

**PoP Lacrosse**

**School Games**

Lincolnshire

Level 3 Event

Year Y6

Team size 5 Players

Squad size 8 Players

Gender Mixed

Gender criteria 4 boys and 4 girls with 2 boys and 2 girls on pitch at all times

Qualifying Entry 1 team per SSP

Venue TBC

**Competion Rules**

**PLAYERS**

Eight in a squad, 5 on pitch. Teams must be mixed: 4 boys and 4 girls with 2 boys and 2 girls on pitch at all times. Dispensation only for single-sex schools. Teams are NOT allowed to bring reserves. Any team with more that the requisite number of boys/girls a stated above will be disqualified.

**EQUIPMENT**

Goals: 3’ x 3’ square cage with net.

Sticks: Plastic POP-lacrosse sticks of any make, with or without bar.

 5 sticks only per team may be taken onto the court area at any

 time.

Balls: PoP-lacrosse plastic ball.

**PLAYING AREA**

Approximately 4 badminton court size – indoor/outdoor, hard or grass

A centre mark

2 goal creases (circles) of 2m radius

A goal line in each goal crease

5 m semi- circular arc around goal area

**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.

 Contacts

School Games Level 3 Lead

Ian Brown, Lincolnshire Sport - Ian.brown@lincolnshiresport.com

School **Games Level 2 Leads**

Local School Games Organiser - www.lincolnshiresport.com/school-sports-partnership

**Competition Lead**

Mike Aspinall - aspinalli@hotmail.com

**BOUNDARIES**

Indoors – play rebound whenever possible. Play to be as continuous as possible. When ball does go ‘out of bounds’ or becomes trapped (e.g. In gym equipment) nearest player gets possession with all others 1m away. All players brought in 1m from boundary. All play is started and stopped by the sound of a whistle (No ‘stand’ rule applies).

**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.

**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.

**SUBSTITUTION**

‘On the fly’ providing that: there shall be only 5 sticks for field players and these to be exchanged as the players change over (see sticks): players must go on and off the field through ‘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.

**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)

**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

**UMPIRES 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’).

**TIED GAME SITUATION**

If a game is tied during semi finals and finals 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.

**POINTS DRAW**

If teams are tied on points during the round robin stages places will be awarded based on GD (Goals for – Goals Against = GD).