

POP-LACROSSE

Players

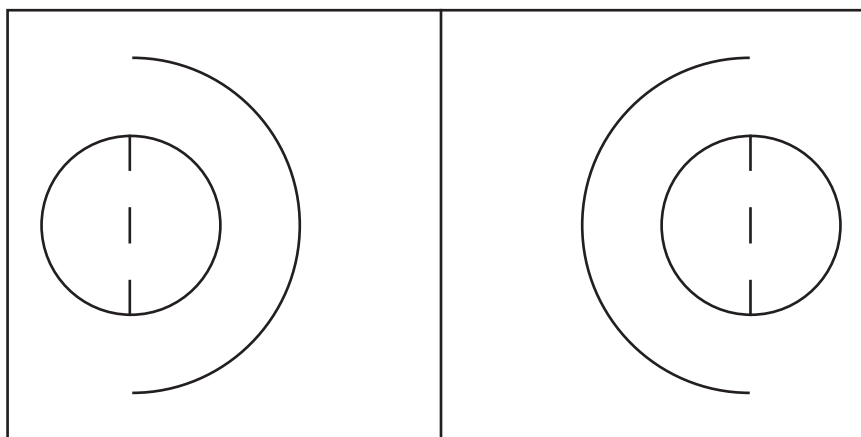
Eight in a squad, five on the pitch, (six is using a goalkeeper option at over 12). Teams can be mixed or single sex. For annual Under 11 Schools Pop-Lacrosse National Championships, teams must be mixed four boys and four girls with two boys and two girls on the pitch at all times. Dispensations only for single sex schools.

Equipment

- Goals: 4' x 4' square cage with net. For recreational play any small goal or target can be used.
- Sticks: Pop-Lacrosse sticks of any make with or without bar.
- Balls: Pop-Lacrosse plastic ball
- Goalkeeper: Optional for Under 12's and above. Helmet compulsory with optional close fitting protection i.e. gloves, chest protector, arm pads, shin pads (not cricket pads).

Playing Area

- A centre mark or line.
- Approximately for badminton court size space, indoor or outdoor, hard surfaces or grass.
- Two goal creases (circles) of 2m radius.
- A central goal line in each crease.
- A semi circular arc 5m to the front of the goal.



Start of Play

The game is started with a pass from the centre and restarted in the same way after each goal is scored. The player with the ball must pass to another whilst keeping at least one foot on the centre mark or line. All other players to be 3m or more away. Centre passes alternate from team to team regardless of which team scores the goal.

Option for Under 12 and above, centre draws between two players each with a foot on the centre mark or line. Sticks held at waist height and back to back with the ball placed between the stick heads. On the whistle sticks are drawn upwards, ball must leave above head height of both players.

Boundaries

- Indoors – play rebound wherever possible.
- Outdoors – no boundaries, the official decides and informs team 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 1m away from them.

The player in possession who should restart at least 1m inside the boundary.

Start / Stop Play

All play is started and stopped by the sound of a whistle.

The Throw

This is taken when a simultaneous foul occurs or players are equidistant from a boundary when ball goes out of play. The two opponents are brought in 1m from the boundary, with their sides to their own goals and 1m apart facing the centre of the pitch. The official simultaneously blows the whistle and throws the ball with a short underarm throw shoulder height between players, play continues with possession.

Scoring

A goal is scored by shooting a ball so that it passes wholly over the goal line. "Own" goals can be scored if the ball comes off a defender's stick or body. Goals may only be scored from the attacking half of the pitch. Dangerous shooting will be penalised. No player may enter the goal crease (except for the goalkeeper when using the goalkeeper option) but players may reach in with the stick to recover the ball.

Goalkeeper

The goalkeeper may use a stick or his body to stop the ball within the goal crease and a four second time limit applies to clear the ball. Standard rules apply outside the crease.

Substitution

"On the fly" providing that there are only five sticks for field players and these are to be exchanged as players change over, players must go on and off the pitch through a gate marked with two cones at the centre of one of the side lines.

Players not on the pitch shall be seated on the team bench and must not stand up to go onto the pitch until handed a stick.

Fouls

- No stick or body contact.
- No intentional ball off body.
- No dangerous propelling (passing through or shooting when "bind").
- No dangerous follow through with stick after shooting or passing.
- No entry into goal crease (except for goalkeeper option).
- No trapping or guarding of the ball (momentary rake of the ball is allowed).
- Maximum of four seconds possession of the ball by a player which cannot be increased by throwing or rolling to oneself.
- No defending goal by standing in the 5m space to goal except if a stick's length away from opponent.

Penalty for Foul

Free position to nearest opponent. Offender is placed 3m behind player with possession and all others are a minimum of 3m away. Fouls inside the 5m arc are taken on the arc.

Umpire Notes

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 designed to protect the players and to keep the play as continuous as possible. Unintentional fouls which do not give the offender or his/her team an unfair advantage should result in a "held" whistle wherever possible.

Officials should ensure:

- A short, sharp whistle for start and end of game, a longer whistle indicates a goal.
- A clear, short explanation of any foul committed, indicating with the arm the team in possession by pointing towards the goal that are attacking.
- It is helpful to count out the 4 seconds for possession, remembering to leave a seconds gap before calling 1 on possession.

With thanks to the English Lacrosse Association