



CGSAV LACROSSE RULES AND HANDBOOK



CGSAV - Return to Play (COVID-19 safety measures)

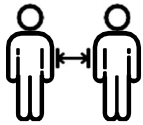
Practice good hygiene



Stop hand shakes, hugging or high-fives between players, coaches and umpires.



Clean hands on arrival, before play, during break and after play.



Where possible, **maintain social distancing** of 1.5m at all times unless competing.



Avoid touching your face and cover your coughs. No spitting.



Do not touch any other external equipment other than match ball or game implements.

Player and parent information

Parents and spectators are currently allowed in CGSAV events.

No socialising before or after competition.

Prepare/get changed beforehand. Avoid use of dressing rooms as much as possible.

Obey venue staff or COVID safety officer.



Stay home if...

- You are **feeling sick**
- You have a sick **family member** at home





COMPETITION DAY

- FIRST AID:** Each school is responsible for the first aid of their own students. SCSA will also provide a First Aider and will be situated near the canteen.
- UMPIRES:** Are in control of the game and have the final say. Supplied by the SCSA and Lacrosse Victoria.
Note: Staff may be required to umpire, if needed.
- SCORERS:** Each team must provide a scorer. Scorers are to sit together and use the score sheet provided. If a team does not provide a scorer, they must accept the result on the sheet. **A representative from the winning team must return the score sheet to the scorer's table immediately.**
- SCORING:** Win – 4 points
Draw – 2 points
Loss – 0 points
- TOURNAMENT:** Round Robin then 1v2, 3v4 Finals in each Division.
- FIXTURE:** Will be done at least two weeks prior to the competition.
- GAME TIME:** Minimum 2 x 7 minute halves, with straight change over & 5 minutes between games.
- THE BALL:** Each school is to provide their own ball that is clearly marked with their school name.
MSJ will supply match balls at each field. The ball is a softcrosse ball, available from Lacrosse Victoria, but is similar to a 'down ball'.
- START OF GAME:** One captain tosses the lacrosse stick, and the opposing captain "calls OPEN or CLOSED"
Winning Captain's team starts with centre pass.
Opposing team will start second half centre pass.
- RULES:** Secondary Schools Modcrosse Lacrosse Rules apply. Refer to attached Rules below, as supplied by Lacrosse Victoria.
- UNIFORM:** All players must wear numbered school sports shirt, shorts and football boots.
No jewellery or body piercings.
- EQUIPMENT:** **MSJ will supply match softcrosse 'downball' balls at each field.**
Regular lacrosse stick or plastic softcrosse sticks can be used.
Goal keeper must wear chest pad, helmet and shin guards or cricket type pads optional.
Back-up goal keeper gear: softball chest pad, hockey goalie shorts & helmet.
- MOUTHGUARD:** Recommended.
- TEAMS:** Maximum of 13 players in each team, with 8 on the field at one time
- AGE GROUPS:** Juniors – Years 7-9
Seniors – Years 10-12
- TIE IN FINALS:** If there is a tie in the finals an additional 2 x 3 minute halves will be played, with a switch of ends with no time out. Should scores remain tied, the team who scores the first goal wins.
- BLOOD RULE:** Any player with blood on their skin or clothing must be substituted immediately. Play will be stopped but not the clock.
- LATE TO FIELD:** A one goal penalty will apply for any school late to the field when the opposing team is ready to play. Umpires will be in charge of this.

CGSAV LACROSSE RULES (MODCROSSE)

TEAM SIZE

10 players on the field which consists of 3 attack players, 3 midfield players, 3 defence players, and a goalie. Players can be substituted on and off the field at any time by leaving and entering the field at the junction of the side line and the centre line.

STARTING THE GAME

Decide ends and award possession to the team that wins the "toss". Commence play with a stationary pass from the centre line. After each goal, the non-scoring team commences play from the centre line. The team that did not gain possession at the start of the game starts with the ball at the start of the second half.

CENTRE PASS AND FREE THROW

A Centre Pass occurs at the start of each half and after a goal is scored. The player making the centre pass must make a **stationary pass** to any teammate on the field.

A Free Throw occurs after a player is fouled or the ball goes out of bounds. A player making the free throw starts 4 metres in bounds and is allowed to run with the ball or pass it to a teammate.

FOULS

The official should penalise the following practices by awarding a free throw to an opposing player from the position where the offence occurred:

- Touching the ball with their hand
- The 'draw back' or 'rake' pick up in a contested situation
- Trapping or caging the ball
- Swinging the stick (like a hockey stick or golf club)
- Kicking the ball
- Over-guarding (defending beyond the vertical position of the defence stick)
- GUARDING of the goal by Defence players not on a player, will mean the D player(s) are moved outside of the goal area, attack retains the ball 4 m from goal.

OFF SIDE

A team must have 3 players in the forward half of the field and 4 players in the defensive half (including the goalie). If the team in possession of the ball goes off side, the offending team loses possession. If the offending team does not have possession of the ball, the official calls for the offending team to come back on-side, the team with the ball remains in possession, and play starts again with a free throw.

POSSESSION

A player should not retain possession of the ball longer than 4 seconds. The official calls 1, 2, 3, 4, then blows the whistle. If a player carries the ball for over 4 seconds, it is a foul and the opposing team gets the ball where the offence occurred. A team in possession needs to complete 3 passes over the whole field before the team can shoot a goal. As long as a change of possession does not occur, the counting of passes will continue. If an opposition player gains possession of the ball but then loses it, the counting of passes starts again at zero.

NO CONTACT

Intentional body or stick contact is not permitted. Deliberate contact, repeated over-guarding, aggressive or non-sporting play should be penalised by dismissal from the field. Defenders may block a pass with a vertical/horizontal stick.

ONE ON ONE PLAY

When competing for a ground ball, only one player from each team should be involved. Where 2 players from the same team compete simultaneously for a ball, possession is awarded to the opposing team.

OUT OF BOUNDS

Possession is awarded to the team that did not touch the ball last. However, after a shot on goal and the ball goes out of bounds, possession is awarded to the closest player to the ball when it crosses the boundary. The player taking possession for a boundary free throw can commence play with a pass or by running.

BALL UP

When the official is uncertain which team should be awarded possession or when play becomes too congested, the official can setup a ball up. The official will take a player from each team and place the players a metre apart facing the official at a distance of 4-5 metres. The official throws the ball underarm between the players at head height. The 2 players are able to compete for possession of the ball. All other players should be 4 metres clear of this play.

GOAL TENDING

A goalkeeper should wear protective padding. It is recommended that they wear something similar to a baseball catcher's chest pad, face guard, and helmet. The goal keeper is the only player who can tend the goal. Defence players must not stand and goal tend outside the goal circle as this is dangerous if a ball is shot. An attacking player may not reach into the circle to retrieve the ball or enter the goal circle at any time.

ADVANTAGE

If the team in possession would be penalised by stopping play for a foul, "Advantage" will be yelled by the official to allow play to continue. This allows players to know a foul would have been called, but since it would have disadvantaged the team in possession, the official does not stop the play.

NOTE: TIE IN FINALS:

If there is a tie in the finals an additional 2 x 3 minute halves will be played, with a switch of ends with no time out. Should scores remain tied, the team who scores the first goal wins.

Goals are 2m x 2m.



Child Safety - Code of Conduct

Safeguarding Children and Young People at CGSAV Events

Code of Conduct: CGSAV –Catholic Girls Sports Association of Victoria

The Catholic Girls Sports Association of Victoria (CGSAV) provides the opportunity for students of member Colleges

- to enjoy and experience sport through representing their school,
- to strive for their personal best through individual and team based competition,
- to feel valued, make new friends and social connections, develop a sense of self through mastery of skill and involvement in teams
- to improve their physical fitness, health and well-being

Through the participation in sport within CGSAV we aim to develop:

- sportsmanship, including the ability to win with modesty, lose with dignity and accept decisions
- interpersonal skills, where students learn appropriate communication skills and behaviours within their team and towards their opposition
- suitable competitions that allow for new skills and/or refine already existing skills
- students develop a connectedness to their own College and develop friendships/ connections with students from other associated Colleges
- students develop a sense of pride through representing themselves and their College out in the community
- a range of students develop leadership skills
- staff have an opportunity to interact with students in a positive manner.

Purpose

This Code of Conduct has a specific focus on safeguarding children and young people at **CGSAV Events** against sexual, physical, psychological and emotional abuse or neglect. It is intended to complement other professional and/or occupational codes.

All staff, volunteers, contractors, and board/school council members at **CGSAV** are expected to actively contribute to a school sporting association culture that respects the dignity of its members and affirms the Gospel values of love, care for others, compassion and justice. They are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children, as noted below.

Acceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members are responsible for supporting the safety of children within our association by:

- adhering to the [CGSAV Child Safety Policy](#) and upholding the associations commitment to child safety at all times
- taking all reasonable steps to protect the young people at our events from abuse
- treating everyone in the CGSAV community with respect, modelling positive and respectful relationships and acting in manner that sustain a safe and positive environment
- promoting the cultural safety, participation and empowerment of Aboriginal and Torres Strait Islander young people
- promoting the cultural safety participation and empowerment of young people with culturally and /or linguistically diverse backgrounds
- promoting the safety, participation and empowerment of young people with a disability
- Child Safety Code of Conduct November 2016
- if an allegation of child abuse is made, ensuring as quickly as possible that the young person/people are safe in accordance with the [CGSAV Child Safety Policy](#)
- ensuring that this Code of Conduct is followed in any interactions with students from every associated member school of CGSAV when attending any CGSAV event

Unacceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members must NOT:

- exhibit behaviours with young people which may be construed as unnecessarily physical
- engage in open discussions of a mature or adult nature in the presence of young people
- use inappropriate language in the presence of young people
- express personal views on culture, race or sexuality in the presence of young people
- discriminate against any young person on the basis of age, gender, race, culture, vulnerability, sexuality, ethnicity or disability
- photograph or video a young person without the consent of the parent or guardian
- consume alcohol or take illicit drugs under any circumstances at an event where students are present.
- work with any young person while under the influence of alcohol or illegal drugs

Responsibilities in matters of Child Safety:

All staff, volunteers, contractors, visitors, parents/guardians and board/school are responsible for:

- listening and responding to concerns of young people; particularly if they are telling you that they or another young person have been abused or that they are worried about their safety/the safety of another young person
- reporting any allegations of child abuse as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- understanding and complying with all reporting obligations as they relate to mandatory reporting and reporting under the Crimes Act 1958 (Vic) and as contained in the [CGSAV Child Safety Policy](#)
- reporting any child safety concerns as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- ensuring as far as practical that adults are not alone with a young person
- ensuring child safety protocols at all CGSAV events and venues are implemented
- ensuring risk assessments at all CGSAV events and venues incorporate child safety

All staff, volunteers, contractors, visitors, parents/guardians and board/school must NOT:

- ignore or disregard any suspected or disclosed child abuse
- put young people at risk of abuse
- initiate unnecessary physical contact with a young person or do things of a personal nature that a young person can do for themselves, such as toileting or changing clothes
- exchange personal contact details such as phone number, social networking sites or personal email addresses with a young person

Full details of the following are available on the CGSAV Website (scsa.org.au):-

- [CGSAV Child Safety Policy](#)
- [CGSAV Child Protection – Reporting Obligations](#)



Code of conduct for Coaches/ Officials/ Players.

The following information has been adapted from the Australian Sports Commission document – Code of Conduct.

Official Code of Behaviour

In your role as an official appointed by *your school*, *you must*:

1. Place the safety and welfare of the players/participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation which may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.

Coach Code of Behaviour

In your role as a coach appointed by the school, as the Coach you:

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, first aiders doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.

6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
9. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship.
10. Avoid situations with your players that could be construed as compromising.
11. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
12. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
13. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

Player Code of Behaviour

In your role as a player/participant in any activity held by the CGSAV, you will:

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to play
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
9. Cooperate with coaches, officials and staff.

CGSAV Futsal Honour Roll

2014	<u>Junior</u>	<u>Senior</u>
Div 1	MSJ	Star of the Sea

2015	<u>Junior</u>	<u>Senior</u>
Div 1	Mater Christi	MSJ

2016	<u>Junior</u>	<u>Senior</u>
Div 1	Mater Christi	PCW

2017	<u>Junior</u>	<u>Senior</u>
Div 1	PCW	MSJ

2018	<u>Junior</u>	<u>Senior</u>
Div 1	Mater Christi	

2019	<u>Junior</u>	<u>Senior</u>
Div 1	Mater Christi	Academy

2020	Divisions 1, 2 & 3 - Cancelled due to COVID	
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2021	<u>Junior</u>	<u>Senior</u>
Div 1		

2022	<u>Junior</u>	<u>Senior</u>
Div 1	Mater Christi	MSJ