

**Stirling University Men's Lacrosse Club**  
**Health & Safety Regulations**



**1. Due to Men's Lacrosse being a high physical-contact sport, it is of vital importance that safety is accounted for**

- a. Lacrosse Scotland adheres to the Federation of International Lacrosse's (FIL) rule book and officials/players are required to have knowledge thereof.
- b. Scuffles, scrimmages and hard hits are to be expected but to be kept within reason.

**2. Clothing & Personal Protection**

- a. Every player must wear protective gear during training as well as matches including a minimum of: Helmet (with a face-mask and chin-strap), appropriate shoes, chest-pads, arm-pads, gloves, and a nut-hut! Any additional padding can be worn at the player's discretion.
- b. All aforementioned equipment must conform to FIL standards.
- c. All clothing and personal protection must be checked before use for excessive wear. Any dangerous equipment should be removed and replaced.

**3. Officials (Referees)**

- a. An official's ruling is final!
- b. An official in a match reserves the right to rule whether a player is wearing adequate protective gear in order to play.
- c. An official in a match reserves the right to momentarily suspend a game in order to rectify a player's faulty gear should this occur during a game.
- d. Officials for a match reserve the right to postpone a match if the weather conditions could result in injury.
- e. Penalties are inevitable and expected by all parties and players are to be sin binned (30s/1min). In extreme circumstances or continual rule breaking, players can also be expelled from the match.
- f. An official's ruling is final! (No way around it boys!)

**4. Facilities & Other Lacrosse Equipment**

- a. Any other Lacrosse equipment such as goals & their nets, balls etc. need to comply with FIL standards.

- b. Pitches need to be rectangular in shape and have the following dimensions: 60x 110 yds (roughly 55x100 meters) as well as about 5 yds (~4.5 meters) of space from one sideline in order to allow for a 'box' where both teams can keep their benched players.
- c. Ideally there should be a fence of sorts in order to stop balls from going too far out of bounds, especially behind goals.
- d. Pitches are to be lined out according to current FIL standards.
- e. Pitches need to be smooth and flat without bumps or depressions as well as cleared of any dangerous objects such as glass or stones etc.

## 5. First Aid & Insurance

- a. Safety is paramount in Lacrosse and all Students from all institutions acknowledge that it is a hard hitting game where big body checks and sticks are used. Safety to personnel and equipment always comes first.
- b. Due to the nature of Lacrosse there are bound to be knocks, bumps, grazes and cuts during games, with the chance of sprains, breaks and concussions always present. The teams shall call personal time when flowing blood is present and the player must securely stem the flow of blood before returning to the pitch.
- c. Due to Lacrosse Scotland (LS) regulations, all students shall be covered by their Personal Lacrosse Accidents Insurance (annual cost of £18) when signed to play for LS league. All players are also covered under the Sports Union.
  - i. This does not mean that any private insurance should be disregarded or ignored as a consequence.
  - ii. Aforementioned insurances in 5. c. are mandatory!
- d. First aid facilities should be nearby and ready to use especially for matches.
  - i. Included in this should be an adequate first aid kit, telephone and if possible a stretcher.
- e. Officials and if possible players should be previously instructed in first aid procedures.
  - i. These include but are not limited to: recovery positions, Cardiopulmonary Resuscitation (CPR) & how to dress a wound with antiseptic + bandages.

**A full list of rules and regulations can be found on the FIL's homepage:**  
<http://www.filacrosse.com/?fileid=rules>