



Are you in the right shoes?

Have you ever experienced common symptoms like:

- shin splints?
- damaged toe nails?
- arch pain?
- bunion pain?
- knee pain?

Do you have flat feet?

Do you already wear orthotics?

Most injuries are due to a number of factors, however, an inappropriate, ill fitted and poorly functioning shoe can be a significant contribution to causing injuries and impeding peak performance.

Sports Fever, as Western Australia's specialist sports footwear company offers the only dedicated technical fitting service to ensure your new shoes fit for size and purpose.

Every customer's gait is analysed by our trained staff. This allows us to assess your individual biomechanical foot function and select a shoe that suits your foot type and intended use. The shoes are then fitted and the foot function re-assessed while you run or walk, until the most appropriate shoe is determined.

Famous for Fitting Feet

131 ROKEBY ROAD
 (Cnr Barker Rd)
 SUBIACO WA 6008
 Phone 9388 7077

2 NAPOLEAN STREET
 (Cnr Railway Rd)
 COTTESLOE WA 6011
 Phone 9384 8086

775 CANNING H'WAY
 (Cnr Riseley St)
 APPLECROSS WA 6153
 Phone 9364 7077



**Australian
 Lacrosse
 League**

2006 Programme

20th October to 11th November



"Garland McHarg Trophy"



The Australian Senior Lacrosse Championship becomes



Australian Lacrosse League

State teams have competed in Australian Senior Lacrosse Championships 47 times since 1910 to win the title "Champion Australian State" in Lacrosse.

These carnivals have been conducted annually since 1981 but with the increased number of international competitions and the resultant demands on time and money for participants at the international level, it has resulted in this premium Australian lacrosse tournament being diminished on occasions by the absence of some of the sport's recognised 'top' players.

The Australian Lacrosse League (ALL) was introduced in 2004 in a new format to decide the winner of the Garland McHarg Cup. It is scheduled to be played in October/November, avoiding any clash with international competitions. It is played in a league format, with games played in each participating State on Friday, Saturday or Sunday, thus reducing the demand for time off work for most participants. All teams pay the same nomination fee which provides 20 air fares for each team - creating a fare equalisation scheme. Each State has the opportunity to promote the highest national level of lacrosse in their State every year.

The Hobbs Trophy, which has been presented to the player judged to be the Best and Fairest in each Australian Senior Championship since 1956, will be presented to the Best and Fairest player in the Australian Lacrosse League. The Australian Lacrosse League All Stars Team will be selected during the Qualifying Round and those selected will receive their Lacrosse Australia Medallions after the Championship Game.

The Lacrosse Australia Board will review the conduct of the Australian Lacrosse League format for the Australian Senior Lacrosse Championships after this third year of operation. You are invited to contribute to this review by completing the Questionnaire included in the centre of this Program.



Australian Government
Australian Sports Commission

Garland McHarg Trophy

In 1912 businessmen Richard Garland and Andrew McHarg donated a fine sterling silver cup, valued at 100 guineas, to the Victorian Lacrosse Association for annual competition between South Australia and Victoria.

Garland was a former Canadian champion player who had set up business in Melbourne. He helped to start a junior team at Brighton, was a generous benefactor for lacrosse and served as a VLA Vice-President between 1903 - 1914. McHarg played attack with Melbourne University and represented Victoria in the inaugural Victoria versus South Australia match played in Melbourne in 1888 and again the following year in the first interstate contest played in Adelaide.

The Garland-McHarg Cup was first played for by South Australia and Victoria as part of the 1912 Australian Lacrosse Carnival in Melbourne when all six Australian states competed. Such was the success and significance of this event, a first for any sporting code in Australia, that the controlling bodies agreed on a triennial format for future Carnivals. South Australia and Victoria continued to contest the Garland-McHarg Cup until 1923 when it was decided that it become the prize for the winning team at Australian Championships. The cup was passed to the care of the Australian Lacrosse Council and has served as the premier trophy in Australian lacrosse since that time.

Lacrosse Australia - Garland McHarg Trophy

<i>Year</i>	<i>Winner</i>	<i>Year</i>	<i>Winner</i>
1910	Victoria	1982	Western Australia
1912	Victoria	1983	South Australia
1920	South Australia	1984	Western Australia
1923	South Australia	1985	Western Australia
1926	South Australia	1986	Victoria
1929	Victoria	1987	Victoria
1932	Victoria	1988	Western Australia
1936	Victoria	1989	Western Australia
1939	Victoria	1990	Western Australia
1947	Western Australia	1991	Western Australia
1950	Victoria Melbourne	1992	Victoria
1953	Victoria Adelaide	1993	Western Australia
1956	Victoria	1994	Victoria
1959	South Australia	1995	Western Australia
1962	South Australia	1996	Western Australia
1965	Victoria	1997	Victoria
1968	Victoria	1998	Victoria
1970	Victoria	1999	Victoria
1972	Western Australia	2000	Western Australia
1974	Victoria	2001	South Australia
1976	South Australia	2002	South Australia
1977	South Australia	2003	South Australia
1979	Victoria	2004	Victoria
1981	Western Australia	2005	Victoria

The Hobbs Trophy

This trophy is presented to the Best and Fairest player in the Australian Lacrosse League.
Votes are cast by the coaches of each team for all games in the Qualifying round.

Previous Winners

Year	Winner	State
1956	Alan Gandy	South Australia
1959	Ralph Turner	South Australia
1962	Allan Jennings	South Australia
1965	Graeme Reddaway	Victoria
1968	Barry Van Der Peer	South Australia
1970	Doug Fox	Victoria
1972	Ian Toy	Western Australia
1974	Robert Reiger	Western Australia
1976	Ray Duthy	South Australia
1977	Evan Jones	South Australia
1979	Terry Magee	Western Australia
1981	Jeff Kennedy	Western Australia
1982	Rick Tillotson	Victoria
1983	Jeff Kennedy	Western Australia
1984	Steve Ellis	Victoria
1985	John Butkiewicz	Victoria
1986	Chris Casserly	Western Australia
1987	John Butkiewicz	Victoria
1988	Klay Johnson	Western Australia
1989	Murray Keen	Western Australia
1990	Kevin Humphrys	South Australia
1991	Glen Morley	Western Australia
1992	Greg Larwood	South Australia
1993	Greg Larwood	South Australia
1994	Greg Moore	Victoria
1995	Greg Larwood	South Australia
1996	Scott Garnsworthy	Victoria
1997	Greg Larwood	South Australia
1998	Aaron Sargent	South Australia
1999	John Brewer	Victoria
2000	Warren Brown	Western Australia
2001	Warren Brown	Western Australia
2002	Mark Mangan	South Australia
2003	Ryan Garnsworthy	Victoria
2004	Russell Brown	Western Australia
2005	Peter Inge	South Australia

Australian Lacrosse League

2006 Game Schedule

Perth	Game 15	October 20	Friday	WA vs SA	7.30 pm
	Game 16	October 21	Saturday	WA vs SA	7.30 pm
Melbourne	Game 17	October 27	Friday	Vic vs WA	7.30 pm
	Game 18	October 28	Saturday	Vic vs WA	7.30 pm
Adelaide	Game 19	November 3	Friday	SA vs Vic	7.30 pm
	Game 20	November 4	Saturday	SA vs Vic	2.00pm
Perth	Curtain Raiser	November 11	Saturday	3rd vs U/19	4.30pm
	Game 21	November 11	Saturday	1st vs 2nd	7.30pm

Your Score Sheet

Game No.	Home Team	Goals	vs	Visiting Team	Goals	POINTS		
						SA	Vic	WA
15	WA			SA				
16	WA			SA				
17	Victoria			WA				
18	Victoria			WA				
19	SA			Victoria				
20	SA			Victoria				
21	1st			2nd				

How the Championship Game (Game 21) teams are decided.

1. Qualifying round game winners receive 2 points. There are no drawn games.
2. Where two or more teams finish with equal points, their positions are determined by:
 - a) the win record taking into account those games in which the teams on equal points have competed against each other. If not conclusive then:
 - b) the goal difference taking into account those games in which the teams on equal points have competed against each other. If not conclusive then:
 - c) the fewest goals conceded taking into account the games in which the teams on equal points have competed against each other. If not conclusive then:
 - d) the goal difference taking into account all the games in the Qualifying round. If not conclusive then:
 - e) the fewest goals conceded taking into account all the games in the Qualifying round.

In the event of this being inconclusive the Tournament Executive Director will make a decision.



**Australian
Lacrosse
League**

Officials 2006

Referee in Chief

Mike Slattery

Referees

David Campbell
Rolfe Kraus
Don Lovett
Ian McRae
Mark Polden
Alan Black

There are five Officials in action at each lacrosse game. They are:

Head Referee, Chief Bench Official, two Referees and a Bench Manager.

In addition to the Officials directly involved in the game, three Referee Assessors will be working at all Games



Mike Slattery



David Campbell



Rolfe Kraus



Don Lovett



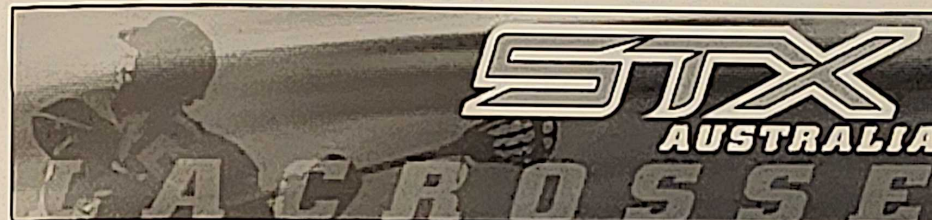
Ian McRae



Mark Polden



Alan Black



STX AUSTRALIA is the Lacrosse arm of **Ashross Agencies**

STX has been pioneering the development of lacrosse equipment for over 30 years.

We at STX Australia are proud to be associated with a company so passionate about the game of Lacrosse and its future.

STX Australia and our associate companies can offer you:

- ▶ **The Full range of STX Lacrosse Equipment**
- ▶ **PLH Lacrosse Helmets**
- ▶ **Rage Cage Goals**
- ▶ **Bike Protectors**
- ▶ **Clothing STX t-shirts, tops, caps etc**
- ▶ **Club Uniforms - Custom Made**
- ▶ **Club Clothing - polos, jackets, t/shirts**
- ▶ **Caps, visors etc**
- ▶ **In House Embroidery**
- ▶ **In House Screenprinting**

Please contact us for any of your Club or individual requirements

p (08) 8363 1990 e stx@stx.com.au

**35 Beulah Road,
Norwood, Sth. Aust. 5067**

www.stx.com.au

South Australia



Player Statistics - SA

Player Number	Game No.> Name	Goals					Assists					Penalties							
		15	16	19	20	21	15	16	19	20	21	15	16	19	20	21			
1	Anthony Munroe																		
3	Ryan Stone																		
4	Curtis Pettigrove																		
5	Blake Alford																		
7	Shane Gilbert																		
8	Robby Rigg																		
9	Clint Barker																		
10	Brendan Twiggs																		
11	Scott Gill																		
12	Ryan Gaspari																		
13	Nathan Bolton																		
14	Jerome Kirkwood																		
15	Chris DeMello																		
18	Jason McKinnon																		
19	Nigel Wapper																		
20	Phil McConnell																		
22	Anson Carter																		

Coach
Assistant Coach
Manager

Mark Mangan
Kevin Humphries
Gary Mortimer

Questionnaire

The purpose of this survey is to provide your views to the Lacrosse Australia Board to assist in the review of the Australian Lacrosse League format for the Australian Senior Lacrosse Championship competition. Your views are important and your assistance by completing this Questionnaire is greatly appreciated.

Your completed Questionnaire can be lodged in the 'Survey Box' at the ALL Merchandise stall at each ALL game, or mailed to ALL Survey, P O Box 162, Wembley WA 6913 before 17 November 2006.

Please place a cross in only one box after each question. If the question is not applicable to you, or you do not feel that you can offer a valid response, please place a cross in the 'n/a' box.

Where appropriate, space is provided after each question to enable you to offer any suggested alternatives or improvements in relation to that question.

1. Of the 21 Australian Lacrosse League games played from 2004 to 2006, how many games have you attended? (include those not yet played which you plan to attend). _____

2. In how many of these games have you been a member of a participating team? _____

3. Are you a member of a Lacrosse Club? (Circle one)
Yes No

4. Had you seen a game of men's lacrosse before you saw an ALL game? (Circle one) Yes No

5. a) In which Australian State do you live? b) Gender

SA	VIC	WA	OTHER	MALE	FEMALE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Was the promotion of ALL games in your State -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Was the cost of entry at the gate -

Too High	Reasonable	Too Low	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Do you consider that spectator facilities (seating, refreshments, etc) were -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Game times - Were Friday night/Saturday/Sunday games -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Time of the year - was the October/November season -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. The Games - "The artificial surface makes the games better!" -

Strongly Agree	Agree	Disagree	Strongly Disagree	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. Was the presentation of the games (team uniforms, ceremony, commentary etc) -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Was the officiating of the games -

Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	N/A
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. All Teams paid the same Team Nomination Fee for the 3 years of the ALL – which meant there was fare equalisation for the ALL competition. “This is a good thing to do.”

Strongly Agree Agree Disagree Strongly Disagree N/A

15. The conduct of coaching clinics for junior players by State coaches and players before some ALL games was -

Very Satisfactory Satisfactory Unsatisfactory Very Unsatisfactory N/A

16. “The Australian Lacrosse League should continue in the existing format.”

Strongly Agree Agree Disagree Strongly Disagree N/A

Please add any other comments. *Thank you for your views.*

Victoria



Player Statistics - Victoria

Player Number	Game No.> Name	Goals					Assists					Penalties								
		17	18	19	20	21	17	18	19	20	21	17	18	19	20	21				
1	Alistair Gloutray																			
2	Rob Stark																			
3	Ben Newman																			
4	Clinton Lander																			
5	Josh Naughton																			
6	Aaron Onofretchok																			
7	Cameron Shepherd																			
8	Marty Hyde																			
9	Damian Amell																			
10	Keith Nyberg																			
11	Chris Welsh																			
13	Robert Chamberlain																			
14	Tristan Tomasino																			
15	Michael Rodrigues																			
17	Anthony Bositto																			
19	Jason Masi																			
21	David Balfour																			
22	Adam Townley																			
24	John Tokarua																			

Coach David Joy
Assistant Coach Duncan McKenzie
Manager Jock Garnsworthy
Assistant Manager Rita Joy
Statistics Keith Chamberlain



Player Statistics - WA

Player Number	Game No > Name	Goals					Assists					Penalties							
		15	16	17	18	21	15	16	17	18	21	15	16	17	18	21			
1	Warren Brown																		
2	Gavin Leavy																		
3	Tom Cahill																		
4	Ben Tippett																		
5	Glenn Morley																		
6	Jason Battaglia																		
7	Shaun Leavy																		
8	John Casey																		
9	Adam Delfs																		
10	Phil Scott																		
11	Nathan Rainey																		
12	Adam Sear																		
13	Alex Brown																		
14	Jesse Stack																		
16	James Watson-																		
	Galbraith																		
17	Ben Reiger																		
19	Nathan Roost																		
20	Travis Roost																		
22	Brad Goddard																		
23	Mark Griffiths																		
24	Tim Kennedy																		

Coach Travis Roost
Assistant Coach Simon Danby
Assistant Coach John Denic
Assistant Coach Gary Kennedy
Manager Rod Sear
Assistant Manager Gary Brown
Assistant Manager Jason Ridgewell

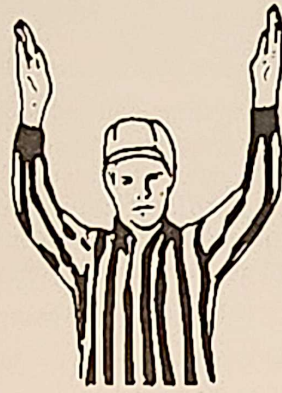
LACROSSE RULES – A Brief Summary

- Number of players: 10 on the field (goalkeeper, 3 defenders, 3 midfielders, 3 attackers) plus 9 substitutes. Substitution can occur at any time.
- Playing time: Four periods of 20 minutes each. During the last three minutes of the fourth period and in all overtime periods the clock is stopped when the game is interrupted. If the score is tied at the end of regular playing time, then 2 x 4-minute periods of overtime are played. If the scores are still equal then additional 4 minute periods are played with the team scoring the first goal being the winner ('sudden death').
- The field size is approximately 100m x 55m the goal size is 183cm x 183 cm.
- The goals are inside the field approximately 14 m from the end lines.
- All the players must wear a helmet with a face mask and protective gloves.
- The pocket of the stick cannot be deeper than the diameter of the ball.
- The game starts with a face-off in the centre of the field. There is also a face-off after each goal. When the game is commenced the players from the wing areas join the face-off players struggling for the ball. When the ball is in one's possession or it leaves the central area other players can join the game.
- There must be four players in the defensive half and three players in the attack half of the field at all times.
- There is no time limit for how long a player may hold the ball, and no limit on how far the ball may be thrown.
- A player can stop an attacking player in possession of the ball with the body and poke the ball out of the attacking player's stick with his stick. A player can defend another player within 3m of the loose ball.
- The players can kick the ball, but they must not play the ball with their hand.
- There can be up to four long sticks on the field at anytime.
- When a ball goes out of bounds in general play the last team to touch it loses possession. When a ball goes out of bounds as a result of a shot or a deflected shot at goal, it is awarded to the player who was nearest to the ball when it went out of bounds.
- There is a penalty of losing the ball or 30 seconds suspension if a team does not have possession of the ball when a technical foul (off-side, holding, interference, push from behind etc) is committed.
- There is 1, 2 or 3 minute penalty for personal fouls (slashing, tripping, cross-checking etc) depending on the severity of the foul. The penalty for an expulsion foul, or committing 5 personal fouls, is suspension for the remainder of the game.

OFFICIALS' SIGNALS - PROCEDURAL



Time Out



Goal



Possession



No Goal



Loose Ball



Simultaneous Fouls

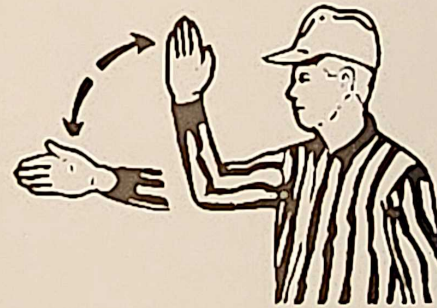
OFFICIALS' SIGNALS - PROCEDURAL



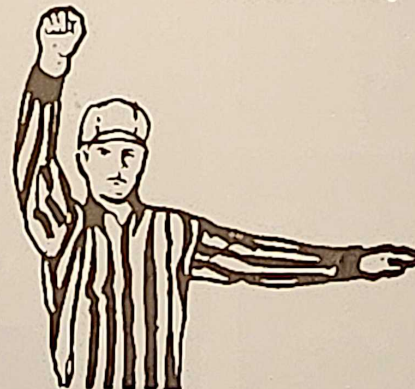
Face Off



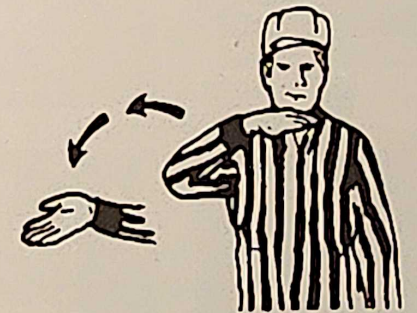
Four Second Count



Out of Bounds
Direction of Play



Stall Warning



Re-entry of the Crease