



香港棍網球總會

HONG KONG LACROSSE ASSOCIATION

Unit 2201, 22/F, 88 Hing Fat Street, Causeway Bay, Hong Kong.
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Women's Seven Rules

Follow all rules in FIL Women's rule, except the following stated rules:

- a) Field size is approximately 60m x 40m.
- b) Two 10-minute halves with a 3-minute break in between.
- c) Six players a-side on field, if playing no goalie. Seven players a-side on field, with one player designated as goalie.
- d) No limits on total number of players in the squad.
- e) A draw to start the game, the second half or extra time only.
- f) Umpire will signal after a goal is scored, then indicate for a defending player to enter the circle and blow the whistle again. Once the whistle is blown, the defending player in the circle must use her stick to play the ball out of the circle within 10s.
- g) No timeouts.
- h) No stop clock situation
- i) There shall only be a maximum of 4 players above the restraining line/half way line when a team is in offense or defense. (2 behind the restraining line/half way line plus a goalie if applicable.)

Special Rules

Positioning of Players to Start Play

Play will start with one player from each team taking the draw at the center of the field.

2 players from each team may stand behind the 5 m line, all other players must stand inside the 11m fan.

At the draw, players inside the 11m must stay inside the 11m until the official has signaled that possession has been attained.

Checking with Crosse

Checking an opponent's crosse must be delivered by a player who has both hands on their own crosse. The check must be down and away from the body.

Any check above the shoulder or into the sphere or forcing the opponent's stick into the sphere is considered an illegal check.

If there is any inconsistency or conflict between the English and Chinese versions, the English version shall prevail.



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女子比賽規則

除下述球例外，比賽依照 FIL 女子比賽球例

- a) 球場大小約 60 米 x 40 米。
- b) 比賽上下半場各十分鐘，中場休息三分鐘。
- c) 每隊場上六名球員，沒有守門員或六名球員加守門員
- d) 球隊總人數不限。
- e) 開球僅適用於比賽開始、下半場開始以及加時賽開始。
- f) 裁判將在確定入球後發出入球哨聲，然後指示防守球員進入龍門圈並再次吹響哨聲。一旦吹響了哨子，圓圈中的防守球員必須使用她的棍子在 10 秒內將球從圓圈中踢出。
- g) 不設暫停。
- h) 不設停錶。
- i) 當一支球隊在進攻或防守時，最多只有四名球員高於限制線/半場線。（兩位球員留在半場線後面加一名守門員）

特別規則

開球時每隊各有一位球員在球場中央負責開球。另外每隊可有兩名球員站在一 5m 線後，其他球員要站於 11m 扇型區內。

開球時 11 米內的球員必須留在 11 米以內，直到裁判已經表示其中一方已經獲得控球權。

球棍幹擾

以球棍幹擾對手球棍時，球員必須以雙手握著自己的球棍。幹擾只能由上而下和遠離身體。

在肩膀以上範圍幹擾對手球棍或進入對手的安全球體都將會被視為犯規。

如中英文版本有任何不一致或衝突，概以英文版本為準。