



Warrington Gold Coast Lacrosse Year 4/5 Festival

- 1) 5 players per team on the pitch – with a squad of 8 (ideally 4 boys and 4 girls). There must be a minimum of 2 girls and 2 boys on the pitch at all times during matches, (ie. 2 boys and 3 girls or 3 boys and 2 girls)
- 2) Substitutions on the fly, a stick must be exchanged between player and substitute
- 3) Playing area is to be the size of Basketball/ Netball court / 4 Badminton courts or 6 a side cage
- 4) The game starts with a pass from the centre; players must remain in the centre and pass to a team mate.
- 5) Every centre will alternate, no matter who scores
- 6) Goals can only be scored in the attacking half

Fouls

- 7) No stick or body contact
- 8) No intentional of playing the ball off the body
- 9) No dangerous propelling (passing or shooting through players)
- 10) No dangerous follow through with sticks
- 11) No entry into the goal crease
- 12) No trapping or guarding the ball (but momentary 'rakes' are allowed)
- 13) Maximum of 4 second possession of the ball by a player
- 14) No defender can stand in the 5m arc unless marking an attacker

Penalty for Fouls

- 15) Free possession to the nearest opponent

16) Offender must stand 3m behind the player with the ball

17) Everyone must be 3m away from the ball on the restart

18) Fouls inside the 5m arc, restarts are taken from outside the arc to the side of the pitch and in line with the goals

