

5-a-side Lacrosse Rules

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

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