



Subiaco Lacrosse Club

Induction Pack 2026

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Welcome to the 2026 season at Subiaco Lacrosse Club!

This induction pack is designed to give players and parents all the key information they need for a successful season. Please read through each section carefully.

CODE OF CONDUCT | SUBIACO LACROSSE CLUB

Subiaco Lacrosse Club has a proud history stretching back to 1896. As one of the oldest lacrosse clubs in Western Australia, we honour generations of players, coaches, volunteers and supporters who have helped shape our club. Today, we continue to uphold their legacy by fostering a safe, respectful, and inclusive environment for all.

Subiaco Lacrosse is committed to upholding the principles of: Fairness (Operating in the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times), Respect (Recognising the contribution people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use), Responsibility (Taking responsibility for our actions and being a positive role model at all times), and Safety (Encouraging healthy and safe procedures and preventing and reporting dangerous behaviour, while demonstrating concern for others). As a person involved in any way with the club, the above standards of behaviour are expected.

This Code of Conduct reflects our values and our commitment to community, sportsmanship, and integrity. It applies to every member of our club – players, coaches, officials, parents, supporters, volunteers, employees, team support staff (medical, physiotherapy etc), directors and committee members. Together, we run with the pride.

Competitors Code of Behaviour

- Play within the rules and spirit of the game.
 - Respect your teammates, opponents, officials and coaches.
 - Show good sportsmanship – win with humility and lose with grace.
 - Commit to training and match attendance and notify coaches early if unavailable.
 - Control your emotions as verbal or physical abuse has no place in our game.
 - Never use banned substances in accordance with Sport Integrity Australia's rules.
 - Never play while injured against medical advice, and follow all injury and concussion protocols, including return-to-play procedures.
 - Represent Subiaco with pride as your behaviour reflects on the entire club.
 - Comply with and uphold all policies and requirements of Sports Integrity Australia.
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Coaches and Managers Code of Behaviour

- Promote participation, inclusion, skill development, and enjoyment above all.
- Lead with respect, fairness, and clarity and be a role model for players and families.
- Make decisions in the best interests of the team and individual wellbeing.
- Enforce safety and injury protocols to prioritise long-term health.

- Communicate openly with players and parents and listen with empathy.
 - Support club values and reinforce positive conduct in all interactions.
 - Maintain appropriate boundaries with all players.
 - Comply with and uphold all policies and requirements of Sports Integrity Australia.
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Officials Code of Behaviour

- Officiate fairly, consistently, and according to the rules.
 - Stay calm under pressure and be respectful in all interactions.
 - Wear the appropriate uniform and uphold the professionalism of the role.
 - Promote safety, sportsmanship and the enjoyment of the game.
 - Encourage rule changes that enhance inclusion and participation.
 - Maintain appropriate boundaries with all players.
 - Maintain appropriate and required training.
 - Comply with and uphold all policies and requirements of Sports Integrity Australia.
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Parents / Guardians and Spectators Code of Behaviour

- Remember that children play sport for fun and focus on effort, not results.
 - Encourage and support all players, not just your own child.
 - Respect officials' decisions and set a good example with your behaviour.
 - Do not use offensive language or behave aggressively toward anyone.
 - Applaud great play from both sides and reinforce the values of fair play.
 - In the case of injury, do not enter the field unless instructed by team staff or in an emergency.
 - Support our volunteers as they make participation possible.
 - Comply with and uphold all policies and requirements of Sports Integrity Australia.
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Volunteers and Committee Members Code of Behaviour

- Make decisions with transparency, fairness and in the best interest of the club.
 - Honour the trust placed in your role by listening, respecting and leading thoughtfully.
 - Share information clearly while respecting confidentiality where appropriate.
 - Promote inclusion and accessibility so everyone feels welcome and valued.
 - Use club resources responsibly and model pride in all club activities.
 - Comply with and uphold all policies and requirements of Sports Integrity Australia.
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Concerns and Accountability – Act with Respect

We encourage open, respectful dialogue to raise concerns early. Please speak with a team manager, coach or committee member if an issue arises. Where behaviour does not align with this Code of Conduct, the Club may take appropriate action in accordance with its policies and relevant governing body frameworks. Any action taken will be consistent with the requirements and procedures of Lacrosse Australia and/or Sports Integrity Australia.

Actions may include:

- A formal warning;
- Temporary suspension from club activities; and/or
- Escalation to Lacrosse WA, Lacrosse Australia and/or Sport Integrity Australia.

RUN WITH THE PRIDE



Lacrosse WA – Diversity and Inclusion Policy (Shortened)

Purpose

Lacrosse WA aims to provide a fair, equitable and productive environment for all members. Social inclusion is about making sure that all children and adults are able to participate as valued, respected and contributing members of society. It is also about the acceptance and equal treatment of members of the wider community regardless of their gender, gender identity or sexuality, age, disability, religious or cultural background, or other attributes that may lead to people feeling excluded or isolated.

Australia is a diverse nation, comprising of many cultures and communities. This diversity should be seen as a strength and used for the development of a tolerant and cohesive country.

This policy provides Lacrosse WA's position on the inclusion of all people, with a particular focus on women and girls, people from Aboriginal communities, people from culturally and linguistically diverse backgrounds, people from the LGBTIQ+ community and people with a disability in our sport.

Principles and Beliefs

This policy is based on and upholds:

- Human Right Principles relating to equity, access, participation and support
- Essence of Australian Sport principles relating to fair play, respect, responsibility and safety requirements under anti-discrimination and equal opportunity laws
- Responsible social and community values
- The importance of valuing both participation and competition
- That an inclusive lacrosse community can contribute to community safety, a fair go for all members and develop a social network for people who may not have previously had a feeling of belonging
- That an inclusive environment contributes to a sense of local and community participation and strives to uphold the positive differences and diversity between people
- That an inclusive organisations become a hub and are key social spaces, which contribute to community and cultural development

If you would like to access the full Diversity and Inclusion Policy – please click [here](#).

REGISTRATIONS

Registration Details

We have streamlined registration and fee payment via Jotform, so you can find everything in one place and pay online. Subiaco Lacrosse Club now uses compulsory payments on the Jotform registration form, meaning you will have to pay your season fees upfront in order to complete your registration. This assists the club in finalising teams and training arrangements prior to the season commencing, and to more effectively manage membership status.

- However, the club is able to set up payment plans or adjust fees if required. Please email subilaxpres@gmail.com and subilaxtreas@gmail.com to discuss your options.

Existing Players

- If you are an existing lacrosse player simply register through the [Jotform link](#)

New Players

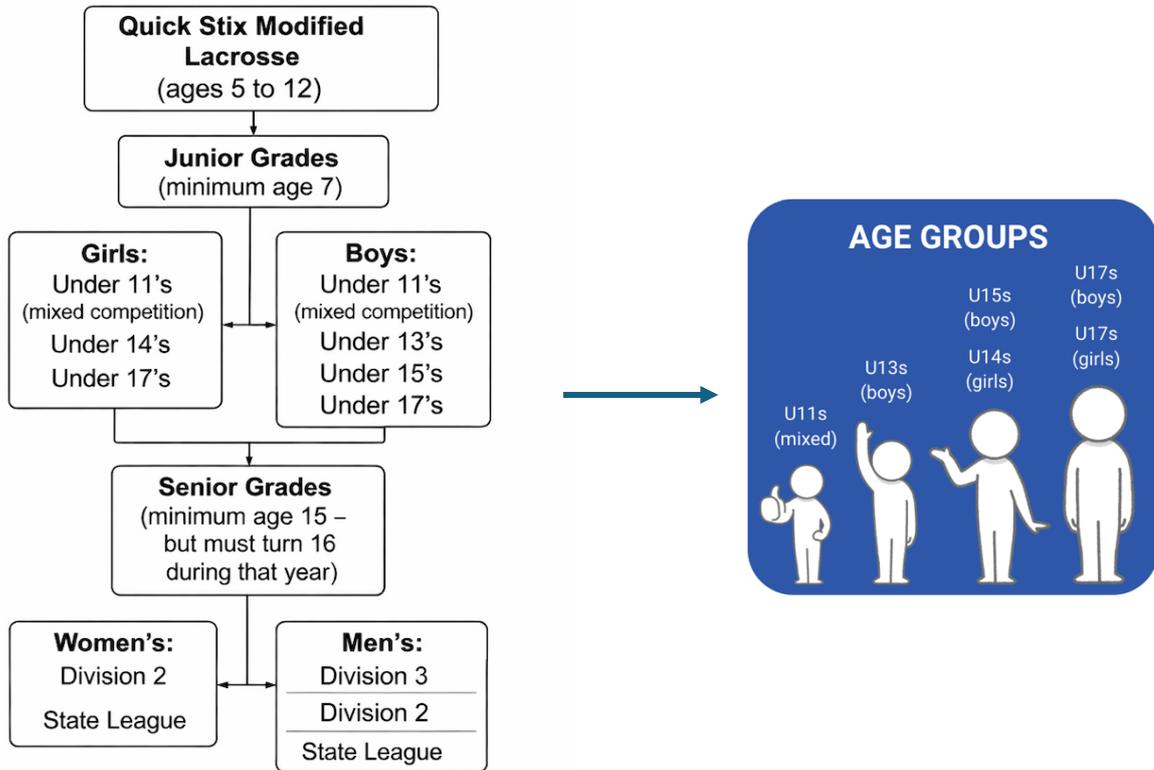
- If you are a new player to lacrosse, you are required to register with Subiaco Lacrosse Club through the [Jotform link](#) AND with Lacrosse WA via the [GameDay link](#)

Additional Details

- All players must register before the first game of the season
- Only members who have paid their fees or set up a payment plan can play in the Lacrosse WA season
- Membership fees cover Lacrosse WA fees, insurance, local government fees, coaching payments, transaction fees, and fee rebates
- Subiaco Lacrosse is a **KidSport-approved club**, which provides up to \$500 per year to help cover fees for eligible players. To check your eligibility for this program search KidSport approved club online or click [here](#).
- Please contact subilaxtreas@gmail.com if you have any further questions about fee payments and registrations

TRAINING AND PLAYING INFORMATION

Lacrosse Pathway:



Season Plan 2026:



2026 Season Plan - Subiaco Lacrosse Club



Quick Stix:

- Fun, non-contact modified lacrosse drills and game play – [sign-up](#)
 - Quick Stix is a five week after school program held on a Tuesday afternoon from 4:00pm to 5:00pm at Rosalie Park in terms 2, 3 and 4

Junior Grades:

- Training Times:
 - Junior trainings are held on a Tuesday and Thursday
 - Under 11s: 4:30pm - 5:30pm
 - Under 13s, 14s, 15s, 17s: 5:00pm - 6:30pm
- Game Times:
 - Girl's games are held on a Sunday morning starting from 9:00am (except for U11's which is mixed and is held on a Saturday morning)
 - Boy's games are held on a Saturday morning starting from 8:30am

Senior Grades:

- Training Times:
 - Senior trainings are held on a Tuesday and Thursday from 6:30pm to 8:00pm at Rosalie Park
- Game Times:
 - Women's games are held on a Sunday afternoon starting from 12:00pm
 - Men's games are held on a Saturday afternoon starting from 2:30pm

Additional Information

- Attendance:
 - Players are expected to attend every training session they are able to in order to enhance skill development, team cohesion and culture
 - If your child is unable to attend a training session, a message should be sent directly to the team coach as soon as possible
- Game Locations:
 - All girls and women's games are held at one location each weekend, with games being rotated between different club's grounds throughout the season
 - Boys and men's games are held at multiple locations each weekend, with games played at either the club grounds of the home team or the away team
- Playing Uniform:
 - Women's uniform consists of a playing top, playing bottoms (skort, skirt or shorts), enclosed shoes (preferably with studs), mouth guard, women's lacrosse stick and goggles (only mandatory for junior players)

- Men's uniform consists of a playing top, playing shorts, enclosed shoes (preferably with studs), mouth guard, men's lacrosse stick, helmet, gloves and additional protective gear if wanted (elbow pads, chest pad etc ...)

Hiring or Purchasing Gear

- Hiring Gear: To hire gear, speak to your team coach or manager. Gear hire is only for a season and all gear must be returned at the end of the season.
- Purchasing Gear: For purchasing gear, talk to your coach or manager. Most equipment is ordered online from the USA, and the club can arrange bulk orders.
 - Sticks: stick prices range from \$80 (junior) to \$120 (senior)

MODIFIED PLAYING RULES (UNDER 11S)

The objective of the game is to score goals while preventing the opposing team from scoring. The team with the most points at the end of the game wins. Each goal is worth one point.

The game is played with 6 players on the field at any given time, with the below starting positions for the centre draws

- 1 goalkeeper
- 5 players

The game goes for approximately 45 minutes and consists of 4 quarters

- 8 minute quarters
- 2 minute breaks between quarters
- 5 minute half time break

Fouls

Technical Fouls: A less serious rule violation which take place in the ordinary course of a game and are not particularly violent or deliberate.

Minor Fouls: A more serious rule violation which is dangerous, potentially violent or repetitive. The offending player will be sent to the bench for 30 seconds during which time a substitute may replace the offending player

Expulsion Fouls: A very serious rule violation which is excessively dangerous, violent or unsportsmanlike and the official feels that player safety has been jeopardised. The offending player will be expelled from the game and a substitute may replace the offending player.

- Slashing or Bodychecking: A player hits another player's body or helmet with their stick or swings their stick dangerously
- Pushing: A player uses their stick or body to push another player
- Pre-Check: Players must not swing their stick at another player's stick within the first 2 seconds of that player carrying the ball
- No Goal: At least 1 pass is not completed in a team's attacking half before a goal is attempted
- Out-of-Bounds: A player steps out of bounds when they have possession of the ball or a loose ball goes out-of-bounds due to a shot or a deflected shot
- Dangerous Shot: A player shoots dangerously or without control and hits a ball off another player's body
- A player crosses the goal line
- Offside: There are too many players in either the attacking or defensive half (must keep 2 players in their defensive half and 1 player in their offensive half)

- Cover: A player traps or guards the ball with their stick or body

Penalties

- When a foul is called on the field, it results in a loss of possession or a free position for the fouled player. The offender must stand 5 metres to the side from the fouled player and all other players must stand 5 metres away.
- If a foul occurs within 5 metres of the goal, the free position is taken back 10 metres from the goal.

WOMEN'S PLAYING RULES

The objective of the game is to score goals while preventing the opposing team from scoring. The team with the most points at the end of the game wins. Each goal is worth one point.

The game is played with 10 players on the field at any given time, with the below starting positions for the centre draws

- 1 goalkeeper
- 3 midfielders positioned in the centre circle section
- 3 attackers and 3 defenders positioned behind their respective restraining lines
 - Attackers and defenders can only enter the centre third of the field once a midfield player in the centre has gained possession of the ball during the centre draw (Note: possession is called by the referee). A centre draw occurs after every goal and at the start of each quarter.

The game goes for approximately 1 hour and consists of 4 quarters

- 12 minute quarters
- 2 minute breaks between quarters
- 5 minute half time break
 - Time Out: A team may request a timeout lasting 1.30 minutes after a goal is scored or when a team possesses a "dead ball" anywhere on the field outside the 15-meter fan. Each team is entitled to two timeouts during normal time. No timeouts are allowed during overtime.
 - Stop Clock: The clock stops during the last 30 seconds of every quarter, except for the 4th quarter where the clock stops during the last 2 minutes. If a whistle is blown for a violation in the final 30 seconds, the timer is paused until play resumes with the next whistle.

Minor Fouls

Minor foul: A less serious rule violation that results in a loss of possession or a free position for the fouled player.

- Offside: Failing to keep at least three players behind the restraining line on the defensive side while attacking or failing to keep at least three players behind the restraining line on the attacking side while defending.
- Hold: When your stick head makes prolonged contact over the opposing player's stick head.
- Holding: Grabbing or holding an opponent's stick, jersey, or body.

- Interference: Preventing an opponent from moving freely when they don't have the ball.
- Warding: A ball carrier using their free hand or arm to push away a defender.
- Crease Violation: An attacking player stepping into the goalie's crease.
- Illegal Procedure: Minor infractions such as too many players on the field, stepping out of bounds, or deliberately delaying the game.
- Illegal Cradle: Carrying the ball in a way that makes it impossible for defenders to check legally.
- Hand ball: Touching the ball with the hand during play.

Major Fouls

Major foul: A serious rule violation that results in a free position for the fouled player and/or a yellow card issued for repeated or severe fouls.

- Dangerous Contact: Any forceful contact to an opponent's head, neck, or body.
- Slashing: Wild, uncontrolled swings of the stick at an opponent.
- Illegal Check: Any stick check to the opponent's body or illegal stick-to-stick contact.
- Blocking: Impeding the opponent's movement without proper positioning.
- Charging: Running into an opponent who has already established position.
- 3-second Violation: A defender staying in the 11-meter attacking fan for more than 3 seconds without marking an opponent.
- Shooting Space: A defender illegally blocking a shooter's path to goal, creating a dangerous situation.
- Moving Pick (Screen): A player must remain stationary until their teammate has moved through the area that you have set a pick.
- Pushing: A player is allowed to hold their position in front of an opposing player but cannot extend their arms fully (straight elbows) or push the opposition.
- Tripping: A player is penalised for intentionally or unintentionally tripping an opponent.
- Dangerous Shooting: A shot is considered dangerous if an opposing player (not the goalkeeper) is at risk of being hit by the shot or its follow-through.

Additional Rules

- Substitutions can be made at any time but must take place through the midline of the field.
- Attack and defence players can retrieve the ball from the ground inside the goalie's circle, provided the goalkeeper does not already have possession, by extending the stick into the goalie's circle.

- The goalkeeper has 5 seconds to release the ball from the protection of the goalie circle. After that, the goalkeeper must enter the playing field to continue play.

Penalty Time

- If a player receives 5 personal fouls, they are disqualified from the game.
- Yellow Card: 2 minutes.
 - The player or a substitute may return to the field once the penalty time is served. Dangerous contact, slashing, and dangerous shooting are major fouls that require a mandatory yellow card. Discretionary yellow cards may be given for other persistently occurring major fouls. Yellow cards can also be given to a team for misconduct by a team coach, manager, other team staff or their supporters.
- Yellow/Red Card: 5 minutes.
 - Once a player has already served a penalty for a yellow card, if the player is given another yellow card this is called a yellow/red.
- Red Card: 10 minutes.
 - A player receiving a red card may not return to the field, but a substitute may take their place once the penalty time is served. Are given to players for severe offences such as fighting or violent conduct.

MEN'S PLAYING RULES

The objective of the game is to score goals while preventing the opposing team from scoring. The team with the most points at the end of the game wins. Each goal is worth one point.

The game is played with 10 players on the field at any given time, with the below starting positions for the centre draws

- 1 goalkeeper
- 3 midfielders positioned in the centre circle section
- 3 attackers and 3 defenders positioned behind their respective restraining lines
 - Attackers and defenders can only enter the centre third of the field once a midfield player in the centre has gained possession of the ball during the centre draw (Note: possession is called by the referee). A centre draw occurs after every goal and at the start of each quarter.

The game goes for approximately 1 hour and consists of 4 quarters

- 15 minute quarters
- 2 minute breaks between quarters
- 5 minute half time break
 - Time Out: A team may request a timeout lasting 1.30 minutes after a goal is scored or when a team possesses a "dead ball" anywhere on the field outside the 15-meter fan. Each team is entitled to two timeouts during normal time. No timeouts are allowed during overtime.
 - Stop Clock: The clock stops during the last 30 seconds of every quarter, except for the 4th quarter where the clock stops during the last 2 minutes. If a whistle is blown for a violation in the final 30 seconds, the timer is paused until play resumes with the next whistle.

Technical Fouls

Technical Foul: A less serious rule violation that results in either a short penalty in the penalty box for the offending player or a change of possession.

- Offside: Failing to keep at least three players behind the restraining line on the defensive side while attacking or failing to keep at least three players behind the restraining line on the attacking side while defending.
- Holding: Grabbing or holding an opponent's stick, jersey, or body.
- Interference: Preventing an opponent from moving freely when they don't have the ball.
- Warding: A ball carrier using their free hand or arm to push away a defender.

- Crease Violation: An attacking player stepping into the goalie's crease.
- Illegal Procedure: Minor infractions such as too many players on the field, stepping out of bounds, or deliberately delaying the game.
- Moving Pick (Screen): A player must remain stationary until their teammate has moved through the area that you have set a pick.
- Tripping: A player is penalised for intentionally or unintentionally tripping an opponent.

Personal Fouls

Personal Foul: A serious rule violation that results in a penalty to the offending player, with possession either remaining with or being awarded to the opposing team. The offending player serves time in the penalty box.

- Slashing: If a player swings their stick at an opponent in a dangerous or uncontrolled way.
- Cross-checking: If a player swings their stick and it hits an opponent with the stick between the hands, instead of a legal shoulder or chest check.
- Illegal Body Checking: If a player checks an opponent illegally, such as hitting from behind, checking a player not near the ball, or hitting the player above the shoulders or below the waist.
- Unnecessary Roughness: Excessive or violent force beyond regular play.

Additional Rules

- Substitutions can be made at any time but must take place through the midline of the field.
- Attack and defence players can retrieve the ball from the ground inside the goalie's circle, provided the goalkeeper does not already have possession, by extending the stick into the goalie's circle.
- The goalkeeper has 5 seconds to release the ball from the protection of the goalie circle. After that, the goalkeeper must enter the playing field to continue play.

Penalty Time

- If a player receives 5 personal fouls, they are disqualified from the game.
- Technical fouls: 30 seconds in the penalty box or loss of possession for technical misconduct. The player or a substitute may return to the field once the penalty time is served.

- Personal fouls: 1 to 3 minutes in the penalty box for dangerous play, depending on the foul. The player or a substitute may return to the field once the penalty time is served.

CONCUSSION AND FIRST AID

Concussion Protocol

The most important consideration in the management of concussion or a potential concussion is the welfare and safety of the player. A concussion is a brain injury and must be taken seriously. All players with potential head injuries or concussion must be removed from the field of play immediately both at trainings and games. It is a requirement that all players who suffer a concussion seek the highest level of medical care reasonably available and follow medical advice to ensure the appropriate management of the concussion.

Lacrosse WA has updated their formal concussion management protocol. LWA have implemented the following protocols: *“Clubs will be required to have a qualified member on hand in an event of a “head knock” which could potentially be a concussion. This person must have completed the [Sport-Related Concussion Short Course](#). From 2026 the expectation will be one qualified concussion person, per team, per game.”*

General Protocol:

- Step 1 – Check for signs and symptoms
 - Signs – Dazed, unsteady, confused, loss of consciousness, holding head
 - Symptoms – Headache, dizziness, nausea, confusion, sensitivity to light/sound
 - Memory questions – Ask “Where are we?” “What day is it?” “Who are you playing?”
- Step 2 – If they are displaying a few or many of these signs and symptoms, remove the player from the field
- Step 3 – Record the suspected concussion on the game sheet
- Step 4 – If symptoms continue the player should seek further medical advice from a healthcare professional (e.g. GP) within 72 hours
- Step 5 – If the player is diagnosed by a healthcare professional with a concussion please contact your team manager and coach and follow return to activity protocols (e.g. [Return to Sport Protocol](#))

First Aid

Risk Management:

- Please contact your team manager and coach if you or your child has any current health conditions, injuries or illnesses so that they are aware of any relevant medical history. This information is very important.

Providing First Aid:

- Ice packs – Available at club canteens for injury management.
- First aid kits – Provided to team managers on game days and available in club rooms during training.
- Basic first aid – Team coaches and managers handle minor injuries. Parents/guardians will be notified if first aid is given to a player under 18.

Urgent / Emergency Care:

- For any urgent or emergency medical care required outside the scope of basic first aid, the team manager or coach may advise that the player needs to seek medical treatment from a healthcare professional such as a GP, physiotherapist or hospital emergency department depending on the severity of the injury.
- The team manager or coach may take emergency action to contact Triple Zero “000” and do not need to obtain parent/guardian/carer consent to do so. On each occasion where first aid is administered for a serious injury or condition, or in an emergency, our club will attempt to contact parents/guardians/carers or emergency contacts as soon as reasonably practical.

Player insurance:

- Your membership fee includes access to basic Lacrosse Australia insurance. Gallagher's partnership with Lacrosse Australia allows members access to a range of insurance products and services specifically tailored to the unique risks associated with lacrosse.
- To claim insurance for a player injury that happens during a game, please ensure that the injury is recorded on the match report sheet and that the club is notified of the injury.
- Further information regarding coverage or how to make a claim can be access through [Gallagher's website](#) or through the [Insurance Program Quick Guide](#).