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AUSTRALIAN LACROSSE COUNCIL

THE RULES OF LACROSSE

1976





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AUSTRALIAN LACROSSE COUNCIL

LAWS OF LACROSSE

AS ADOPTED FEBRUARY 1976

THE GAME

Lacrosse is played by two teams of ten players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown or batted with the crosse, rolled or kicked in any direction subject to the restrictions laid down in the following rules. The ball may not be touched by the hands except by a goalkeeper while he is in the crease.

RULE 1- THE PLAYING FIELD

SECTION 1 - THE PLAYING FIELD

The Lacrosse playing field shall be a rectangular field, 100 metres long and 55 metres wide. The boundaries of the field shall be marked with white lines. An extra heavy white line shall be marked through the centre of the field perpendicular to the side lines. This line shall be known as the centre line. The boundary lines on the long side of the field shall be designated side lines; those at each end shall be designated end lines. Flag markers shall be placed at the four corners of the field and at each end of the centre line. These flag markers must be made of flexible material so that they will bend a minimum of 90 degrees without breaking.

SECTION 2 - THE GOALS

Each goal shall consist of two vertical posts joined by a rigid top cross-bar. These posts shall be 1.8 metres apart and the top cross-bar shall be 1.8 metres from the ground, (inside measurement). The goal posts shall be centred and shall be placed 72 metres apart and 14 metres from each end line. They shall be made of 3.5 cm nominal pipe and must be painted

orange and secured to the ground. A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated as the goal line.

SECTION 3 - GOAL CREASES

Around each goal there shall be a plainly marked a circle known as the goal crease. This circle shall be marked by using the mid-point of the goal line as the centre and drawing a circle around that point with a radius of 3 metres. The goal crease area is defined to be the circular ground territory about each goal within and including the goal crease.

SECTION 4 - GOAL NETS

A. Each goal must be fitted with a pyramidal shaped cord netting which shall extend to be fastened on the ground at the point 2 metres back of the centre of the goal. The mesh of the net shall not exceed 3.5cm and shall be fastened to the goal posts, cross-bar, and the ground so as to prevent the passage of the ball. Nets must be adjusted so the ball may pass completely through the imaginary plane of the goal at any place.

OR

- B(a) the face of the goal shall be formed by two uprights and a cross-bar constructed so that the internal measurement shall with the goal line form a square 1.8m x 1.8m; The edge of the goal line and the surface of the uprights and cross-bar nearest the offside line shall be known as the 'goal-face'. The goal face framework shall be painted in one of the following distinctive colors: white, orange or yellow.
- (b) To this goal face framework shall be attached a supporting

frame which shall not extend more than 1.2 metres or less than 90cm behind the goalface at the base. Over this frame other than the goal face shall be attached a net with mesh no greater than 7.5cm diagonal. Such net may be of cord or wire.

- (c) the goal shall be placed so that the goal face coincides with the edge of the goal line nearest the offside line, faces the centre and shall be securely spiked to the ground at each corner. The Host Controlling body or 'home' team shall provide the goals.

NOTE: Goals as in (A) will apply for all Championship and Interstate matches.

SECTION 5 - GOAL AREAS

At each end of the field a line shall be marked from the side line to side line 18 metres from centre line. The areas between these lines and the end line and confined within the extremities of these lines are called the goal areas.

SECTION 6 - WING AREAS

Lines parallel to the side lines shall be marked on each side of the field 18 metres from the centre of the field and extending 9 metres on each side of the centre line. The areas between these line segments and the side lines and confined within the extremities of these line segments shall be designated as wing areas.

SECTION 7 - CENTRE OF THE FIELD

A point on the centre line equidistant from each side line shall be marked with an "X" and shall be designated the centre.

SECTION 8 - SPECIAL SUBSTITUTION AREA

The special substitution area shall be indicated by two lines marked on the side of the field next to the timer's table. These lines shall be 1.5 metres in length extending from points on the side line 2 metres from the centre line at right angles to the side line.

SECTION 9 - TIMERS TABLE AND BENCHES

The Timers Table shall be placed .5 of

a metre behind the penalty box in direct line with the centre line of the playing field. Benches for the competing teams should be placed 9 metres either side of the Timers Table and at least five metres back from and parallel to the side line. No bench or team shelter shall be placed in a position which will obstruct the view from timers table of the complete playing area.

SECTION 10 - BENCH AREAS

The Bench Areas are located off the playing field and between the 6 metre extensions of the goal area lines away from the playing area and on either side of the timers table. The total Bench Area of 6 metres x 26 metres shall be marked and roped on the three sides away from the playing area and only players, match officials and team officials shall be allowed in this area. All players and officials except for the most senior coach of each team (as per the provisions of Law X Section 2(a)3 must remain on or behind the players' bench except where a player is actually substituting, so as not to obstruct the view from the Timers Table. The Chief Bench Official must warn any team where obstruction occurs or persons other than those allowed are in the Bench Area. In either case, the C.B.O. shall notify the Referee on repeated abuse and a technical foul shall be given against the in-home of the offending team.

SECTION 11 - LINES

All lines called for by Rule 1 shall be a minimum of 5cm in width, except the centre line. That shall be a minimum of 10cm in width. It is recommended that where conflicting lines appear on the field of play, then all lines referred to in Rule 1 be of contrasting colour.

RULE 11 - EQUIPMENT

SECTION 1 - THE BALL

The ball shall be approved by A.L.C., and shall be of white natural rubber sponge between 20.3 cm and 20.9 cm in circumference, between 149g and 156g in weight, and shall bounce be-

tween 86 cm and 91 cm when dropped from a height of 1.2 metres. Only those balls bearing the A.L.C. stamp of approval shall be used. The Host Controlling Body or the "home" team shall furnish two or more balls which shall be used in rotation after cleaning.

SECTION 2 - THE CROSSE

The crosse shall be of an overall length of between 1,016 metres and 1,8 metres (exception: goal keepers crosse may be any desired length). The head of the crosse shall measure between 10 cm and 25 cm, inside measurement. (Exception: there may be one stick 25 cm to 30 cm, inside measurement, in the game at any time which must be used by the designated goal keeper.) The crosse shall be made of wood, laminated wood or plastic with the head approximately perpendicular to the handle. The walls shall not be over 5 cm in height. (Exception: the gut wall.) The centre line of the handle shall cross the head approximately 6 cm from the wall. The head and the sides of the crosse shall have holes bored in them to facilitate weaving of the stringing. The side wall opposite the wood shall be made by weaving gut lacing from the tip of the head to the handle, strung in such a manner as to prevent the tip from catching on an opponent's crosse, or both walls may be of wood, laminated wood or plastic. The guard stop at the throat of the stick must be a minimum of 25 cm from the outside edge of the head to the stop. The stop must be perpendicular to the handle of the stick and wide enough to permit the ball to rest loosely on the stop. The net of the crosse shall be constructed of rawhide, gut, clock cord, linen or nylon cord and shall be roughly triangular in shape.

SECTION 3 - PROHIBITIONS RELATING TO CROSSE

No player shall use a crosse which does not meet the specifications of Section 2 or one in which the pocket has been permitted to sag to such a depth that it becomes unreasonably difficult for an opponent to dislodge the ball or the construction or stringing at the throat of which is designed to hold the ball. Nor shall any player use

a crosse of trick construction or stringing that tends to retard the normal and free dislodgement of the ball by an opponent. In general no stick may be tampered with in any way to give a player an advantage over his opponent.

NOTE: The pocket shall be deemed to have sagged too deep within the prohibition of this rule, if the top surface of a lacrosse ball placed therein is below the bottom edge of the side walls when the crosse is held horizontal to the ground with the stringing or weaving to the bottom of the crosse. This prohibition does not apply to the crosse of the goalkeeper.

SECTION 4 - PERSONAL EQUIPMENT

All players are required to wear a protective headgear equipped with a chin strap which must be properly fastened on both sides, protective gloves, shoes, jerseys with no less than a 15 cm block or Gothic number on the front and a 20 cm block or Gothic number on the back, said numbers to be centred on the front and back of the jerseys. The colour of these numbers shall be contrasting with the colour of the jerseys. No duplicate numbers shall be permitted on the same team.

NOTE: Play must be suspended immediately if a player loses any of the required equipment in a scrimmage area. Otherwise the official shall delay the sounding of his whistle in the same manner as set forth in Rule VI Section 13A(1) and 13A(2).

SECTION 5 - PROHIBITIONS RELATING TO PERSONAL EQUIPMENT

The following general prohibitions relating to equipment shall govern:

- A. No player shall wear or carry equipment which in the opinion of the officials, endangers himself or other players.

- B. No player shall wear anything on the outside of his jersey which might obstruct the view of the player's number.
- C. The special equipment worn by the goal keeper shall not exceed standard baseball equipment as far as shin guards and chest protectors are concerned

NOTE: *He may wear track suit pants (of suitable color to match team uniform). He may not wear hockey goalkeepers gloves.*

RULE 111 - THE TEAMS

SECTION 1 - NUMBER AND DESIGNATION OF PLAYERS

Ten players shall constitute a full team. They shall be designated as follows: "Goal Keeper" who defends the goal; "Close Defence" who are historically referred to as "Point", "Cover Point" and "First Defence"; "Midfield", who are historically referred to as "Right Wing", "Centre" and "Left Wing"; and "Close Attack" who are historically referred "Inside Home", "Outside Home" and "First Attack".

Note: *If because of injuries or men out on expulsion fouls, a team cannot keep 10 players in the game, it may continue the game with less than 10 players but no exceptions will be made to the regular rules for this situation.*

SECTION 2 - SUBSTITUTES

A. The number of substitutes for interstate matches shall be six except in the case of an Australian Championship where a squad of 19 players is chosen and named prior to the commencement of the said Championship. These are the only players allowed to play in that championship series and nine substitutes may be used in all matches.

B. For domestic matches under the control of member Associations the number of substitutes shall be determined by those bodies.

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SECTION 3 - CAPTAINS

Each team shall designate a captain who shall act as the sole representative of his team on the field of play during the game. The privilege of the captain to act as the sole representative of his team on the field does not grant him the right to enter into an argument with or criticize any decision of an official. Should the captain leave the field of play, either he or his coach should designate to the nearest official the name and number of the replacing captain. In the event that a team should be without a designated captain at any time during the play of the game, either official may designate an acting captain.

Note: *Where a team has co-captains, one of them shall be designated as the official representative of that team on the field.*

SECTION 4 - COACHES

There is no limit on the number of coaches a team may have, but one shall be designated the head coach by each team, and he shall be responsible for making all decisions for his team not specifically delegated to his game captain. He shall at all times conduct himself like a gentleman and shall endeavour in every way to have his players and substitutes also conduct themselves like gentlemen. He shall also be in control of and responsible for the actions of all non-playing members of his squad also any and all persons officially connected with either Club and/or team. He shall assist the officials to keep the game under control at all times. It shall be his duty upon the request of an official to effectively control actions of spectators not in conformity with good sportsmanship.

It shall be the responsibility of the home coach to see to it that the playing field is in proper condition for play (Rule 1V Section 8b) that the players and substitutes are properly equipped to play; that timekeepers and scorers are on hand with all equipment necessary to carry out their respective functions; that balls are provided, and that ball boys be provided where possible.

RULE IV - CONTROL OF THE GAME

SECTION 1 - THE OFFICIALS

The game of lacrosse shall be controlled by one or two officials (unless otherwise agreed upon by the teams in accordance with the note hereto) being a referee and an umpire, both distinguished by a uniform of black and white vertical striped shirt, white shorts and black socks. Their duties shall be equal in all respects except that in the settlement of all disputes the decision of the referee shall supersede that of the umpire and shall be final. The officials shall have authority over the play of the game, with control and jurisdiction over the appointed chief bench official, timekeeper and scorers, players substitutes, coaches or anyone officially connected with a team and spectators. Their authority shall begin with their appearance on the field of play and terminate upon the completion of the game. By the sounding of his whistle either official may suspend the play of the game for any reason which he deems necessary for the proper enforcement of the rule or conduct of the game. The officials shall keep a record of the number of goals scored by each team and the number of the player scoring the goal.

They shall check with the official scorer at the end of each period and the officials' score shall be the official score of the game.

Note: *Where both teams agree, 3 officials may be used. The duties of the third official shall be similar to that of the umpire. He shall be designated the field judge.*

SECTION 2 - CHIEF BENCH OFFICIAL

A Chief Bench Official shall be appointed and his duties shall be as follows:

- A. To supervise over and to hold complete jurisdiction over the time-keeper, the penalty timekeepers, scorers, coaches, substitutes and any other officials within the bench areas.

- B. To have in his possession a warning device distinctive from the whistles of the officials or the time-keepers' warning device.
- C. To check the substitution of players going on and off the field of play and to sound a warning and subsequently advise the nearest official of any infringement relating to substitution the number of players on the field of play, or any illegal action on the part of a coach or official member of either squad.
- D. To acknowledge to the officials, by raising one arm above his head, receipt and understanding of their signals relating to penalties, penalty periods or any other matters relating to the play of the game.
- E. To relay the signals and decision of the officials to the timekeeper, penalty timekeeper and scorer as appropriate.
- F. To advise coaches, if so requested, as to the decisions of the officials.
- G. In the event of the officials failing to hear the timekeepers signal at the expiration of a quarter, to go onto the field or use some other means to notify the nearest official.
- H. To notify the nearest official of any player who has incurred five personal fouls.

Note: *The Chief Bench Official shall wear an armband suitably inscribed, to signify his position.*

SECTION 3 - TIMEKEEPER

A timekeeper shall be appointed and must be equipped with a time piece that can record time in seconds and a warning device distinctive from all other officials and his duties shall be as follows:

- A. To keep an accurate account of the time played in each quarter and to notify the officials by sounding his warning device and raising both hands over his head at the completion of each quarter.
- B. To keep an accurate record of the time intermission between playing periods and to notify the Chief

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Bench Official four minutes before the start of the third period of play and two minutes before the start of the fourth period of play.

- C. To keep an accurate record of the time intermission of team time-outs and to notify the Chief Bench Official 30 seconds before the re-start of play.
- D. In the event of a timekeepers signal not being heard by the officials, to advise the Chief Bench Official to go onto the field of play or use other means to immediately notify the nearest official of the expiration of the quarter.
Note: The time-keepers warning device, in and of itself, never stops the play of the game.

SECTION 4 – PENALTY TIMEKEEPERS

At least one, but preferably two, penalty timekeepers shall be appointed for each squad and their duties shall be as follows:

- A. To be positioned at either side of the timers table and behind the penalised players.
- B. To be equipped with time pieces that can record time in seconds.
- C. To time the period of any penalty imposed by the officials, and to advise him he may return to the field of play upon the expiration of the penalty time.

SECTION 5 – SCORERS

Each team shall provide a scorer and unless otherwise designated by the referee the visiting scorer shall be the official scorer. His duties shall be as follows:

- A. To keep a record of the number of goals scored and assists made by each team and the name and number of the player making the score or assist, and to check with the referee at the end of each quarter to make sure he and the referee have the same score.
- B. To keep an accurate record of the number of time-outs taken by each team and to notify the Chief Bench Official immediately if either team exceeds the number allowed during each half.

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- C. To keep a record of the name and number of each player upon whom a penalty is inflicted, the type of the violation and the duration of the penalty.
- D. To notify the Chief Bench Official should any player incur five personal fouls.

SECTION 6 – MISTAKES OF CHIEF BENCH OFFICIAL, TIME KEEPERS OR SCORER

Where a Chief Bench Official, Time-keeper, Penalty Time-keeper, Scorer or an Official makes a mistake which would result in a team or player being penalised, and where an official becomes aware that a mistake is being made, he shall promptly correct the mistake. If goals are scored during the mistake by the above mentioned officials and it is brought to the attention of the referee before the next live ball, after the player in question has participated in the game, then the referee must allow or disallow the goal depending upon the circumstances.

SECTION 6a – TIME OF MATCH

The match shall be divided into four quarters. Each quarter shall be of 25 minutes duration.

SECTION 6b

"Time-Off" incurred in each quarter shall be added to the agreed playing time of that quarter.

SECTION 6c

At the conclusion of the first, second and third quarters the teams shall change ends. The first quarter interval shall be of three minutes duration. At half time an interval of 10 minutes is permitted and both teams may leave the playing field. At three quarter time an interval of 5 minutes shall be allowed but the players shall on leaving the playing field assemble in the bench area only, but to go beyond this area they must have permission of the referee. By mutual agreement the captains and referee may shorten the three quarter time interval.

SECTION 6d

The referee shall give a warning signal

2 minutes prior to the commencement of all four periods.

SECTION 6e

In the event of a match not being completed because of darkness, bad weather or any circumstances whereby the captains and referee think it is inadvisable to continue playing, such uncompleted match shall be referred to the Controlling Body for adjudication of a result.

SECTION 7a – DEFAULTED GAME

A team shall be declared the winner of a game by default if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a defaulted game shall be 10-0 against the defaulting team.

SECTION 7b

The visiting team shall be declared the winner of the game by default, if the field does not meet the specifications as set forth in these rules. Any unavoidable local conditions must be agreed to in writing prior to the day of the game. (Not applicable to Rule 1, Sections 9 and 10.)

SECTION 8 – TIED GAMES

In all games under ALC jurisdiction in the event of a tied score at the end of a game, play shall be continued, after an interval of five minutes, during which time the teams shall change ends.

The first overtime shall be started with a face off as at the beginning of each quarter, and after four minutes of play in this period, the teams shall change goals and resume play with a face off at the centre for an additional four minutes of play.

If the score is still tied at the conclusion of overtime play, the following sudden death procedure will take place.

The captains will toss a coin during a one minute intermission, the winner selecting the goal he wishes to defend. Play will then resume with a face off at the centre of the field for a four minute period or until a goal is scored. At the end of this four minute period, the

teams shall change goals and the team in possession shall retain possession of the ball in the same relative position on the field as when the period ended (except the ball shall not be put into play closer than 18m from goal.) Four minute periods shall continue in this manner until a goal has been scored. A team shall be limited to one time out in each of the overtime periods but there shall be no time outs during the sudden death periods.

RULE V -PLAY OF THE GAME

SECTION 1 –ACTIONS PRIOR TO THE GAME

The following preliminaries to the game shall take place:-

SECTION 1a –TOSS FOR GOALS

The captains of each team shall be called together at the centre of the field by the officials approximately 5 minutes before the game time, and a coin shall be tossed by the referee to determine choice of goals. At this time any special ground rules shall be agreed upon. The visiting team captain shall call the toss of the coin.

SECTION 1b -LINE UP

The referee shall draw up the players in lines facing each other at the centre of the field with their left sides towards the goal they are defending, inspect equipment and explain any special ground rules.

SECTION 2 - FACING AT CENTRE

Play shall be started at the beginning of each period and after each goal has been scored by facing the ball at the centre of the field. The players facing shall stand on the same side of the centre line of the field as the goal each is defending with their crosses resting on the ground along the centre line.

They must have both hands on the handle of their own crosse and not touching any strings; the feet shall not touch the crosse and both gloved hands must be on the ground, no portion of

either crosse may touch and the walls must be approximately 2.5cm apart and the ball must never be touching the ground. Both hands and both feet must be to the left of the throat of the crosse. Hands must be at least 45cm apart at the beginning of the draw. The official shall place the ball between, in the centre, and resting on the walls of the reverse surfaces of the crosses of the players facing. When the official sounds his whistle to start play each player may attempt to direct the course of the ball by a movement of his crosse in any manner he desires. The following rules shall apply when the ball is faced at the centre of the field.

Note: If after a centre face-off and before possession is called by an official, an official mistakenly blows his whistle thinking an infringement of the rule has occurred, the ball shall be replaced at the centre of the field, with the same restrictions as paragraph (a) and (b) following.

SECTION 2a

Except under the conditions stated in paragraph (b) hereof each team shall confine the goalkeeper and three other players in the defence goal area, three players in the attack goal area and one player in each of the wing areas. When the whistle sounds to start play the players in the wing areas shall be released. All other players are confined to their areas until any player of either team has gained possession of the ball, the ball goes out-of-bounds or the ball crosses either goal area line.

SECTION 2b

If a team has one or more players out of the game on a penalty, that team shall be exempt from containing its players in the goal and wing areas to the extent of its players in the penalty box. It shall also have the right to choose in which confining area or areas it shall exercise its exemptions.

Note 1: A team that is short of players due to penalties may select the restraining areas that they desire to leave vacant, however they must obey the off-side rule.

Note 2: Subject to Rule V, Section 8b (i).

SECTION 3 - FACING AT OTHER PARTS OF THE FIELD

The following rules shall pertain when the facing occurs other than as provided for in Section 2 hereof.

SECTION 3a

The crosses of the players facing shall be placed at right angles to an imaginary line running from the ball to the nearer goal. The defending player shall stand between his crosse and his own goal, so as to face away from his own goal. The attacking player shall face towards the goal and stand on the opposite side of his crosse. Conditions of Section 2 hereof apply as to method of facing.

SECTION 3b

In case one of the players facing uses a left-handed crosse the officials shall substitute a player using a right-handed crosse for him.

SECTION 3c

In no case shall the ball be faced closer to the goal than 18 metres in any direction unless a face-off is required directly behind the goal. In that situation the ball shall be faced 6 metres from the end line.

SECTION 3d

In all cases where the ball is faced no player shall be allowed within 9 metres of those facing the ball until the official sounds his whistle to commence play.

Note: Under the conditions of paragraph (c) and (d) hereof the goalkeeper may remain in any part of his crease area.

SECTION 3e

Whenever the goalkeeper would be the player to participate in the face-off a player of his team may be substituted for him.

SECTION 4 - FREE PLAY

When a player has been awarded the ball for any reason, no opposing player may take a position closer to him than 3 metres.

Note: This provision shall be strictly enforced.

SECTION 5 - SCORING

A goal counts one point and is scored when a loose ball passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the cross-bar of the goal as the top and the goal posts as the two sides. Should the ball be caused to pass through the plane of the goal by one of the defending players it counts as a goal for the attacking team. Under the following conditions, however, a goal does not count.

SECTION 5a

When the ball passes through the plane of the goal after the time keepers warning device or the officials whistle sounds indicating the end of the period.

SECTION 5b

When the ball passes through the plane of the goal after the period has ended regardless of whether the timekeeper's warning device or the officials whistle have sounded.

SECTION 5c

When the ball passes through the plane of the goal, when any part of the body of a player of the attacking team is in the goal crease area.

SECTION 5d

When the ball passes through the plane of the goal, when the attacking team has more than 10 men (including men in the penalty box) on the field of play at the time.

SECTION 5e

When the ball passes through the plane of the goal when the attacking team or both teams are off-side at the same time.

SECTION 5f

When the ball passes through the plane of the goal after one of the officials has sounded his whistle for any reason, even though the sounding of the whistle was inadvertent.

SECTION 6 - POSSESSION OF THE BALL

In all situations possession of the ball shall be defined as follows:

SECTION 6a - PLAYER POSSESSION

A player shall be considered to be in possession of the ball when he has control of it and could perform any of the normal functions of play such as carrying, cradling, passing or shooting.

SECTION 6b - TEAM POSSESSION

A team shall have possession of the ball only when a player on the team has possession of a ball as defined in paragraph (a) hereof.

SECTION 6c - LOOSE BALL

A ball, not in player or team possession is a loose ball.

SECTION 7 - BALL OUT OF BOUNDS

When a player with the ball in his possession steps on or beyond a boundary line or any part of his body or crosse touches the ground on or beyond the boundary line, the ball is out-of-bounds and the player shall lose possession thereof. The ball shall be awarded to any player of the opposing team who is ready immediately to make the free play, at the point where the ball was declared out-of-bounds.

SECTION 7b

When a loose ball touches a boundary line or the ground outside of a boundary line or when it touches anything on the boundary line or outside of the boundary line it is out-of-bounds and the following rules shall apply:

(1) Except on a shot or deflected shot at the goal provided for in paragraph (3) hereof the ball shall be awarded at the point where it was declared out-of-bounds to any player on the opposing team to that of the player who last touched it, ready immediately to make the free play.

(2) Should the ball go out of bounds on a face-off it shall be faced again at the same place where the previous face-off occurred subject to the same restrictions as the original face-off.

(3) When the loose ball goes out-of-bounds as a result of a shot at the goal, it shall be awarded to the

team one of whose inbounds players was nearest to the ball when it became an out-of bounds ball, at the point where the ball was declared out-of-bounds. If two inbounds players of opposite teams are equidistant to the ball when it goes out-of-bounds the ball shall be faced by two players under conditions of Rule V, Section 3f.

Note: Deflected shot remains a shot until the ball comes to rest on the field of play; a team gains possession of the ball; the ball goes out-of-bounds or a player deliberately causes the ball to go out-of-bounds.

SECTION 8 - OFF-SIDE

Except as provided in paragraph(b) hereof, a team is considered off-side when:

- (1) it has less than three men in its attack half of the field between the centre line and the end line.
- (2) it has less than four men on its defensive half of the field between the centre line and the end line.

SECTION 8a

The following rules apply when play has been suspended as a result of off-side.

- (1) When only one team is off-side a technical penalty shall be inflicted in accordance with the provisions of Rule X, Section 2k the single exception being provided in paragraph 4 hereof.
- (2) When both teams are off-side and one of the teams has possession of the ball the men shall be placed on side and play resumed with the team in possession of the ball retaining possession the single exception being provided for in paragraph 4 hereof.
- (3) When both teams are off-side and neither team has possession of the ball the men shall be placed on-side and the ball faced by the players on opposing teams closest to the ball when play was suspended subject to Rule V, Section 3f.

- (4) When the attacking team is off-side at the time a goal is made, the score shall not count and the ball shall be awarded to the goalkeeper of the defensive team behind the goal. If the defensive team is off-side, the goal scores and no penalty shall be inflicted.

If both teams are off-side the score shall not count and the ball shall be faced 6 metres from the end line directly behind the goal by players on opposite teams nearest the ball when the whistle blows.

SECTION 8b

The following exceptions shall apply:

- (1) When four men or more are in the penalty box on the same team that team is required to have three men in the attacking half of the field and the remainder of its players in the defensive half of the field at all times. Under such conditions no penalty shall result from the failure of the team to have the required number of players in the defensive half of the field.
- (2) If a player seeing that he is going to be off-side before he can stop, runs out-of-bounds instead of off-side no penalty shall result from the failure of that player's team to have the required number of men in either end of the field.

SECTION 9 - BODYCHECKING

Bodychecking of an opponent in possession of the ball or within 3 metres of a loose ball from the front or side above the knees is permitted in the play of the game of lacrosse. (See Rule VIII, Section 2a for description of illegal bodycheck foul.)

SECTION 10 - CHECKING WITH CROSSE

A player may check his opponent's crosse with his own crosse when said opponent has possession of the ball, is within 3 metres of a loose ball or the ball is in flight within 3 metres of the player. (See Rule VIII, Section 2b for description of illegal check with crosse)

SECTION 11 - OFFENSIVE SCREENING

Stationary and motionless offensive screening of an opponent is permitted. (See Rule X, Section 2b for description of illegal offensive screening.)

SECTION 12 - CHANGE OF GOALS

After the conclusion of the first period the teams shall change goals in the intermission preceding each subsequent period including each extra period should they become necessary.

SECTION 13 - TIME OUT

Time outs are to two varieties, those called by the officials and those called by the teams.

SECTION 13a - OFFICIAL TIME OUT

Either official may suspend play at his discretion. When a player is injured and in the judgement of the official, the injury is serious, play shall be suspended immediately. Otherwise, the official shall delay the sounding of his whistle as follows:

- (1) If the attacking team is in possession of the ball in the attack half of the field and in the opinion of the official a scoring play is imminent, the official shall delay the sounding of his whistle in the same manner as under the slow whistle procedure under Rule X11, Section 3.
- (2) If the ball is not in the possession of either team, the official shall delay the sounding of his whistle until possession is secured and the play competed, if a scoring play is imminent, in the same manner as under the slow whistle procedure under Rule X11, Section 3.

The signal flag is not dropped under these conditions.

SECTION 13b - TEAM TIME OUT

When the ball is dead the coach or captain of either team may request an official to call a time out for a period not to exceed 90 seconds. When the ball is in the possession of the offensive team in their attacking half of the field the captain of the offensive team may request a time out not to exceed 90 seconds. A team shall be limited to

two time outs a half. Any suspension of play because of an injured player whether called by an official, coach or captain shall not be charged as time out if such a player is removed from the field as soon as possible. Substitute for this man must report immediately.

RULE VI - SUBSTITUTION

SECTION 1

Maximum substitution may take place at any time during the match, subject to the following:

SECTION 2 (1) - METHOD OF SUBSTITUTION

- 1) The substitution player must wait in the substitution area for the player he is replacing to leave the field of play via the substitution area and only then may the substituting player enter the field of play and he may do so on the fly, which means he may enter the field from either the opposite or same side of the centre line as the player being replaced comes off the field. The off-side rule concerning the number of players in each half of the field must still be observed at all times as per rule V, Section 8, Parts (1) and (2).
- 2) If the player leaving the field of play is one of the players bound to his playing area by the off-side rule the provisions of the off-side rule will be deemed to be observed if the substituting player steps out of the substitution area on to the field of play at the same time as the player leaving the field steps into the substitution area.
- 3) The player being replaced must leave the field of play through the substitution area otherwise a foul is committed by his team.

The following exceptions shall apply.

- a) On the scoring of a goal, substitution may be effected from the side line at any point and need not necessarily be through the substitution area. It will not be

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necessary for the substituting player to remain on the side line until his counterpart leaves the playing field but the substitution must be completed before the referee is ready to recommence play.

- b) Upon the calling of time out by an official for an injured player, if unable to continue, the injured player shall be removed from the field as soon as possible to the nearest boundary and the substitute for this player must report immediately as per Rule V, Sections 13a and 13b.

RULE V11 — GOAL CREASE AND GOALKEEPER

SECTION 1 — PRIVILEGES OF GOALKEEPER

While within his own goal crease area, the designated goalkeeper shall have the following privileges:

SECTION 1a

He may stop or block the ball in any manner with his crosse or body and he may block the ball or bat it away with his hand but he may not catch the ball with his hand. He or any other player of the defending team may receive a pass while in the crease area.

SECTION 1b

No opposing player may interfere with the goalkeeper while he is within the goal crease area whether he has the ball in his possession or not, although an attacking player may reach within the crease area to play a loose ball so long as he does not interfere with the goalkeeper.

Note 1: The crosse of the goalkeeper when extended outside the cylinder about the crease area, except when the ball is within the crosse is subject to being checked under the same circumstances as the crosse of any other player.

Note 2: Mere contact between the crosse of the attack player and the crosse of the goalkeeper when the attack player is playing a loose ball is not in, and of itself interference but a checking of the goalkeeper's crosse by

the attack player is interference.

SECTION 1c

Should the ball become mired in the mud within the crease area, time shall be suspended by the officials and the ball shall be faced by two opposing players 6 metres from the end line directly behind the goal.

SECTION 1d

Should the ball become ensnared in the goal netting time shall be suspended by the officials and the ball awarded to the goalkeeper at the end line directly behind the post.

SECTION 2 — PROHIBITIONS RELATING TO GOAL CREASE AREA

The following rules relating to the goal crease area shall apply:

SECTION 2a

An attacking player shall not be in the opponents goal crease area at any time while the ball is in the attacking half of the field.

SECTION 2b

A defending player with the ball in his possession may not enter the goal crease area.

SECTION 2c

Any player with the ball in his possession may not re-enter the goal crease area. Nor, may he remain within the goal crease area in the possession of the ball longer than is necessary for him to step out of the crease.

Note: A reasonable (necessary) length of time is four seconds counted by the official 1001, 1002, 1003 and 1004.

SECTION 2d

A player is considered to have entered the goal crease area when any part of his body touches the goal crease area.

SECTION 2e

The goalkeeper is considered to be outside the goal crease area for the purpose of paragraph (c) hereof when no part of his body touches the goal crease area and part of his body is touching an area outside the goal crease area.

RULE VIII – PERSONAL FOULS

SECTION 1 – PENALTY FOR PERSONAL FOULS

For personal fouls the penalty shall be suspension from the game for one to three minutes (depending upon the officials diagnosis of the severity and intention of the violation) and the ball given to the team fouled, or faced if the foul occurs prior to the start of the game or after the whistle has blown denoting the scoring of a goal or end of a period. Full penalty time must be served regardless of goals scored.

SECTION 2 – DESCRIPTION OF PERSONAL FOULS

Section 2a –

ILLEGAL BODYCHECK

Any bodycheck of an opponent who is not in possession of the ball or within 3 metres of a loose ball is illegal. Any avoidable bodycheck of an opponent after he has thrown the ball is illegal. Any bodycheck of an opponent in possession of the ball or within 3 metres of a loose ball in which the initial contact is from the rear or below the knees is illegal, unless the player bodychecked turns his back or jumps in such a manner as to make what started to be a legal check appear illegal.

Note: When a player uses his spread arm or arms in a bodycheck they must be kept below the shoulders of the opponent throughout the entire block and both hands must remain in contact with the crosse.

Note 2: If a player turns his back in such a manner as to make what started to be a legal check appear illegal it is not considered a foul. No official should make the call "from the rear" or "below the knees" unless he sees the initial contact.

SECTION 2b – SLASHING

Under no circumstances shall a player swing his crosse at an opponent's crosse with deliberate viciousness or reckless abandon, and a foul is committed by so doing whether or not the opponent's crosse or body is struck.

14 – RULES OF LACROSSE

Nor, shall a player strike an opponent in an attempt to dislodge the ball from his crosse. However, a check shall not be declared illegal if in an attempt to protect his crosse the offensive player uses some part of his body other than his head to ward off the thrust of the defensive players crosse and as a result the defensive player's crosse strikes some part of the attacking player's body other than his head. Any strike on the head by the crosse of an opponent is illegal, except when done in the acting of passing or shooting.

Note 1: For the purpose of all rules the gloved hand on the crosse of the player is considered to be part of the crosse.

Note 2: For the purpose of this rule mere contact is not a "strike". The contact must be a definite blow and not merely a brush.

SECTION 2c

A player may not check his opponent with his crosse in a cross-check position; that is check him with that part of the handle of his crosse which is between his hands either by thrusting it away from his body or by holding it extended from his body.

SECTION 2d

A player shall not trip an opponent with any part of his body or crosse.

NOTE: Tripping is obstructing an opponent below the knees with the crosse, hands, arms, feet or legs; by any positive primary action if the obstructing player is on his feet and by any positive secondary action if the obstructing player is not on his feet.

SECTION 2e – UNNECESSARY ROUGHNESS

- 1) An excessively violent infraction of the rules against holding is a personal foul designated unnecessary roughness. See elements of fouls of holding under Rule X, Section 2c.
- 2) A deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position and not committed a foul (see Rule X, Sec-

tion 2b) in so doing shall be designated unnecessary roughness.

- 3) Any avoidable act on the part of a player which is deliberate and excessively violent shall be designated unnecessary roughness, whether it be with the body or stick.

SECTION 2f – UNSPORTSMANLIKE CONDUCT

No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:

- 1) enter into an argument with an official as to any decision he has made or in any way attempt to influence the decision of an official.
- 2) use threatening profane indecent or abusive language to a competing player at any time during the game.
- 3) use a stick with any trick stringing that is designed to hold the ball, and tends to retard the normal and free dislodgement of the ball by an opponent. This stick shall be placed in the custody of the official scorer for the remainder of the game and the player using the said stick shall be given a three minute penalty, which he shall serve regardless of goals scored, etc.
- 4) commit any act considered unsportsmanlike by the officials.
- 5) for repeated abuse of Rule V, Section 2a the penalty shall be suspension from the game for one minute.
- 6) use threatening profane indecent or abusive language to any official.
- 7) if after the penalty designated in (6) is inflicted and the player or coach continues to be abusive the official has the right to banish him from the bench area.

RULE 1X – EXPULSION FOULS

SECTION 1 – PENALTY FOR EXPULSION FOULS

The penalty for expulsion fouls shall be suspension for the remainder of the

game. In such cases the ball shall be given into the possession of the opposite team from that on which the expulsion foul was called, or faced if the foul occurs prior to the start of the game or after the whistle has blown denoting the scoring of a goal or the end of a period. In the case of an expulsion foul against a player including a substitute, a substitution may be made for the expelled player after the lapse of three minutes. In the case of an expulsion foul against the coach, non-playing member of a squad or someone officially connected with a team, the in-home of the offending team shall be suspended from the game for three minutes, and he must remain in the penalty box for the entire three minutes.

SECTION 2 - DESCRIPTION OF EXPULSION FOULS

The act of striking or attempting to strike an opponent, non-playing member of an opponent's squad, coach or anyone officially connected with an opponent's squad or anyone controlling the play of the game, with the hand, crosse, ball or otherwise by a player, substitute, non-playing member of a squad, coach or anyone officially connected with a team, shall be an expulsion foul.

SECTION 3 – PLAYER COMMITTING FIVE PERSONAL FOULS

Any player who commits five personal fouls shall be expelled for the game. A substitute for that player may enter the game at such a time as the expelled player would have been permitted to re-enter the game had he not committed five personal fouls.

SECTION 4 - REPORTING OF PLAYERS AND TEAM OFFICIALS

If an official or Chief Bench Official deem an incident of rough play or misconduct (including the use of indecent, threatening or abusive language) of sufficient importance, he may report such incident to the Body controlling the game. Such player or team official must at the time of the incident be informed that the offence is to be the subject of a report. If such

incident occurs in the area controlled by the Chief Bench Official, the Chief Bench Official must immediately signal the Official/s to suspend play, and advise them of the incident. Any player or team official so reported will at the discretion of the Official/s be expelled from the game by an Official and be subject to such penalties as laid down in Rule IX Section 1.

RULE X – TECHNICAL FOULS

SECTION 1 – PENALTY FOR TECHNICAL FOULS

For technical fouls the penalty shall be either suspension from the game for 30 seconds if the offending team does not have possession of the ball at the time the foul is committed or simply loss of the ball if the offending team does have possession of the ball or the ball is not in possession of either team at the time the foul is committed. In the event that the foul occurs prior to the start of the game or after the whistle has blown denoting the scoring of a goal or the end of a period, the player is suspended from the game and the ball is faced. In the event that the foul occurs at some other time during the course of the game but while play is suspended the general rule rather than the exception shall apply.

SECTION 2 – DESCRIPTION OF TECHNICAL FOULS

The technical fouls are those of less serious kind. Any breach of the rules of play as set forth herein shall be a technical foul unless the said breach is specifically listed as an expulsion or personal foul in Rule V111 or 1X hereof. Some of the technical fouls requiring definition are hereinafter listed but this specific description of certain technical fouls is not intended to be comprehensive and all inclusive.

SECTION 2a – INTERFERENCE

A player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both are within 3 metres of the ball. Nor may any player interfere by the use of his body or crosse in any manner with a player in pursuit

of an opponent. Nor may a player guard an opponent so closely as to prevent his free movement when that player is not in possession of the ball. *Note: Nothing contained in this rule is intended to prohibit a legal offensive screen.*

SECTION 2b – ILLEGAL OFFENSIVE SCREENING

No offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing.

Note: Offensive player must be stationary and motionless before contact is made by the defensive player.

SECTION 2c – HOLDING

A player shall not hold an opponent or his crosse in any manner.

Note: This rule does not prohibit the player in possession of the ball from protecting his crosse with his hand, arm or other part of his body when his opponent makes a play to check his crosse. The hand, arm or other part of the body may be used to stop the check only, and must not be used to hold, push or control the checkers crosse.

Note 2: This rule does prohibit a player from deliberately stepping on the crosse of an opponent.

SECTION 2d – TOUCHING THE BALL

A player shall not touch the ball with his hands while it is in play, excepting the goal keeper as provided for in Rule V11, Section 1a.

SECTION 2e – WITHHOLDING THE BALL FROM PLAY

- 1) A player shall not lie on a loose ball on the ground or trap it with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion or withhold the ball from play in any manner.
- 2) A player shall not hold his stick in close proximity to his body with the express purpose of preventing an opponent from the opportunity of dislodging the ball.

SECTION 2f – ILLEGAL ACTIONS WITH CROSSE

A player shall not –

- 1) Throw his crosse under any circumstances.
- 2) Take part in the play of the game in any manner without his crosse.
- 3) During the play of the game exchange his crosse for another except to replace a broken crosse. *Note: This rule does not prohibit the interchange of crosses by players legally on the playing field.*
- 4) Should a player lose his crosse in any legal way so that re-possession of the crosse would cause him to violate a rule, the slow whistle technique, Rule X11, Section 3 shall be employed by an official except as in Rule V, Section 12a(2). Should the crosse be in the crease so as to possibly interfere with the goalies play of an attempted shot at the goal, play shall be suspended immediately.

SECTION 2g – ILLEGAL ACTIONS ON THE PART OF PERSONS OFFICIALLY CONNECTED WITH A TEAM

A coach, trainer or other persons officially connected with a team shall not:

- 1) enter the field of play without the permission of an official except when there is a team time out or between periods.
- 2) use artificial aids in communicating with players on the field of play.
- 3) Leave the area on his bench side of the field between the centre line and the restraining line. *Note: This rule does not prohibit a coach communicating with a player out of the game on a penalty or from his bench area.*

SECTION 2h – ILLEGAL PROCEDURE

Any action on the part of players or substitutes of a technical nature not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure. The following are examples of illegal procedure:

- 1) Entering the game from the penalty box before authorized to do so by the time keeper is a foul, and the player shall be returned to the penalty box to serve out his original time plus 30 seconds. If the ball is loose or in possession of the players own team, it shall be awarded to the opposing team. *Note: In the event that a goal is scored by his opponent, the unexpired penalty time is nullified but he must serve 30 seconds for illegal entry into the game.*
- 2) Delaying the game is a foul, and the penalty therefore shall be assigned to the in-home. Delaying the game shall be consuming of more than 30 seconds in instances such as:
 - a) at the start of the game or period.
 - b) after the expiration of time out.
 - c) after a goal has been scored.
 - d) after a penalty has been inflicted.

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e) after an out-of-bounds ball.
f) adjusting of equipment.

Note 1: 30 seconds begins for (a) when the official blows his whistle to summon the players to position: (1) 30 seconds prior to the official game time: (2) after two and one half minutes have elapsed between the first and second periods: (3) after nine and one half minutes have elapsed between second and third periods: (4) after four and one half minutes have elapsed between third and fourth periods.

Note 2: 30 seconds begins for (b) when the official blows his whistle to summon players to position: (1) after one and one half minutes of teams charged time out has elapsed or after an injured player has been removed from the game: (2) whenever play is ready to be resumed after an officials suspension of play.

Note 3: 30 seconds for (c) begins when either official has the ball in his possession.

Note 4: 30 seconds for (d) begins when the official inflicting foul has notified the scorer.

Note 5: 30 seconds for (e) begins when the ball is in possession of a player or official at the out-of-bounds spot.

Note 6: 30 seconds for (f) begins when the player is adjusting equipment.

- 3) Participation in the play of the game by a player out-of-bounds is a foul.
- 4) Any player not in his restraining area at the time the whistle is blown to start play at time of centre face-off is a violation of the centre face-off rule.
- 5) Failing to remain 9 metres from a face-off or failure to remain 3 metres from an opponent having a free play is a foul.
- 6) Any breach of the provision for substituting players as provided for under Rule VI is a foul.
- 7) Any breach of the provision relating to the goal crease area as provided for under rule VII, Section 2 is a foul.

- 8) Any breach of the provisions for time out under Rule V, Section 13b is a foul.
- 9) Having more than 10 men in the game at any time (including man or men in penalty box) is a foul.
- 10) Violation of Rule V, Section 2a relating to possession at the centre draw is a technical foul.

SECTION 2i – ILLEGAL CROSSES

Should it come to the attention of an official that a player is using an illegal crosse, other than trick stringing, within the provisions of Rule II, Sections 2 and 3 the official shall demand that the player adjust the crosse to conform to specifications or else exchange it for another. For a second violation against the same player, the official shall inflict a technical foul and place the illegal crosse in the custody of the time keeper for the remainder of the game.

SECTION 2j – ILLEGAL EQUIPMENT

Should it come to the attention of an official that a player is wearing illegal equipment within the provisions of Rule II, Sections 4 and 5 the official shall demand that the player conform to specifications. Should a player fail to do so he shall be compelled to withdraw from the game until such time as he has complied with the regulations covering equipment, a substitute being allowed for him immediately. For a second violation against the same player the official shall inflict a technical foul and compel the player to withdraw from the contest until such time as he has complied with the regulations

SECTION 2k – OFF-SIDE

Any breach of the provisions of Rule V Section 8 is a technical foul. Enforcement shall be in accordance with the provisions of the said rule and section.

SECTION 2l – THRUSTING CROSSE AT FACE OF OPPONENT

A player shall not push at, thrust, or "flick" his crosse at the face of an opponent.

SECTION 2m – AVOIDABLE LATE-NESS OF A TEAM

When a team fails to appear on the

field ready to play at the appointed time for the start of a contest and this tardiness is avoidable, a technical foul has been committed by that team and the in-home of the offending team shall be charged with the technical foul.

RULE XI – PLAYER COMMITTING FOUL

SECTION 1 – PROCEDURES FOR PLAYER COMMITTING FOUL

A player who has committed a violation of the rules must raise his stick at full arms length above his head, (failure to do so is a technical foul) and a 30 second penalty is added to the time of the existing penalty) and on being sent out of the game by an official, shall report immediately to the timers table and remain in the penalty box until informed by the time keeper that he may re-enter the game. When re-entering the game the player must enter the field of play at the off-side line.
Note: The penalty box shall consist of two seats for each team immediately adjoining or on either side of the timers table.

SECTION 2a – GENERAL INFORMATION AND CONDITIONS RELATING TO PENALTIES

Where a time penalty is expressed this refers to the time off the field out of play and to be served in the penalty box by the offending player.

SECTION 2b

Commencement of timing of a penalty begins when the offending player actually steps within the penalty box, and is restarted should he leave the penalty box before the full period of his suspension has been served. The exception being at the end of a period of play, where he may leave the penalty box but must return for the commencement of the following period to complete his suspension.

Note: This also refers to Rule X Section 2h (i).

SECTION 2c

Penalty time will be served only during playing time and stoppages in play will

also temporarily interrupt penalty time except in the case of expulsion fouls (as in Rule IX) including quarter breaks when any unserved penalty time at the end of a quarter must be served out at the beginning of the new quarter

SECTION 2d

Penalty time will end when the time of the penalty has expired except that the scoring of a goal against a team having one or more players serving penalty time shall release the player or players from serving the balance of their penalty time except such players serving penalty time for personal fouls.

Note: Players serving penalty time where a technical foul suspension has been added to a personal foul suspension shall be released from the technical foul suspension but not the personal foul suspension.

SECTION 2e

In the event of a goalkeeper whilst in the goal crease area being an offending player and the penalty award is "free throw" such free throw shall be taken at a position laterally across the field 18 metres from the goal.



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RULE XII – EXECUTION OF PENALTIES BY OFFICIALS

SECTION 1 – BEGINNING OF PLAY AFTER A PENALTY

In all cases where a penalty has been called in the offended teams offensive half of the field the ball shall be put in play by the closest player of the team awarded the ball at the point on the field where the ball was when play was suspended, the only exception being where the ball is within a 18 metre radius of the goal. In this case the ball shall (1) be given to the player nearest to the ball when the play was suspended and then (2) this player shall be moved to a position laterally across the field 18 metres from the goal.

When a penalty occurs in the offended teams defensive half of the field when penalty time is to be served the ball shall be awarded to any player of the offended team on the offensive side of the midfield line.

Exceptions: Where the ball is to be awarded to the goalkeeper as a result of a crease infraction (loss of ball only) instead of being moved 18 metres from the goal laterally he shall be awarded the ball at the end line directly behind the goal.

SECTION 2 – SPECIAL SITUATIONS

The following rules shall pertain to the special situations listed below:

SECTION 2a

Where an official is called upon to inflict a penalty against a team where no definite player is involved or where the penalty is against someone other than a player in the game he shall select the in-home and inflict the suspension. If multiple fouls of this type occur he shall inflict the suspension against additional attack players. Where the person committing the foul is a substitute the foul shall be assessed against him insofar as the record is concerned and he may only re-enter the game subject to the same restrictions as though he were a player at the time the foul was committed.

SECTION 2b

When simultaneous fouls have been committed the following rules shall be

applied by the official:

- 1) When a simultaneous foul occurs and as a result one team incurs more penalty time or times than its opponent the team with the lesser penalty time shall be awarded the ball.
- 2) In the event the penalty time or times are equal the team in possession of the ball retains possession. If neither team has possession the ball shall be faced where it was at the time the whistle blew, by the nearest player, subject to Rule V, Section 3f (relating to substitute for goalkeeper).
- 3) Both fouls being technical and the ball being in possession of one team the fouls cancel and the team in possession retains possession where the ball was at the time the whistle sounded. If there is no team possession the fouls cancel and the ball is faced by the two nearest players subject to Rule V, Section 3f (relating to substitute for goalkeepers).

SECTION 2c

When any foul occurs prior to the start of the game or after the officials whistle has sounded marking suspension of play the penalty shall be inflicted the same as if it had occurred during the play of the game (See Rule X, Section 1 as to technical fouls).

SECTION 3 – SLOW WHISTLE TECHNIQUE

If a defending player commits a foul against an attacking player and the ball is in the attacking half of the field and an attack player has possession of the ball at the time this foul occurs and in the opinion of the official a scoring play is imminent and the act of fouling does not cause the player in possession of the ball to lose possession thereof the official must drop a signal flag and withhold his whistle until such time as the scoring play has been completed. The scoring play shall be considered to have been completed when the attacking team has lost control of the ball, has clearly lost the opportunity of scoring a goal on the original play or has taken a shot. The slow whistle technique shall be used whether the foul is committed against the man in

possession of the ball or some other member of the attacking team except as in Rule VII, Section 2a.

Note: A pass is a movement of a ball caused by a player in control throwing or bouncing a ball to a team mate.

Note 2: During a slow whistle situation a shot remains a shot until (1) it is clearly obvious a goal will not be scored (2) no added impetus is given the ball by any member of the attacking team (3) when possession is gained by any member of the defensive team (4) after hitting the goalie, pipe or pipes of the goal the ball shall be declared dead as soon as it is touched by any player of either team other than the defending goalkeeper or an official.

SECTION 4 – ENFORCEMENT

A player or substitute committing a personal foul shall always be suspended from the game for the designated penalty time regardless of whether or not a goal is scored. If a goal is scored following a slow whistle technique on a technical foul, no penalty is given, if a goal is not scored after a slow whistle technique on a technical foul or fouls, the penalty is always suspension from the game for 30 seconds for each foul. In all cases where a goal is not scored the ball is awarded to the team fouled (the attacking team) at the spot where the ball is when play is suspended, Section 1 of this rule being followed.

SECTION 5 – PROCEDURE WHEN BALL CAUGHT IN CROSSE OR EQUIPMENT

In the event that the ball shall become caught in a player's crosse, the official shall count 1001,1002,1003,1004 and if at the end of those four seconds the ball has not dislodged the official shall stop play and the ball shall be faced between the player in whose crosse the ball was caught and his nearest opponent. In the event that the ball shall become caught in a player's uniform or equipment other than his stick play shall be suspended immediately and the ball faced between him and the nearest opponent subject to Rule VII, Section 3f (relating to substitute for goalkeeper). When he is within his goal crease area, the goalkeeper shall be awarded the ball at the end line

directly behind the goal.

RULE XIII - STALLING

Stalling is the deliberate action on the part of a player or players of either team to alter the normal progress of the game. In view of the fact that stalling is generally an obvious maneuver and is harmful to the game, officials must strictly enforce the rule as described below:

SECTION 1 - OFFENSIVE HALF OF THE FIELD

It shall be the initial responsibility of the team in possession to move the ball in to their attack goal area. The defensive team is not required to play the ball outside the opponent's attack goal area. With possession in the attack goal area stalling shall be called under the following conditions.

- (a) After official's warning "play the ball" the defensive team refuses to move within 4 metres of the ball.
- (b) After official's warning to the offensive team refuses to advance the ball by running it or passing to a team mate.
- (c) After the official's warning to get it in and keep it in the offensive team willfully runs, or passes the ball to a team mate outside the attack goal area.

SECTION 2- DEFENSIVE HALF OF THE FIELD

It shall be the initial responsibility of the riding team to play the ball. Stalling shall be called in the defensive half of the field under the following conditions: (the clearing team cannot be called for stalling until the riding team is within 4 metres of the ball)

- (a) After the official's warning the riding team refuses to "play the ball"
- (b) After the official's warning the clearing team refuses to advance the ball or pass it to a team mate.

Note 1: Any loose ball situation negates all previous stalling warnings on either team (Exceptions: (1) pass to team mate outside attack goal area after official's warning to "keep it in",

(2) in defensive half of the field if the goalie after being chased 360 degrees around the crease on clearing the plane of the goal passes to a team mate who is then chased around the goal).
 Note 2: Reaction time will be allowed for either team to play the ball (def.)

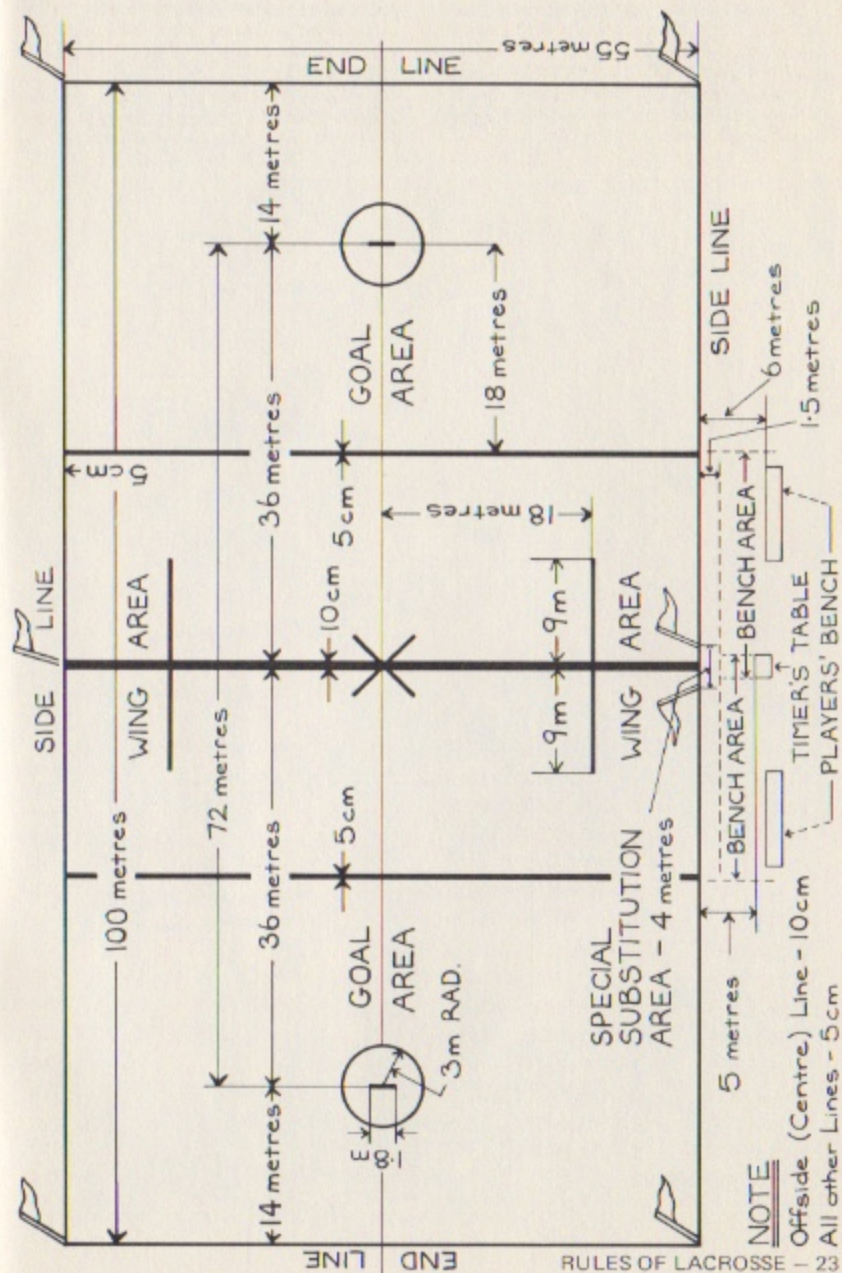
to move the ball (off.) five seconds is considered adequate time for action to take place after the official's verbal and visual warning.
 Note 3: A team playing with fewer players than the opposing team due to penalties cannot be guilty of stalling.

NOTES

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OFFICIAL'S SIGNALS

GENERAL SIGNALS



FACE OFF



TIME OUT
ONE LONG
WHISTLE BLAST



TIME OFF
THREE BLASTS
WHISTLE



SCORE



NO SCORE



OUT OF BOUNDS
DIRECTION OF PLAY

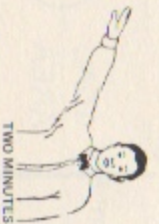


DELAY
OF GAME

PENALTY TIME SIGNALS



ONE MINUTE



TWO MINUTES



THREE MINUTES



EXPULSION



TECHNICAL FOUL



ILLEGAL PROCEDURE

TECHNICAL FOULS



PICK OFF



OFF SIDE



ILLEGALLY
IN CREASE



ILLEGALLY TOUCHING
THE BALL



PUSHING



HOLDING

PERSONAL FOULS



SLASHING



TRIPPING



CROSS CHECKING



UNSPORTSMANLIKE CONDUCT



FROM THE REAR



UNNECESSARY
ROUGHNESS

1. RULE IV—CONTROL OF THE GAME
PAGE 5. SECTION 1—THE OFFICIALS

Substitute:

The game of lacrosse shall be controlled by one or two officials being a referee and an umpire, both distinguished by a uniform of black and white vertical striped shirt, white shorts and black socks. Their duties shall be equal in all respects except that in the settlement of all disputes the decision of the referee shall supersede that of the umpire and shall be final. The officials shall have authority over the play of the game, with control and jurisdiction over the appointed chief bench official, timekeeper and scorers, players substitutes, coaches or anyone officially connected with a team and spectators. Their authority shall begin with their appearance on the field of play and terminate upon the completion of the game. By the sounding of his whistle either official may suspend the play of the game for any reason which he deems necessary for the proper enforcement of the rule or conduct of the game. The officials shall keep a record of the number of goals scored by each team and the number of the player scoring the goal.

They shall check with the official scorer at the end of each period and the officials' score shall be the official score of the game.

Note: Three officials may be used. The duties of the third official shall be similar to that of the umpire. He shall be designated the field judge.

PAGES 5/6. SECTION 3—TIMEKEEPER
PAGE 6. Add:

- E. A bench official shall go out on the field for the last 30 seconds of play in each quarter to count down the remaining time to the closest official as follows:
30 sec, 15 sec, 14, 13, 12 etc.

PAGE 6. SECTION 5—SCORERS

Sub-para C.

Substitute:

To keep a record of the name and number of each player upon whom a penalty is inflicted, the type of violation and the duration and time of the penalty.

2. RULE V—PLAY OF THE GAME
PAGES 7/8. SECTION 2-FACING AT CENTRE - Lines 14 - 32.

Substitute:

either crosse may touch and the walls must be approximately 2.5cm apart and the ball must never be touching the ground. Both hands and both feet must be to the left of the throat of the crosse. Hands must be at least 45cm apart at the beginning of the draw. The official shall place the ball between, in the centre, and resting on the walls of the reverse surfaces of the crosses of the players facing. When the official sounds his whistle to start play each player may attempt to direct the course of the ball by a movement of his crosse in any matter he desires. Kicking or stepping on an opponents crosse on a face-off is illegal.

If a player facing-off shall delay resumption of play by any action or manoeuvre such as backing out, standing up, or moving after the ball is placed between crosses, the ball will be awarded to the offended team. "Moving" means moving the crosse or any part of the body that results in an advantage to the player who moves.

The following rules shall apply when the ball is faced at the centre of the ground.

PAGE 8. SECTION 3 - FACING AT OTHER PARTS OF THE FIELD
SECTION 3c.

Substitute:

In no case shall the ball be faced closer to the goal than 18 metres in any direction.

SECTION 3e.

Substitute:

Whenever the goalkeeper would be the player to participate in the face-off a player of his team may be substituted for him.

3. RULE VII — GOAL CREASE AND GOALKEEPER

PAGE 13. SECTION 1b - Lines 1 - 8.

Substitute:

No opposing player may have contact with the goalkeeper or his crosse while he is within the goal crease area whether he has the ball in his possession or not. An attacking player may reach within the crease area to play a loose ball so long as he does not have contact with the goalkeeper or his crosse.

NOTE 2 - Delete entirely

SECTION 1c.

Substitute:

Should the ball become mired in the mud within the crease area, time shall be suspended by the officials and the ball shall be faced by the two nearest opposing players at a point 18 metres from the goal in any direction.

Add:

SECTION 2f.

Any player who tries to circumvent SubSection C by dropping the ball and then picking it up, will be assessed a technical foul.

4. RULE X — TECHNICAL FOULS
PAGE 16. SECTION 2c-HOLDING

Substitute:

- 1) A player may hold off an opponent in possession of the ball or within three yards of a loose ball with either closed gloved hand on the handle of his crosse, or either forearm. Both hands of the player must be on his crosse. The holding off must be merely the exerting of equal pressure when from the rear.
- 2) A player in possession of the ball may protect his crosse with his hand, arm or other part of his body, when his opponent makes a play to check his crosse. The hand, arm or other part of his body may be used to stop the stick check only and must not be used to hold, push, or control the fireaction of the movements of the checker's crosse or body.

5. RULE XI - PLAYER COMMITTING FOUL

Add:

PAGE 16.

SECTION 2f.

If a goalkeeper commits a time serving penalty, the time clock must be stopped for a maximum of 30 seconds to allow for his substitution.