



Brisbane Eagles Indoor
Lacrosse League

PLAYER HANDBOOK & RULES OF PLAY

1. INTRODUCTION & PREAMBLE

1.1. BEILL'S PURPOSE

The Brisbane Eagles Indoor Lacrosse League (BEILL) exists for the following purpose:

- to provide a safe and enjoyable environment for players of both genders and any ability to play a non-contact form of indoor Lacrosse;
- to showcase the sport of Lacrosse to the general public and provide an entry point for new players, juniors to improve their skills and seniors to extend their playing involvement.

1.2. THE BEILL'S COMMITMENT TO THE PLAYERS

In keeping with the BEILL objectives, the BEILL has an obligation to provide the players with;

- An appropriately equipped venue.
- A well organised, safe and controlled playing environment.
- A fixture for each season.
- Readily available copies of this document for all players.
- A point of contact for any enquiries or issues.
- Appropriately trained & equipped referees for each game.
- A weekly bulletin, updating results, scores and ladder positions.

1.3. TEAM AND PLAYER COMMITMENT TO THE BEILL - CODE OF CONDUCT

By participating in the BEILL competition each team and each individual player has an obligation to:

- Learn and abide by the BEILL rules and spirit of competition as laid out in this document.
- Be familiar with and conform to the regulations governing the use of the Mount Gravatt Youth and Recreation Sports Centre (or any facility where the competition will be hosted).

Any players or teams that are unable or unwilling to conduct themselves in accordance with this Code of Conduct will be refused entry to the BEILL.

2. ADMINISTRATION

2.1. ENTERING A PLAYER OR TEAM

- The BEILL is not obliged to accept any or all applications for team entries.

- Allocation of a place in the fixture is based on a "first in, best dressed basis".
- Registration for individuals or teams must be done by completing the online registration form which can be found on the club website. The forms must be lodged at least 3 days prior to season commencement.
- Depending on the availability of courts which BEILL hires, a maximum of 8 teams can compete in each season. However, competitions of four teams are most common.

2.2. SPORTS INSURANCE & RISK

- The BEILL version of lacrosse involves inherent risk which may be reduced, but not eliminated by players adhering to the rules and guidelines in this document. The BEILL strongly recommends that all players take out sports insurance in the event of injury or subsequent financial loss. The **Brisbane Eagles Lacrosse Association accepts no liability for injury** as a result of participating in the BEILL competition

2.3. OBLIGATIONS OF NOMINATED TEAM CO-ORDINATORS

Nominated Co-ordinators for each team are responsible for ensuring that:

- The team is correctly entered for each season and the team players are financial.
- Team members are aware of the inherent risks of the sport and the BEILL's recommendation for sports insurance.
- Team members wear the correct playing top in approved team colours and footwear (non-marking shoes).
- All team members have access to a copy of this document (free copies available from the club website) and have read its contents.
- A team representative checks and signs the match report (score sheet) for each game.
- Advising the BEILL if the team is unavailable to play on given night.

2.4. TEAM COLOURS

New teams entering the competition or any existing teams wishing to change their playing strip must have their playing colours approved by the BEILL to ensure that adequate variation is maintained.

2.5. TIME KEEPERS/SCORERS

- Each team needs to provide one person for each game to act as either scorer, or timekeeper
- If a team is unable to provide a person to act as scorer or timekeeper, the referee may require one of the players to fulfil this role.
- Team sheets must be fully completed for each game, with all player's surnames and initials.

2.6. SUBSCRIPTIONS

- Subscriptions are based on an individual or team entry, game, per season (which will be determined prior the commencement of the competition).
- Full payment is required before the start of each game.
- The club committee must keep a record of player payments.
- A player is un-financial when their subscription is one week or more in arrears.
- Un-financial players may be removed from the competition and are ineligible to receive prizes, and may be denied entry to the next season's competition.

2.7. FIXTURES

The following guidelines are used by the BEILL when producing fixtures for each season:

- No matches are scheduled for the period between 8 December and 26 January, inclusive.
- Seasons normally consist of eight (8) or nine (9) rounds of matches (including finals) and run sequentially throughout the year, usually with a three week break between seasons.
- Teams are created based on prior player performance, or mix of experience. Every effort is made to achieve an even mix of players in each team.
- Special requests regarding fixture times will be considered, if received in writing with the team entry.

2.8. FINALS

- The last round of each 8 (or 9) week season is for final matches between the two top teams.
- To be eligible to compete in the finals, a player must have played three games or more with that team during the season. Teams fielding ineligible players in a finals match will automatically forfeit the game, regardless of the final scores

- The top two ladder positions are decided the week prior to the finals by accumulated season match points (and if necessary, percentage).
- In the event of a tied finals match, the winning team will be determined by the highest season match points.

2.9. REFEREES

The BEILL relies on volunteers to referee matches and will provide the following:

- Whistles & shirts.
- Referee training forums conducted periodically during the year for new referees, or experienced referees looking for a “refresher”.

The BEILL provides a core of experienced referee volunteers; however the competitions may be used for up skilling new referees.

BEILL STATEMENT REGARDING REFEREES

THE BEILL ACKNOWLEDGES THAT WITHOUT OUR REFEREES THERE WOULD BE NO BEILL COMPETITION. THE BEILL'S TOP PRIORITY IS TO ENCOURAGE & RETAIN A BASE OF VOLUNTEER REFEREES. REFEREEING A FAST MOVING GAME SUCH AS INDOOR LACROSSE IS DIFFICULT, HOWEVER IT CAN BE MADE MUCH EASIER BY PLAYERS UNDERSTANDING AND PLAYING WITHIN THE RULES AND SPIRIT OF THE COMPETITION.

TEAMS THAT ARE CONSISTENTLY DIFFICULT TO REFEREE AND WHO WILL NOT PLAY THE GAME WITHIN THE SPIRIT OR LETTER OF THESE RULES (DESPITE WRITTEN OR VERBAL WARNINGS) WILL BE EXPELLED FROM THE COMPETITION.

3. DESCRIPTION OF PLAYING AREA

3.1. THE COURT

- Indoor lacrosse shall be played in an area approximately the size of a basketball court.

3.2. THE GOALS

- The goals shall be erected at opposite ends of the playing area and placed facing each other on goal lines, approximately 3.5m from, and parallel to, the end line and centred in the court.

- The goals shall be square with 1.2m x 1.2m inside measurements. They will be fitted with loose netting.
- If for any reason the goals move during the course of play, the referee may stop play and require the goals to be correctly re-positioned.

3.3. THE GOAL CREASE

- There shall be a goal crease, in the shape of a circle, cut off behind the goal with a straight line in from the end line. The circle shall be of radius approximately 2.6m.
- All space within this area and directly above shall be regarded as the goal crease (the goal crease is a cut-off cylinder extending to the ceiling).

4. OFFICIALS

4.1. REFEREES

- The game shall be controlled under these rules by either one or two referees. The game shall start and stop on their whistle.
- Each team is required to provide a suitable referee for approximately eight matches in each season. (Refer 2.9)

4.2. SCORER & TIMEKEEPER

- Two match points are awarded for a win, one point each for a draw and no points for a loss.
- Each team shall complete the match report with player surnames, initials and numbers for all team members present for that game
- The final scores will be entered on the match report after which the match report will be signed by a representative from each team and one of the match referees.

5. PLAYING REQUIREMENTS

5.1. THE CROSSE

- Any standard attack crosse or stick is allowed provided its total length is more than 1.2m.
- The pocket depth of the cross:
 - when a lacrosse ball is placed in the pocket, the top edge of the ball must sit deeper than the lower most edge of the sidewall (men)

- when a lacrosse ball is placed in the pocket, the top edge of the ball must be visible/ seen and remain above the top of the entire sidewall (women).
- No goalie stick will be permitted

5.2. THE BALL

- The ball shall be a soft sponge rubber ball, approximately the size of a tennis ball.

5.3. PLAYER UNIFORMS

- All players must start the match wearing their team's BEILL approved coloured playing tops and footwear that will not mark the floor.
- Penalty for breach: Two goals per match for each player in breach (referee to indicate number of players in breach on the scoresheet)

5.4. PROTECTIVE EQUIPMENT

- A player may wear personal protective equipment, provided that in the opinion of the referee it does not endanger other players.

5.5. NUMBER OF PLAYERS

- There is no limit to the number of players on each team.
- The minimum number of players required on the court to start a match is 4.
- A maximum of five players per team may be on the court at any one time.

5.6. TIMING

- The game starts at the advertised time
- The game consists of two twelve to fourteen minute halves, each with a running clock.
- The half time break is a maximum of 2 minutes.
- Playing time for each half ends as the clock runs out and the siren sounds.
- There are no time outs permitted.

5.7. LATE STARTS

- Matches will be forfeited 5 minutes after the advertised start time, with a score of 10-0 recorded to the team with the required minimum number of players (see rule 5.5) on the court at the

time. If neither team is able to meet the minimum player requirements within 5 minutes of the advertised start time, a nil-nil draw is recorded.

- Late start time is deducted from the first period

6. RULES OF PLAY

6.1. COMMENCEMENT OF PLAY

- Players will face-off in the centre of the court (whether it's a men or ladies face-off will be determined by the umpire)
- Umpire will commence the faceoff by the following procedure:
 - Saying 'down', 'set' and 'whistle' (mens)
 - Saying 'set' and 'whistle' (ladies)
- Players who move after the umpire has said 'set' or who aren't ready to commence play upon the umpire's whistle will incur a penalty
- Before commencement of each period and after each goal, all team members must be in their own defensive halves, and not within 2m of the faceoff area.
- Teams change ends at half time.
- A player may win the ball to themselves at the face-off and take a shot on goal without having passing the ball. This manoeuvre is only permitted twice per team, in order to encourage ball movement and teamwork.
- **Penalty for Breach:** Technical Foul

6.2. POSSESSION

- A player will be in possession of the ball if they are in control of the ball
- A player may be deemed to be in control of the ball whether or not the ball is in the player's stick.
- There is no time limit for the amount of time a player can hold the ball.

6.3. LOOSE BALLS

- Players may not cover a loose ball with the back of their stick.
- Players may not kick a loose ball.
- **Penalty for Breach:** Technical Foul

- If in the opinion of the referee, a player accidentally kicks the ball, then the referee may either call "play on" or award a technical foul.

6.4. HANDBALL

- Handling the ball during play is illegal. This rule applies to all players including the goalie.
- **Penalty for Breach:** Technical Foul

6.5. OUT OF BOUNDS

- If a ball goes out of bounds from a goal shot, possession is awarded to player nearest the boundary line where the ball went out.
- If a ball is thrown or knocked out of bounds in general play, possession is lost by the team who last made contact with the ball.
- All other out of bounds situations covered by rule 6.7 governing dead balls.

6.6. RETURNING THE BALL TO PLAY

- The player returning the ball to play must do so without undue delay.
- The player returning the ball to play at the referee's whistle must be given 3 metres free space.
- **Penalty for Breach:** Technical Foul

6.7. DEAD/DANGEROUS BALLS

- If the ball strikes a boundary or official and becomes dead or dangerous to play, possession shall be awarded to the closest player to the ball.
 - Interpretation: Using the walls and the dividing curtain to bounce the ball has become an exciting feature of the game. Balls that strike the walls or curtain are not normally called out of bounds. However, when a ball is not immediately retrievable or in such a position that playing the ball endangers spectators or officials, it shall be called dead/dangerous. The referee shall award possession to the player closest to the ball.

6.8. SUBSTITUTES

- Substitutes must stand on their own team's side of the timer's desk and out of play.
- Substitution must take place as close as possible to the centreline

- Substitution may take place at any time, provided no more than five players are on court at any one time.
- Substitution is not permitted for a player serving a time penalty.

6.9. STICK CHECKING/CONTACT

- Stick checking is permitted provided that the check occurs in a downwards motion away from the ball-carrier's head.
- Only the head of the stick may be checked (no checks are permitted on the 'shaft' of the stick)
- An empty crosse may not be checked.
- A player in possession of the ball cannot protect their stick from being checked by holding the stick so near their own face or body, thereby making a legal check impossible.
- **Penalty for Breach: Personal Foul**
 - If in the opinion of the referee, if stick contact occurs which is accidental, or both controlled and incidental to playing the ball then the referee may either call "play on" or award a technical foul.
- A player cannot reach around an opponent's body to check the stick. Therefore players must be a step in front of the ball-carrier when attempting a stick check.
 - This rule does not prohibit a defender from checking the ball from behind, provided the attacker's cross is in a checkable position; the check is in a downward motion and not near the ball-carrier's head.
- A 'swim' dodge (bringing the stick over an opponent's head) is illegal.

6.10. BODY CONTACT/BLOCKING

- Body contact is permitted provided the contact is made by the defender, and on the attacking player's hip or arm (equal pressure between the attacker and the defender must then be applied).
 - If contact is made on any part of the body which is not the hip or arm, the defending player has initiated an illegal body contact,
- If a player in possession of the ball makes contact with a defender, then the attacker has initiated an illegal body contact.
- **Penalty for Breach: Personal Foul**

- If body contact occurs which is either accidental or controlled and incidental to playing the ball then the referee may either call "play on" or award a technical foul.
 - Interpretation: The focus of the indoor season is on stick skills, running and ball movement. If you are attacking, the onus is on you to avoid contact with a defender. If you are defending, the onus is on you to be either completely stationary and force the attacking player to run around you, or to remain in front of the attacking player and apply equal pressure.

6.11. SCREENS & PICKS

- The setting of a blind pick is not permitted.
- **Penalty for Breach:** Technical Foul
 - Interpretation: A blind pick involves a player standing close and immediately behind an opposing player who is about to receive the ball in such a way that the receiving player has no opportunity to avoid contact with the defending player. A blind pick in this way may be judged by the referee to be dangerous play incurring a personal penalty.

6.12. INTERFERENCE/GUARDING

- A player may guard the ball carrier's stick in an attempt to intercept a pass or shot after it has left the stick, provided the ball-carrier is not
 - prevented or restricted from legally passing or shooting the ball
 - is intimidatory (referee's interpretation)
- The referee may give one warning to a player before applying the penalty for subsequent interference infringements.
- A defender must not poke or wave a stick near or toward an opponent's face or body.
- **Penalty for Breach:** Technical Foul
 - Interpretation: the defending player must only use their stick to block their opponent's pass or shot after it has left their opponent's stick. Angling of the stick towards your opponent increases the likelihood of illegal and dangerous stick contact on your opponent's hand or face, and is therefore illegal

6.13. DANGEROUS PASSES/GOAL SHOTS

- A player shall not pass or shoot the ball in a forceful or excessive manner that the referee considers dangerous to another player.
 - A hard shot at goal or a pass that hits another player may be considered a dangerous pass/ goal shot.
- A player must make every effort to avoid shooting or passing in a manner that causes the stick or ball to strike a defender.
 - Defending players must avoid standing in the goal area unless they are 'marking' a player (see rule 7.3).
- Behind the head shots or shooting with your back towards the goal maybe called dangerous if the ball-carrier took a shot without looking, or took a shot at goal with a defending player standing between them and the goal.
- One foot must be on the floor when shooting for goal.
- Shots must be either below the shoulder height of a player or clear the person's head by at least another head height. This rule is to avoid playing being hit in the neck/head.
 - Interpretation: The rule gives referees discretion about when a shot or a pass is called dangerous. For example hard shots in crowded play, and shots at opposing players' heads will normally be called dangerous. A shot or pass that hits another player at floor level may not necessarily be dangerous. A shot or pass that hits another player who steps into the path of the ball may not necessarily be called dangerous.
- **Penalty for Breach:** Personal Foul & Goal disallowed

6.14. TIME WASTING

- A player or team who when returning the ball to play after an out of bounds, or who is retrieving the ball from the goal net after a goal has been scored shall not engage in conduct which in the opinion of the referee is designed to waste time.
- The first offence shall receive a warning from the referee, second and subsequent breaches will be penalised.
- **Penalty for Breach:** Technical Foul
- Time wasting which in the opinion of the referee has materially affected the result of the game will result the offending time receiving a 2 goal penalty.

7. GOALS, GOALKEEPER, GOAL CREASE

7.1. SCORING

- A goal is scored when a legal ball passes through the plane of the goal face.
- Referee to whistle the all clear, and verify that one goal has been added to scorer's team total.
- The side with the most number of goals scored at the end of the match wins the match.
- No player may deliberately move the goals from their correct position on the court.

7.2. RESTART FOLLOWING A GOAL

- Both teams retire to their defensive halves and the referee whistle will signal the start of play.

7.3. PLAY AROUND THE GOAL AREA

- Defenders cannot stand in front of the goal area without 'actively' marking an attacking player, thus a defender must be within an arm's length of their attacker.
- Unless the ball carrier is attacking the goal, only one defender can be standing in the goal area whilst marking an attacking player.
 - The defensive team is still allowed to 'double-team' a ball carrier, however once the ball-carrier moves away from the goal area, only one defender can remain in the goal area provided they are within an arm's length of their attacker.
- **Penalty for Breach:** Team will receive a warning from the referee. If the rule violation continues, the offending player will be required to spend 20seconds in the penalty box, therefore forcing the defending team to play man-down.

7.4. CREASE INFRINGEMENTS

- No offensive player may enter the crease at any time with either body or stick.
- **Penalty for Breach:** Technical Foul & Goal Disallowed
 - Interpretation: shots being taken from behind the goal, must be shot from a position where both the player and their stick is outside the crease.
- Only defenders may reach in and retrieve the ball from the crease or the back of the net.
- A defender may not occupy or use the crease to gain an advantage over an attacking player
- One defending player is allowed to stand in the goal crease
- **Penalty for Breach:** Technical Foul

8. PENALTIES

8.1. TECHNICAL FOULS

- If committed by the ball carrier, or when the ball is loose: possession to the opposition team.
- If committed by a defender, a 'slow whistle' technique will be implemented (signalled by the umpire yelling 'advantage') if the attacking player is able to receive an advantage from the play.
 - An advantage can include a shot on goal or moving the ball toward the goal line, however once the advantage has been utilised, the technical penalty is cancelled.
 - If there is no advantage (which can occur when the ball is not moved towards the attacking goal, or the ball is dropped), play will be restarted in the vicinity of the infringement (but not less than offending defender at least 2 meters away from the ball-carrier). Play must not be restarted within 5 metres of the goal.
- If the same player continuously or deliberately continues to commit the same technical foul, the penalty can be upgraded to a personal foul at the umpire's discretion.

8.2. PERSONAL FOULS

- One to three minutes (referee's discretion) suspension from the game and loss of possession.
- Personal fouls must be recorded against the player's name on the score sheet.

8.3. EXPULSION

- Once a player has accumulated a total of three (3) personal fouls during the course of the game, that player will be ineligible to take part in the remainder of the game.
- Notwithstanding the above, players who consistently engage in dangerous or intimidatory tactics, rough play or unsporting conduct despite receiving a cautionary warning from the referee will be expelled from the game.
- A substitute may take the expelled player's place on the court after three minutes has elapsed.

8.4. UNSPORTING CONDUCT

- The referee may impose a personal foul for any incident on or off the playing area which is considered by the referee to be unsporting.
- Unsporting conduct can result in expulsion from the game and/or reporting to the Committee for further action.

- Conduct will be judged in accordance to with the Brisbane Eagles Player's Code of Conduct (which can be located on the website).

8.5. REPORTED PLAYERS

- Referees may make a report on any serious misconduct during a match.
- The Brisbane Eagles Committee shall investigate the reported matter or may delegate another person to investigate it.
- Penalties for cases where serious misconduct is determined can range from suspension of offending players for one or more weeks, to expulsion from the competition.

