

**Stirling University Women's Lacrosse Club**  
**Safety Regulations**



Due to the high risk nature of Women's Lacrosse, owing to the use of hard ball and sticks, safety must be given chief importance.

**1. Clothing and personal protection**

- a) All clothing and personal protection must be checked before use for excessive wear. Any dangerous equipment should be removed and replaced.
- b) Clothing and personal protection must conform to Federation of International Lacrosse (FIL) standards.
- c) Suitable clothing and personal protection must be worn by all players during play. This includes, but is not restricted to, a mouth guard for all players, and for the goalie a helmet, chest protector, goalie gloves, knee and shin protection, and goal keeping pants.

**3. Facilities and equipment**

- a) The lacrosse playing field shall be a rectangular field 110 yards (100.58 metres) long and 60 yards (54.86 metres) ; free from dangerous objects such as stones or glass; level, without any depressions or bumps which can cause loss of balance or risk of injury to participants or officials. Pitches should be lined out to current FIL specification.
- b) Special care is needed in frosty conditions, when previously muddy pitches can become dangerously ridged. Referees should be prepared to modify the game, or to postpone or cancel if necessary. This decision shall be made by the home captain beforehand.
- c) Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 6 feet (1.83 metres) apart and the top crossbar shall be 6 feet (1.83 metres) from the ground, all inside measurements. The goal posts and crossbar shall be collectively designated the pipes.
- d) The ball should be made according to FIL Rules and should be White or Orange. Home Team must provide adequate balls.
- e) All sticks in play are required to meet the minimum FIL standards. All sticks and mouth guards must be checked by the Match official prior to the start of the match.

- f) Match Officials are to an extent guardians of all players safety. Women's lacrosse is a non contact sport, with stick checking permitted but not body checking. Hence it a qualified Match Official must be present, and it is their responsibility to ensure the rules are upheld. It is to their discretion and interpretation of the rules which both teams must be adhere to. Penalties are inevitable and expected by all parties, and players are to be sin binned (30s/1min) or in extreme circumstances expelled from the match for intolerable rule breaking or continued rule breaking.

#### **4. First aid**

- a) First aid facilities should be nearby and should include a telephone and an adequate first aid kit.  
Due to the nature of lacrosse there is bound to be knocks, bumps, grazes and cuts during games, with the chance of sprains, breaks and concussion present.  
The teams shall call personal time when blood is present and the player must have this covered before returning to the pitch.  
Due to Lacrosse Scotland (LS) regulations, all students shall be covered by their Personal Lacrosse Accidents Insurance when signed to play for LS League.  
Safety is paramount in Lacrosse and all Students from all institutions acknowledge this and although it is a hard hitting game where check, a hard ball and sticks are used, safety to personnel and equipment always comes first.