

Competition Regulations Field Lacrosse

Last amended: January 15, 2026

This is a translation of the 'Competitiereglement Veldlacrosse' and is provided as a supporting document for any members who are not native Dutch speakers. If the translation at any point differs or can be interpreted differently, the original text will be leading.

This document contains the rules for the Dutch lacrosse competition (hereafter "competition"). The Regulations Committee proposes amendments to the competition regulations. Any changes are made following a decision by the Board of Nederland Lacrosse (hereinafter "federation") and only apply to future matches. Where rules in this document differ from those of World Lacrosse (WL), this document takes precedence.

Contact with the federation regarding the competition takes place through the Recreational Sports Coordinator (breedtesport@lacrosse.nl), except when there is an explicit mention of the Officiating Committee (contact via herenscheidsrechters@lacrosse.nl or damescheidsrechters@lacrosse.nl) or the Federation Board (info@lacrosse.nl).

A. Competition season, registration, and withdrawal

1. Competition season

The competition is generally played from October 1 through December 15, and from February 15 through July 15. Any deviation from these dates will be announced by July 15.

2. Game days

The competition is on Sundays. A team may, by exception, obtain permission to organize a game day on a Saturday. The club must request this from the federation no later than August 15.

3. Match dates

The federation publishes the intended competition dates for the upcoming season no later than July 15. Clubs may submit a request for changes up to August 1. Clubs must indicate on which dates they would be able to host game days (see also section B3) no later than August 15.

The federation publishes the competition schedule with the final match dates for the season no later than September 15. The schedule specifies which team organizes each game day and which team is the home team for every match.

4. Team registration

Registering a new team for the competition must be done by August 15. Registration after August 15 is only possible with approval from the federation. A team is automatically re-registered for the next competition season.

5. Team withdrawal

A team wishing to withdraw from the upcoming competition season must notify the federation as soon as possible and no later than August 15.

B. Team Eligibility

1. Membership

Only clubs that are members of the federation may register teams for the competition. Clubs are responsible for their players at all times. Clubs may only participate in the competition when they have no outstanding debts to the federation.

2. Combined Teams

A combined team consists of players from different clubs. Each participating club must meet eligibility requirements. A combined team communicates with the federation through one (1) contact person.

3. Field Availability

One of the teams facilitates all games scheduled on a game day for their division. The team must have access to a suitable grass or artificial turf field at least three (3) times per year to host a game day. When hosting a game day, a minimum field rental period of two (2) hours per match applies, excluding setup and takedown time.

4. Providing Referees

Each team must provide the number of referees and table officials requested by the federation for games played on the same game day and location (see also section D5). The team must have enough certified referees to meet this requirement.



C. Players

1. Player Registration

Before participating in the competition, players must register with the federation. Registration is completed through the federation membership administration system (LeagueMaster) and must include the player's full name, address, and email address. Registration must be processed in the system before the start of a gameday. The club is responsible for timely and complete registration of players.

2. Registration of Youth Players

To participate in youth activities of the federation, a player must be at least 8 years old. To participate in senior activities, a player must be at least 16 years old. For members younger than 18, the club must submit a consent form signed by a parent or guardian to the federation at least seven (7) days before the activity. This is in addition to the standard registration in LeagueMaster as described in C1.

A club may request special dispensation to play in the senior league for youth players of 14 or 15 years old. Dispensation may be granted only if the following conditions are met:

- The player has at least 1 year of lacrosse experience
- The player has trained with a senior team for at least 6 months.
- The trainer/coach of the senior team supports participation of the player in the senior competition. The trainer/coach is expected to consider both the level of play and physical capabilities of the player as those of the team and the competition in which the player is to participate.
- A parent or guardian has granted permission for participation in the senior competition

The federation may refuse a request for dispensation when the above criteria are not met and/or when they believe that the safety of the player cannot be sufficiently guaranteed.

3. Team Roster

A maximum of forty (40) players may be listed on a team roster. New players may be added throughout the season, up to this limit. A team forfeits its right to play if unregistered or suspended players participate. Such a match will be considered a forfeit by the offending team, resulting in a fine.

4. Game Roster

A maximum of twenty-two (22) players may play in a match. A team must start a match with at least eight (8) players. A team may only continue in a match with fewer than eight (8) players if there are no more players as a result of injuries or suspensions. No exceptions to the offside rule will be made.

If a team starts with fewer than ten (10) players, they may ask the opposing team to play 9v9 or 8v8. If the opponent agrees, this applies for the entire match. Both team captains must confirm their agreement with the head referee before start of the game. A team may refuse the request and decide to play with ten (10) players on the field.

5. Changing Teams

A player is registered with one team that belongs to a club. Players may switch between teams within the same club. A player may play twice (2) for another team within the club. If a player plays three (3) or more times for a team they were not originally registered with, they will remain on that team for the rest of the season.

A player may only play for one team per game day. If a match is rescheduled, the original game date applies to this rule.

6. Changing Clubs

Players who wish to transfer to another club during the regular season must submit a request through the membership system. The federation will process this request within fourteen (14) days. Transfers after the regular season and before the final weekend are not permitted.

D. Competition Format

1. Rules of Play

The federation applies the official WL rules, with the following exceptions:

- Team uniforms must comply with the guidelines described in Appendix 1 of these regulations.
- Teams must submit new designs to the federation for approval before any final decisions are made.
- No shot clock is used in competition matches.
- In the event of a forfeit or cancellation by one team, the score will be recorded as 12-0 in favor of the opponent.
- The authority of the officials continues until both teams and/or referees have left the field.

Any additional deviations from the WL playing rules will be published no later than 15 September in the appendix 'Deviations from the World Lacrosse rule book'. The officiating committee takes care of dispersing this attachment to all



officials and clubs.

2. Penalty Points and Automatic Suspensions

In some cases, referee decisions lead to automatic suspensions.

A suspended player counts toward the roster limit but may not be marked as present.

Automatic suspensions apply in the following cases:

- Expulsion (men): Suspension for the remainder of the game and the next match.
- Red card (women): Suspension for the remainder of the game and the next match.
- Second instance of five (5) personal fouls in one game (men): Suspension for the next match.
- Eight (8) penalty points (women): Suspension for the next match, after which 8 points are deducted from the total.

Penalty points are assigned as follows:

Yellow card = 2 points

Yellow/Red card = 4 points (including 2 for the prior yellow)

Red card = 8 points

For direct suspensions (red card or expulsion), the head referee must report the incident to the federation within three days, including a description of the event and those involved.

In case of a second automatic suspension, the federation board may decide on a longer suspension. Such a decision may be appealed to the complaints committee by the club.

3. Ranking

The winning team earns one (1) point. Draws are not allowed. The losing team earns zero (0) points.

Rankings are determined by the total points. If teams are tied, ranking is decided based on the following criteria (in order):

- (a) Head-to-head result
- (b) Difference between goals in favor and goals against between the head-to-head teams
- (c) The difference between scores in favor and scores against during the entire season
- (d) Total goals scored during the season

If the ranking is still tied after all above criteria are applied, a deciding match will be played.

4. Division 1 Finals

The top four (4) teams in the first division compete in the final weekend. The first ranked team will play the fourth ranked team. The second team will play the third ranked team. The winners of these games play the finals for the national championship. The losing teams will play third place in the first division.

5. Promotion and Relegation (Play-offs)

In addition to division 1 finals, promotion/relegation matches will be played. The lowest-ranked first division team plays the winner of the second division. The second lowest-ranked team of the first division plays the runner-up of the second division. The latter only happens if the first division consists of at least six (6) teams. The winning teams will play in the first division the following season. The same structure will be applied to all lower divisions.

The federation may choose to schedule these playoff games on a different weekend or at a different location than the division 1 finals.

6. Eligibility for division 1 finals and play-offs

Players must have played at least four (4) competition matches with a team before participating in the finals or playoffs. If injured players are present at a game, they may be marked as such on the game roster to count the game toward their eligibility. Injured players do not have to wear a uniform, nor do they have to have been approved for play by an official to be registered as present. The injured player will be counted as part of the maximum number of players that are allowed to play during a game (see C4).

7. Eligibility exemption for division 1 finals and play-offs

Players who are unable to partake in part of the lacrosse season may request a dispensation to rule D6. Any dispensation request must be submitted before 15 February of that season.

8. Ken Galluccio Cup

The Ken Galluccio Cup (KGC) is organized by the European Lacrosse Federation for all European national champions. The federation invites the champion of the first division to participate.



Tournament fees are covered by the federation. Further costs (travel and accommodation etc.) are the responsibility of the club and/or players.

E. Game Day Procedures

1. Hosting a Game Day

One team hosts all matches scheduled for that division's game day.

The hosting team is responsible for field availability and the correct field setup, markings, and match administration facilities, including:

- Cones
- 3 stopwatches
- Sufficient game forms and pens
- Printed instructions for score/time officials
- World Lacrosse rulebook or summary
- A scoreboard visible from the field
- Sufficient balls
- Stocked first-aid kit

The field must be ready at least 30 minutes before the first match. Each team must have field access at least 15 minutes before the start of the game.

A comprehensive overview and guidelines for the organizing of the gameday can be found in the Team manager Handbook and "how to organize a gameday" document available to boards. Failure to comply with hosting guidelines results in: 1st offense: official warning; 2nd and subsequent offenses: a hundred (100) euro fine.

2. Game Day Invitation

The hosting team must send invitations to participating teams and the referee committee at least 7 days before the game day, including: match start times, location, field type, catering and locker room availability, and any special notes.

3. Punctuality

All games must begin at the scheduled time as indicated on the game day invitation. If a team causes a delay of more than 20 minutes, they will get an official warning. When a team causes a delay for a second or subsequent time in the season, they will be fined fifty (50) euros. In all cases, the team which is on-time starts with possession. The head referee notes delays and responsible teams on the score sheet.

4. Game Registration

Game registration is done through LeagueMaster. The host club provides game forms. The home team is responsible for timely submission of the game statistics and results by:

- Providing a device with LeagueMaster for roster checks before the match
- Taking responsibility over the game form after the game. A photo of the signed game form is to be e-mailed to the federation before midnight after the game
- Entering full match details into LeagueMaster within two days (if the game is on Sunday, the deadline is Tuesday at 18:00).

Failure to comply with these rules and guidelines for the first time will result in an official warning. Further offenses will result in a fine of fifty (50) euros.

5. Officials and Table personnel

The federation requires teams to provide referees and table staff for other games that are played during the same gameday. In most cases the federation will request:

- The Hosting team to provide a full crew of officials and table personnel for the first match of the day
- Traveling teams provide 50% of the crew of officials and table personnel for the match following their own
- Teams playing the last match are not required to provide officials or table personnel.

Any deviations from the above will be noted in the competition schedule.

The officiating crew per game will consist of at least:

- Women's games: 4 officials, 2 table staff
For division 1 games. At least 2 officials must be Level 1 certified
- Men's games: 3 officials, 2 table staff

The team must submit the names of their officials to the referee committee by Monday before the game day.



Tardy submission of officials' information to the committee will first result in a warning. Subsequent tardy submission will result in a fifty (50) euro fine.

Failure to provide officials for a game will result in a hundred (100) euro fine. Providing unlicensed officials to a game will count as not provided, and as such will result in a hundred (100) euro fine as well.

Teams who deliver officials who are tardy to the game receive a fifty (50) euro fine.

Matches will not start without the required number of referees.

6. Player Uniforms

Teams must wear clearly distinguishable uniforms. If teams have similar colors, the away team must wear a team uniform in a contrasting color. All player clothing must comply with World Lacrosse rules and Appendix 1.

Violations of the clothing and gear requirements may be reported to the federation by the head referee and/or opponent.

This report requires photo evidence. Based on the report, the federation may decide to fine the team which was not in compliance with the player clothing and gear requirement according to the following guideline:

- 1st offense: official warning
- 2nd offense: fifty (50) euros fine
- 3rd offense: a (1) point deduction and hundred (100) euros fine.

The above is in addition to any measures taken by the officiating team based on the rulebook in order to ensure a safe and fair game.

F. Match Cancellations & Rescheduling

1. Cancellations

If a team cancels, this will count as forfeiture and the result will be 0–12 (see D1). In this case, the forfeiting team must provide all officials and bench personnel for the game they were assigned to. The opponent of the cancelling team does not have to provide officials or bench personnel. Failure to provide the officials and table personnel results in a fine of a hundred (100) euros.

Additionally, the fines for cancellation will be as follow:

- First Division: 1st offense: – one (1) point deduction and two hundred fifty (250) euros fine (€150 to the federation, €100 to the host club). For the second or subsequent offense a two (2) point deduction will be applied.
- Other Divisions: hundred (100) euro fine to be paid to the host club and one (1) point deduction. For the second or subsequent offense a two (2) point deduction will be applied.

2. Rescheduling Due to Force Majeure

When game cancellation is due force majeure circumstances (such as a public transport strike, death of a club member, or extreme weather) no fines will be applied, and the game will be rescheduled. The federation will decide if force majeure applies. When force majeure does not apply, the cancellation procedure as in F1 is followed.

To reschedule, the cancelling team must propose two possible new dates within a week (federation in cc), of which at least one date must be a Saturday or Sunday. All proposed dates must be at least 3 and no more than 8 weeks in the future, or at least 7 days before finals. The opponent must choose between the proposed dates within one week. The cancelling team must arrange all game facilities (see D1) and bears any related costs.

3. Rescheduled matches

If matches are cancelled by the federation, they will be rescheduled. Reasons for cancellation may include field closures or extreme weather (e.g. weather warnings or projected lightning storms). The gameday will be rescheduled on the next official make-up day which can be found in the competitions schedule.

G. Complaints and Misconduct

1. Federation Responsibility

All federation members are bound by its regulations. A competition day is a federation event. Federation regulations and rules apply during the entire game day. Federation responsibility starts 30 minutes before the first game and ends 30 minutes after the last.

2. Complaints About Organization or officiating

The federation is responsible for the organization and facilitation of high-quality competition. To accomplish this, the federation relies heavily on the commitment of members and clubs. If a team believes they have been significantly disadvantaged by poor organization or officiating, they can report this to the federation. Any report must be filed with the federation board within seven (7) days of the incident and include a description of the incident, any people involved with the incident, and its perceived impact on the game or competition result.



When a complaint involves an automatic suspension (see D2), a decision to lift the suspension can only be taken if a report is filed at least three (3) days before the next match. In this case, the team must mention the urgency of the report in the subject line and notify the federation board by phone with a phone message (e.g. text or WhatsApp message).

3. Suspension for Misconduct or Regulation Violations

Players, clubs, referees, and others may report misconduct before, during, or after federation activities. Reports must be received within seven (7) days of the incident.

The board may impose suspensions, fines, or both for infractions of its rules and regulations. Clubs are responsible for any paying fines charged to their members, coaches, or spectators.

Misconduct includes but is not limited to:

- Fighting during an NLB event
- Playing an official NLB competition game under the influence of alcohol and/or drugs
- Excessive unsportsmanlike behavior (e.g., verbal abuse, intentional harm)
- Defamation
- Violations of the NLB Code of Conduct
- Any other behavior the board deems misconduct

Appeals against such sanctions may be filed with the Complaints Committee.



Appendix 1: Clothing and Equipment

The federation follows World Lacrosse regulations for team clothing and equipment. In summary:

- Players must wear uniforms in the same team colors. A uniform consists of a shirt or top with pants, shorts, or a skirt and socks.
- Undergarments are allowed, provided all players in the team wear them in the same color. Medical wear (braces, tape) does not fall under this rule.
- Shoes must be suitable for the playing field (grass or turf). Metal studs are always prohibited.
- Players must wear the mandatory protective gear for their discipline and playing position and may add any optional World Lacrosse approved gear.
- Certification of protective gear is managed by World Lacrosse and is subject to change and expiration. Players themselves are responsible for ensuring current certification of their gear.

Uniform Guidelines

In addition to (or in some cases in deviation of) World Lacrosse guidelines, the below regulations apply. Any team that intends to change their uniform design must confirm its compliance with competition rules with the federation before any final decisions are taken.

Uniform and team colors

- A uniform consists of a shirt or top with pants, shorts, or a skirt and socks.
- Teams may select up to 4 team colors. Team colors or color combinations may be used by more than one team or club.
- The shirt has one primary color and may include accents in secondary team colors.
- Each team must have both home and away uniforms
- The away shirt must have a primary color different from the home uniform.
Pants, shorts, skirts and socks may be the same for both the home and away uniform.

Numbers

- Shirts must display identical numbers on the front and back.
- Shorts/skirts/socks need not display numbers. If they do, it must match the shirt number.
- Numbers must range from 1 to 99
- The numbers on the uniform must meet the following requirements:
 - Clearly legible font
 - High contrast to shirt's main color
 - Minimum sizes:
Women: front at least 15 cm high, back at least 20 cm high
Men: front at least 20 cm high, back at least 25 cm high



Appendix 2: Overview important dates and deadlines

Date	Action	By
15 juli	Announcement competition period Announcement potential game dates	Federation / Commissie breedtesport
1 augustus	Request for changes to game dates	Clubs
15 augustus	Registration new team Deregistration existing teams Register availability for hosting game days Request for hosting game day on Saturday	Clubs
15 september	Publication final competition schedule Publicatie 'Deviations from World Lacrosse rules'	Federation / Commissie breedtesport Federation / Scheidsrecherscommissie
15 February	Request for exemption eligibility finals first division and play-offs	Clubs

