



PLAYBOOK Lacrosse

Location (s):	Radboud Sportcentrum field 3&4
Dates:	21 & 22 June 2025
Match times:	Saturday: 11:00–16:00 Sunday: 11:00–15:45
Committee contact person:	Dorian van der Pol
All information:	GNSK 2025 Nijmegen and/or GNSK 2025 app

Committee Composition

The lacrosse committee consists of the following people:

Name	Function	Phone number
Maud ter Schure	President	
Eva Franke	Match Secretary	
Dorian van der Pol	Secretary	

The committee can be reached at the following e-mail address:
voorzitter@kannibalz.nl

Timetable

Women:

Friday:

No commitments from lacrosse

Saturday:

10:30: gather on the field for team distribution and joint warm-up.

11:30: Start of games

16:00: expected end time of last game

Sunday:

11:00 Start of first game (PLEASE NOTE: you are responsible for warming up with your team)

13:45 Start of men's final

15:00 Start of women's final

15:45 Expected end time lacrosse

18:00 Award ceremony

Men:

Friday:

No lacrosse commitments.

Saturday

11:00 Start first game (NOTE: responsible for warming up with your team)

15:45: Expected finishing time final game

Sunday:

11:00 Start first game (NOTE: responsible for warming up with your team)

13:45 Start men's final

15:00 Start women's final

15:45 Expected finishing time lacrosse

18:00 award ceremony

Match schedules

The match schedules can be found in the GNSK 2025 app in the section match schedules. Instructions and explanations about the app can be found below.

The group stage of the team tournament in both men's and women's events is played with 3 teams playing each other twice. The 2 best teams will play the final against each other.

Mannen

Dag	Tijd	Wedstrijd
Zaterdag 21 juni	11:00 – 11:45	Wageningen vs Nijmegen
Zaterdag 21 juni	12:15 – 13:00	Enschede vs Wageningen
Zaterdag 21 juni	13:00 – 13:45	 Lunchpauze
Zaterdag 21 juni	13:45 – 14:30	Nijmegen vs Enschede
Zaterdag 21 juni	15:00 – 15:45	Nijmegen vs Wageningen
Zondag 22 juni	11:00 – 11:45	Wageningen vs Enschede
Zondag 22 juni	12:15 – 13:00	Enschede vs Nijmegen
Zondag 22 juni	13:00 – 13:30	 Pauze / vrije invulling
Zondag 22 juni	13:45 – 14:30	 Finale: Top 2 teams

Vrouwen

Dag	Tijd	Wedstrijd
Zaterdag 21 juni	10:30 - 11:30	Kennismaking teams en gezamenlijke warming up
Zaterdag 21 juni	11:30 – 12:15	Team 1 vs Team 2
Zaterdag 21 juni	12:45 – 13:30	Team 2 vs Team 3
Zaterdag 21 juni	13:30 – 14:00	 Lunchpauze
Zaterdag 21 juni	14:00 – 14:45	Team 3 vs Team 1
Zaterdag 21 juni	15:15 – 16:00	Team 1 vs Team 2
Zondag 22 juni	11:00 – 11:45	Team 2 vs Team 3
Zondag 22 juni	12:15 – 13:00	Team 3 vs Team 1
Zondag 22 juni	13:00 – 13:30	 Pauze / vrije invulling
Zondag 22 juni	15:00 – 15:45	 Finale: Top 2 teams

Lacrosse related issues

It is important to read through the regulations (see *at the very end of this playbook*) for all participants and team officials.

Please note that we are playing this tournament in **Sixes** format, please be well aware of the rules of play involved. These are different from field lacrosse.

Here are some important points:

- There will be a 30-second shot clock
- On a goal, the goalie of the team that scored immediately resumes play



For warm-up you need to bring your own balls. We have balls for the matches.

Competition Venue

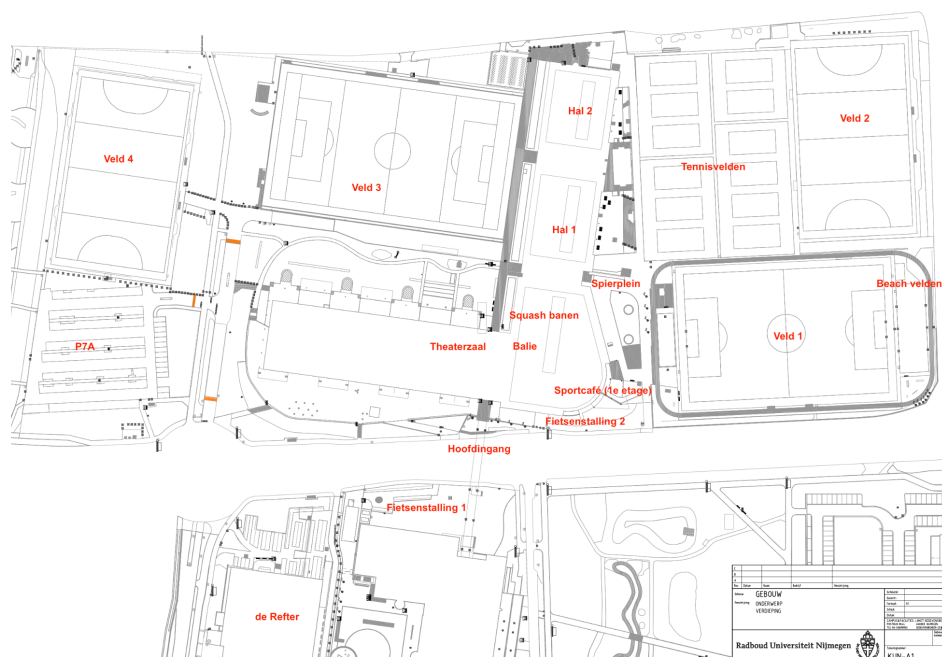
Lacrosse is played on Saturday and Sunday at the Radboud Sportcentrum on field 3 & 4. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen**

Public Transport: From Nijmegen train station, take bus lines 10, 14, or 15 to the *Erasmusgebouw* bus stop.

Car: GNSK participants can use parking areas P7A and P13 of Radboud University free of charge.

Bicycle: Approximately 15 minutes by bike from Nijmegen train station.

Map Radboud sportcentrum:



Before participating in any matches at the competition venue, registration is required at the registration desk in the Radboud Sportcentrum (see below for more information).

Registration GNSK 2024

Signing up and registration for the GNSK 2025 must be done before participating in the sports tournament. This can be done on Friday in sporthal 1C and on Saturday at the registration desk in the Radboud Sportcentrum. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen.**

You can sign up the following times:

- Friday 20 June: 16.00 tot 20.00 uur
- Saturday 21 June: 8u tot 13u

You must be able to provide the following documents before applying:

- Valid certificate of registration from the educational institution, or certificate of graduation (*Only required for participants, not for team officials*)
- Valid accreditation card on the GNSK 2025 app (*see below GNSK 2025 app*)
- Valid passport, ID card or driving license

After this is done, participants and team officials can go to the competition venue with a valid accreditation.

Transport to Radboud Sportcentrum

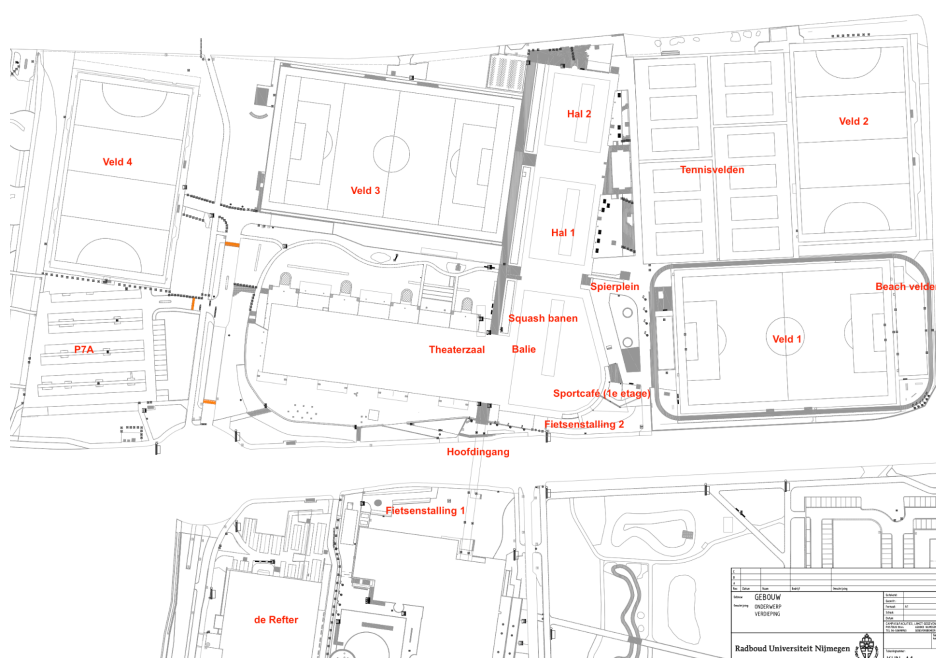
At the Radboud Sportcentrum several sports tournaments will be organised and all participants and team officials should sign in and register here. Breakfast and dinner will also be served next to the Radboud Sportcentrum in the Refter. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen.**

Public Transport: From Nijmegen train station, take bus lines 10, 14, or 15 to the *Erasmusgebouw* bus stop.

Car: GNSK participants can use parking areas P7A and P13 of Radboud University free of charge.

Bicycle: Approximately 15 minutes by bike from Nijmegen train station.

Map Radboud Sportcentrum



GNSK 2025 app

Once again this year there is the GNSK app containing all the information about the GNSK, such as first aid, party and competition programmes. Importantly, the app is used for accreditation during the GNSK and every participant and team official must download this app. In the following steps, you can download the app and request your personal accreditation:

Step 1: Download the GNSK app for Android or Apple

Step 2: Open the GNSK app and click on three bars in the top left corner.

Step 3: Click on 'accreditation'

Step 4: Enter your phone number

Step 5: Enter the verification code you receive in a sms

Catering

Breakfast

Breakfast on Saturday and Sunday morning is only available to participants, team officials, and volunteers who have booked the camping package with breakfast. The breakfast buffet is provided at *De Refter* (Erasmusplein 3). Each guest may visit the buffet once. We kindly ask everyone to clean up their leftovers and waste afterwards.

Breakfast is served from 6:30 to 9:00 AM. Specific time slots will be announced later.

The breakfast includes:

- Bread: Whole wheat bread / White bread
- Toppings: Cheese / Chicken breast / Strawberry jam / Chocolate sprinkles / Boiled egg
- Other: Mini donut / Hangop (strained yogurt) / Muesli / Fruit
- Drinks: Coffee / Tea / Orange juice

Lunch

During the weekend, participants and team officials are responsible for arranging their own lunch. Various food stalls will be available at the Radboud Sports Centre, and you can also visit *The Yard*, the sports café located inside the centre.

Dinner

Dinner on Friday and Saturday is only available to participants, team officials, and volunteers who have booked the camping package with dinner. Dinner is provided at *De Refter* (Erasmusplein 3). Each guest may visit the buffet once. We kindly ask everyone to clean up their leftovers and waste afterwards.

Dinner is served from 5:00 to 8:00 PM. Specific time slots will be announced later.

Meals are served vegetarian by default. Please indicate any dietary requirements when registering.

- Friday dinner: Pasta Bolognese with Italian salad and ciabatta
- Saturday dinner: Rice with chicken curry and cucumber salad

Campsite

Accommodation is provided at the Radboud Sportcentrum in the sports halls and at a campsite located at Sportpark D'Almarasweg.

Sleeping facilities are only available to those who indicated this during their registration for GNSK 2025. Participants will either sleep in the indoor sports halls or camp on a grass field using their own tents.

Those staying in the sports halls must bring their own sleeping gear

(including mat or air mattress, blanket, and pillow).

Those camping outdoors must bring their own tents and full sleeping equipment. It's important to bring a tent appropriately sized for the number of people sleeping in it. Oversized tents for too few people may be refused by the organization. If unsure, please consult the GNSK organization in advance.

We will do our best to provide sufficient power outlets and lighting at the campsite, but please note that these may be limited. We recommend bringing a flashlight and an extra power bank for added comfort.

The Radboud Centrum will be accessible at night, and the campsite will have security present 24/7.

Camping Rules

These rules are in place to ensure a pleasant and safe weekend for everyone. The organization and security staff reserve the right to remove anyone who does not comply with these regulations. You must follow the instructions of security staff, the organization, and volunteers at all times.

1. The general terms and conditions of GNSK 2025 apply to the campsite.
2. Visitors are only allowed on the campsite upon showing their accreditation in the GNSK 2025 App after registering at the registration desk in the Radboud Sports Centre.
3. Camp only in the designated areas.
4. Your tent must be appropriately sized for the number of people sleeping in it. Oversized tents may be refused.
5. Caravans, campers, and folding trailers are not allowed.
6. Passenger vehicles are not allowed on the campsite. These can be parked for a fee around the campus.

7. The campsite opens on Friday at 4:00 PM. Tents must be removed by Sunday, June 22, no later than 6:00 PM.
8. Arrival at the campsite is possible until Saturday, June 21, at 8:00 PM. Upon first arrival, report to a volunteer who will assign your camping spot.
9. A certified emergency responder (BHV'er) will be present from 8:00 PM to 8:00 AM in the tent next to the campsite.
10. Security and/or volunteers will monitor the campsite throughout the weekend. In case of emergencies, contact them or the central information desk at the Radboud Sports Centre.
11. Leaving personal items is at your own risk. The organization is not responsible for lost or damaged belongings.
12. Sufficient toilet facilities are available next to the campsite. Keep them clean and tidy for the next user.
13. Power supply at the campsite is limited.
14. Open flames, including BBQs and gas cylinders, are prohibited. Cooking is not allowed due to fire safety.
15. Waste must be disposed of in the designated bins.
16. Respect the sleep of others. Quiet hours are from 10:00 PM to 7:00 AM. Sound systems are not allowed during this time.
17. Pets are not allowed on the campsite.
18. Commercial activity, advertising, or distributing publications near the entrances or on the campsite is only allowed with prior written permission from the organization.
19. You may bring and consume your own food and drinks on the campsite, but all waste must be cleaned up.
20. Alcohol consumption is allowed, but only in cans or plastic containers.
21. Strong alcoholic beverages and any form of drugs are strictly prohibited.
22. Glass is not allowed on the campsite for safety reasons. Bags will be checked upon entry.
23. Smoking is only allowed in the designated areas next to the campsite, not on the campsite itself.
24. Upon departure on Sunday, security or volunteers may check your camping spot. You may be asked to clean up any remaining waste.

Opening ceremony

To officially kick off the GNSK together, a welcome speech and group warm-up will be organized on Friday at 7:00 PM on Field 1 of the Radboud Sports Centre.

Party

What would the *Groot Nederlands Studenten Kampioenschap* be without a legendary party? Exactly – not a complete weekend! That's why we're going all out this year. In collaboration with The Tributeparty, we're bringing you an evening full of energy, dancing, and unforgettable moments.

What to expect?

On Saturday night, after all the sporting achievements have been made and your muscles start to complain, it's time to trade in your sports shoes for dancing shoes. The party will take place in Park Brakkenstein, which will be fully transformed into a festival site.

The Tributeparty is known for their sold-out events in Nijmegen and beyond! Whether you're into 90's classics, 00's pop rock, or secretly love dancing to Bruno Mars – the Tributeparty has something for everyone!

In short: this is a night you don't want to miss!!!

Details

Date & Time: Saturday evening, from 8:00 PM to midnight

Location: Park Brakkenstein

Admission: With party ticket (purchased during registration)

Protest formulier

Naam/namen

Stad

Team/sport

Datum

Tijdstip

Locatie voorval

Betreffende artikel of bepaling dat overtreden zou zijn:

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Beschrijving van de situatie:

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Eventuele getuigen:

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Handtekening:

Datum + tijdstip:

Het protestgeld bedraagt €10,-. Bij toekenning van het protest zal restitutie plaatsvinden. Dit zal achteraf gefactureerd worden.

Dit formulier dient uiterlijk 1 uur na kennisgeving van protest volledig ingevuld bij de wedstrijdcommissie te zijn ingeleverd.

Wedstrijdreglementen (NL en ENG)

Wedstrijdreglement Lacrosse

GNSK 2025

Teamsamenstelling en speelgerechtigheid

1. Per Overkoepelende Studenten Sport Organisatie (hierna: OSSO)/stad kunnen meerdere heren- en damesteams ingeschreven worden. Een team bestaat uit minimaal 6 en maximaal 12 personen. Het eerste ingeschreven team per OSSO/stad heeft altijd recht om mee te doen. Afhankelijk van het aantal ingeschreven teams wordt besloten of de andere teams mee kunnen doen. Mochten er te veel teams zijn voor de overgebleven plekken, gaat deelname op basis van volgorde van inschrijving.

2. De ingeschreven deelnemers van een OSSO/stad mogen uitsluitend bestaan uit studenten die voldoen aan de voorwaarden als gesteld in hoofdstuk 1 van het evenementenreglement van SSN. Bij overtreding van deze regel verliest het team alle wedstrijden. Als er een ongerechtigde deelnemer meedoet aan het GNSK, wordt er een boete van €200,- in rekening gebracht bij de OSSO/vertegenwoordigende organisatie in de stad voor welke die deelnemer uitkomt.

3. De teamrosters dienen ingediend te worden tijdens de opgave voor het GNSK.

Wedstrijdbepalingen

4. Het teamroster moet bij de tafelaars ingeleverd worden voor de aanvang van de eerste wedstrijd van het betreffende team.

5. De poule-indeling geschiedt op basis van loting. Het winnende team krijgt 1 punt. Bij gelijke stand in de poule telt onderling resultaat. Als dit geen uitslag geeft, wordt gekeken naar het doelsaldo (doelpunten voor min doelpunten tegen).

6. Er wordt gespeeld volgens de World Lacrosse sixes official playing rules 2024-2025

(https://worldlacrosse.sport/wp-content/uploads/2024/09/2024_SixesRules_FINAL.pdf):

6.1. De afmetingen van het veld zijn als volgt: 70 x 36 meter.

6.2. Maximaal vijf reguliere spelers en een goalkeeper mogen op het veld.

6.3. De wedstrijd bestaat uit vier kwarten van 8 minuten met een shot clock van 30 seconden en running clock. De shot clock reset bij verandering van balbezit.

6.4. De tijd stopt bij een timeout, einde van een kwart, blessure of tijdens een dode spelsituatie tijdens de laatste twee minuten van het vierde kwart.

6.5. Tussen het eerste en tweede kwart en tussen het derde en vierde kwart is een pauze van twee minuten. Tussen het tweede en derde kwart is een pauze van vijf minuten.

6.6. Draws en face-offs geschieden enkel na elk kwart en bij overtime. De goalie heeft 5 seconden na elke goal om de bal weer terug in het spel te brengen.

6.7. De goalie blijft gedurende het gehele spel achter de middellijn.

6.8. Beide teams hebben twee timeouts van 30 seconde per helft. En 1 time-out per overtime periode.

6.9. Longpoles zijn niet toegestaan. Goalie-, mannen- en vrouwensticks blijven aan dezelfde eisen voldoen als veldlacrosse.

6.10. Bij mannen: body checking is strikt verboden.

6.11. Bij vrouwen: het is toegestaan de shaft te gebruiken bij het maken van contact bij on man defense. Het wordt sterk aangeraden eyewear te dragen gedurende de wedstrijden.

7. Wanneer de stand gelijk is aan het einde van de reguliere speeltijd, wordt er verder gespeeld met sudden-victory verlenging.

7.1. De periodes bestaan uit vier minuten speeltijd met tijdstop, totdat een doelpunt wordt gescoord.

7.2. Er zal een pauze van twee minuten zijn voorafgaand aan de eerste sudden-victory verlengingsperiode en tussen alle daaropvolgende periodes van sudden-victory verlenging.

7.3. Als een wedstrijd na de eerste sudden-victory verlengingsperiode (d.w.z. wanneer geen van beide partijen een doelpunt heeft gescoord) nog steeds gelijk staat, volgt er een pauze van twee minuten, gevolgd door een tweede sudden-victory verlengingsperiode van vier minuten. Deze procedure wordt herhaald totdat het eerste doelpunt is gescoord.

Slotbepalingen

8. Voor zover in bovenstaande punten of sixes regels geen uitzondering wordt gemaakt, zijn de reglementen van een reguliere wedstrijd (zoals gebruikt in de competities van de NLB) van kracht.
9. Er zijn twee scheidsrechters aanwezig. Teams hoeven zelf geen scheidsrechters aan te leveren, maar dit mag wel. Protesten worden niet geaccepteerd voor zover deze scheidsrechterlijke beslissingen betreffen.
10. Niet spelende teams dienen volgens schema spelers aan te dragen om te tafelen bij wedstrijden.
11. De teams dienen gelijkgekleurde shirts met unieke rugnummers te dragen.
12. De organisatie draagt geen verantwoordelijkheid voor ongevallen of schade aan derden vóór, tijdens of na de wedstrijd. Deelname geschiedt op eigen risico.
13. De organisatie draagt geen verantwoordelijkheid voor diefstal vóór, tijdens of na de competitie
14. Deelnemers dienen zich eerlijk en sportief te gedragen en volgens de regels van de sport; fair play
15. Deelname onder invloed van alcohol, drugs, etc. is strikt verboden.
16. Witte wedstrijdballen worden verstrekt, oefenballen moeten worden meegenomen.
17. In alle gevallen behoudt de commissie zich het recht voor om een bindende beslissing te nemen.

Lacrosse Regulations

GNSK 2025

Team composition and eligibility

1. Per Overkoepelende Studenten Sport Organisatie (hereinafter: OSSO)/city, several men's and women's teams can be registered. A team consists of a minimum of 6 and a maximum of 12 people. The first registered team per OSSO/city is always entitled to participate. Depending on the number of teams registered, it will be decided whether the other teams can participate. Should there be too many teams for the remaining places, participation will be in order of registration.

2. The registered participants of an OSSO/city may only consist of students who meet the conditions as stated in chapter 1 of SSN's event regulations. If this rule is violated, the team loses all competitions. If an unauthorised participant competes in the GNSK, a fine of €200 will be charged to the OSSO/representing organisation in the city for which that participant competes.

3. Teamrosters should be submitted during the entry for the GNSK.

Match provisions

4. The teamroster must be handed in to the tablehands before the start of the respective team's first match.

5. Poule allocation is based on a draw. The winning team receives 1 point. In the event of a tie in the poule, mutual result counts. If this does not give a result, the goal difference (goals for minus goals against) will be considered.

6. Games will be played according to the World Lacrosse sixes official playing rules 2024-2025 (https://worldlacrosse.sport/wp-content/uploads/2024/09/2024_SixesRules_FINAL.pdf):

6.1. Field dimensions are as follows: 70 x 36 metres.

6.2. A maximum of five regular players and a goalkeeper are allowed on the field.

6.3. The game consists of four 8-minute quarters with a 30-second shot clock and running clock. The shot clock resets at change of ball possession.

6.4. Time stops at a timeout, end of a quarter, injury or during a dead game situation during the last two minutes of the fourth quarter.

6.5. There is a two-minute break between the first and second quarters and between the third and fourth quarters. There is a five-minute break between the second and third quarters.

6.6. Draws and face-offs occur only after each quarter and at overtime. The goalie has five seconds after each goal to put the ball back in play.

6.7. The goalie remains behind the centre line throughout the game.

6.8. Both teams have two timeouts of 30 seconds per half. And 1 timeout per overtime period.

6.9. Longpoles are not allowed. Goalie, men's and women's sticks remain subject to the same requirements as field lacrosse.

6.10. In men: body checking is strictly prohibited.

6.11. In women: it is allowed to use the shaft when making contact in on man defence. It is strongly recommended to wear eyewear during matches.

7. When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

7.1. Periods are four minutes of stopped time until a goal is scored.

7.2. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.

7.3. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden victory overtime period. This procedure will continue until the first goal is scored.

Closing provisions

8. Unless an exception is made in the above points or sixes rules, the regulations of a regular match (as used in the competitions of the NLB) shall apply.

9. Two referees will be present. Teams do not have to provide their own umpires, but this is allowed. Protests will not be accepted as far as refereeing decisions are concerned.

10. Non-playing teams should provide players to table at matches according to schedule.

11. Teams should wear like-coloured shirts with unique back numbers.

12. White match balls will be provided, practice balls must be brought along.

13. The organisation bears no responsibility for accidents or damage to third parties before, during or after the match. Participation is at your own risk.

14. The organisation bears no responsibility for theft before, during or after the competition

15. Participants must behave honestly and sportingly and according to the rules of the sport; fair play

16. Participation under the influence of alcohol, drugs, etc. is strictly prohibited.

17. In all cases, the committee reserves the right to make a binding decision.