



# LACROSSE FIVES

## *RULES OF PLAY*

Version 0.2 – April 2017

# Lacrosse Fives – Rules of Play

## INTRODUCTION

Lacrosse Fives is a variation of Lacrosse, designed to be a developmental format of the sport. It exists for the following purpose:

- To facilitate a version of Lacrosse that can be played on a variety of surfaces with minimal resources.
- To provide a safe and enjoyable environment for players of any ability and gender to play a non-contact form of Lacrosse, either socially or competitively; and
- To showcase the sport of Lacrosse to the general public and provide an entry point for new players, juniors to improve their skills, and seniors to extend their playing involvement.

In keeping with the objectives and spirit of Lacrosse Fives each team and each individual player has an obligation to learn and abide by the Lacrosse Fives rules and spirit of competition as laid out in this document.

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## Index

INTRODUCTION .....	i
1. DESCRIPTION OF PLAYING AREA .....	1
1.1. THE PLAYING AREA .....	1
1.2. THE GOAL CREASE .....	1
1.3. THE GOALS .....	1
2. OFFICIALS .....	1
2.1. REFEREES .....	1
2.2. SCORER & TIMEKEEPER .....	1
3. PLAYING REQUIREMENTS .....	2
3.1. THE CROSSE .....	2
3.2. THE BALL .....	2
3.3. PLAYER UNIFORMS .....	2
3.4. PROTECTIVE EQUIPMENT .....	2
3.5. NUMBER OF PLAYERS .....	2
3.6. TIMING .....	2
3.7. LATE STARTS .....	3
4. RULES OF PLAY .....	3
4.1. COMMENCEMENT OF PLAY .....	3
4.2. POSSESSION .....	3
4.3. LOOSE BALLS .....	3

4.4.	HANDBALL.....	3
4.5.	OUT OF BOUNDS.....	3
4.6.	RETURNING THE BALL TO PLAY.....	3
4.7.	DEAD/DANGEROUS BALLS .....	4
4.8.	SUBSTITUTES.....	4
4.9.	TIME WASTING.....	4
4.10.	OVERGUARDING .....	4
4.11.	STICK CHECKING/CONTACT.....	5
4.12.	BODY CONTACT/BLOCKING .....	5
4.13.	SCREENING.....	5
4.14.	INTERFERENCE/GUARDING.....	6
4.15.	DANGEROUS PASSES/GOAL SHOTS .....	6
5.	GOALS, GOALKEEPER, GOAL CREASE .....	6
5.1.	SCORING.....	6
5.2.	RESTART FOLLOWING A GOAL.....	7
5.3.	CREASE INFRINGEMENTS .....	7
6.	PENALTIES .....	7
6.1.	TECHNICAL FOULS.....	7
6.2.	PERSONAL FOULS.....	7
6.3.	EXPULSION .....	7
6.4.	UNSPORTING CONDUCT .....	8
6.5.	FOULS INVOLVING THE GOALKEEPER .....	8
6.6.	REPORTED PLAYERS .....	8
	APPENDIX.....	9
	INDOOR / ENCLOSED COURT LAYOUT .....	9
	OUTDOOR FIELD LAYOUT.....	10

## 1. DESCRIPTION OF PLAYING AREA

### 1.1. THE PLAYING AREA

- Lacrosse Fives can be played indoors or outdoors, on a hard court or grassed field. An enclosed basketball, netball, volleyball or tennis court is ideal, using the walls as boundaries to keep the ball in play. The enclosed playing area will have dimensions of around 30 metres long and 15 metres wide. Played outdoors with no walled boundaries, the Lacrosse Fives field can be played perpendicular to a standard Federation of International Lacrosse (FIL) field, using a quarter of a men's field, or a third of a women's field, and as such can have dimensions of as much as 60 metres long and 37 metres wide.
- **For play on an outdoor or non-enclosed playing area**, boundary lines shall be marked to denote the extent of the playing area. The lines on the long sides of the playing area shall be designated sidelines, while those at each end shall be designated end lines. Soft, flexible plastic or rubber cones shall be placed at the four corners of the field, at each end of the gate within the special substitution area, and at that end of the half-way line which is opposite the bench area (total 7 cones). The cones shall be at the outside edge of the boundary lines.
- A line shall be marked through the centre of the playing area, perpendicular to the sidelines and parallel to the end lines of the playing area; this line shall be designated the centre line.

### 1.2. THE GOAL CREASE

- There shall be a goal crease, in the shape of a circle, with a radius of 3 metres. In an indoor/enclosed space, the crease shall be cut off behind the goal with a straight line 1.5 metres from and parallel to the end line. All space within this area and directly above shall be regarded as the goal crease (the goal crease is a cut-off cylinder extending to the ceiling).

### 1.3. THE GOALS

- The goals shall be square with 1.22 m x 1.22 m inside measurements. They will be fitted with loose netting.
- The goals shall be erected at opposite ends of the playing area and placed facing each other on goal lines, centred in respect to the sidelines of the playing area. In an enclosed space, the goals shall be placed 3.5 metres from and parallel to the end line. On an open field, the distance from the end line shall be 6 metres.
- If for any reason the goals move during the course of play, the referee may stop play and require the goals to be correctly re-positioned.

## 2. OFFICIALS

### 2.1. REFEREES

- The game shall be controlled under these rules by either one or two referees. The game shall start and stop on their whistles.

### 2.2. SCORER & TIMEKEEPER

- Each team shall provide one official; one to act as scorer and one as timekeeper.

- Each team shall complete the match report with player surnames, initials and numbers for all team members present for that game
- The final scores will be entered on the match report after which the match report will be signed by a representative from each team and one of the match referees.

### 3. PLAYING REQUIREMENTS

#### 3.1. THE CROSSE

- Any standard crosse or stick is allowed provided its total length is between 90 and 110 centimetres. The pocket may be any depth.
- Only one stick wider than 25 centimetres (ie the goalkeeper's stick) per team is allowed on the playing area.

#### 3.2. THE BALL

- The ball shall be a soft sponge rubber ball, approximately the size of a tennis ball. These are often available from retailers as an "indoor training / practice ball".

#### 3.3. PLAYER UNIFORMS

- All players must start the match wearing their team's approved numbered playing tops and appropriate footwear (eg that will not mark the floor on a basketball court).
- **Penalty for breach** – *two goals per match for each player in breach (referee to indicate number of players in breach on the scoresheet)*

#### 3.4. PROTECTIVE EQUIPMENT

- A player may wear personal protective equipment, provided that in the opinion of the referee it does not endanger other players.
- Goalkeepers must wear a helmet with face grill and chest/abdominal pad. Additionally, male goalkeepers must wear a box protector.

#### 3.5. NUMBER OF PLAYERS

- There is no limit to the number of players on each team.
- The minimum number of players required on the playing area to start a match is four, including a goalkeeper.
- A maximum of five players per team may be on the playing area at any one time.
- Each team must have one goalkeeper on the playing area at any one time.
- **Penalty for breach** – *technical foul*

#### 3.6. TIMING

- The game starts at the advertised start time.
- The game consists of two, twenty minute halves, each with a running clock.
- The half time break is a maximum of 5 minutes.
- Playing time for each half ends as the clock runs out and the siren sounds.
- There are no time outs permitted.

### 3.7. LATE STARTS

- For each minute after the advertised start time that a team delays the start the game, a penalty of 1 goal per minute will be awarded to the opposition team who was ready to start at the advertised start time.
- Matches will be forfeited 5 minutes after the advertised start time, with a score of 10–0 recorded to the team with the required minimum number of players (see 3.5) on the playing area at the time. If neither team is able to meet the minimum player requirements within 5 minutes of the advertised start time, a 0–0 draw is recorded.
- Late start time is deducted from the first period.

## 4. RULES OF PLAY

### 4.1. COMMENCEMENT OF PLAY

- The goalkeeper of the first named team starts with possession of the ball in the goal crease at beginning of first period.
- Second named team goalkeeper commences second period with possession of the ball in the goal crease.
- Teams change ends at half time.
- Before commencement of each period and after each goal, all team members must be in their own defensive halves of the playing area.
- **Penalty for breach – technical foul**

### 4.2. POSSESSION

- A player may control possession of the ball for a maximum of 4 seconds (referee's interpretation by counting 1001, 1002, 1003, 1004).
- The referee may deem a player to be in control of the ball whether or not the ball is in the player's stick.
- **Penalty for breach – technical foul**

### 4.3. LOOSE BALLS

- A maximum of one player from each team may move to contest a loose ball.
- **Penalty for breach – technical foul**

### 4.4. HANDBALL

- Handling the ball during play is illegal except by the goalkeeper whilst in the crease.
- **Penalty for breach – technical foul**

### 4.5. OUT OF BOUNDS

- If a ball goes out of bounds from a goal shot, possession is awarded to the player closest to the ball at the moment the ball went out of bounds.
- If a ball is thrown or knocked out of bounds in general play, possession is lost by the team who last made contact with the ball.
- All other out of bounds situations covered by rule 4.7 governing dead balls.

### 4.6. RETURNING THE BALL TO PLAY

- The player returning the ball to play must do so without undue delay.

- The player returning the ball to play at the referee's whistle must be given 3 metres free space.
- **Penalty for breach – technical foul**

#### 4.7. DEAD/DANGEROUS BALLS

- If the ball strikes a boundary or official and becomes dead or dangerous to play, possession shall be awarded to the player closest to the ball.

##### Interpretation

*Using the walls and the dividing curtain to bounce the ball is an exciting feature of this game. Balls that strike the walls or curtain are not called out of bounds. However, when a ball is not immediately retrievable from under furniture or equipment, or in any way endangers spectators or officials, it shall be called dead/dangerous. The referee shall award possession to the player closest to the ball.*

#### 4.8. SUBSTITUTES

- Substitutes must sit on their own team's side of the timer's desk and out of play.
- Substitution may take place at any time, provided no more than five players are on the playing area for their team at any one time.
- Substitution must take place as close as possible to the centreline.
- Substitution is not permitted for a player serving a time penalty.
- **Penalty for breach – technical foul**

#### 4.9. TIME WASTING

- A player or team when returning the ball to play after an out of bounds, taking up position in their defensive half after a goal has been scored, or retrieving the ball from the goal net after a goal has been scored, shall not engage in conduct which in the opinion of the referee is designed to waste time.
- The first offence shall receive a warning from the referee, second and subsequent breaches will be penalised.
- **Penalty for breach – technical foul**
- Time wasting which occurs in the last two minutes of the game and in the opinion of the referee has materially affected the result of the game, will result in an extra 15 seconds of playing time after the full-time siren, with possession to the opposition team in the centre.

#### 4.10. OVERGUARDING

- Any movement of the stick from the vertical plane when attempting to block is illegal.
- **Penalty for breach – technical foul**

##### Interpretation

*The object is to avoid stick contact. The defending player must only use their stick to block an opponent's pass or shot after it has left the opponent's stick. Angling of the stick towards an opponent increases the likelihood of dangerous stick contact on an opponent's unprotected hand or face, and is illegal. An attacking player may drive into a congested crease area and lose possession of the ball by making contact with the legally positioned sticks of defending players. In these situations, no penalty will apply.*

#### 4.11. STICK CHECKING/CONTACT

- No stick checking is permitted.
- **Penalty for breach** – personal foul

##### Interpretation

*If, in the opinion of the referee, stick contact occurs which is either accidental, or both controlled and incidental to playing the ball then the referee may either call “play on” or award a technical foul.*

#### 4.12. BODY CONTACT/BLOCKING

- No body contact is permitted.
- **Penalty for breach** – personal foul or referee’s discretion to award a turn-over
- If a player in possession of the ball makes contact with a stationary defender (“barging”), then the player in possession has initiated an illegal body contact.
- If a defending player is moving when contact is made with the ball carrier (“blocking”), then the defending player has initiated an illegal body contact.
- **Penalty for breach** – personal foul
- If in the opinion of the referee, body contact occurs which is either accidental, or both controlled and incidental to playing the ball then the referee may either call “play on” or award a technical foul.

##### Interpretation

*The focus of Lacrosse Fives is on stick skills, running and ball movement. Body contact is not part of the five-a-side version of the game and the onus is on all players to modify their style of play to avoid body contact.*

*If you are attacking, the onus is on you to avoid contact with a stationary defender. The defender must have set their position prior to the contact being made, and any movement which brings the defender into contact with the attacking player is illegal.*

*If you are defending, the onus is on you to be either completely stationary and force the attacking player to run around you, or to remain in front of the attacking player whilst at the same time avoiding contact.*

*There will be occasions when accidental, unavoidable contact will be made, usually in situations when an attacking player receives a pass from behind while moving forward, then runs into a stationary defender. This would be one situation where a referee may call a technical foul and award a turnover instead of a one minute penalty.*

#### 4.13. SCREENING

- The setting of a blind screen is not permitted.
- **Penalty for breach** – personal foul

##### Interpretation

*A blind screen involves a player standing close and immediately behind an opposing player who is about to receive the ball in such a way that the receiving player has no opportunity to avoid contact with the defending player.*



#### 4.14. INTERFERENCE/GUARDING

- A player may guard the ball carrier's stick in an attempt to intercept a pass or shot after it has left the stick.
- A player may not guard in a way that:
  - prevents or restricts the ball carrier from legally passing or shooting the ball
  - is directed at the ball carrier's face or head
  - is intimidatory (referee's interpretation)
- The referee may give one warning to a player before applying the penalty for subsequent interference infringements.
- **Penalty for breach** – personal foul

#### 4.15. DANGEROUS PASSES/GOAL SHOTS

- A player shall not pass or shoot the ball in a forceful or excessive manner that the referee considers dangerous to another player.
- A player must make every effort to avoid shooting or passing in a manner that causes their stick to strike a stationary defender's stick or body in a legal defensive position with the follow through on a pass or goal shot, or for the ball to hit any unprotected player.

##### **Interpretation**

*The objective of this rule is to minimise the risk of a ball striking an unprotected player. The onus is on the ball carrier to ensure that he/she releases the ball in a way that does not compromise the safety of other players.*

- A hard shot at goal or a pass that hits another player is a dangerous pass/goal shot.

##### **Interpretation**

*This rule is to ensure safe play and to discourage passes and goal shots intended to intimidate opposing players. The rule gives referees discretion about when a shot or a pass is called dangerous. For example, hard shots in crowded play, and shots at opposing players' heads will be called dangerous.*

*A shot or pass that hits another player at floor level may not necessarily be dangerous. A shot or pass that hits another player who steps into the path of the ball may not necessarily be called dangerous.*

- **Penalty for breach** – personal foul; any resulting goal disallowed

## 5. GOALS, GOALKEEPER, GOAL CREASE

### 5.1. SCORING

- A goal is scored when the ball passes through the plane of the goal face.
- When a goal is scored, the referee will whistle the all clear, and verify that one goal has been added to the scorer's team total.
- The team with the most number of goals scored at the end of the match wins.
- No player may deliberately move the goals from their correct position on the playing area.
- **Penalty for breach** – technical foul

## 5.2. RESTART FOLLOWING A GOAL

- All team members are encouraged to quickly move to their own defensive halves of the playing area, as per rule 4.1.
- The defending goalkeeper starts with possession of the ball in the crease.
- The referee whistles the restart of play.
- **Penalty for breach – technical foul**

## 5.3. CREASE INFRINGEMENTS

- No offensive player may enter the crease at any time with either body or stick.
- **Penalty for breach – technical foul; any resulting goal disallowed**
- No player may interfere with the goalkeeper in the crease.
- **Penalty for breach – personal foul**
- No intentional pass back into the goal crease is permitted.
- **Penalty for breach – technical foul**
- The goalkeeper may not re-enter the crease while in control of the ball.
- **Penalty for breach – technical foul**
- Only the goalkeeper may occupy the crease.
- **Penalty for breach – technical foul**
- Defensive players may reach in and retrieve the ball from their crease, or contact the crease in the course of play, but must not occupy or use the crease to gain an advantage over an attacking player.
- **Penalty for breach – technical foul**

# 6. PENALTIES

## 6.1. TECHNICAL FOULS

- When committed by the ball carrier, or when the ball is loose: **possession to the opposition team.**
- When committed by a defender: **30 seconds suspension from the game, releasable beforehand if the opposition scores a goal.**
- Following a technical foul, play is always restarted in the vicinity of the infringement, but not less than 3 metres from the goal.

## 6.2. PERSONAL FOULS

- One to three minutes (referee's discretion) suspension from the game and loss of possession.
- Personal fouls must be recorded against the player's name on the score sheet.
- Following a personal foul, play is always restarted at the centre of the playing area.

## 6.3. EXPULSION

- When a player has accumulated a total of three (3) personal fouls during the course of the game, that player will be ineligible to take part in the remainder of the game. Players who consistently engage in dangerous or intimidatory tactics, rough play or unsporting conduct despite receiving a personal penalty, will be expelled from the game.

- A substitute may take the expelled player's place on the playing area after three minutes has elapsed.

#### 6.4. UNSPORTING CONDUCT

- The referee may impose a personal foul for any incident on or off the playing area which is considered by the referee to be unsporting.
- Unsporting conduct can result in expulsion from the game and/or reporting to the relevant governing body.

#### 6.5. FOULS INVOLVING THE GOALKEEPER

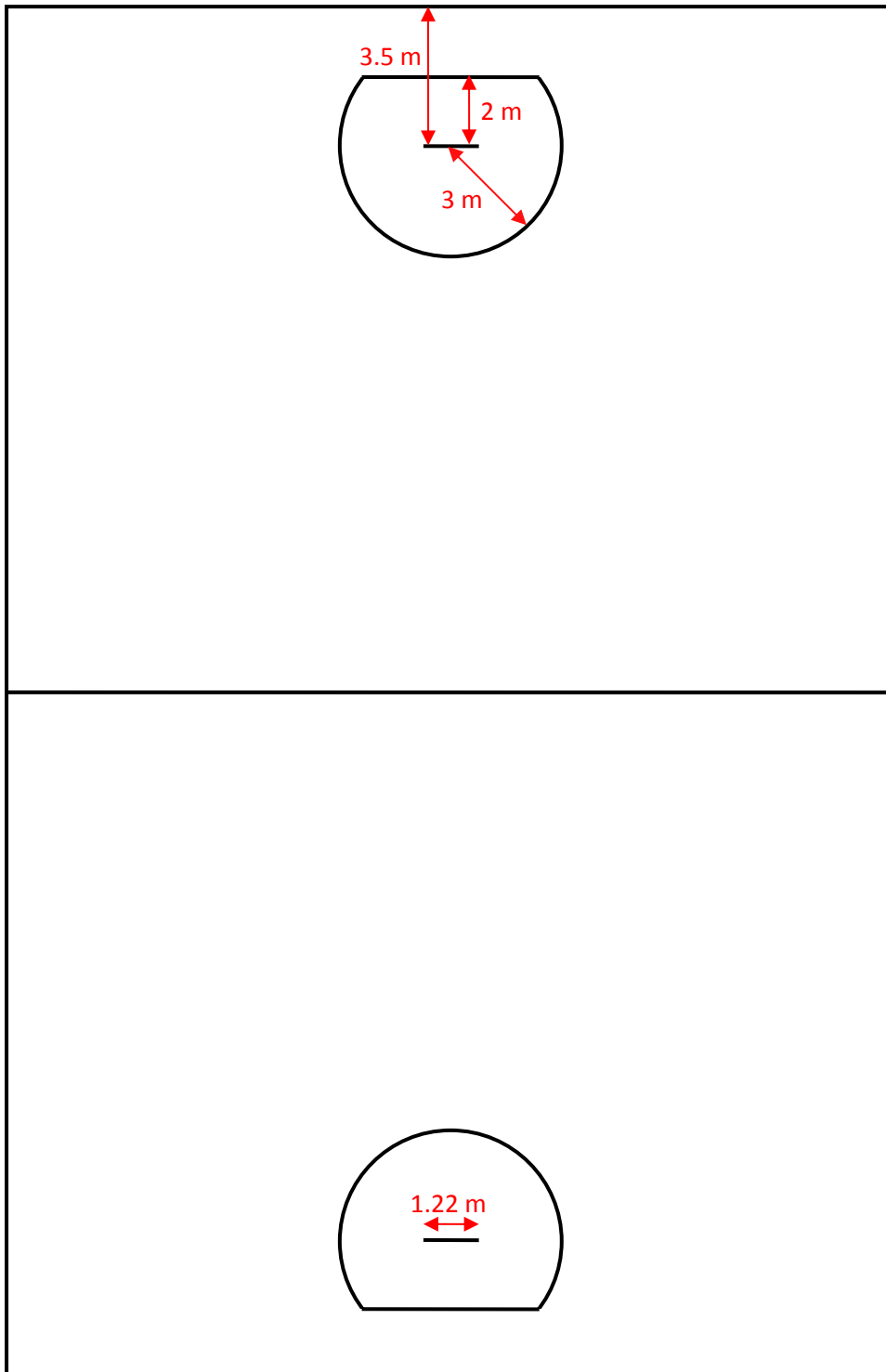
- Any fouls incurred by the goalkeeper shall be served by another player on the playing area at the time the foul was committed.
- Personal fouls will be recorded against the goalkeeper on the scoresheet and the goalkeeper will be subjected to rule 6.3 relating to three personal fouls and expulsion from the game.
- In the event that the goalkeeper has to leave the playing area, the referee will stop play to allow a substitute player to put on goalkeeper equipment in accordance with rule 3.4.

#### 6.6. REPORTED PLAYERS

- Referees may make a report on any serious misconduct during a match.
- The relevant governing body shall investigate the report or may delegate another person to investigate it.
- Penalties for cases where serious misconduct is determined will range from suspension of offending player(s) for one or more weeks, to expulsion from the competition.

# APPENDIX

## INDOOR / ENCLOSED COURT LAYOUT



# OUTDOOR FIELD LAYOUT

