

兒童棍網球球例 (2023年1月更新)

Mini Lacrosse Rules (Updated January 2023)

比賽簡介 The Game

兩支球隊，各有4名持有棍網的球員出場進行棍網球比賽，雙方目的是使球進入對方球門，藉此得分，並阻止對手得分。

Two Teams of 4 players of each carrying a stick play lacrosse. The two Teams attempt to score by causing the ball to enter the goal of its opponent, while preventing the other Team from securing the ball and scoring.

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 底線、邊線及中場線

End line, Side-line, and 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 radius 2 meters centre of the midpoint of the goal line.

2.3 半徑2.5米的中圈線

Centre Circle: a circle of radius 2.5 meters at the centre of the field.

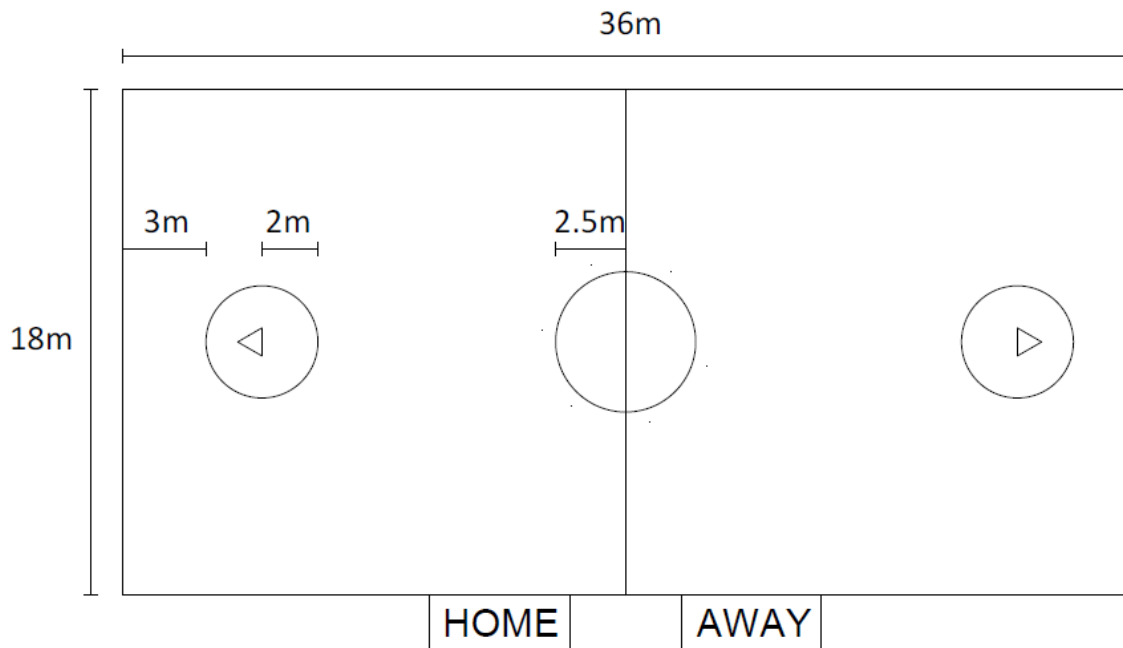
2.4 球門線：兩個門柱之間

Goal line: between the pipes of the 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: denote the 4-meters-wide Special Substitution Area, 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 would be at the back of the Special 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 Normal 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

假如比賽需要進行加時賽，可跟據以下原則進行：

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

3.2.1 每節加時比賽時間共3分鐘

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.

3.2.5 每節加時賽將須進行開球。

Each extra time period must start with “facing at the center”

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

A normal stoppage of play does not stop the clock. However, the clock shall be stopped only when requested by the officials for some reason.

4. 裝備 Equipment

4.1 每位球員必須手持一支棍網球棍(長度80厘米至110厘米之間)。棍網的深度不可超過一個棍網球的直徑。

Every player should be equipped with a lacrosse stick with 80cm to 110m. The pocket of the stick with depth not larger than the diameter of a lacrosse ball.

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 at the centre. The official will toss the ball up in the air in the middle of the 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。
When the ball is still inside the centre circle or until one of the players in the circle has possession of the ball, other players cannot enter the centre circle.

7. 界外球 Ball Out of Bounds

- 7.1 何謂球出界？
What is out of bound?
- 7.1.1 當球碰到或越過底線或邊線
When the ball crosses over the side-line or endline.
- 7.1.2 當持球球員的身體任何部位碰到底線或邊線。
When the body part of the ball carrier touches 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 inside the side-line near 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 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，球證會以手勢指示射門有效情況。

After a team gets the possession, they must make one successful pass before shooting. Otherwise, the goal does not count. The official will 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」
- 傳球球員重新劇起或接住自己所傳出的球

Situation not counted as a pass

- Cross-to-cross direct handover “Pouring of the ball”
- The players 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，失球一方於球門取球後，於守門圈內持球重新開始比賽。

After a goal is scored, the team who is scored against will restart immediately in the goal circle by getting the ball out of the net.

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 to block the way of the 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 with both hands under 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。
No player can enter the goal circle.
- 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 如防守一方在進攻方射門時進入守門圈，將判以嚴重犯規。
If any defender enters the goal circle when the offensive team shoots, a major foul will be given.
- 10.4 任何進攻球員在入球時進入守門圈，入球將視為無效。
If any offensive player is in the goal circle when the ball crosses the goal line, 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 and free substitution. 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 當球證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。第二次則判予主隊，如此類推。
In situations when the umpire cannot judge which team should have the possession. The game will restart by giving possession to the team alternatively. First time, to the away team. Next time, the home team. And so on...

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 procession will turn to the defensive 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 cancelled.
- 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 assessed against a player when committing 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 at 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，則不應即時吹停比賽，並高舉手掌示意，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 have a good scoring opportunity. A Play On Technique can be used if the offensive team has a good scoring opportunity. Officials should not blow their whistle but instead hold up their hand to show they saw the foul and call 'Play On'. He/she should only suspend the play when the potential advantage 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 Stick Checking

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 hands and feet

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；及
- 不可進行移動單擋。

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; and
- must not set a moving pick.

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: 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, 如球擊中防守球員腳以外的身體部分, 則被視作危險射球。

A player with possession of the ball must not attempt a dangerous or uncontrolled shot at an opponent despite the course being blocked by a defender. If the shot hits any body part other than legs, it will be treated as a dangerous shot.

Officials Manual

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 referees:

- 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-trial system.

2. 裁判職責

2. Referee role

2.1 主裁判

- 執行計算傳球次數
- 判斷拖延時間及倒數8秒
- 負責近後備席的邊線及由邊線面向球場右邊的龍門、守門圈及底線空間
- 判決犯規
- 具有最終判決權

2.1 Chief referee:

- Perform a pass count.
- Judge the guilt of stalling and count down for the 8 seconds
- In charge of the sideline on the side of the bench area, and the goal, crease, and endline on the right side facing the inside of the field from the sideline.
- Make foul decisions.
- Has final judgement authority.

2.2 助理裁判

- 執行計算傳球次數
- 負責後備席對面的邊線及由邊線面向球場右邊的龍門、守門圈及底線空間
- 判決犯規

2.2 Assistant Referee:

- Perform a pass count.
- In charge of the sideline opposite to the bench area, and the goal, crease, and endline on the right side facing the inside of the field from the sideline.
- 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:

- Appointed timekeepers keep accurate time of the match.

- Inform the referee and both benches of the remaining 30 seconds of each half.
- Verbally count down the last 10 seconds of each period to the official and both benches.
- Inform the referee and both benches of the remaining 30 seconds of half time.
- 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

4. Scorer role:

- The appointed scorer will keep track of each team's score and the scorer's number.
- The scoreboard will be used to display scores on the bench area side.
- Record the shirt number of the player who committed a foul.