

2018 EDITION

Equipment, Court, and Tournament Regulations:

We have designed a Lacsal-specific sticks, balls and goals. The sticks will be checked and measured by the referee before the match. The referee will always carry a minimum of three balls in their pockets to ensure that the game can continue with little to no stoppage of play. We encourage fast-paced, up-tempo Lacsal, and these regulations support that philosophy.

The dimensions of the playing area of the game are identical to those of a collegiate or high school basketball court—94' x 50' or 84' x 50'. If the match is not played on such a court, the center circle as well as the three point arc (23' 9") must be displayed on the playing surface in some fashion, for this to be a regulation Lacsal match. The distance from the goal line to tip of shooting arc must be a minimum of 23 feet.

There are five players per team, including one acting goalie per team. The goalie has a standard Lacsal stick but he or she is also able to participate as a field player – he or she is not required to stay in the goal. Switching out is common.

The five field players all have the same Lacsal sticks. These must be the exact height and size of our current Lacsal sticks, as the pocket must allow the ball to release from the stick in any direction when you turn it upside down. Specifics are in the appendix at the end of the Rules. Lacsal sticks are required to make the tournament official. No Lacsal field player can have a stick longer or shorter than the Lacsal stick.

Officials:

In order to be designated as an official Lacsal tournament, there must be a sanctioned referee. Only one referee officiates each game, standing primarily in the middle of the court. He or she is there to provide safety and answers to questionable situations, while maintaining the flow and fast pace of the game. Ideally, they will blow their whistle as little as possible and never use their power to change a game.

There is no game stoppage.

Tournament Play:

Tournaments must be sanctioned by the Lacsal Association. Contact the Lacsal Association to have your tournament sanctioned by the Association.

Tournament Age Groups are:

U6, U8, U10, U12, U14, U16, U18, U30, U34, U45, U60, and Unlimited Age.

Game Play:

The match begins with a face-off inside the tip off circle of the basketball court. The face-off is two opposing players standing, holding the ball with the head of their Lacsal stick reversed and when the referee says “start”, the two opposing players pull up on the head of their sticks to put the ball in play. This is similar to the way a women’s lacrosse game face-off starts.

Four players shall stand on each side of the mid court line, with the designated face-off players facing their offensive end. No one but the two face-off players are allowed to enter the tip-off circle—everyone else must start on his or her offensive or defensive side of the court and outside the circle.

After a face-off, to take a shot on goal, the team that gains possession must make one pass attempt and then shoot inside the three-point line. A player must have his or her foot on the three-point line or be standing inside the arch for the shot to count.

There is no designated out-of-bounds. The player closest to the ball where it goes out of play automatically is able to pick up that ball and restart the game immediately. If a ball is lost or out of reach, the individual who is closest to the ball is able to call for a new ball and the referee must signal as to which player has earned possession, allowing them to continue their advantage and immediately supplying a new ball to the player who is asking for one.

If a player takes a shot and his or her stick hits the goal in any way, the ball automatically is given to the goalie of the defending team.

LACSAI RULEBOOK P3. copyright all rights reserved

After a goal, a goalie must throw the ball in play for play to continue (similar to a basketball throw in after a basket). There is a five second time limit for this to occur, beginning when the ball is placed back into the goalie's Lacsai stick.

There must be ONE (1) pass attempt before the team can shoot on goal.

Enforcement of Penalties and Fouls:

Defense is very similar to basketball—the only difference is a player has a Lacsai stick. If the player ever uses his or her stick like a weapon, he or she gets a warning. After two warnings, that player is out for the remainder of the Lacsai Game. A swing of the Lacsai stick constitutes a warning. If a player pulls his or her stick back and attempts to check an opposing player, regardless of whether the check is clean or not, the player that swings his or her stick shall automatically receive a warning. In other words, any type of wind-up will immediately warrant a warning. You may check, if the offensive player exposes their stick, but absolutely **no** wind-ups.

***A foul is defined as the interrupting of an offensive player's motion toward the goal. In other words, if a defender trips an offensive player or prohibits that offensive player in any way from getting to the goal—aside from a legal check—that offensive player that was fouled automatically gets a "free shot." A free shot takes place at the top of the arc with no one defending the goal except the goalie. All other players are required to stand on lines to either side of the goal posts that already exist on a basketball court. Fouls are not frequent and they must be blatant. The defending player must obviously be preventing the offensive player from scoring a goal in an illegal manner. A penalty can, in certain instances, be considered a foul.

Competitive Regulations

Game Play:

25 Minute games with one rest period at 12 ½ minutes for 2 minutes. This can be adjusted for class time, gym time, number of teams, etc. by subtracting 2 minutes for a break and splitting the remaining time in half.

Tournament Play:

Rounds One:

5 game set. Each game is 10 minutes long. Every game begins with a face-off and the first team to win 3 games wins the set. Once a team wins 3 games, the series is over (so a minimum of three and maximum of five games will be played in the first set).

Round Two:

3 game set. Each game is 10 minutes long. Every game begins with a face-off and the first team to win 2 games wins the set. Only if both teams split those sets will the third tie-breaking game be played (so a minimum of two and maximum of three games will be played in the second set).

Round Three:

3 game set. Each game is 10 minutes long. Every game begins with a face-off and the first team to win 2 games wins the set. Only if both teams split those sets will the third tie-breaking game be played (so a minimum of two and maximum of three games will be played in the second set).

Rules may be adapted with permission based on class size, team numbers, etc. Contact the Lacsal Association for such modification of the tournament rules.

LACSAL APPENDIX P5.



The specifications for width or length of head, which may change for improvement of the sport, are:

- Stick length is 24”.
- Head length is 11”.
- Overall top of the head to bottom of the stick is 33 ½”.
- Head width at the top is no more than 6 ¾” wide.
- Mesh netting is required to play the game.

The specifications for the opening are:

- Lacsal head has an opening of 2 ¾” at the mouth.

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