

兒童棍網球球例 (2023年4月更新)

Mini Lacrosse Rules (Updated April 2023)

比賽簡介 The Game

棍網球比賽由兩支球隊對賽，每隊各有4名持有棍網的球員出場，雙方目的是於常規比賽時間內獲得更多進球。球員可以通過取得控球權來阻止對手得分。

The game is played by two teams of 4 players each carrying a legal Crosse. Objective of the game is to score a greater number of goals during regulation game time. Players may prevent opponents from scoring by securing possession.

1. 比賽場地 Field

1.1 以寬度18米，長度36米畫作球場大小。

Field Size is 36 m * 18 m.

1.2 球門為3尺高，3尺闊，置放於離底線5米的位置。

Cage size is 3ft. * 3ft. and will be placed at 5 meters from the end line.

2. 球場畫線 Lines of the Field

2.1 比賽場地由兩條底線、兩條邊線及一條中場線組成。

The playing area contains two end-lines, two side-lines and one midline.

2.2 以球門線中心點為中心畫有一個半徑為2米的圓形，稱為守門圈。

Crease (or Goal Circle) : A circle of 2 meters radius measured from the center point of the goal line.

2.3 半徑2.5米的中圈線

Centre Circle: a circle of 2.5 meters radius measured from the center point of the field.

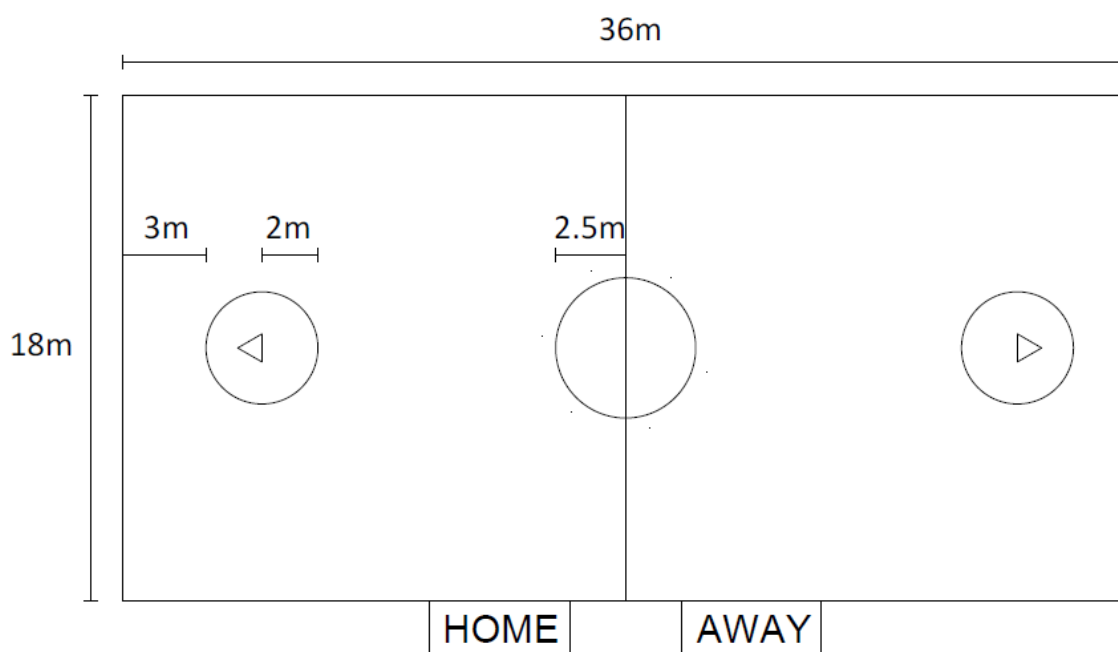
2.4 球門線: 兩個龍門柱之間

Goal line: between the pipes of the goal cages.

2.5 換人區: 置於中場的換人區佔4米闊。後備席置於換人區傍。計時區則置於換人區後。

Substitution Area lines: 4-meters-wide shaded Substitution Area measured from midline, on one side of the field. The team's bench area would be on both sides of the Substitution Area, and the timer's table will be behind the Substitution Area.

場地圖 Field Diagram



(*尺寸或與真實場地有微細差別 Size of the actual field may be different from the numbers)

3.比賽時間 Game Time

3.1 常規比賽時間 Regular Game Time

3.1.1 U12組

U12組別比賽分為兩節, 每節10分鐘, 兩節之間休息時間為3分鐘, 比賽途中不設暫停

The game time of the age group of U12 will be two 10-minute halves. The intermission between two halves will be 3 minutes. No time-out throughout the game.

3.1.2 U8組別

U8組別比賽分為兩上下半場, 每半場8分鐘, 半場之間休息時間為3分鐘, 比賽途中不設暫停

The game time of Age group U8 will be two 8-minute halves. The intermission between two halves will be 3 minutes. No time-out throughout the game.

3.1.3 U6組別

U6組別比賽分為兩上下半場，每半場5分鐘，半場之間休息時間為2分鐘，比賽途中不設暫停

The game time of Age group U6 will be two 5-minute halves. The intermission between two halves will be 2 minutes. No time-out throughout the game.

3.2. 加時賽 Overtime

當常規比賽時間完結後，雙方得分相同時，黃金入球制加時賽將根據以下原則進行：

When the score is tied at the end of regulation playing time, sudden victory overtime will happen following these guidelines.

If the game needs to play overtime, we can follow the following guidelines:

3.2.1 比賽將於1分鐘休息後進行，加時賽為3分鐘，直至第一個入球決定比賽勝負。加時賽將須進行開球。

Play will continue after a 1 minute break. Overtime periods of 3 minutes running clock will be played until the first goal is scored, deciding the winner. Each overtime period must start with “facing the center”.

Game time of each overtime period is 3 minutes.

3.2.2 加時賽採黃金入球賽制，於加時時間內首先取得入球的隊伍獲勝

Overtime will use the sudden victory format, the team who scores first during the extra time will win the game

3.2.3 假如第一次加時賽3分鐘內雙方仍未取得入球，將進行第二節加時賽，如此類推，直至出現入球為止。

If no team scores in the first overtime, there will be a second period of overtime, so on and so forth, until one team scores thus deciding the winner of the game.

3.2.4 兩節加時賽之間休息1分鐘。

There will be a 1-minute intermission between overtime periods.

3.3 除了突發情況/裁判指示外，比賽途中任何時間不設暫停及停錶

Overtime periods will be played with running clock. However, the clock may stopped when requested by the officials

4. 裝備 Equipment

4.1 每位球員必須手持一支棍網球棍(總長度80厘米至110厘米之間)。當一個棍網球落入水平放置的棍網時，球的頂部必須超過側壁的底部邊緣。

Every player should be equipped with a Crosse with overall length within 80cm to 110m. When a

lacrosse ball is dropped into a horizontally held Crosse, the top of the ball must be visible in the bottom edge of the side wall.

4.2 球員可選擇性戴上護目鏡。

Goggles are optional.

5. 隊伍 Team

5.1 每隊場上只可有4位球員。

At most 4 players on the field.

5.2 後備球員數目不設限制。

No limits on total number of players.

比賽規則 **Play of the Game**

6. 開球 Facing at the centre

6.1 每節開始時，兩隊各派一位球員面向進攻方在中圈爭球，球證在球場中央拋起球並吹哨子示意開始。

Each period will start with one play from each team facing their attacking side at the centre circle.

The official will toss the ball up in the air between both players and blow the whistle to start.

6.2 在球離開中圈或在中圈的其中一位球員取得球權之前，其他球員不可踏入中圈。

Until possession has been gained or the ball leaves the center circle, as indicated by officials calling “free ball’ or possession”, other players cannot enter the center circle.

7. 界外球 Ball Out of Bounds

7.1 何謂球出界？

當球觸及邊線或底線或這些線外的地面時；或

持球者的身體部分觸及或跨過邊線或底線時，球將被視為出界。

The ball is considered out of bounds when the ball touches the side-line or endline or the ground outside such lines; or

the body part of the ball carrier touches or steps over the side-line or endline.

7.2 當球出界時，控球權將判予最後觸球的另一方。

When the ball is out of bounds, the possession will be given to the opponent of the team who last touched the ball.

7.3 假如球於邊線出界，比賽將於出界點內2米重新開始，其他球員必須離控球者2米外。

If the ball went out of bounds at the side-line, the ball will restart 2 meters inside the side-line from where it went out of bounds. Other players must keep a 2 meters distance from the ball

carrier.

7.4 假如球於底線出界，比賽將於最接近出界點的角球位置2米內重新開始，其他球員必須離控球者2 米外。

If the ball went out of bounds at the endline, the ball will restart 2 meters inside the field at the nearest corner. Other players must keep a 2 meters distance from the ball carrier.

8. 入球 Scoring

8.1 當球完全越過球門線的平面時，入球有效。

A goal is scored when the ball completely passes the front plane of the cage with the goal line.

8.2 傳球計數 Pass Count

任何一方必須於重新取得控球權後，成功傳球一次，入球方為有效。成功傳球後，球證的手臂會指向進攻球門的方向。

After a team gets possession, they must make one successful pass before scoring. Otherwise, the goal does not count. The official will indicate a pass has been made with a horizontal arm at shoulder-height pointing in the direction of the attacking goal.

perform the pass count with a hand gesture.

8.2.1 不計作傳球的情況

- 將球以棍對棍方式交接「倒球」
- 傳球球員重新剷起或接住自己所傳出的球

Situation not counted as a pass

- Transfer of ball from Crosse-to-Crosse direct contact “Pouring of the ball”
- Same player pick up the ball they threw

8.2.2 計作傳球的情況

- 兩名同隊球員之間的傳球期間沒有任何對手觸碰到球
- 上手、下手、彈地或滾球傳球

Situation counted as a pass

- A pass between players of the same team without any opponent touching the ball
- An upper hand pass, a flip pass, a bounce pass or a rolling pass

8.3 入球後，失球一方的一名球員可進入守門圈取球，並立即帶球離開守門圈或講求傳出守門圈。

After a goal is scored, one player from the opposing team will enter their goal circle, put the ball in their Crosse and move the ball out of the goal circle immediately by running out or making a pass.

9. 防守 Defense

- 9.1 鼓勵球員移動腳步，用身體以同等力量擋着持球者前進。
Players are encouraged to move their feet and use their body to apply an equal force and obstruct to block the way of offensive players.
- 9.2 防守球員應用雙手持棍，並控制球棍，不可橫跨對手的身體。
Defenders should always hold their sticks in both hands and have full control. Their sticks must not reach across the body of their opponents.

10. 守門圈 Goal Circle

- 10.1 所有球員不得進入守門圈。唯一例外是一名球員可以在進球後將球帶出球門圈。
No player can enter the goal circle. Only exception is one player can enter to bring the ball out of the goal circle after a goal.
- 10.2 如進攻方持球進入守門圈，控球權將判給對手。
If the ball carrier enters the goal circle, possession will be given to the opponent.
- 10.3 如防守一方進入守門圈，將判以嚴重犯規。
If any defender enters the goal circle, a major foul will be called.
- 10.4 任何進攻球員在射門時或射門後進入守門圈，入球將視為無效。
If any offensive player enters the goal circle during and after a shot, the goal does not count.

11. 換人 Substitution

- 11.1 比賽採取無限換人制。當場內球員完全離開球場，後備球員即可進入球場比賽。
Unlimited substitution. Players can only enter the field after both feet of the player exiting the field enters the substitution area.
Sub in can only happen after the sub-out player completely gets off the field.
- 11.2 只可在換人區內進行換人。
Substitution can only be made in the substitution area.

12. 球權互換 Alternate Possession

- 12.1 當球証無法即時判斷球權時，將採以球權交替互換的形式決定球權誰屬。第一次出現時，球權將判予客隊。
When the Officials cannot determine which team should be awarded the ball, possession shall

alternate. The away team will gain the first alternate possession.

13. 拖延時間 Stalling

- 13.1 如球證認為進攻隊伍沒有進攻意識，會倒數限時8秒。如在限時內未能出手射門，球權將會轉換。When the official considers the offensive team had no intention to attack the net, he/she will count down for 8 seconds. If no shot is taken within the 8 second, the possession will be given to the opposing team.
- 13.2 如進攻隊伍於倒數8秒內出手射門，拖延時間將會取消。
If the offensive team takes the shot within the 8 seconds, stalling will be redacted.
- 13.3 如持球隊伍比對方較少球員在場的話，將不被視為拖延時間。
A team playing with fewer players than its opponents due to penalties cannot be guilty of stalling.

14.1 犯規 Foul

- 14.1.1 球員在場上作出有違比賽規則的行為則被視為犯規。犯規球員可能要被罰暫停比賽30秒、1分鐘，甚或至被罰離場，所有罰出時間應由犯規球員雙腳完全離場起計時。除了輕微犯規可以在對方入球後抵消之外，所有犯規球員必須完成罰時。
Fouls are inappropriate acts committed by a player inconsistent with the accepted rules of the game. A 30 second, one-minute, or expulsion penalty may be called on a player who have committed a foul. The penalty time starts counting when both feet of the player committing a foul are off the field. All time serving fouls shall be served in their entirety, except when there is a delayed minor penalty which is then cancelled upon the scoring of a goal.
- 14.1.2 如吹罰防守犯規，進攻方的持球員應到中線前2米重新開球。如吹罰防守犯規時持球員於龍門後方，持球員則到最接近的角球位置2米內重新開球。
When a defensive foul is committed, the team awarded with possession shall restart the play 2m in front of the center line. If the ball is behind the goal when a defensive foul is committed, the team awarded with possession shall restart the ball 2 meters the nearest corner.

14.2 罰出時間 Penalty Time Served

- 14.2.1 輕微犯規的罰則The penalty for a MINOR FOUL
(一) 如在輕微犯規發生時，犯規的一方控有球權或沒有隊伍有控球權，控球權會在犯規的位置判給被犯規的隊伍。
i. If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.

(二) 如在輕微犯規發生時，被犯規的一方控有球權，犯規球員則會被判罰暫停比賽30秒。

ii. If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspended from the field of play for 30 seconds for the player committing the foul.

14.2.2 嚴重犯規的罰則 The penalty for a MAJOR FOUL

(一) 嚴重犯規應被罰暫停比賽1分鐘。球權將判予被犯規的一隊。如同一位球員犯3次或以上嚴重犯規，該名球員將會被罰離場，不得再參與該場比賽。

i. The penalty for a major foul shall be suspension from the game for a period of one minute. The ball shall be given to the non-offending team. Three or more major fouls by the same player will result in a player fouling out and may not take any further part in the game.

14.3 得益情況 Play On Technique

14.3.1 在防守一方犯規時，球證應留意進攻得益情況，如進攻隊伍有良好射門機會，球證會高舉手掌示意，呼叫「繼續比賽」。待得益情況完成後，才吹罰該名犯規的防守球員。如該射門成為入球，防守一方的輕微犯規則取消。

When the defending team commits a foul, officials need to be aware if the offensive team has a good scoring opportunity. A Play On Technique can be used if the offensive team has a good scoring opportunity. Officials will raise their hand and call 'Play On'. The official will sound their whistles when the scoring play has been completed. If the shot went in, the goal stands and all the minor fouls would be cancelled.

15. 輕微犯規 Minor Foul

15.1 打擊對手的棍 A player must not check/tackle on opponent's crosse.

15.2 輕微推撞對手 Pushing

15.3 Cross-checking

15.3 主動以手腳觸球 Intentionally touch the ball with body

15.4 換人時違例 Illegal Substitution

15.6 人牆 Walling

防守隊員成群地站在球門前或組織成一道人牆的隊型，而且不是與其中一名對手處於一枝棍距離內。

Defensive players crowd in front of their goal or form a stack/ wall type formation in front of their goal without marking an opponent within a Stick's length.

允許防守隊伍對龍門前的持球球員進行雙人夾擊。

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

15.7 阻擋犯規:

- 球員不可在對手的盲區進行單擋;
- 不可在對手沒有足夠時間或空間反應的情況下進行單擋並發生碰撞;
- 在防守球員進行任何接觸之前, 進攻球員必須靜止不動, 他們必須以正常姿勢站立; 及
- 任何進攻球員不得將他們的球桿保持僵硬或將他們的球桿延伸到阻礙防守隊員的正常移動。

Illegal Pick: :

- A player must not set a pick that is out of an opponent's Visual Field (blind);
- must not set a pick that does not allow enough time or space for the opponent to stop or change direction and contact occurs;
- Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and they must be standing in their normal stance; and
- No offensive Player shall hold their stick rigid or extend their stick rigid to impede the normal movement of a defender.

15.8 蓋球: 球員不可將球按在地上妨礙對手剷球, 但允許用棍背將球拉後剷起。

Covering: : A player must not cover a ground ball with their Crosse or any part of their body when it prevents an opponent from making a legal play on the ball. However, it is permissible to drag the ball and scoop the ball up.

16. 嚴重犯規 Major Foul

16.1 蓄意移動球門 Intentionally move the cage

16.2 不君子行為 Unsportsmanlike conduct

16.3 防守球員在進攻方射門時進入守門圈而嘗試阻擋射球。

The defender enters the goal circle when the offensive team shoots and attempts to block the shot.

16.4 危險射球 Dangerous shot

球員不可試圖射出危險或不受控制而有機會擊中對方防守球員的球, 如球擊中防守球員膝蓋以上的身體部分, 則被視作危險射球。

指導: 持球者不應在沒有機會不擊中對手的情況下射門。

A player must not shoot dangerously or without control. If a shot hits an opponent above the knees, a major foul will be called.

Guidance: the ball carrier should not shoot when they do not have an opportunity to take a shot without hitting their opponent with their Crosse or ball.

Officials Manual

Games will be called by two officials with one charge/head official. The charge/head official takes first “facing at center” to begin the game. Officials may rotate during each half.

1. 裁判員數量

- 正規比賽有兩名裁判員，一名裁判員和一名助理裁判員。亦可以因應各類型情況來採用三審制。

1. Number of officials:

- The basic system is two officials, with one chief official and one assistant official. Depending on the situation, it is possible to adopt a 3-man mechanics positioning system. Game will be run in 2-man mechanics.

2. 裁判職責

2. Role of the officials

2.1 主裁判

- 成功傳球時，以手勢示意
- 判斷拖延時間及倒數8秒
- 判決犯規及執行比賽規則
- 與持份者溝通，包括球員，教練，工作人員及觀眾
- 具有最終判決權

2.1 Chief official:

- Signal when a successful pass has been made
- Make stalling call and perform 8 second count down
- Make calls and enforce rules of the game
- Communicate with stakeholders (players, coaches, staffs and audience)
- Make final judgement in the moment of dispute.

2.2 助理裁判

- 成功傳球時，以手勢示意
- 判斷拖延時間及倒數8秒
- 判決犯規及執行比賽規則
- 判決犯規

2.2 Assistant Referee:

- Signal when a successful pass has been made
- Make stalling call and perform 8 second count down
- Make calls and enforce rules of the game
- Make foul decisions.

3. 計時員角色

- 確保比賽時間準確
- 每半場剩餘30秒時通知球證及兩邊後備席
- 每半場最後10秒時以口頭倒數形式通知球證及兩邊後備席
- 中場休息及加時賽之間剩餘30秒時通知球證及兩邊後備席

- 記錄犯規球員的離場時間, 並通知該球員及其教練罰時結束

3. Role of Timekeeper:

- Keep accurate time of the match.
- Inform the officials and both benches when 30 seconds remain in each half.
- Verbally count down the last 10 seconds of each period to the official and both benches.
- Inform the officials and both benches when 30 seconds remain in half time and between overtime periods.
- Time the penalty suspensions and inform the carded player and their coach when the penalty suspension expires.

4. 計分員角色

- 記錄每隊的得分及入球球員的號碼
- 分牌應放於後備席旁並準確顯示分數
- 記錄犯規球員號碼
- 當同一球員累積三次或以上嚴重犯規時通知球證及兩旁後備席

4. Scorer role:

- The appointed scorer will keep track of each team's score and the scorer's number.
- Keep an accurate record of the scoreboard which is used to display scores on the timers table.
- Record the shirt number of the player who committed a foul.
- Notify officials and both benches when players accumulate three or more major fouls during a game