



UNDER 11 MANUAL

Revision: March 2026



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GUIDING PRINCIPLES

Objective

The objective of Under 11's is to introduce new participants to the sport and grow the game in an environment designed to emphasize player safety, enjoyment and retention through the development of individual stick skills, team play, safety, and sportsmanship.

Philosophy

The philosophy of Under 11's is as follows:

- Under 11's is a foundational grade with the aim of building atmosphere for new players and parents and to allow and encourage growth in player numbers throughout the season with parents and players being regularly encouraged to bring new players along;
- There shall be no byes with the Black Swans to be formed when required to create an even numbers of teams.
- All games will be played in a carnival format, at one ground, with clubs encouraged to play extra games as part of each club's development strategy;
- Teams are encouraged to use nicknames, refraining from using club names to add some fun and limit any apprehension towards playing for other clubs or the Black Swans ;
- The aim is to always get a match underway even with reduced on field numbers;
- All matches are developmental and educational with the Under 11's competition not prioritising tables and results with coaches and supporters encouraged to de-emphasise winning;
- Scores and statistics will be kept and recorded but for the purpose of encouraging players but there will be no published ladder;
- The promotion, encouragement and development of good sportsmanship is vital to the Under 11's grade with these principles to be emphasised over results and performance;
- Following each round of games, teams are encouraged to come together to recognise that rounds best players and to make any announcements relevant to the grade; Coaches and officials will meet at 8.10am prior to each round to review current team numbers and raise standards/concerns.
- There will be no finals series with the grade aiming to continue play throughout as much of the junior final series with the season finishing with a windup to be held after the last fixtured game as possible;
- Coaches are encouraged to recognise (and reward) sportsmanship, stick skills and team play over individual accolade; and
- To expose new and young officials to officiating and to develop their skillset.

Commented [TK1]: Request that we still publish scores and stats, but take away the ladder to try and take focus off of winning at all costs or the idea that there is a season champ

Commented [TK2]: This just hasn't proven to be practical

Values

In order to further and support the objectives and philosophies of Under 11's, the following F-A-I-R values will be at the core of the Under 11 culture:

F un	We play to have fun
A ttitude	We always try our best
I nclusive	We play with everyone



Respect We respect all teams, officials and ourselves



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WHAT WE ASK YOU TO DO

Coaches

- Focus on promoting participation, not winning and losing.
- Ensure all team members have the chance to play and rotate through positions.
- If you coach your own children, treat them like all other team members (e.g. rotations, playing time or participation).
- Reinforce the vision statement and program philosophies.
- Provide input on the direction of the program.
- In consultation with club officials, parents and match officials, direct the U11 Program.

Parents

- Focus on your child's effort and performance, not the score.
- Encourage your child and other team members.
- Respect the decisions of the coach.
- Respect the decisions of game officials and be supportive of our officials.

Players

- Attend all trainings and games.
- Respect your teammates, coaches, managers, parents, and officials.
- Follow the coaches' instructions.
- Adhere to the LWA Code of Conduct
- Play by the rules.
- HAVE FUN!!!

MEMBER PROTECTION

Member Protection

All players are covered by the Lacrosse Australia Member Protection Policy. The policy ensures that all players are protected from inappropriate actions and behaviour from any staff member, coach or manager. This Policy can be found at [Lacrosse Australia](#).

Video/Photography

Should you not want your child photographed, please speak to the LWA Executive Officer.

Insurance

All players are insured through Lacrosse Australia's Personal Accident Insurance policy. For further details or how to make a claim please contact the Lacrosse WA office. Please note that the Lacrosse Australia policy is no substitute for private health insurance.

Smoking and Vaping

All venues are "smoke free" and smoking and vaping is prohibited. Smoking and vaping should not be done in the presence of players.



COMPETITION STRUCTURE

1. Age Limits

- 1.1 Any boy or girl is eligible to play provided that as at ~~1 January 30 June of the year prior to any given year, no the player shall be aged a is aged between seven (7) years old and eleven (11) years old (inclusive). maximum of eleven (11) years old and a minimum of seven (7) years old.~~

2. Teams

- 2.1 Each team shall have a minimum of 4 players and a maximum of 6 players on the field (including the goalkeeper) with teams equalising if a team has less than 6 players.
- 2.2 There shall be no limit on the number of substitutes.

3. Season

- 3.1 Where practical, the U11 season should start at the end of the first week of Term 2 and conclude during the last week of junior finals with a mid-season bye after the first and second weeks of the June/July school holidays.

4. Field Size

- 4.1 The playing fields will utilize the LWA unified field markings with the field being split into three U11's fields in according with the dimensions set out in Annexure A.
- 4.2 The first and third grounds shall use the end line, Men's restraining line and adjoining boundary lines for a width of 30m and a variable length of 50 – 60m.
- 4.3 The middle ground shall use the Women's restraining lines, if it doesn't narrow ground to much with the ideal width of the middle ground also being 30m ensuring there is enough space for a bench.
- 4.4 The goal crease shall by 4.5m from the end line with a goal crease of a 3 metre diameter.
- 4.5 There shall be a marker placed, or an "X" painted in the middle of the field.

5. The Goals

- 5.1 Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.2 metres apart and the top crossbar shall be 1.2 metres from the ground, all inside measurements. The posts shall be made of metal pipes with an outside diameter of approximately 5 centimetres and can be of any colour.
- 5.2 Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the ground so as to prevent the passage of the ball. The goal nets must be adjusted so that the ball may pass completely through the imaginary plane of the goal at any point. The goal nets may be any solid colour.

6. The Ball

- 6.1 The ball shall be a soft pink ball of between 19.5 and 20.5 centimeters in circumference.
- 6.2 Both teams shall supply balls however in the event that the teams do not have balls, the host club shall ensure a sufficient supply the game balls.

7. The Stick

- 7.1 Rule 15 and 16 of the World Lacrosse Men's Field Lacrosse Official Playing Rules and rule 3 of the World Lacrosse Women's Field Lacrosse Official Playing Rules shall apply save and except that:

Commented [TK3]: The plan is to shift the entire bracket up 6 months to align with school year. This will prevent the need to split up Year 6's based on year of birth with the focus being to be able to target year groups for recruiting. This primarily effects Year 6 with all Year 6's now able to stay together at U11, being the main recruiting age. No need to change other age groups at this stage noting that if it doesn't change, by the time the players are split up based on calendar year, all players hopefully have a couple of years under their belt as opposed to being completely new.

- (a) the stick shall be of a maximum overall length of 42 inches (106.68 centimeters) with there being no minimum;
- (b) there shall be no long poles;
- (c) the goalkeepers stick shall be of a maximum overall length of 52 inches (132.08 centimeters) with there being no minimum.

8. Officials/Bench Officials

- 8.1 Each team is to provide an official who has, at a minimum, satisfactorily passed the Level 1 rule exam and the Under 11 rule exam as well as any other exam prescribed by WALO from time to time.
- 8.2 Each team shall provide a bench official who will record names, numbers, goals, assists and penalties.
- 8.3 Each team shall have on them at all times an LWA scoresheet and clocks to time penalties. In the case of a dispute, the team designated the home team shall score and the away team shall time penalties.

9. Protective Equipment

- 9.1 All Players are required to wear protective gloves, mouthguards, suitable boots or shoes, and a protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides
- 9.2 In addition to the mandatory equipment referred to in rule 9.1, all goalkeepers are required to wear a chest pad, a throat guard and for boy's, a box protector. Goalkeepers may, but are not required to wear, shin pads, arm pads and padded shorts.
- 9.3 Players are not permitted to wear any other equipment including arm pads (except the goalkeeper), shoulder pads, rib pads and leg padding. Exemptions can be considered based on medical reasons upon written application.

Commented [TK4]: States current practice. Makes grade more inclusive, allowing for players with genuine need to make application

10. Uniform

- 10.1 All club teams to play in club uniforms or uniforms consisting of matching jerseys and shorts/skorts with any club specific uniform to be approved by Lacrosse WA. The Black Swans team shall play in a specially designated Black Swans uniform.

11. Timing

- 11.1 Matches start at 8.30am (unless agreed otherwise).
- 11.2 The match shall be divided into 4 periods of 8-10 minutes duration each. The clocks shall remain running and shall be co-ordinated from a central timing position to be operated by the host club.
- 11.3 At the end of each quarter, the Teams shall change ends. The interval between the first and second quarters, and third and fourth quarters shall be of 2 minutes. At half-time, the interval shall be 5 minutes.
- 11.4 No timeouts shall be permitted.

Commented [TK5]: Teams played 10 minute quarters last year. Better experience

12. Coaches / Coaching

- 12.1 A Team may have any number of coaches but each Team shall designate one coach as its Head Coach.
- 12.2 The Head Coach shall at all times conduct themselves in a proper sporting like manner and they shall endeavour in every way to have their Players and substitutes also conduct themselves in the same manner. The Head Coach shall also be in control of and responsible for the actions and conduct of all non-playing members of their squad and any and all persons officially connected with their team, including spectators.

12.3 The Head Coach shall assist the Officials to keep the game under control at all times. It shall be their duty, upon the request of an Official, effectively to control any actions of spectators, which are not in conformity with good sportsmanship.

12.4 It shall be the responsibility of the Head Coach to see that their Players and substitutes are properly equipped to play.

12.5 The matches are developmental, educational and not competitive therefore the Head Coach may enter the field of play to assist in the development of individuals on specific aspects of the game but shall not be permitted to generally coach their team and shall do all things reasonably necessary to stay away from the play.

12.512.6 ~~All coaches shall be required to sit coaching course as identified by LWA from time to time, and shall adequately complete a Level 1 Rules Test and a U11 Specific Rules Test.~~

Commented [TK6]: Looking to set a standard.

13. Tied Game

13.1 At the end of the game, if the scores remain tied, the game shall be declared a draw.

14. Weekly Meeting

14.1 The host club ~~is encouraged at the end of shall each round to hold an all-team meeting with coaches being given the opportunity to recognise best players and for there to be announcements between coaches and officials at 8.10am each week to discuss coaching and officiating issues.~~

15. Black Swans

15.1 In the event of there being an odd number of teams at any time during the season, the Black Swans will be created to ensure that no team has a bye.

15.2 A single coach will be appointed to co-ordinate the Black Swans throughout the season. If for any reason a coach is not appointed, or the appointed coach is unavailable for any given weekend, it shall be the responsibility of the host club for any given weekend to appoint a coach to the Black Swans

15.3 The emphasise on the Black Swans shall be fun, creating an atmosphere in which players want to play for the Black Swans. Coaches will be required, if possible, to notify players at training during the week if a player will be playing for the Black Swans that week with players encouraged to play a full game for the Black Swans.

15.4 The host club will be required to ensure the goalkeeping equipment is available for the Black Swans and they will be required to provide an official.

PLAYING RULES

16. Start & Restart of Play

- 16.1 Play shall be started at the beginning of each quarter, and after each goal has been scored, by conducting a faceoff at the center of the field in accordance with rules 34.2 – 34.6 of the Men's Rules.
- 16.2 The officials may, in their absolute discretion, elect to conduct a draw at the center of the field in accordance with rule 13.A.5 of the Women's Rules.
- 16.3 Subject to rule 16.5, at the time of a center faceoff (or draw), a Team, which has 6 Players on the field of play shall confine:
- their goalkeeper to their defensive goal crease;
 - 1 defensive player behind an imaginary line starting across the front part of its defensive goal circle (but not in the crease);
 - 1 offensive player behind an imaginary line starting across the front part of its offensive goal crease (but not in the crease); and
 - 2 players shall be touching the each out of bounds lines in line with the centre of the ground.
- 16.4 When the whistle sounds to start play, all Players shall be released.

16.5 If both coaches agree at any quarter time or half time break, to restart play by allowing the goalkeeper to collect the ball and restart play from their goal crease (similar to Sixes lacrosse). If both coaches agree, then this shall be the means by which play is restarted for the following quarter. Coaches are free to refer to a faceoff/draw at the end of the quarter.

~~16.5~~ 16.6 A team trailing by 6 goals shall be awarded a free clear (possession without a faceoff) to begin play after a 6-goal lead has been established by the opposing team. If the lead is cut to 5 goals or less, play shall resume with a face-off at midfield or shall be free to restart in accordance with clause 16.5 if that was in effect at the time.

Commented [TK7]: This allows the coaches the chance to play Sixes.

17. Fair Play Rule

- 17.1 A team trailing by 6 goals shall be awarded a free clear (possession without a faceoff or draw) to begin play after a 6-goal lead has been established by the opposing team. The Players shall not be restrained and shall be free to commence play anywhere on the field.
- 17.2 The coach of the losing team can decline the free clear in which case play shall resume with a faceoff or draw.
- 17.3 If the lead is cut to 5 goals or less, play shall resume with a faceoff or draw.

18. Substitutes

- 18.1 There shall be no limit on the number of substitutions which can take place anywhere along the bench side boundary.
- 18.2 Substitutions can occur at any time.

19. Privileges of Goalkeeper

- 19.1 Only the goalkeeper may enter the goal crease. No other player may enter the goal crease with their body or their stick (including the goalkeepers teammates).
- 19.2 The goalkeeper can rake the ball back into the crease. Once the ball is loose in the crease, no other player may be permitted to reach into the crease to take possession of the ball.

- 19.3 The goalkeeper may scoop up the ball on their crease and may be permitted to pick the ball up with their hand to put the ball in their stick.
- 19.4 Once the goalkeeper has possession of the ball, no opposing player may stand within three (3) metres of the goal crease. The goalkeeper shall have up to ten (10) seconds to clear the ball from the goal crease (either by passing the ball or running the ball out).

20. Free Play

- 20.1 Once the Official has signalled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. The Official shall ensure that no player (offensive or defensive) is at least 3 metres from the player that has been awarded the ball.
- 20.2 The Official shall clearly indicate the player who is going to re-start to the opposing goalkeeper on any restart in the awarded Team's offensive end.
- 20.3 A free play shall not take place closer to the cage than 10 meters in any direction, and the ball shall be moved laterally to a point 10 meters from the cage, if required.

21. Out-of-Bounds

- 21.1 When a player with the ball in their possession steps on or beyond a boundary line, or any part of their stick or body touches the ground on or beyond the boundary line or a loose ball touches a boundary line or the ground outside of a boundary line, the ball shall be awarded to any player of the opposing team at the point where the ball was declared out-of-bounds.
- 21.2 When a loose ball goes out-of-bounds as a result of a shot or a deflected shot at goal, it shall be awarded to the team of the nearest legal inbound player (excluding stick) where and when the ball became out-of-bounds.
- 21.3 A shot or deflected shot remains a shot until the ball comes to rest on the field of play, a player gains possession of the ball, the ball goes out-of-bounds a Player deliberately causes the ball to go out-of-bounds.

22. Limited Stick Check Permitted

- 22.1 A player may stick check another player provided that:
- (a) the player has two hands on the stick;
 - (b) the opponent is in possession of the ball;
 - (c) the stick check starts above the knees of both the player and the opponent, below the top of the helmet of both the player and the opponent and from in front of the player initiating the stick check;
 - (d) the stick check is short travel; and
 - (e) contact is made with the head of the opponent's stick only.

23. Goals & No Forced Goals

- 23.1 A goal is scored when the ball, whether loose or not, passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the crossbar as the top, and the goal posts as the two sides (the plane of the goal).
- 23.2 The ball must have been shot or directed by an offensive player and may deflect off of a defensive player to be counted as a goal.
- 23.3 When a player on the defensive team provides enough force or impetus to the ball for it to completely cross through the plane of the goal or through any other deliberate action cause the ball to cross through the plane of the goal, the goal shall not count and the goalkeeper shall be awarded the ball.

24. Penalty Administration

24.1 All infringements are considered to be penalties, which are to be categorised as a technical foul, personal foul or expulsion foul.

24.2 Technical fouls are penalties which take place in the ordinary course of a game and are not particularly violent or deliberate. The official denotes a technical foul by:

- (a) simply stating the infraction; and
- (b) pointing in the direction of the offended teams goal.

There is no send off for a technical foul.

24.3 Personal fouls are penalties which are dangerous, potentially violent or repetitive after being warned by officials to stop the offending behaviour. The official denotes a personal foul by:

- (a) stating the colour and number of the player;
- (b) stating the infraction; and
- (c) making the "1" symbol.

The offending player will be send to the bench for 30 seconds during which time a substitute may replace the offending player and the coach shall be permitted to try and correct the players actions.

24.4 Expulsion fouls are penalties which are excessively dangerous, violent or unsportsmanlike and the official feels that player safety has been jeopardised or the player can no longer be controlled. The official denotes an expulsion foul by:

- (a) stating the colour and number of the player;
- (b) stating the infraction; and
- (c) pointing their thumb over their shoulder.

The offending player is to be expelled from the game and a substitute may replace the offending player.

24.5 If at the time of the penalty:

- (a) the offending team had possession of the ball or the ball was loose, the whistle shall be blown immediately and the ball awarded to the offended team in the same relevant position; or
- (b) the offended team had the ball, the official shall raise their hand and yell "play on" whilst allowing play to continue until the offended team loses possession of the ball, commits a penalty or the chance to score is lost except in the case of an expulsion penalty in which case play shall always be stopped immediately.

24.6 Play shall be restarting by awarding the ball to the offended team no closer than 10 metres from the goals and if the ball is in the attacking half of the offended team, the goalkeeper must be notified where the ball is starting from.

24.7 No player (offensive or defensive) shall be within five (5) metres of the players restarting play with the offending player, if they are still in the field, being required to stand ~~5 metres to the side of the player restarting play~~ next to the player restarting play at which point, the offending player must remain stationary for three (3) seconds after the restart of play (which the official will count by blowing the whistle and then counting down, 3, 2, 1, release).

Commented [TK8]: New rule, to allow the player with the ball to get some space and be aware of the location of the player on penalty. Potentially an easier restart for officials as well. Trialling for 2026.

25. Passing in Attack

- 25.1 Team with possession must complete a successful pass that is executed in the attacking half before they are permitted to score a goal with any failure to do so resulting in a penalty.
- 25.2 A successful pass is a reasonable attempt by a player to attempt a pass to a teammate who ultimately takes possession of the ball within a reasonable period of time (for instance, they may drop the ball and pick it back up) and provided that no other player takes possession of the ball.

26. No Cover/Rake-Back

- 26.1 A player must not cover a ground ball with their stick or any part of their body when it prevents an opponent from making a legal play on the ball.
- 26.2 A player must not cover rake the ball back into their stick.
- 26.3 A player must not check/tackle an opponent's empty stick while the opponent is trying to gain possession of the ball. This rule applies when an opponent is attempting to play a ground ball or in the act of receiving a pass.
- 26.4 A player must not touch the ball with their hand or use their thumb or body to keep the ball in their stick.
- 26.5 A player must not throw their stick under any circumstances

27. 2-Second Rule

- 27.1 No opposing player may stick check a player in possession of the ball within the first 2 seconds of that player taking possession of the ball.
- 27.2 This rule does not prevent a player from defending a player by maintaining body position.

28. Pre-Check

- 28.1 No opposing player may check a player who is without the ball, including attempting the pickup a ground ball or waiting to make a catch.
- 28.2 The goalkeeper cannot swing their stick with force in an attempt to trap the ball on the ground outside of the crease.

29. Slashing

- 29.1 Under no circumstances shall a player swing their Stick at an opponent's Stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's Stick or body is struck.
- 29.2 Under no circumstances shall a player make contact with the helmet of an opposing player. For the purposes of this rule, the extent of the contact is irrelevant.
- 29.3 Any breach of rule 22 is to be considered slashing.

30. Push

- 30.1 A player must not use any part of their arm, leg, body or stick to push an opponent using uneven force or to displace an opponent. Nothing in this rule shall prevent a player from holding their position and preventing an opponent from entering a position already occupied by the defender provided the player does not use their stick to do so.

31. Bodychecking

- 31.1 Bodychecking of an opponent in any form is illegal.
- 31.2 Nothing in this rule is intended to prevent players from engaging in incidental contact of equal pressure between opposing players, legal holds, legal pushes to gain possession of

a loose ball, or for the defensive Player to redirect an opponent in possession of the ball and any contact deemed incidental by the officials.

32. Charging

32.1 A player may not use their body or stick to interfere with, and make body contact with, a defender who is in a legal defensive position noting that the player needs to move around, not through, a defender who is holding their ground/maintaining their legal defensive position.

33. Warding

33.1 No player may use their hand, arm, or other part of their body to hold, push, or control the direction of the movement of the checker's stick or body.

34. Walling

34.1 Defensive players are not permitted to crowd in front of their goal or forming a stack/wall type formation in front of their goal without marking an opponent within a stick's length.

34.2 Double-teaming an off-ball attacker in front of the goal is permitted.

35. Cross-check

35.1 A Player may not check an opponent with that part of the shaft of their Stick that is between their hands, either by thrusting their Stick away from their body or by holding it extended from their body.

36. Tripping

36.1 A Player shall not trip an opponent with any part of their stick or body.

37. Dangerous Shot

37.1 A player must not shoot dangerously or without control and must not shoot through another player.

38. Offside

38.1 Each team must retain two (2) players in their defensive half of the field and 1 player in their offensive half of the field at all times to remain onside.

39. Goalkeeper

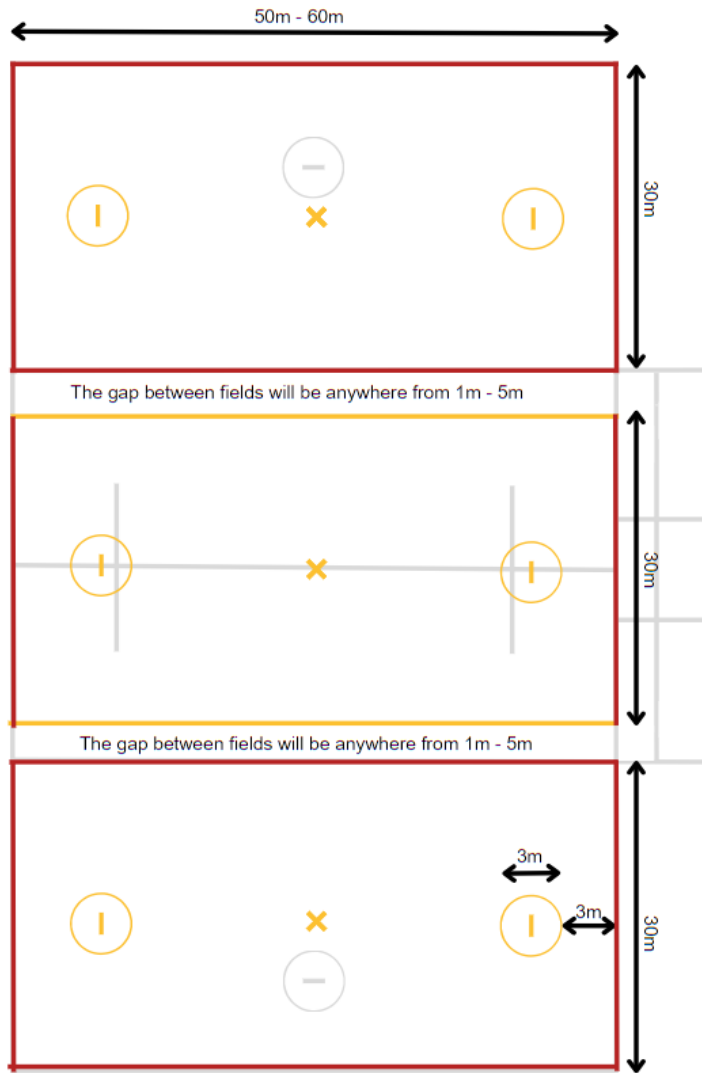
39.1 Any infringement of rule 19 by any player or the goalkeeper shall be a penalty.

40. Miscellaneous

40.1 Any infraction of these rules not specifically stated shall be a penalty.

40.2 No player, substitute, non-playing member of a team, coach or anyone officially connected with a competing team shall conduct themselves in a manner which is inconsistent with the spirit of the game including argument with an official, using threatening, profane or obscene language or gestures or commit any engage in any other act considered unsportsmanlike by the officials.

Annexure A – Field Markings



- Existing Lines
- U11 Specific Lines

The Women's restraining line can be used on middle field if it doesn't narrow middle field too much

Annexure B – Starting Positions

