



ENGLAND LACROSSE ASSOCIATION

Mixed Lacrosse Field Rules

England Lacrosse (EL) is fully committed to supporting the principle and practice of equality. Mixed Lacrosse is united in encouraging everyone involved in the game to adopt a vision of equality with inclusion and diversity embedded at the core. Mixed Lacrosse promotes social inclusion through valuing all individuals and recognising their diverse contributions to the game.

1. Field Markings, Goals and Equipment

Mixed lacrosse can be played on any World Lacrosse (WL) Unified Lacrosse Pitch, utilising the women's markings.

*Please refer to WL Women's Rule Book 2020-22, **Rule 1** for further guidance on field markings, this includes the removal of the 15m arc and associated marking changes to the fan area.*

Mixed lacrosse uses standard, full sized lacrosse goals. Goals should be solid round pipe with a mesh cotton, or nylon netting not larger than 4cm. Collapsible "rage cage" goals may be used.

Mixed lacrosse may be played with any women's crosse deemed to be legal for use by the National Governing Body (England Lacrosse) for domestic competition. Men's sticks (heads or shafts) are not permitted

*Please refer to WL Women's Rule Book, **Rule 3**, for legal stick specifications. This includes updated specifications and mesh pockets.*

Mixed lacrosse can be played with any solid, smooth, Elastomer lacrosse ball and may be any solid colour.

2. Teams

A game is played between 2 teams. Teams can name squads of up to 18 players. Any number of players up to ten (10) is permitted on the pitch at the same time. One of the 10 players may be a goalkeeper however a team may choose to play without a goalkeeper.

*Please refer to WL Women's Rule Book **Rule 18.A.4** for guidance on goalkeeper deputies.*

Mixed lacrosse should be played with a fair gender mix, with the maximum number of male players in a team on the field of play being three (3); the minimum male requirement in each team on the field of play is one (1) and the minimum female requirement in each team on the field of play is one (1).

Teams should play dressed in consistent uniform of a matching colour. All players should have a clearly visible number on the front and back of their shirts, no numbers may be repeated in a squad.

Goalkeepers should wear a top over their protective equipment the same colour as their team uniform.

ENGLAND LACROSSE



All players must wear a properly fitted mouthguard that is clearly visible, not white or with markings that resemble teeth.

Players may choose to wear eye protection. Eye guards are strongly recommended by England Lacrosse and all eye guards must meet safety aspects prescribed by World Lacrosse.

Players should remove all visible jewellery before the start of a game. Players may wear securely taped medical alert jewellery with information clearly visible and close fitting sweat bands. They must remove any other soft jewellery, necklaces, earrings, bracelets and watches. Wedding rings and religious / ceremonial jewelry must be taped securely to the player or be removed. The umpire may rule any hair or body decoration as dangerous to the player or others and remove it from the field of play.

Each team should have a captain, and the captain should identify themselves to the umpire at the start of the game.

3. Umpires, Scorers and Timers

All umpires officiating a mixed lacrosse game as part of an EL event, league or competition must be individual members of England Lacrosse, hold a minimum of a valid Level 1 Women's Umpire Qualification and passed the Annual Rules Test (ART) for the season. It is strongly recommended that all umpires officiating outside of EL events, leagues or competitions are registered with England Lacrosse and hold a minimum of a Level 1 Women's Umpire Qualification. Any umpire officiating a game of mixed lacrosse **without** the appropriate qualification, membership and valid ART will **not** be covered under EL's public liability insurance.

Umpires must enforce all rules and regulations set out in this document and maintain a safe a fair environment for all to participate in the game. **Umpires' decisions are final and without appeal.**

Umpires should introduce themselves to both team captains at the start of the game and perform a 'toss' to determine playing direction. Umpires must inspect teams and the playing ground for any illegal equipment or safety hazards.

All games will be played in accordance to the WL Women's Rule Book 2020-22, **Rules 10 & 11**, with the following exception:

All mixed lacrosse games will be running clock only.

4. Substitutions, Start & Restart the Game, Scoring, Out of Bounds, Throw, Conduct of Play Goal Circle Rules & Penalties, Restraining Line Rules & Penalties

All matters attributing to the above will be in accordance with the WL Women's Rule Book 2020/22, **Rules 12-19** with the following addition:

Substitutions – teams may substitute a Male player for a Female player, or a Female player for a Male player, providing the overall number of each gender on the team stays above the regulated minimum.

ENGLAND LACROSSE



The Self Start rule (Rule 13.C) **does not apply** in mixed lacrosse.

This includes the latest rule changes relating to Rule 11 (free movement) and Rule 18 (defensive players through the crease). Updates to Rule 13 (self-start) do not apply.

5. Minor Foul Rules & Penalties

All minor fouls in the women's game will be applicable in mixed lacrosse. Please refer to the WL Women's Rule book for further detail of each foul.

Covering – when a ground ball is covered by a player or their body and prevents an opponent from making a legal play on the ball

Hand Ball

Body Ball – deliberately impede, accelerate or change the direction of the ball

Empty stick check

Thrown stick – deliberately throwing the stick

Illegal Draw – Player makes no attempt to draw; first movement is not up and away; ball fails to go higher than both heads

Delay of Game

Improper equipment – specifically illegal uniform, or jewellery or absence of mouthguard

Illegal Equipment

Illegal Substitution – Including substitutions resulting in incorrect number of players from each gender on the pitch

Goalkeeper Goal Score

False Start

Minor foul free positions will be called and 'set up' as stated in the Women's Rule book (Rule 20), **with the exception of any reference to the self-start rule**. Please refer to the Women's Rules book (Rule 20) for further guidance and clarification on applying the minor foul rules.

6. Major Foul Rules and Penalties

All major fouls of the women's game will be applicable in mixed lacrosse, but with some tougher penalties:

Rough/Dangerous check (Mandatory Card) – any check that is reckless, out of control, uses excessive force, causes the players stick or ball to move towards their body, is illegal – **yellow card must be given**
Players should have complete control of their stick and body when checking

Check to the head (Mandatory Card) – Any check that is made towards the head, causes the opponents stick into their face or head is illegal – **yellow card must be given**

Physical Fouls (Mandatory Card) – any deliberate physical contact resulting in a barge, charge, block, or push is illegal – **yellow card must be given**
Contact as a result of the attacker making no attempt to move around a legally positioned defender is a charge. Includes 'Illegal Contact' Rule 21.14

ENGLAND LACROSSE



Dangerous Propelling (Mandatory Card) - any time the ball is propelled in a dangerous or uncontrolled manner, including a throw or shot that take no regard for the position of other players on the pitch, a throw or shot taken when the player is not able to see the result of the propelling, or any throw or shot deemed to be reckless or dangerous is illegal – **yellow card must be given**

Dangerous Follow Through (Mandatory Card) – dangerous follow through of the stick after a shot or throw that is uncontrolled, towards the head or uses excessive force is illegal – **yellow card must be given**

Swipe (Mandatory Card) – a swipe is a reckless and dangerous swing of the stick that has the potential for serious injury. A swipe generally starts with the stick behind the players head and swinging all the way to the ground. Contact does not have to occur for a swipe to be called. **A yellow card must be given**

Reach across the body – regardless of whether contact is made, a player cannot reach across their opponent's body when their feet are level with or behind

Illegal Cradle – players in possession of the ball must cradle in a manner that allows their opponent to perform a legal check

Guard/Warding – player cannot guard their stick from an opponent using their arm or elbow

Obstruction of Free Space to Goal – also known as shooting space. A defender cannot block or guard the goal outside of the goal circle with any part of their body, denying the attacking team the opportunity to shoot safely. Shooting space **occurs** when a defender is illegally in the free space in front of goal at their own initiation. Shooting space **does not occur** when a defender is legally marking an attack player within a stick's length and is drawn into/through the free space to goal.

Three Seconds – defender may not remain in the 11m fan in front of the goal circle for more than 3 seconds unless marking an opponent within a stick's length.

Hooking & Tripping – using the webbed area of the stick to hook/check an opponent or tripping an opponent accidentally. A deliberate trip should be treated as illegal contact and a yellow card given.

Illegal Pick – a pick that is moving or stationary outside of an opponent's visual field, or one that does not allow enough time or space for the opponent to stop or change direction and contact occurs.

Major foul free positions should be called and 'set up' as stated in the WL Women's Rule book (Rule 21) with the exceptions of the following fouls to be added to the mandatory card list:

Physical fouls & Rough/Dangerous Check

ENGLAND LACROSSE



Please refer to the WL Women's Rule book Rule 21 for further guidance and clarification on applying the Major Foul rules.

7. Advantage Flag

Advantage flag will be played in accordance to the WL Women's Rule book Rule 22, with the understanding that some major fouls have been upgraded to straight yellow cards for the mixed game (See Rule 6. above)

8. Misconduct and warning cards

Players should conduct themselves in a considerate, sporting and fair manner with respect for players, opponents and officials. All rules and penalties for personal misconduct for mixed lacrosse are as stated in the Women's Rule book Rule 23. All players participating in mixed lacrosse should be aware of, and adhere to, the [England Lacrosse Respect Code](#).

Definitions and Umpire Signals – Please see WL Women's Rule book Rule 24 and Appendix A for guidance on definitions and correct umpire signals to be applied in Mixed Lacrosse.

ENGLAND LACROSSE