

GREATERSPORT YEAR 5/6 LACROSSE

DATE TBC



Teams

Players must be from year 5 and/or year 6.

Maximum squad of 8 players.

5 players on the pitch at any one time.

Teams are mixed with 4 boys and 4 girls (dispensation will only be given to single sex schools).

2 girls and 2 boys on the pitch at all times.

Teams are not allowed reserves, any team with more that the requisite number of girls/boys will be disqualified.

Equipment

Approximately 4 badminton court size area, can be indoors or outdoors on hard surfaces or grass.

A centre mark.

2 goal creases (circles) of 2m radius. A goal line in each goal crease.

5m semi-circular arc around the goal area.

Goals 3ft x 3 ft (ideally a square cage with a net). Plastic pop-lacrosse sticks, with or without bar.

5 sticks only per team to be taken onto court area. Pop lacrosse plastic ball.

LEVEL 1

Intra-school

LEVEL 2

Inter-school

LEVEL 3

County level

Excel Pathway

To compete in this event schools must qualify through their level 2 competitions in their boroughs.

National Pop Lacrosse Final

The top 4 teams from the North West Final will progress to the National Finals.

Boundaries

Indoors - play rebound wherever possible. Outdoors no boundaries, the official decides and informs teams of limits of play.

Play to be as continuous as possible. When a ball goes out of bounds or becomes trapped the nearest player gets possession with all other players at least 1 metre away from the player in possession who should restart at least 1 metre inside the boundary.



Match Length

A suggested format has been produced by English Lacrosse to ensure a level of consistency and it is recommended that matches should be 6-8 minutes in duration; however there can be a degree of flexibility in running SGO/Borough level competition.

Playing the Game - Scoring

Shooting ball with stick so that it passes wholly over the goal line scores a goal. 'Own goals' can be scored if the ball comes off the defender's stick or body.

Goals may only be scored from the attacking half of the pitch. Dangerous shooting through will be penalised. No player may enter the goal crease but may reach in with the stick to recover the ball.

Playing the Game - Substitutions

'On the fly' providing that: there shall be only 5 sticks for field players and these must be exchanged as the players change over: players must go on and off the field through a 'gate' marked with two cones at centre line; players not on pitch shall be seated on team bench and must not stand to go on to pitch until handed a stick.

Playing the Game - Penalty for Fouls

Free position to nearest opponent.
Offender is placed 3m behind player All others 3m away.
Fouls inside the 5m are taken on the arc on the plane of the goal extended.

Playing the Game – Start of Play

The game is started with a pass from the centre. The player with the ball must pass to another whilst keeping at least one foot on the line, all others to be 3m away. Centre passes alternate no matter who scores the goal.

Playing the Game - The Throw

This is taken when a simultaneous foul occurs or players are equidistant from a boundary.

The two opponents will be placed 1m apart facing each other. Officials simultaneously blows whistle and toss short underarm throw, shoulder height between the players, play continues.

Playing the Game - Fouls

No stick or body contact.

No intentional ball off body.

No dangerous propelling (passing or shooting through or 'blind').

No dangerous follow through with stick (following pass/shot).

No entry into goal crease.

No trapping/guarding ball (but momentary 'rake' is allowed).

Maximum 4 second possession of the ball by a player (which cannot be increased by throwing/rolling to oneself).

No defending goal by standing in the 5m space in front of goal (except it a sticks length away from an attacking opponent).

Playing the Game - Tied Game

If a game is tied 2 minutes over time will be played, should the game still be tied another 2 minutes will be played. If this results in the game still being tied sudden death will come into play. Teams will continue to play 2 minute periods until 1 team scores.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Playing the Game - Umpire Notes

Throughout play the official's discretion may be used to award penalties for dangerous play or unacceptable behaviour. A player may be sent off as a last resort. The rules are there to protect players and keep the game as continuous as possible. Unintentional fouls which do not give the offender or his/her team an advantage should result in a 'held' whistle whenever possible (official can call 'advantage'). Excessive use of whistle discouraged except to keep play safe and according to the rules.

Officials should ensure short, sharp single blow of whistle to both start and stop game. A longer whistle indicates a goal.

Clear, short explanations of foul (e.g. 'stick contact, yellow ball'), indicating with arm team in possession by pointing towards the goal they are attacking.

It is helpful to call out loud the 4 seconds, remembering to leave a second's time length before calling '1' on possession.

Health and Safety

Before all matches this must be read and adhered to:

Players can't play if they are barefoot or in unsuitable footwear.

No jewellery to be worn.

All loose clothing must be tucked in and shoelaces tied.

No chewing gum or sweets.

Players should bring plenty of drinks.

All players are advised to warm up appropriately before each match.

When not competing, players must remain off the court and not get in the way or distract officials.

Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.

All team teachers must ensure their pupils are under adult supervision at all times, even when playing.



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