle.