

# WOMEN'S GAME

## 2016 OFFICIALS TRAINING MANUAL



**US LACROSSE NATIONAL HEADQUARTERS**

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<b>PART 1: INTRODUCTION</b> .....	<b>1:1</b>
Women’s Game Officials Sub Committee .....	1:2
Safety and Responsibility .....	1:3
Message To Officials .....	1:4
How To Use The Manual .....	1:5
Code of Conduct .....	1:6
US Lacrosse Code of Ethics .....	1:8
Respect .....	1:8
Fairness .....	1:8
Teamwork .....	1:9
Communication .....	1:9
Conflict of Interest .....	1:9
Legality .....	1:9
Statement of Philosophy .....	1:10
<b>PART 2: GAME PROCEDURES</b> .....	<b>2:1</b>
Pre-Game .....	2:2
Play of the Game .....	2:10
Half Time/Timeouts .....	2:20
Post Game .....	2:22
<b>PART 3: MAKING THE CALL</b> .....	<b>3:1</b>
Points of Emphasis .....	3:2
Introduction .....	3:4
I. Major Fouls .....	3:6
A. Committed by the Defense .....	3:6
B. Committed by the Defense and Result in a “Scoring Play” (Slow Whistle) .....	3:10
1. Scoring Play Defined .....	3:10
2. End of Scoring Play Defined .....	3:10
C. Committed by the Attack .....	3:11
D. Committed by both the Defense and Attack .....	3:14
II. Minor Fouls .....	3:18
III. Goal Circle Fouls .....	3:21
IV. Misconduct and/or Suspension .....	3:22
V. Major Foul Considerations .....	3:24
A. Body Contact .....	3:24
Block .....	3:24
Charge .....	3:24
Pick .....	3:26

CONTENTS

- B. Obstruction of the Free Space to Goal . . . . .3:27
  - Zone Defenses . . . . .3:27
  - Making the Call . . . . .3:28
  - FSG: Examples of “No Call” Situations . . . . .3:30
  - FSG: Examples of “Call” Situations . . . . .3:32
  - FSG: Examples of Zones & Free Space Obstruction. . . . .3:33
  - FSG: Officials Responsibilities . . . . .3:34
- C. Three Seconds . . . . .3:35
  - Making The Call . . . . .3:35
  - Three Seconds: Examples of No Violation Situations. . . . .3:38
- D. Use of Cards. . . . .3:40
  - Carding Procedure . . . . .3:41
  - 2nd Yellow Card (Suspension). . . . .3:42
  - Red Card (Ejection) . . . . .3:44
  - Fourth and Subsequent Cards. . . . .3:45
  - Early Re-Entry. . . . .3:45
  - Ejection of a Player. . . . .3:46
  - Carding/Suspension of Coaches and Team Personnel . . . . .3:46
  - Misconduct by Team Followers/Spectators . . . . .3:47
  - Managing Incidents Involving Physical Altercations . . . . .3:48
  - Misconduct After the Game . . . . .3:48
- VI. Minor Foul Considerations . . . . .3:49
  - A. Delay of Game . . . . .3:49
  - B. Upgrading to a Major Foul . . . . .3:51
- VII. Watch That Goalkeeper. . . . .3:51
  - Goal Circle Fouls . . . . .3:51
  - Minor Foul by the Goalkeeper. . . . .3:53
  - Major Fouls by the Goalkeeper. . . . .3:54
  - Body Ball by the Goalkeeper. . . . .3:56
  - Deputy Goalkeeper. . . . .3:57
- VIII. Out of Bounds. . . . .3:58
  - Boundary Set Ups. . . . .3:62
- IX. Youth Rules Specific Guidance. . . . .3:69

<b>PART 4: ADMINISTERING THE PENALTY</b> . . . . .	<b>4:1</b>
Major Fouls - Outside the Critical Scoring Area . . . . .	4:2
Major Fouls - Inside the Critical Scoring Area . . . . .	4:3
Scoring Play . . . . .	4:3
Slow Whistle Penalty Administration . . . . .	4:8
Minor Fouls - Outside the Critical Scoring Area . . . . .	4:12
Minor Fouls - Inside the Critical Scoring Area . . . . .	4:13
Placement of Goalkeeper . . . . .	4:16
Offsetting and Subsequent Fouls . . . . .	4:18
Cardable Offense After a Goal is Scored . . . . .	4:20
Deputy and Illegal Deputy . . . . .	4:23
Misconduct . . . . .	4:23
<b>PART 5: RESTRAINING LINE</b> . . . . .	<b>5:1</b>
Synopsis of the Rule . . . . .	5:2
If the Defense Fouls . . . . .	5:3
If the Attack Fouls . . . . .	5:6
Offsetting Fouls . . . . .	5:8
Inadvertent Whistle . . . . .	5:9
Setting Up the Free Position . . . . .	5:9
Defense Offside: Ball Inside the CSA . . . . .	5:9
Defense Offside: Ball Below Goal Line Extended . . . . .	5:10
Defense Offside: Ball Outside CSA and Above Goal Line Extended . . . . .	5:10
Attack Offside . . . . .	5:10
Officiating Suggestions . . . . .	5:11
Game Situations . . . . .	5:12
<b>PART 6: OFFICIAL POSITIONING</b> . . . . .	<b>6:1</b>
General Suggestions For Officials . . . . .	6:2
Techniques and Positioning . . . . .	6:4
Two Person System - Specifics . . . . .	6:5
Two Person System - Diagrams . . . . .	6:7
Three Person System - Specifics . . . . .	6:13
Three Person System - Diagrams . . . . .	6:16
Officiating the Goal Circle . . . . .	6:20
Quadrants . . . . .	6:20
Tangents . . . . .	6:23
A Shot From The Left . . . . .	6:23
A Shot From The Right . . . . .	6:23
A Shot From The Center . . . . .	6:24

**PART 7: NCAA COLLEGE OFFICIALS . . . . . 7:1**

Points of Emphasis . . . . . 7:2

Introduction . . . . . 7:4

Rules Comparison . . . . . 7:4

College Specific Rule Interpretations and Information . . . . . 7:4

    Pregame Protocol . . . . . 7:4

    Positioning . . . . . 7:5

    Stick Checks . . . . . 7:5

    Illegal Stick . . . . . 7:9

    10-Goal Rule and Timeouts . . . . . 7:9

    Timeout Procedure . . . . . 7:10

    Defense in the Goal Circle . . . . . 7:11

    Carding . . . . . 7:11

    Penalty Administration for Three Seconds . . . . . 7:13

    Horizontal Stick . . . . . 7:14

    Self Starts . . . . . 7:14

    Boundary Examples . . . . . 7:15

**PART 8: APPENDIX . . . . . 8:1**

WGOSC US Lacrosse Approved Uniform . . . . . 8:3

Visual Signals . . . . . 8:5

Field Diagram . . . . . 8:7

The Table Official . . . . . 8:8

2016 Rules Comparison . . . . . 8:10

# PART ONE

## 1

# INTRODUCTION

## US Lacrosse

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## Safety and Responsibility

Participants in women's lacrosse must be aware of the Official Rules for Girls & Women's Lacrosse and are expected to play, coach, officiate and observe according to the spirit and intent of the women's game. Emphasis is placed on safety and good sportsmanship. Everyone involved with the women's game must act with consideration for the safety of others. Players must ensure that their behavior, equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules. Coaches must ensure that they are teaching their players to play by the rules of the women's game and should participate in continuing lacrosse-specific education and training that helps them to understand and teach new rules and address safety concerns. Officials must ensure fair and safe play by consistently enforcing the rules and by participating in continuing lacrosse-specific education and training that helps them to understand and interpret new rules. Spectators must contribute to a safe-play environment by demonstrating positive and sportsmanlike conduct and by understanding and appreciating the unique rules and culture of the women's game.

## Implementation and Authority

The US Lacrosse Women's Game Sub-Committee is responsible for establishing, reviewing, maintaining, and disseminating the rules of women's lacrosse for all levels of play except for NCAA collegiate play. US Lacrosse offers the public the opportunity to suggest rule changes to the Rules Committee through written submission by June 1st each year. Each June, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations to the US Lacrosse Board of Directors. The women's rules are annually voted on in September by the members of the US Lacrosse Women's Game Committee, and are issued under the authority of US Lacrosse and endorsed by the National Federation of State High School Associations as the official rules for girls' and women's lacrosse.

## Availability of Rules Information

Information about the rules and about the purchase of Rulebooks can be found at [www.uslacrosse.org](http://www.uslacrosse.org)

# MESSAGE TO OFFICIALS

The Women's Game Officials Sub-Committee [WGOSC] of US Lacrosse has written this manual to assist officials at all levels in their pursuit of officiating excellence. The WGOSC urges all officials to read the WGO Code of Conduct, the US Lacrosse Code of Ethics, and the Statement of Philosophy, The WGOSC challenges each and every official to commit these statements to heart and to action both on and off the field.

In an effort to promote, educate, and develop consistency among officials as we interpret and apply the rules, the WGOSC sponsors a National Rules Interpretation Clinic annually at the USL Convention. All local and region umpiring chairpersons must attend this clinic. Each local representative is then responsible for disseminating the current rules and interpretations through a rules and officiating meeting prior to the start of the lacrosse season. Those boards not represented at the National Rules Interpretation Clinic will be sent a qualified clinician to conduct their local rules interpretation meeting at the local board's expense.

While the WGOSC wants to preserve the movement, freedom and flow of the women's game, we must remind all US Lacrosse officials to consistently and strictly enforce all rules involving player safety. Even though penalizing every dangerous or potentially dangerous action by players limits the flow of the game and brings criticism from coaches, players and spectators alike, not to call these fouls may result in serious injury.

US Lacrosse and the WGOSC are asking coaches, players, trainers, and officials to share the responsibility for making the game safe for every player on the field. Persistent enforcement, strict interpretation, and consistent implementation of the rules are necessary during daily practices as well as during scheduled contests. Penalizing dangerous play may alter the flow of the game but may also help to preserve the beautifully free, fast moving and safe game of women's lacrosse as we know it and like to see it played: free from injury and without the need for additional protective equipment, especially helmets. Officials alone cannot make the game safe, but we can call a good game and continue to be ambassadors of safety, fair play, and good sportsmanship both on and off the field. We must convince players and coaches that they share the responsibility for keeping lacrosse safe and injury free.

US Lacrosse Women's Game Officials Sub-Committee

The Manual is **“REQUIRED READING”** for all officials and HIGHLY RECOMMENDED READING for all coaches, players, and spectators.

**Part One** of this Manual contains the “Code of Conduct” for officials, USL “Code of Ethics” and a “Statement of Philosophy.”

**Parts Two, Three, Four, and Five** deal with the practical aspects of the rules and officiating. These sections have been written so that the official can better understand the intent and application of the rules. This material is meant to clarify and supplement the rule book and should be read in conjunction with it. In addition, a variety of situations are illustrated with diagrams to give the official a clearer visual picture of the topic being discussed.

**Part Six** offers general suggestions for officials, discusses techniques and positioning, and gives specifics for officiating the three person system.

**Part Seven** is designed specifically for the collegiate official. Along with noting rules differences [NCAA vs USL], information specific to the college game and collegiate officiating is provided.

**Part Eight** is an Appendix. A complete list of the documents included is available in the Table of Contents of this Manual.

Please note that for convenience and clarity, the feminine gender is used throughout this Manual. Each section of the Manual is numbered separately, with the part number followed by the page number (Part Two, page one = 2:1, Part Three, page eleven = 3:11, etc.).

# HOW TO USE THE MANUAL

# CODE OF CONDUCT

Women's lacrosse is one of the fastest growing competitive sports. As the sport grows it is important that we continue to expect all participants to understand that "how the game is played" or sportsmanship, ethics, and integrity are as integral to the sport as are the skills and tactics used in playing the game. Playing to "win at all costs" with disregard for the rules and safety of all participants is not acceptable if we are to be ambassadors for maintaining the integrity of the beautiful game of women's lacrosse.

As officials, we are an integral part of the game. We are very visible. Our decorum, as well as our skills, is constantly being scrutinized by coaches, players, spectators, and our fellow officials. We are paid to be professional in our job, and in spite of the pressure, we are neither adversaries nor advocates. We are facilitators whose responsibility it is to demand and enforce fair play and sportsmanship if we expect to earn the respect we feel we deserve.

An official who fails to stay current with the game, arrives habitually late, or is improperly dressed/equipped reflects poorly on us all. We are regarded as a team on the playing field, and if any one of us acts unprofessionally, the officiating team is perceived as having been unprofessional. It is difficult for coaches, players, and spectators to look at us as individuals no matter how well the game is officiated.

As part of this team effort, we must arrive properly dressed and be on the field 30 minutes (college)/20 minutes (high school) before game time. If other commitments prevent you from arriving at a game on time, do not take the game. However, if you are going to be late, have the courtesy to call the host school, and if possible, your fellow official(s) to let them know. Arriving properly dressed and on time to a game alleviates some of the pre-game tension felt by coaches and your partner(s). By arriving late to a game, the officials have one strike against them even before the game begins.

Regardless of how well either one or both or all three of you may know a coach, greet each coach briefly together, and thereafter, concern yourselves with only the game. Avoid fraternizing with players and spectators. Remember, you are an official, and therefore by definition, neutral. Continue your pre-game duties together. Inspect the grounds, goal cages, and equipment together and answer any questions concerning rules interpretations together. At half time, stay on the field together and discuss in private any problems that may have occurred in the first half. If necessary confer together with the captains or coaches of both teams about possible misapplications of the rules. After the game, sign the scorebook (if readily available) and leave the field together without delay.

During the game respect your partners' space. Prior to the game, you will have discussed field coverage, advantage signals, and double whistles. Be aware, a "no call" is a decision not to stop play. If you continually blow a whistle "under your partner's nose" you communicate a lack of confidence in your partner's officiating ability.

Avoid reacting to or responding to any comments or criticism from coaches, players, or spectators about either your calls or your partners' calls. Remember, an official is closer to play and at a better angle to make a call than are the coaches, bench players, or spectators. Secondly, coaches do not have an objective view of the game. Coaches have an inherent bias and are emotionally attached to one team engaged in the contest. Therefore, no matter how antagonistic or abrasive a coach becomes, repress the urge to retaliate verbally. Coaches and players are fully responsible for their conduct. If criticism becomes offensive, you have a responsibility to yourself, your partner(s), and to the game to administer a card. Set your standards of behavior and limits well in advance and stick to them. Misconduct is a coach's or player's problem and will only become an official's problem if it is not dealt with quickly, dispassionately, and professionally — act do not react.

Finally, never forget that we represent the profession of sports officiating both on and off the field. Do not accept games at your Alma Mater, at the school where you work, or at the school your children attend. [See "Risk Management" in Part 10 of the Officials Policy & Procedures Manual for more information about conflicts of interest.] When watching a game, do not make any critical comments about the officiating and do not cheer heartily for a particular team or player. During casual contact with coaches, try to avoid being drawn into making comments on calls made in previous games, as you may be indirectly criticizing a fellow official. As officials, it is our responsibility to encourage the highest level of play and to model good sportsmanship.

**The Women's Game Officials Sub-Committee has adopted a Code of Ethical Conduct to establish standards of behavior for officials, to provide an avenue for filing of a grievance, and to provide officials with due process when a grievance is brought against them. The complete Code of Ethical Conduct appears in Part 11 of the Officials Policy & Procedures Manual.**

# CODE OF ETHICS

*Updated – September 13, 2008*

The mission of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation, while preserving the integrity of the game. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) and organizations committed to the tenets of its mission.

Inherent within all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical behavior. Through the establishment of an organizational Code of Ethics, US Lacrosse has defined a set of guidelines to promote and protect the spirit of the game, safeguard the best interest of the participants, and establish and maintain standards of behavior. The Code is not intended to serve as a set of rules, but rather to outline general principles and guidelines of aspirational virtues and proper ethical standards for all members, volunteers, staff, and any other individuals and organizations that choose to affiliate with US Lacrosse.

The definition of ethical behavior is having an understanding of the difference between right and wrong, and at all times choosing to do what is right. This definition should be applied at the individual level to those within the US Lacrosse umbrella: employees, volunteers or individuals who represent US Lacrosse within the community at large, as well as at the corporate level, pertaining to the actions of US Lacrosse and other affiliated organizations. Ethical considerations are integral, not optional, elements of all sports activities and apply to all levels of participation.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development, by teaching the values of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

## **Respect**

A key component of ethical behavior is respect, which is defined at individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse in an effort to further the growth and development of the sport.

## **Fairness**

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sports. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

## **Teamwork**

Teamwork is a cooperative and coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every aspect of the sport. US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team and the lacrosse community.

## **Communication**

Communication is the process whereby individuals create shared understanding. It is an active “two way street,” requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing and evaluating. Communication may be verbal, nonverbal or written. It can be sent through various media and transmits a thought provoking idea, gesture, or action.

US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations should communicate with clarity, honesty, timeliness and openness. Communication should include all pertinent information shared transparently with all appropriate recipients. Clear, honest and timely communication allows for collaboration and cooperation, building a stronger game and community for the sport.

## **Conflict of Interest**

A conflict of interest is present in any instance in which the actions or activities of an individual, including members, volunteers, staff and affiliates representing or acting on behalf of US Lacrosse, could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels, have a duty to disclose any financial interest or personal obligation that may actually or perceptually affect the independence of their judgment.

## **Legality**

US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations are obligated to comply with all applicable laws. Violation of the law is not tolerated.

Representing the fastest growing national sport as an emerging force in sports organizations and leadership, US Lacrosse has a duty to provide positive influence over athletic administrators, programs, officials, coaches, players, and affiliated individuals and organizations. The goal of US Lacrosse is to promote sportsmanship and character by teaching, advocating, modeling and enforcing ethical principles, while preserving the integrity of the game.

By affiliating with US Lacrosse, individuals and organizations agree to comply with the aspirational guidelines set forth in the Code of Ethics. Failure to adhere to this Code may result in revocation of membership or affiliation. US Lacrosse encourages others involved with the sport of lacrosse to adopt and follow these important guidelines.

**Statement of Philosophy**

The official is an integral part of the freedom, flow and spirit of the game of women's lacrosse. In order to gain the respect of players, coaches and spectators, the official must have a current and in depth knowledge of the rules and officiating procedures, personal integrity, and the ability to maintain sustained physical effort. The official must also encourage the highest possible level of play and sportsmanship. The official must be concerned with the promotion and education of officials, and thereby the elevation of officiating standards. The ultimate challenge of officiating lacrosse is to let the outcome of the game be determined by the legal play of the players.

# PART TWO

## **2**

# **GAME PROCEDURES**

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# PRE-GAME

## The Officials will...

- A. Arrive at the game site 30 minutes prior to the scheduled game time for a high school game and 60 minutes prior to the scheduled game time for a college game. This allows time to get into uniform, find your partner(s), and have a pre-game discussion. Officials are to be on the field 20 minutes prior to game time for high school and 30 minutes prior to game time for college games. The official's jurisdiction extends from 30 minutes before the game begins until the officials leave the playing venue.
- B. Be neatly dressed in the official uniform: black kilt, shorts, or slacks; one inch vertically striped black and white shirt (short or long sleeves); one inch vertically striped jacket or solid black jacket, if called for because of the weather; and black accessories (visor, hat, turtleneck, shoes, whistle, lanyard, sunglasses).
- C. Use a bag, preferably black, to carry a rule book; a whistle; green, yellow and red warning cards; a yellow flag; a tape measure; a pen or pencil and a coin.
- D. Inspect the field.
  1. Pace off the 8m arc and 12m fan (they are often incorrect). It is important that all lines be correctly placed on the field so that the game can be fairly and safely administered.
  2. Pace off the restraining line --- A solid line 30 yards up field from each goal line and extending across the width of the field. It must be clearly distinguishable as the restraining line, for example, the only line on the field, or marked in a different color, or marked with X's. Cones shall not be used for this purpose
  3. While it is the host institution's responsibility to see that the playing field is in proper condition for safe play, the officials must also walk the field to see that it is free from glass, stones, sticks, depressions (sprinkler heads) and deep holes. While the officials should handle minor things such as picking up glass, they should alert the home team coach to other problems and be sure they are corrected before starting the game.
  4. Inspect the boundaries with your partner. Ensure that boundaries have been placed correctly and *the corners of the fields are marked by soft/flexible cones, pylons or flags*. Fields that do not fully meet specifications may be used, provided both teams and officials agree.
  5. Ensure team substitution area is in front of the scorer's table and centered at the midfield line. The area should be sectioned off by two hash marks, 2m - 4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 5 yards from the centerline of the field.

6. Ensure a table has been placed at midfield, at least 4m from the designated boundaries. In those cases where the timer and scorer are in an above field booth, the home team must provide a table person for communication with booth personnel.

**Note: Playing Area:** The playing area shall be rectangular and marked with solid boundary lines. The maximum playing area is 140 x 70 yards and the minimum is 110 x 60 yards. The goal should be no less than 90 yards and no more than 100 yards apart. There must be a minimum of 10 yards or a maximum of 20 yards of space behind each goal line to the boundary line. There must be 4m of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline and any spectator area. There should be 2m (6'6") of space beyond each end line.

Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if personnel from both participating teams agree and the visiting team has been notified in writing prior to the day of the game. However, the minimum distance of 10 yards of space from the goal line to the end line must be maintained. Soft/ flexible cones, pylons or flags must be used to mark the corners of the field.

Spectators must be kept at least 4m from each sideline. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing. No spectators are allowed immediately behind the team bench or table area except in permanent stadium seating.

#### E. Inspect the goals.

1. The back of the goal posts shall be placed even with the back edge of the goal line.
2. All base and side supports which are exposed, except flat supports or goal supports that angle out before going back, must be padded. The padding must extend from the front of the goal supports all the way to the back of the base point.
3. Check to see that the nets are fastened securely to the goal posts, and that they are free of tears or holes.
4. It is recommended that all goal cages be pegged securely to the surface.

### An official's pre-game checklist:

- Arrive 30 minutes prior to game time. (NCAA - 60 minutes)
- Be neatly dressed in the official uniform.
- Bring a bag with rule book, a whistle, warning cards, yellow flag, tape measure, pencil and coin.
- Inspect the field for correct markings and safety conditions.
- Inspect the goals.
- Meet with other official(s) to review new rules and special situations.
- Speak with scorers and timers about the rules.
- Meet with team captains and Head Coaches.
- Check teams' uniforms and equipment.
- Perform a stick check.

## PRE-GAME

5. While it is legal to have cameras placed in the goal, see NCAA Part 7 for the guidelines for proper placement.

**Note:** The home team is responsible for fixing incorrect goals, nets, and line markings.

- F. Hold a pre-game meeting before going out onto the field. Possible discussion topics would include such things as field coverage, new rules if it's early in the season, expected level of play (league game, rivalry, etc.), unusual situations and difficult rule interpretations, and what help does each official want from her partner(s) when she's the Lead official.
- G. Speak with the scorers and timers.
  1. The clock stops after every goal and every whistle in the last two minutes, unless one team is ahead by 10 or more goals, in which case the clock will continue to run in the last two minutes. If the difference becomes less than 10 goals, the stop clock will be reinstated. It is within the framework of the rules to amend the stop clock rule (i.e. allow the clock to run after every goal) if both coaches and officials agree. The clock, however, must still be stopped on every whistle in the last two minutes of each half if there is no 10-goal differential and/or if the stop clock rule is amended. No substitutions are allowed during the time for switching of ends in Overtime play.
  2. A horn will be used to signal the end of each period of play:
    - a. If the clock has a functioning automatic horn, that horn will indicate the end of play.
    - b. If an electronic horn is not available, the timer's manual horn will indicate the end of play.
  3. Review the time out procedure. Each team may take two time outs per game, which do not carry over to an overtime period. Each team will have one time out for the entire duration of overtime. Time out may be requested by the Head Coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball. If a possession time out is called, players must leave their crosses in place on the field and return to that same place for the restart of play. No substitutions will be allowed during this stoppage of play. A horn or whistle will be sounded after 1 minute and 45 seconds and again at 2 minutes. If a team is not ready to play after 2 minutes, for a time out after a goal is scored, award the free position to the center for the other team. If the delay occurs after a possession time out award a free position to the closest player of the non-offending team, at the spot of the ball. Decide before the game begins who will time the time out, the official or the timer at the table.

It is not unusual, especially at the high school level and below, for the officials to handle the time outs.

**NCAA Note:** Each team may take three timeouts per game (requested by any coach or player on the field), which do not carry over to an overtime period.

4. The timer may sound the horn to indicate a time out request by the team in possession during a *dead-ball* situation only.

**NCAA Note:** The official timer will sound the horn to indicate a timeout requested by the team in possession during a live-ball **or** dead-ball situation.

5. Substitutes must always report to the table prior to entering the game whether during play, during a time out, or after a goal. After reporting, a player who is subbing “on the fly” must be an “imminent sub” and remain in the team substitution area until the player she is replacing has entered the team substitution area. Substitutes may enter the game during a team time out after a goal provided there is no delay of game. During a time out to issue a card or a dead ball possession time out, no substitutes will be allowed.
6. Review the procedure for recording warnings, suspensions, and ejections, and for timing the green/red card and yellow card warnings. The official closest to the scorer’s table ensures that all warnings [players, coaches and team personnel] are recorded correctly including noting the time on the game clock when a yellow card or green/red card is issued.
7. Instruct the official scorer to notify the official immediately when a second yellow card is given to the same player [two yellow cards result in suspension of the player] and when a team receives its fourth card [results in the team playing short].

**NCAA Note:** There is no card “count” during NCAA play and teams will never play short for the remainder of the game because of accumulated cards.

8. Instruct the official timer to notify the coach and/or player when the 2 or 4 minute penalty time is over.

**NCAA Note:** The timer will notify the player when the 2 minute penalty time is over or when she is released.

9. Table personnel [timer/scorer] should be instructed to notify the officials of an early re-entry on a card, by sounding a horn at the first stoppage of play.

PRE-GAME

**NCAA Note:** Table personnel [timer/scorer] should be instructed to notify the officials of an early re-entry on a card, by sounding a horn as soon as discovered.

- H. When no on-field agenda is provided by the home team, meet with the Head Coaches and captains of both teams 10 minutes before the game clock goes to zero and perform stick checks 5 minutes before zero:

**NCAA Note:** The pregame protocol as outlined in Appendix A of the NCAA rule book must be followed at each collegiate game.

1. Although not a necessity you may ask the captains to introduce themselves and take time to introduce yourselves. Record the captain's number for the purpose of communication.
2. Toss a coin for choice of end or first alternate possession (AP). Allow the visiting team to call all coin tosses.
3. Agree upon a length of haltime.
 

**Note:** Haltime will be 10 minutes, but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game.
4. Ask if a tie is to be played off.
5. Inform both teams of the designated field markings and any potential field hazards.
6. Discuss critical new rules and points of emphasis, especially early in the season. Ask if there are any questions.
7. Inform the captains that they may address the officials for rule clarifications or concerns at half time or prior to overtime.
8. Ask the Head Coaches:
  - a. If all equipment is legal under these rules including eye protection that meets the most recent ASTM Specification Standard F803 for women's lacrosse at the appropriate level of play (youth or adult), and that the ball and goalkeeper helmets meet the NOCSAE standard for lacrosse.

**MAKE CERTAIN TO CHECK THE GOALKEEPERS FOR THE FOLLOWING:**

The goalkeeper must wear a NOCSAE approved helmet with face mask, a separate throat protector and a properly secured chin strap, padded gloves, a mouth piece, and a chest protector.

For high school level and below, the goalkeeper must wear padding on the shins and thighs.

Any additional body padding may be no thicker than legal goalkeeping gloves (1").

Goalkeeping gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

The goalkeeper's shirt must be worn over the chest and shoulder protector.

- b. If medical personnel is present. If “yes”, identify that person. If “no” know that the default (for both coaches and officials) if signs & symptoms of a concussion exist, is that there is NO RETURN TO PLAY for that player.
- c. If a game administrator is present. If “yes”, identify that person. If “no” then know that the default (for both coaches and officials) is that the home team coach is in charge and shall execute the duties of the game administrator.

**Note:** In the event there are Co-Head Coaches, one coach must be designated as the “Head Coach” who may talk to the officials and who will receive a card if/when appropriate.

**NCAA Note:** Statements 8b and 8c do not apply to the NCAA level.

- I. Check uniforms and protective equipment at 5 minutes on the game clock (USL only).
  - 1. Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than ½” thick. Knee and ankle braces that are unaltered from the manufacturer’s original design/production do not require any additional padding.
  - 2. A field player MAY NOT WEAR A HARD HELMET. She may wear head gear made of soft material.
  - 3. Make certain the goalkeeper’s equipment and uniform meet specifications. The goalkeeper must wear a NOCSAE approved helmet with face mask, a separate throat protector and a properly secured chin strap, padded gloves, a mouth piece, and a chest protector. It is recommended that the goalkeeper wear padding on arms and shoulders. In addition, for high school level and below, the goalkeeper must wear padding on the shins and thighs. It is recommended for goalkeepers above high school level. Any additional body padding may be no thicker than legal goalkeeping gloves (1”). Goalkeeping gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball. The goalkeeper’s shirt must be worn over the chest and shoulder protector.
  - 4. When checking the goalkeeper’s equipment take the time to measure the goalkeeper’s stick. The crosse’s overall length shall be between 35 1/2” and 52”. Checking the stick early allows time for any necessary corrections.
  - 5. Check to see that all parts of the team’s uniforms comply with either US Lacrosse or NCAA rules depending on the level of play.

**Note:** A team with illegal uniforms that cannot be corrected prior to beginning the game shall be penalized with a free position for a minor foul for the opponent at the center to begin the game. If both teams are

## PRE-GAME

illegally dressed, the game shall begin with a throw at the center. Draw positioning shall apply.

This does not preclude additional penalties during the game should a player(s) illegally modify her uniform or the violation is discovered, by the officials, after the start of the game.

6. All players must wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. It shall include occlusal and labial portions and shall cover the posterior teeth with adequate thickness, as well as protecting the anterior (leading) dental arch. It shall be of any color other than clear or white and must not have graphics of WHITE teeth. There may be no protruding tab for field players. Failure to properly wear a mouth guard is a minor foul.

**NCAA Note:** Failure to properly wear a mouth guard is a minor foul, delay of game, and starts with a green card, then a green/yellow; then a green/red.

7. Properly worn eye protection is mandatory. The eye protection must meet the ASTM standard F803 for women's lacrosse. If a player is wearing any "approved" protective equipment the eye protection is still required to be worn under the protective equipment. Failure to properly wear eye protection is a minor foul.

**NCAA Note:** Failure to properly wear eye protection is a minor foul, delay of game, and starts with a green card, then a green/yellow, then a green/red.

8. Check all players to see that they are in compliance with the "no jewelry" rule. If an official notices that a player has tape on any exposed area that might be covering jewelry (earrings, bracelets, rings, etc.), then ask the player to remove it to see if it is covering jewelry. If any jewelry is found, that player cannot enter the game until the player removes the jewelry.

**Note:** Players may wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands. Any other adornment will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

**J.** Perform a stick check.

1. Conduct a stick check to make certain crosses meet specifications. All sticks that might be used in the game, including each player's extra sticks, must be checked. When performing the stick check also check that each player has a mouth guard and is not wearing jewelry.
2. Instruct the teams to form a line with crosses raised to shoulder height. Drop the ball into the pocket of the horizontally held crosse. **With the stick held at her eye level** the official will insure that the top of a ball is visible/seen above the top of the wooden or plastic sidewall **after reasonable force with one hand has been applied one time and**

**released from the ball.** Roll the ball towards the ball stop and back insuring that the ball moves freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. If the stick is legal, the player moves on. If the stick is illegal, the player moves to the side of the line, adjusts her crosse and has it re-inspected by the official. All players with illegal crosses are instructed to remain together and to have their crosses re-checked.

3. If a crosse is discovered to be illegal during the stick check, and if the problem cannot be corrected before the start of the game, the crosse will be placed at the scorer's table. The crosse may not be removed from this area, but team personnel may come to the table area to fix/adjust the crosse. It can be rechecked at half time if the problem has been corrected.
4. During the stick check, visually check sticks to see that they are legal in length. Measure any stick that appears questionable. Visually check the head and stop of molded head sticks to determine if they have been altered in any way. Players may not weave the thongs back up through the head of their crosse. Check to be sure there are no more than two shooting/throw strings in the field player's stick and that these two shooting/throw strings are not rolled, coiled or twisted more than twice between each thong. Shoelaces may not be used as shooting/throw strings.
5. The goalie may use shoelaces as throw strings in the larger, mesh pocket goalie stick and she may have more than two of them. The throw strings may be woven across the top of the stick and/or woven through the pocket of the stick.

**NCAA Note:** Pre-game inspections of crosses will include the following:

- a. pocket depth check (pursuant to Rule 2-2(b));
- b. examination of the stringing and head of the crosse; and
- c. the random selection of 5 crosses per team for measurements of the overall length of the stick and the distance between the sidewalls as outlined in Appendix E, Section 11 (wooden stick) or Section 18 (plastic head).

**K. Ball inspection.**

1. Go to the table and inspect the game balls, verifying they are NOCSAE approved balls. The game balls may be yellow, bright orange or lime green in color.

**NCAA Note:** Yellow and orange are the only approved colors.

# PLAY OF THE GAME

## Play of the Game

### A. Start/Restart of the Game

1. The officials must count the number of players on the field before every draw. If 12 players are eligible and available, 12 players must be on the field for each team

### B. The Draw

1. The opponents each stand with one foot toeing the center line and both feet must be on the same side of the line behind her crosse. The crosses (shaft and head combined) are held in the air, above hip level. The crosses are aligned “lower side to lower side” with the entire length of both crosses within the vertical plane over the center line and open to the goal they are defending. The lower side is the wood of a wooden crosse and the right side of the molded head crosse as it faces the player. The players’ crosses are between the ball and the goal they are defending. A player’s top hand may not contact any part of the sidewall or pocket. The official rests the sides of the sticks lightly on the palm of her hand. Prior to placing the ball between the sticks, the official must verify that a NOCSAE ball is in use. Once positioned, the ball is placed between the backsides of the crosses in the upper third of the head, at the widest part of the head. When setting up the draw the official should be aware of possible height differentials between the centers and place crosses in such a way that neither player gains an advantage.
2. Once the ball has been placed between the sticks, the official makes sure that the players are all set before removing her hand. The word “ready” followed by the whistle indicates the start of play. The official says “ready” as she begins to step away from the players, then blows the whistle and lowers her arm while moving backwards. On “ready” the two centers must remain motionless, except for head movement, until the whistle. While officials may vary the time interval between the word “ready” and the whistle to avoid anticipation of the signal to start play, they must also realize that asking the two players to remain motionless for an extended period of time is unfair. Upon the whistle the players shall draw up. The official does not have to be outside the circle before blowing the whistle.
3. When one player draws illegally a minor foul is called. When it is impossible to determine who committed the illegal draw, if both players draw illegally, or the ball goes directly out of bounds without being touched, the draw will be retaken. If any action on the part of the official causes the draw to be illegal the draw will be retaken. Any time the draw is to be retaken the official will signal timeout.

**Exception:** When the 10 goal rule is in effect no timeout is called for a redraw.

4. Illegal draws occur when a player steps on the line or enters the center circle or steps on the line or crosses the restraining line (touching the ground inside the circle or over the RL) before the whistle, moves or draws too soon, fails to draw, illegally touches the sidewall or pocket, lays the head of her crosse back before pulling up, or when the ball fails to travel above the height of both players' heads. The official administering the draw is the one who calls any illegal draws involving the two centers. Once the illegal draw is called all players must stand.
5. During the draw each team may have a center plus two other players between the restraining lines. All other players must remain behind one of the restraining lines. The players outside the center circle are not required to "stand". The official(s) not taking the draw watches for players pushing and jockeying for position. If a player enters the center circle or crosses the restraining line (touching the ground inside the circle or over the RL) before the whistle, the official(s) makes the call immediately and a minor foul free position, for an illegal draw, is set up at the center circle. If both teams have players who enter the circle or cross the restraining line before the whistle the draw will be re-taken.
6. When a player's required safety equipment [goggles, soft headgear, goalkeeper helmet] comes off during play the officials should stop play immediately so the player may get the equipment back on. The game would be restarted in one of the following ways:
  - a. If a foul has occurred, a free position is awarded on a spot determined by the official. Play shall not be restarted with 8M of the goal circle or within 4M of the boundaries.
  - b. If no foul is involved in the stoppage of play, the ball is given to the player who was in possession or nearest to it at the time play was stopped. Play is restarted at the spot of the ball. If two players are equidistant from the ball use the alternate possession procedure (AP) to determine the team that will be awarded possession for the restart of play.
7. Youth Only: After a goal, the official must check the score. If there is a differential of at least 4 goals, the official must communicate with the trailing team coach. The trailing team coach may either agree that her team will take possession at the center circle or waive this option in favor of taking a draw. If possession is taken at the center circle it will be set up in the same manner as an illegal draw.

For U9 and below: After goals, possession will be taken at the center by the team that was scored upon. Player positioning for the draw will apply. The defender shall stand 4m away at a 45 degree angle and all other players must stand. This is an indirect free position. The ball must be passed prior to an attempted shot. Note: The game and the second half shall be started with a draw.

## PLAY OF THE GAME

8. Special Situation: When play will start at the center of the field with a free position or team possession, instead of a draw (i.e. one team not ready to start play on time, or Youth Rules 4-goal differential, etc.) the official is to wait for the players to take their proper positions on the field as per The Draw criteria. Blow the whistle and indicate that players “stand”. Announce the foul. Administer a free position.

### C. Scoring

1. After a shot from close to the goal circle, closely watch the player’s follow through and body movement, and whether or not the ball goes into the goal cage. If the ball does enter the goal legally, hold the whistle a little longer to watch for any goal circle violations. Make eye contact with your partner(s) to be sure no other fouls have occurred that may cause the goal to be disallowed. As a Trail Official, watch for dangerous follow through and whistle immediately, but defer to the Lead Official and allow her to administer the mandatory card.
2. A goal is scored when the ball passes wholly over the goal line into the goal, propelled by an attacking player’s crosse or by the crosse or person of the defending team (including the defensive goalkeeper).

**Note:** In both USL and NCAA play the goalkeeper may not score for her team.

3. The attacking team player’s scoring crosse must meet field crosse specifications in order for the attacking team to score.
4. A goal scored with a non-NOCSAE “approved” ball will stand. The ball will be replaced with an approved ball prior to the ensuing draw.

**NCAA Note:** A goal is not scored if the player who scored the goal does not drop her crosse or hand her crosse to the nearest official in a timely fashion; or the goal scorer or any teammate adjusts the goal-scoring crosse in any way before dropping the crosse or handing it to the official. The crosse will be considered illegal and will be removed from the game. See Part Seven-NCAA College Umpires for additional information.

### D. Stand

1. When the whistle blows, all players must stand, except the goalkeeper when she is within the goal circle.

**NCAA Note:** Self-Start - Following a whistle blown for a major or minor foul outside of the critical scoring area, the player who is awarded the ball may continue the course of play without waiting for an additional whistle by either passing the ball or running with the ball. See NCAA, Part Seven, for further information on the Self-Start.

2. The official not immediately involved in the play makes every effort to see the entire field, and ensure that players are not moving or adjusting their positions.

3. Failure to stand (creeping) is a minor foul and is treated as a delay of game.
4. All players must stand when a free position is set up, or team possession is awarded at the center circle rather than a draw, for any of the following situations: 1) An illegal draw; 2) A team's failure to be ready to start play; 3) Implementing a penalty after issuing a card after a goal; and 4) Implementing the Youth Rules Modification for a 4-Goal Differential.

#### **E. General Boundary Guidelines**

1. When a player has possession of the ball and steps on the boundary line, or any part of her body or crosse touches the boundary line or ground outside the boundary line, the ball is out of bounds and the player will lose possession.
2. When a loose ball touches the boundary line or the ground outside the line, the ball is out of bounds. The player/team that last touched the ball before it went out of bounds will lose possession of it, unless it was a shot or deflected shot on goal.
3. A ball that is in flight that crosses above the boundary line is not considered to be out of bounds until it touches the surface outside the boundary line.
4. Officials must make every effort to determine which player (body or crosse) last touched the ball by moving to be in the best position possible to make the call.
5. Bring the player who is to receive the ball 2m inside of the boundary line thereby giving the player options. No player stick or body may be within 1m of the player with the ball and all players must move onto the field so as to maintain the same relative position to the player with the ball as when the whistle was blown.
6. When a shot or deflected shot on goal goes out of bounds, the player who is inbounds and nearest to the ball (stick or body) when it crosses the boundary will place the ball in her crosse and stand 2m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1m of free space. If the goalkeeper while in her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle with the ball to restart play and any players whose momentum has carried them below the goal line extended, after the whistle has sounded, should be instructed to move back above the goal line extended prior to restarting play.
7. If two opposing players are equidistant from the ball when it goes out of bounds as a result of a shot on goal or deflection of a shot on goal, the alternate possession (AP) procedure will be used to determine the team who will have possession on the ensuing restart of play.

8. If a player deliberately pushes, flicks, or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it will be penalized as a major foul.
9. A player in possession of the ball may hold her crosse outside the boundary as long as her foot/feet are not on or over the boundary line. If an opponent who is in-bounds legally checks a player's crosse causing the ball to fall to the ground out of bounds, possession will be awarded to the opponent when play resumes.
10. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes. The opponent will be penalized for the foul.
11. If a player, who is out of bounds attempts to play the ball or check her opponent in an effort to gain possession for her team she will be penalized with a minor foul.

#### F. Alternate Possession Procedure

The winner of the coin toss at the beginning of the game shall have the option of choosing either the side they want to defend or whether they want the first possession after any of the events, listed under Rule 5, Section 20 (a) – (h), have occurred. After the initial possession is awarded, it will alternate. The alternate possession (AP) is continuous through any overtime period (not reestablished at the coin toss that takes place prior to the first overtime period). The record of alternate possession will be kept by the table personnel and the officials. The alternate possession (AP) shall be awarded to one of the two opponents, closest to the foul/incident

- If the alternate possession (AP) would be awarded outside of the critical scoring area, it is taken where the incident or foul occurred that caused play to stop. Except that no alternate possession (AP) is taken within 4m of the boundaries. The opponent will stand 4m away and nearer to the goal she is defending.
- If the alternate possession (AP) would be awarded inside of the critical scoring area and below the goal line extended, it shall be awarded at the closest field dot. The opponent will stand 4m away and nearer to the goal she is defending.
- If the alternate possession (AP) would be awarded inside of the critical scoring area and above the goal line extended (including the goal circle), it shall be awarded at the closest 8m mark on the goal line extended. The opponent will stand 4m away on the goal line extended on either side of the ball. No other players may be within 4m of the player awarded the alternate possession. The lane is cleared, if necessary.

Alternate Possession (AP) occurs when:

- a. The ball goes into the goal off a non-player, with alternate possession awarded at the closest 8m hash on the goal line extended.
- b. The ball goes out of bounds as the result of a shot or deflected shot, and two opposing players are equally near the ball.
- c. It cannot be determined which team caused the ball to go out of bounds.
- d. There is an incident unrelated to the ball, and players are equidistant from the ball when play is stopped.
- e. A ball lodges in the clothing of a field player or umpire.
- f. Two players commit offsetting fouls (major and/or minor), or after the attacking team fouls during a slow-whistle situation.
- g. The game is restarted after any incident related to the ball when neither team has possession and two opposing players are equally near the ball, unless the incident has been caused by a foul.
- h. The game is stopped for any reason not specified in the rules.

**Note:** Only the team that is awarded the alternate possession (AP) may call a timeout.

**NCAA Note:** The Head Official and the table personnel will keep record of alternate possession (AP). If there is a discrepancy between the Head Official and the table personnel the Head Official's record governs. A visible arrow is optional, but not required.

### G. Accident, Interference, or Any Other Incident

1. If a foul has occurred, play resumes with a free position at the spot of the foul.
2. If there is no foul (broken crosse, animal on the field, lost ball), the player who was in possession or nearest to the ball when play was stopped will have the ball. If two players are equidistant from the ball, the alternate possession (AP) procedure will be used to determine which team will have possession of the ball for the restart of play.
3. Time out for injury may be taken at the discretion of the official. If play must be stopped due to player injury or suspected injury, whether or not medical personnel or a coach comes onto the field to attend to a player, that player(s) must leave the field. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems)

shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. Any player who is bleeding must leave the field. (See US Lacrosse Blood Policy, Rule Book or Appendix D in the NCAA Rule Book).

**NCAA Note:** In NCAA play, if the game is stopped due to possible player injury, the player must only leave the field if medical personnel or a coach comes onto the field or if the player is bleeding.

- a. If a player is bleeding or if a coach or medical personnel comes onto the field to attend to an injured player, the player must leave the field until the next regular substitution opportunity. A substitute must take her place. If the injured player is the goalkeeper and there is no other “dressed” goalkeeper for her team at the time of the injury to the goalkeeper, the goalkeeper may remain in the game. Substitution is not to exceed 30 seconds.
  - b. If an injured or bleeding player leaves the field and no substitute is available, a substitute may reenter the game using the regular substitution procedure (i.e., report to the scorer’s table and enter through the team substitution area during play or enter after a goal is scored or during a time out).
4. If a player must leave the field due to illegal substitution or illegal equipment which she cannot correct without delaying the game, she must reenter the game using the regular substitution procedure.

#### H. Ball Lodges in Clothing or Crosse

1. If the ball lodges in a crosse, that crosse no longer meets specifications and must be removed from the game.
2. If the ball becomes lodged in a goalkeeper’s crosse, clothing, or equipment while she is within the goal circle, she removes the ball, places it in her crosse and proceeds with the game.

**Note:** If the goalkeeper is out of the goal circle and the ball becomes lodged in the crosse, the crosse is illegal and the crosse must be removed from the game.

3. If the ball lodges in the clothing of a field player of an official the alternate possession (AP) procedure will be used to determine which team will be the recipient of the ball.

#### I. Illegal Crosse

If an official suspects an illegal crosse, a stick check may be made at her discretion. A coach or a player on the field may request a stick check. The

individual requesting a stick check must give the official the number of the player whose stick is to be checked. The Head Coach may request a measurement on any opposing player's crosse. Officials will only measure the overall length of the crosse. In lieu of measuring the head of the crosse, the official will place the ball in the pocket and ensure that the ball is above the sidewall and moves freely within all parts of the head and the pocket, and that the ball falls freely from the pocket once the head of the crosse is turned over. The procedure and penalty vary somewhat depending upon three situations:

1. A stick check requested after a goal when the stick of the player who scored the goal is to be checked.

- a. Give the whistle several short blasts to get the players' attention. Call Timeout (even with a 10 goal differential) and request that all players stand and drop their crosses.

**Note:** Hold team timeouts until after the legality of the crosse has been determined.

- b. Locate the player whose stick you have been requested to check, and ask to see the crosse (e.g. "red # 4, stick check please" or "red #4, please drop your stick").

- c. Go to the player and check the crosse as you did pre-game.

**If Legal:** Goal stands; proceed with time out if one had been requested or go to center for draw.

**If Illegal:** Goal does not count; crosse is removed from game and placed at scorer's table. Player may continue to play with a different crosse and a free position is given to the non-offending team at the center circle with positioning for an illegal draw. Officials must check the new crosse before restarting play.

- d. If the player adjusts the strings/thongs after she has heard the official's request, the crosse is illegal.

2. A stick check requested after a goal when any player's stick other than the player who scored the goal is to be checked.

The goal stands. Follow procedure 1a-d above.

**If Legal:** Play restarts at the center draw.

**If Illegal:** The crosse is removed from the game and placed at the scorer's table. Player may continue to play with a different crosse and play resumes with a free position for the non-offending team at the center. Officials must check the new crosse before restarting play.

3. A stick check is requested at any other time.
  - a. Wait for stoppage of play before performing the stick check.
  - b. Follow procedures 1a-d above.

**If Legal:** Play resumes from point of stoppage.

**If Illegal:** The crosse is removed from the game and placed at the scorer's table. Player may continue to play with a different crosse and play resumes with a free position for the non-offending team. Officials must check the new crosse before restarting play.

**Note:** Teams are allowed a total of 2 stick check requests per game. These requests may come after a goal has been scored, during dead ball situations or during live play. If an illegal stick is discovered as the result of a requested stick check the team requesting the check will not lose any of its two allotted requests. If a team asks for a stick check beyond the two allowed a minor foul will be called.

**NCAA Note:** Teams are allowed a total of 3 stick check requests per game. These requests may only come during the following time periods: during timeouts, at halftime, before the game, before overtime, and prior to the start of the draw. If an illegal stick is discovered as the result of a requested stick check the team requesting the check will not lose any of its three allotted requests. If a team asks for a stick check beyond the three allowed a minor foul will be called. See Part Seven (NCAA) for more information on procedures for NCAA stick check requests after goals.

**NCAA Note:** See Part Seven for NCAA measurement procedures.

#### J. Substitution

1. Unlimited; re-entry permitted. All substitutes must report to the scorer's table.
2. If substituting during play, the player going into the game must be an imminent sub and wait in the team substitution area until the player she is replacing has entered the team substitution area.

**NOTE:** When the player wishing to sub has called the name of the player to come off the field and that player is in the act of running to the substitution area, then a substitution is imminent.

3. If substituting after a goal has been scored (no time out) the substitution must be through the substitution area and may not take place after the official's hand is in contact with both centers' sticks at the draw.

4. During a team timeout after a goal has been scored, substitutions may be made provided there is no delay of game. During a team possession timeout no substitutions are allowed. During an injury timeout the player substituting for the injured player must assume the spot vacated by the injured player who is leaving the field and no other players may substitute.

**Exception:** In the event of an injured goalkeeper, if the backup goal keeper is in the game as a field player she will be permitted the time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace the field player.

5. No substitutions permitted in cases where a card is being given. There are no substitutions allowed during the change of ends during overtime or during a redraw situation.

#### **K. Penalty Area**

1. Penalty Area is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time. A player receiving a 2nd yellow card or a red card must still enter the Penalty Area. Once the penalty is over she will return to her team bench area but may not re-enter the game. Officials should be sure that players kneel or sit after entering the Penalty Area. They must not be allowed to block the view of the scorer's table personnel. While the rules state that a player must remain in the Penalty Area after receiving a card, if a timeout is called by either team (possession timeout or after a goal) any player in the Penalty Area will be allowed to join her team huddle. At the conclusion of the timeout the carded player(s) must immediately return to the Penalty Area. Officials must ensure that this procedure is followed before play is restarted.

#### **L. Adverse Weather Conditions**

1. Once officials arrive on the field, they have the authority to determine whether or not to begin the game, or to interrupt or to suspend a game due to weather and/or dangerous field conditions. The official's decision is final.
2. Evaluate the situation with a SAFETY FIRST approach. A guideline for resuming a game after a lightning/thunderstorm is to wait 30 minutes after the last visible sign of lightning and/or audible sound of thunder. The officials consult with the coaches, athletic trainer or other school officials to determine their lightning policy. School regulations and guidelines governing waiting time will take precedence.

# HALFTIME/TIMEOUTS/OVERTIME

3. The SAFETY FIRST approach is also used when bad weather conditions hamper the ability of the player(s) to see clearly while wearing eye guards. Consider stopping play until conditions improve and players are able to see clearly.
4. A game is considered legal and complete if 80 percent of the playing time has elapsed. If the total playing time is 50 minutes (25 minute halves), the game is considered legal after 40 minutes of playing time has elapsed. For a 60 minute game (30 minute halves), the game is considered legal after 48 minutes.

**Note:** If 80% of the playing time has not elapsed and a game is interrupted because of events beyond the control of the responsible authorities, the game may be terminated by mutual agreement of the opposing coaches. [USL only]

5. A suspended game to be restarted on the same day or another day will start at “the point of interruption.” In order to restart play from “the point of interruption” the officials will need the following information: score, time on clock, team [player] in possession of the ball, location of the ball on the field, players in close proximity to the ball, card information (player #'s with a card, time remaining on any penalties being served). If the player/ball field location information is not available to the officials for the restart of a suspended game on another day, play would be started with a center draw, if there was no possession at the time of the suspension, or with possession at the center circle by the team in possession at the time of the suspension.

**NCAA Note:** If a suspended game (one in which less than 80% of playing time has elapsed) is to be replayed on another day, it must be played from the beginning.

## Halftime/Timeouts/Overtime

- A. Each team shall be permitted two timeouts during a regulation game. These do not carry over into overtime. During the entire duration of overtime each team is permitted one timeout.

**Note:** Any player in the Penalty Area when a team timeout is called may leave the Penalty Area to join their team huddle. Upon completion of the timeout, the player must immediately return to the Penalty Area.

**NCAA Note:** Each team shall be permitted three timeouts during regulation game time that do not carry over into overtime.

- B. Be available to answer questions from the captains and/or Head Coaches. Officials must provide the opportunity for the Head Coaches and/or captains from both teams to be present during any communication and/or discussions that arise during pre-game, time-outs, and/or half time.

**NCAA Note:** The officials will be available to answer questions from the captains or any member of the coaching staff from either team during a timeout or at halftime.

- C.** Review the first half of play with your partner(s):
1. Were any delay of game warnings given?
  2. Any verbal cautions? Any cards issued? Does the scorer have the carding details?
  3. Anything happening off the ball? Picks? Three seconds? Obstruction? Holding? Detaining?
  4. Check the score and make sure both score books agree.
- D.** When the score is tied at the end of regular playing time a sudden victory overtime will be played.
- Both teams will have a 5 minute rest period.
  - A coin toss (visiting captain calls) will determine choice of ends.
  - Teams will play two, 3 minute, stop clock periods, with teams changing ends between the two periods. No coaching or substituting during the time for the change of ends. Play will end, and a winner declared, on the first goal that is scored.
  - If no winner is determined after the completion of the six minutes of playing time, the teams will have a three minute rest period and change ends. Game will be restarted with a center draw.
  - Each team will have one timeout for the entire duration of the overtime.
  - The Alternate Possession (AP) procedure will be continuous from the game (not reestablished at the coin toss).

# POST GAME

## Post Game

- A. Return the game ball to the scorer's table.
- B. Sign the score book when/if available.

**NCAA Note:** Officials must verify the accuracy of the number and type of cards given, the reasons for the cards, and the final score. At the conclusion of the game all three officials must sign the form. The Head Umpire will take the form when the officiating team leaves the field. Should the home team also wish to have a copy of the form for their records they should provide two completed forms for the officials, one to sign and leave at the table and one for the Head Umpire to take. ***The Head Umpire is responsible for reporting the carding information to the NCAA using the link provided on the form.***

- C. The officials retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the officials had jurisdiction. State associations may intercede in the event of unusual incidents after the official's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.
- D. Leave the field WITH your partner(s).

# PART 3

## MAKING THE CALL

# POINTS OF EMPHASIS

## Points of Emphasis 2016

This section highlights areas of the game that the US Lacrosse Rules Subcommittee believes warrant continued attention by placing a stronger emphasis on existing rules. The committee requests that players, officials and coaches concentrate on the following areas:

### Dangerous Contact

A new mandatory yellow card has been added. Dangerous Contact is defined as any action that thrusts or shoves a player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air or out of balance especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head.

While some body contact will occur during normal play, there is no justification for deliberate and violent collision by any player especially intentional player-to-player collisions with defenseless players. The increase in the severity of the penalty is intended to send a strong message that this type of play is unacceptable.

All participants must work together to reduce or eliminate such violent collisions from the game.

- Officials must apply this collision rule and utilize the more severe penalty
- Coaches must teach players to avoid excessive or illegal contact, and support the officials when they penalize such contact
- Players need to consider the consequences of this illegal action for the opponent and themselves and choose a legal action to play within the rules of the game.

## Game Management

Being a good official is more than calling fouls and setting up penalties. Each game has its own ebb and flow and good officials recognize that and call the game within the rules while maintaining safety. Game management is the sum of all parts of the umpires use of her tools to control a game— confident posture; use of mandatory cards; making the necessary calls to keep the game safe; upgrading penalties when warranted; partner/player/coach communication with signals, whistle, voice and calm demeanor; appropriate holding versus whistling of fouls; ability to anticipate and diffuse dangerous situations; and understanding the importance of safety and how it applies to aggressive versus reckless play.

## Attack Fouls

Officials must be vigilant to watch for and penalize offensive player fouls that lead to dangerous play. During midfield transition and/or when going to goal watch for attack players who force themselves through the defense or hold their stick too close to the body and/or sphere making a safe and legal check impossible. If a safe check cannot be made by a defender in a legal defensive position, this is a foul on the attack. When body contact occurs, officials must determine who established position first and who initiated the illegal contact to make a fair call. An attack player who jumps to shoot over the top of defender(s) or follows through with or without body contact may create a dangerous situation. She does not need to make contact to be called for dangerous and/or intimidating play.

# INTRODUCTION

## Introduction

Part Three, *Making the Call*, provides guidance for officials as to when and why to blow the whistle to stop play. The sections of this part are organized as follows:

Sections I, II, III, and IV represent four of the five classifications/types of fouls. The Team Foul is discussed in Part Five of this Manual.

## I. Major Fouls

- A. Major Fouls Committed by the Defense
- B. Major Fouls Committed by the Defense that result in a Slow Whistle/Use of the Yellow Flag
- C. Major Fouls Committed by the Attack
- D. Major Fouls Committed by the Defense and the Attack

## II. Minor Fouls

## III. Goal Circle Fouls

## IV. Misconduct and/or Suspension

Sections V and VI address considerations/interpretations regarding Minor Fouls, Major Fouls, and Misconduct and/or Suspension respectively.

## V. Major Foul Considerations/Interpretations

- A. Body Contact - This section provides information on the philosophy of body contact calls and hints to help officials make this often difficult call. Diagrams are provided which illustrate various block/charge situations that officials may encounter during games.
- B. Obstruction of the Free Space to Goal - This Defensive foul is covered in more specific detail. There is discussion of the criteria used to determine this call and the procedure for the official to make the call. Also included are detailed sets of diagrams for “No Call and “Call” situations as well as a short explanation of the official’s responsibilities in both the Two and Three Person System.

- C. Three Seconds- Explanation is given for the criteria of this foul and on how the officials are to “Make the Call”. This section also provides a set of diagrams illustrating both “No Call and “Call” situations.
- D. Use of Cards- Detailed explanation of the carding procedure [Yellow, 2nd Yellow, Red] is provided as well as discussions on how to handle: the carding of Coaches and Team Personnel, misconduct by team followers/ spectators, management of incidents of physical altercations and misconduct after the game. The section concludes with a discussion of Delay of Game [Green] Cards.

## **VI. Minor Foul Considerations/Interpretations**

- A. Delay of Game
- B. Upgrading to a Major Foul

## **VII. Watch That Goalkeeper**

This section is an in-depth look at the situations that affect the play of the Goalkeeper and includes discussion of the Deputy Goalkeeper.

## **VIII. Out of Bounds**

While this action is **not a foul**, it certainly requires the official to “make a call”. There is a thorough presentation of the aspects of boundary violations along with a detailed set of “Boundary Set Up” diagrams that describe the situation and the proper set up for resumption of play.

## **IX. Youth Rules Specific Guidance**

This section addresses information specific to all Youth Rules --- U9, U11, U13, U15.

# MAJOR FOULS

## I. Major Fouls

Major fouls jeopardize the safety of the players and/or threaten the “spirit of the game”. Once again, it may help officials to subdivide the fouls into four major categories:

- Fouls committed by the defense
- Fouls committed by the attack
- Fouls committed by both the defense and attack
- Misconduct or suspension fouls

### A. Major Fouls Committed by the Defense

#### 1. Crosse in the Sphere

- a. A player may not reach into or through the sphere or hold her crosse around the throat of an opponent.
- b. A player may not directly poke or wave the crosse near an opponent’s face
- c. No player’s face is to be threatened by a defender’s crosse being held within her sphere. However, no defender is penalized when the attack player brings her own crosse into the defender’s crosse thereby checking herself. This is either a “no call” or an offensive foul.
- d. When a player checks in the sphere in a dangerous manner, it is strongly advised that the misconduct procedure be followed.

**NCAA Note:** A player may reach into or through the sphere to make a safe check/tackle.

#### 2. Rough or Dangerous Checking

- a. A player may not check toward the body (USL Only) or make a sweeping check from behind that makes contact with an opponent’s body. No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s body.

**NCAA Note:** Any part of a crosse may be checked, in a direction toward the body, if the check is controlled, and the crosse or ball does not go into the sphere.

- b. Sound is not necessarily a factor in determining a rough check. Look at the control and the direction of the checking movement.

- c. Officials must look for space between the defender and the attacker.

A defender whose feet are in a poor or stationary position may lead to rough and/or dangerous play.

### 3. Check to the Head (MANDATORY CARD)

No player's crosse may hit or cause her opponent's crosse to hit the opponent's head.

### 4. Slash (MANDATORY CARD)

- a. Officials must be alert to reckless and dangerous swipes around the head/body, slipped hands and large swings with the head of the crosse, or defenders who are either out of position or in an unbalanced body position to make a safe check. Think about "control".
- b. A defender does not need to make contact with an opponent's crosse or body to be charged with slashing. Nor does a defender hitting the ground with her stick in and of itself constitute a slash. Remember, a slash has the potential for causing serious injury.
- c. The penalty for a slash is a mandatory card. Slashing in the midfield or in the critical scoring area when there is no scoring play must be stopped and penalized immediately. When it occurs in the critical scoring area and the attack is on a scoring play, the slow whistle flag may be raised. A card must be given at the termination of the scoring play. Remember, when raising the flag, to make a mental note of the number of the player who committed the slashing foul.

### 5. Cross Check

Players are not permitted to "cross check", that is, use the shaft of the crosse to hit, push, or displace an opponent. This includes but is not limited to thrusting, jabbing, pushing, or displacing any part of an opponent's body.

### 6. Illegal Use of the Crosse

No player is allowed to use the crosse in a dangerous and/or intimidating manner. For example: Lowering the head of the crosse into a horizontal position and initiating crosse to body contact or any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play.

**NCAA Note:** Initiating contact with the crosse parallel to the ground (3 & 9 o'clock) when the defenders hands are touching each other is legal.

## MAJOR FOULS

**7. Three Seconds**

A player must not, while defending in the 8m arc, remain in that area for more than 3 seconds unless she is marking an opponent within a stick's length. With the exception of the defender who is "marking" the attack player who is directly behind the goal, "marking" means to be within a stick's length of an opponent.

**NCAA Note:** Three Seconds: See Part Seven NCAA College Officials for a more complete explanation.

**8. Obstruction of the Free Space to Goal**

- a. A player may not, with any part of her body, guard the goal from outside the goal circle so as to obstruct the free space to goal. She may not position herself between the ball and the goal circle, thus denying the attack the opportunity to shoot safely and encouraging shooting at an unprotected player. No defender will be called for obstruction of the free space to goal if she is positioned below the goal line extended.
- b. The player with the ball must be within 12m of goal (critical scoring area); have the opportunity to shoot; and be looking to shoot. If the player with the ball is being so well marked defensively that she has no opportunity to shoot on goal, the call must not be made.
- c. Obstruction of the free space to goal occurs when the defender is in the free space to goal at her own initiation, not when she is drawn into it by an attacking player. It is not a violation if the defense is in the free space to goal and closely marking (within a stick's length) an opponent. When approaching the ball carrier, a defender must keep her body out of the free space to goal until she is within a stick's length of her. A defender may run through the free space to goal without stopping or hesitating when she is marking and being drawn across by an attack player who is behind the goal.

**NCAA Note:** The goalkeeper is exempt from this rule.

**9. Reaching Around/Across a Player From Level or Behind**

- a. When an attacker and defender are running side by side, the defender may not attempt to reach across the body of the attack player unless the defender's feet are ahead of the attack. This does not prohibit a defender from checking an attack player's crosse from behind whenever the check can be made safely and legally.
- b. Checking the bottom end or handle of the crosse is legal as long as there is no illegal body contact and the check does not cause the crosse or the ball to go into the player's sphere.

**10. Block**

- a. A player may not move into or be standing in the path of an opponent without giving that player a chance to stop or change direction.
- b. When a player is running to receive a ball, a blind side defender must give her enough time and/or space to change her direction.
- c. When a defender is legally and closely marking a player who is pursuing a pass, the defender must not be penalized if the receiver subsequently turns into the defender and checks herself.
- d. The official must watch for defenders extending hips or knees into an attacker who is changing her path to goal.

**11. Hooking**

A player may not use the webbed area of her crosse to hook the bottom end of an opponent's crosse.

**12. Holding**

A player may not hold an opponent at any time by holding, detaining, restraining, tagging, pressing or pushing against her body, clothing, or crosse with an arm, leg, body, or crosse.

**Note:** A player's legal body position is as wide as her shoulders. It includes the space in front of a player, extending only as far as the length of her arm when outstretched directly in front of her body. A player may not extend her crosse or body beyond this specified distance in order to impede (with contact) an opponent.

**13. Illegal Deputy**

A field player must not enter or remain in the goal circle illegally as a deputy.

- a. An illegal deputy is considered a Goal Circle Foul, but it is penalized as a major foul (Rule 7, Section 10). For safety reasons an illegal deputy requires an "immediate" whistle.
- b. The deputy may enter or remain in the goal circle only when her team is in possession of the ball.
- c. A deputy may enter the goal circle to prevent a rolling ball from crossing the goal line.

# SLOW WHISTLE

## B. Major Fouls Committed by the Defense that result in a Slow Whistle (Scoring Play)

### 1. Scoring Play Defined

A scoring play is a continuous effort by the attacking team to move the ball toward goal and to complete a shot on goal. The attacking team must be in the critical scoring area (12m in front and on either side of the goal circle and 9m behind the goal circle) to be on a scoring play. However, merely being in the critical scoring area does not necessarily mean the attack is on a scoring play.

The following are situations when an attacking team is in the critical scoring area, not on a scoring play and a flag is not raised.

- a. The attacking team may be on a stall at the edge of the critical scoring area in front of goal or behind goal. By definition a stall is a delay in action or the loss of forward motion, and therefore, is not a scoring play. A team may initiate a scoring play from a stall if the opportunity presents itself, but if the attack is on a stall in the critical scoring area and the defense commits a major foul, the official may either:
  - Hold whistle if the attack is able to maintain possession and indicate the advantage with one arm raised horizontally toward the goal; or
  - Blow the whistle immediately and award the free position at the spot of the foul.
- b. The attack may simply be passing the ball at the top of the critical scoring area or to a player behind the goal in order to initiate a scoring play. This is therefore not a scoring play. Again, the official has the same two options as noted above if the defense commits a major foul.
  - If no scoring play can be initiated due to a three second violation by the defense, blow the whistle immediately and award a free position at the spot of the ball.

**NCAA Note:** See Part Seven for more specifics on the penalty administration for this foul.

### 2. The End of a Scoring Play Defined

The scoring play is over when the attack fails to continue their initial momentum to score a goal. The scoring play ends when:

- a. A shot is taken.

- b. The attacking team loses possession of the ball. The attack player may choose to intentionally drop the ball. A bounce pass is not considered a loss of possession.
- c. The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.

**Note:** It is not unusual for the attack to attempt to maintain a scoring play on goal by running or passing the ball behind the level of the goal line and rolling the goal circle. However, officials must blow the whistle to end play if:

- The attack runs/passes the ball behind the goal, only to get out of a tight situation.
  - If the player with the ball is calling out a new play.
  - If the player with the ball behind the goal does not immediately continue around the goal or is taking time to look for a pass.
- d. The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.

**Note:** Finally, the official must end the scoring play if the attack player with the ball is forced by good defensive play to simply lose her forward momentum. Sometimes the attack player may turn and stop her initial thrust toward goal for no apparent reason. Blow the whistle, indicate that the scoring play is over, and set up the free position.

- e. The attacking team fouls.

### C. Major Fouls Committed by the Attack

#### 1. Crosse in the Sphere - Illegal Cradle/Protecting the Crosse

- a. An attack player in possession of the ball may not hold, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere, or close to her body or her teammate's body making a legal/safe check impossible.
- b. When a defender is in good defensive position to check, the player with the ball may cradle the ball and move her stick from side to side to try and prevent a check from being made, but must not be allowed to hold or cradle the ball too close to her body or face on the side facing the defender. Officials must be especially vigilant when a player is caught in a double or triple team situation when the player with the ball will be most tempted to pull the head of the crosse close to her body.

# MAJOR FOULS COMMITTED BY ATTACK

## 2. Dangerous Propelling (MANDATORY CARD)

A player may not, at any time or anywhere on the field, propel the ball at an unprotected player (including the goalkeeper if she is outside her goal circle) in a dangerous or uncontrolled manner. Any pass that is thrown or shot that is taken without regard to the positioning of other players is dangerous. The following guidelines may be helpful

- a. Look for the ball carrier who propels the ball directly into her defense player without regard for that player's positioning or her safety.
- b. Look for the ball carrier who blindly initiates a hard, rising underarm pass or shot into a defender or an unsuspecting teammate.
- c. Look for the ball carrier who propels the ball into an opponent who is being drawn by the attack through the free space to goal.
- d. Determine whether the defender moved into the path of the ball after the ball was released. This could be a "no call" situation, or if you determine that the defender deliberately impeded, accelerated or changed the direction of the ball this could be a body ball (minor foul) situation.

**NCAA Note:** Players may use any part of the body, except the head or hands, to stop or control the ball. Players may kick the ball. However, if a player blatantly attempts to stop a shot on goal by playing the ball off of her body while outside the goal circle it shall be a major foul (if inside the goal circle), it is a red card). The goal keeper is exempt from this rule.

- e. Watch the defender who is obstructing the free space to goal. If, before the official can blow her whistle to make the obstruction call, the attack player shoots into the defender, consider calling a double foul (obstruction and dangerous propelling). The attack player must be carded for dangerous propelling, and the alternate possession procedure (AP) will be used to determine the team gaining possession after the double foul.

## 3. Dangerous Follow-Through (MANDATORY CARD)

A player must not follow through with her crosse in a dangerous or uncontrolled manner. The trail official is primarily responsible for watching for contact to the defender on the follow through after a shot. Determine whether the defender moved into the path of the follow through after the ball was released.

#### 4. Dangerous Shot

- a. A dangerous shot is directed at the goalkeeper. A dangerous shot is judged on the basis of the distance of the shooter from the goal, the force of the shot and the placement of the shot. The following cues can be used to help determine an uncontrolled or dangerous shot:
1. Is the shooter off balance?
  2. Is the ball batted or hurled at the goal without regard for the positioning of other players?
  3. Did the player shoot blindly?
  4. Is the shot a hard, rising underarm shot that goes into the goalkeeper's neck?
  5. Is the shot directed with unnecessary force?
- b. A shot must not be deliberately directed at a goalkeeper's body, especially her head or neck. This does not apply if the goalkeeper moves into the path of the ball whether it be right, left or forward.
- c. A shot can be considered uncontrolled even if it misses the goal.
- d. If the official determines that a shot is dangerous, the free position is awarded to the goalkeeper in the goal circle and the offending player is placed 4m from the goal circle behind the goal.

#### 5. Forcing Through

A player while in possession of the ball, may not try to force her crosse through an opposing crosse(s).

#### 6. Charge

A player may not charge, barge, push or back into (thereby making contact with) an opponent who has already established a legal body position

#### 7. Illegal Pick

A player must not set a pick out of the visual field of an opposing player which does not allow enough time and/or space to stop or change direction and results in contact.

**NCAA Note:** In NCAA play an illegal pick is categorized as a Blocking foul.

# MAJOR FOULS COMMITTED BY DEF/ATT

## 8. Illegal Shot (shoot from an indirect free position)

A player may not shoot from an indirect free position until the ball is passed or her crosse has been touched or checked by a defense player's crosse or play has been stopped due to a foul by the defense. The free position is awarded to the opponent nearest the spot where the illegal shot was taken.

**Note:** What happens when the defense fouls the attack player taking the indirect free position without checking her stick and/or before the attack player has a chance to pass the ball? Does this mean the attack player may now go to goal and shoot? NO, the attack may not shoot because she has not met the conditions for doing so listed for the indirect free position. You may not raise your flag because the attack is not on a scoring play since the attack cannot shoot during the indirect free position. You have two options when this situation occurs:

- a. Blow your whistle immediately, call the foul, and award a free position to the attack. If the foul was major, the attack will be allowed to shoot when play resumes.
- b. Hold whistle, allow play to continue, and see if the attack player maintains the advantage.

## D. Major Fouls Committed by both the Defense and the Attack

### 1. Crosse in the Sphere

#### Defense

- a. A player may not reach into or through the sphere or hold her crosse around the throat of an opponent.
- b. A player may not directly poke or wave the crosse near an opponent's face
- c. No player's face is to be threatened by a defender's crosse being held within her sphere. However, no defender is penalized when the attack player brings her own crosse into the defender's crosse thereby checking herself. This is either a "no call" or an offensive foul.
- d. When a player checks in the sphere in a dangerous manner, it is strongly advised that the misconduct procedure be followed.

**Attack**

- a. An attack player in possession of the ball may not hold, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere, or close to her body or her teammate's body making a legal/safe check impossible.
- b. When a defender is in good defensive position to check, the player with the ball may cradle the ball and move her stick from side to side to try and prevent a check from being made, but must not be allowed to hold or cradle the ball too close to her body or face on the side facing the defender. Officials must be especially vigilant when a player is caught in a double or triple team situation when the player with the ball will be most tempted to pull the head of the crosse close to her body.

**2. Illegal Contact**

A player must not initiate crosse to body or body to crosse contact.

- a. Send a strong message that a player's stick must not be coming into contact with another player's body, nor can a player run into an opponent in order to draw this foul call.
- b. Defenders will not be allowed to stand with their stick against a player's body, lower the head of the crosse into a horizontal position that makes crosse to body contact, reach out with the stick while in motion and hit or hold a player's body, or in any way make stick to body contact. Attack players who initiate contact with a defender's stick in a legal defensive position will be called for a foul.

**USL Considerations: Horizontal Stick**

- A horizontal stick held by a player who is participating in play is in an illegal stick position. If stick-to-body or body-to-stick contact occurs, a foul will be called on the player who is holding the horizontal stick. A horizontal stick is defined as one that is below 10 o'clock or 2 o'clock.

**NCAA Note:** Initiating contact with the crosse parallel to the ground (3 & 9 o'clock) **when the defenders hands are touching each other** is legal

- If an attack player makes contact in a "meet and greet" context with a defender and moves away, this continues to be a legal move by the attack. If the defense has her stick in a horizontal position, it is a foul on the defense only.

- If an attack player charges into a defender, this is a foul on the attack. The same criteria used in the past to determine this foul continues to apply – charge, barge, shoulder, or back into an opponent or her stick. If the defense has her stick in a legal position, it is a foul on the attack only. If the defense has her stick in an illegal position, both players are committing fouls and this results in a throw.
- If an attack player is setting a pick on an opponent and is holding her stick in a horizontal position, this is a foul on the attack if contact is made with the stick.
- A defender may drop her stick into a horizontal position to fill passing lanes, shadow an opponent's stick and occupy more space provided there is no contact.

### 3. Dangerous Contact (MANDATORY CARD)

Any action that thrusts or shoves any player (with or without the ball) who is in a defenseless position. This includes but is not limited to: blind side, head down, out of the visual field or from behind.

### 4. Illegal Use of the Crosse

No player is allowed to use the crosse in a dangerous and/or intimidating manner. For example: Lowering the head of the crosse into a horizontal position and initiating crosse to body contact or any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play.

### 5. Pushing

A player may not push the opponent with her hand or body.

### 6. Holding

A player must not hold an opponent at any time by detaining, restraining, holding, tagging, pressing, or pushing against an opponent's body, clothing, or crosse with her arms, legs, body or crosse.

- a. A player's legal body position is as wide as her shoulders. It includes the space in front of a player, extending only as far as the length of her arm when outstretched directly in front of her body. A player may not extend her crosse or body beyond this specified distance in order to impede (with contact) an opponent.

### 7. False Start

Before the whistle, a player may not step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent.

**a. By the Defense:**

1. If the defense false starts the official must make an immediate decision to either blow her whistle immediately, hold whistle and wait to see the outcome of the play, or raise the flag if the attack is on a scoring play.
2. The official must consider blowing her whistle immediately if the false start has an impact on the actions of the attacking team. Did the false start cause the attacker with the ball to hesitate? This could be called immediately. Did the false start allow the defender to get to a better defensive position? This could be called immediately.
3. Just as with every other foul (except shooting space), the official has the option to hold whistle or raise the flag and wait to see the outcome of the play. Did the attack player on an 8m free position immediately go to goal despite the false start? Did the attack player attempt to pass to a teammate closer to goal who was then covered by the false starting defender? The official can raise her flag in both cases to indicate the foul and then allow the attack to continue if possible.
4. When making the decision to call or hold on a false start by the defense remember that the official must refrain from enforcing any rule that would penalize the non-offending team.
5. Defensive false starts that the officials determine to be deliberate or an attempt to intimidate the attack, especially the shooter taking an 8m free position, could be carded for misconduct, especially if they are repeated. Repeated false starts could be considered delay of game and must be addressed using the delay of game carding sequence. In other instances where a false start occurs, preventive officiating in the form of a verbal warning may be warranted and may be enough to settle the situation.

**b. By the Attack:**

1. A false start by an attack player with the ball must be called immediately anywhere on the field.
2. A false start by an attack player without the ball is called immediately if the attack gains an advantage. Did the false start put the defender at a further disadvantage? If yes, then the whistle is blown immediately. If no, then the option to hold whistle and see how the play develops would be appropriate.
3. False starts that the officials determine to be deliberate or an attempt to intimidate the defense could be carded for misconduct, especially if they are repeated. Repeated false starts could be

# MINOR FOULS

considered delay of game and be addressed using the delay of game carding sequence. In other instances where a false start occurs, preventive officiating in the form of a verbal warning may be warranted and may be enough to settle the situation.

## 8. Tripping

A player may not trip an opponent deliberately or otherwise.

## 9. Playing the Ball Off of an Opponent

A player may not push, flick, or bat the ball into an opponent's feet or body causing the ball to go out of bounds.

## 10. Team Fouls/Offside (Rule 6, Section 7)

A team must not have more than seven players below the restraining line in their offensive end, and must not have more than eight players below the restraining line in their defensive end.

**NCAA Note:** A team must have five players behind the restraining line when the ball is in their offensive end, and must have four players behind the restraining line when the ball is in their defensive end. If a team is playing with fewer than 12 players due to injury or other circumstances not related to carding, it may have fewer players behind the restraining line.

**Note:** While the wording may be different in the two rule books (USL and NCAA), the intent of the rule in each case is the same – during “regular” play each team may only have a certain number of players below the restraining line. Officials count forward (7 v 8 players) and when there is opportunity check back (4 v 5 players). Officials must realize that teams may choose to play short for a period of time so the number of players below the line or behind the line may be different from what would normally be expected. This is legal as long as there are never more than 7 attack players and 8 defensive players below the restraining line during regular play. If a card has been assessed, the number of players allowed per team below the restraining line changes --- the team with the carded player or players will be allowed one less player below the line for every card.

## II. Minor Fouls

Minor fouls are fouls which have little or minimal bearing on the safety of play. It may help officials to subdivide the minor fouls into three categories:

- Rules pertaining to **illegal equipment**: the crosse, mouth guards, goggles, goalie equipment, uniform and jewelry.

- Rules pertaining to **procedural errors** which generally occur during stoppages of play: illegal substitution, asking for a stick check, on a legal crosse, beyond the allowable number of requests, and delay of game.
- Rules pertaining to **misplays**: covering the ball, empty crosse check, body balls, playing the ball from out of bounds, etc.

#### A. Minor Fouls

1. **Covering**: A player may not guard a ground ball with her crosse or foot. This rule does not prohibit a player from stopping a rolling ball by momentarily placing the crosse over the ball, unless this directly prevents an opponent from playing the ball. Nor does it prohibit a player from placing her crosse between an opponent's crosse and the ball to flick/push a ground ball to an open space or to a teammate.
2. **Empty Stick Check**: A player may not check or impede an opponent's empty crosse when it is not in contact with the ball. The player does not have to be in control of the ball but it must be in contact with her stick to avoid an empty crosse foul being called. The check is legal if the crosse contact is simultaneous with the ball contacting the crosse. This call is frequently made incorrectly because the official is making a judgment on sound, i.e. the noise of sticks making contact with one another, rather than looking at what is actually happening with the ball and the sticks. This applies only if the opponent could have received or gained possession of the ball.
3. **Warding**: A player may not guard the crosse with her arm/elbows. This is not to be confused with the natural running movement of a free arm when a player is handling the crosse with one hand. However, watch that this natural running movement of the free arm does not become a guarding/warding off movement as a defender approaches to within playing distance of the ball. Officials must not allow the defender to crowd or push the attack player with the ball to the point that she raises her arm to protect herself. An early call made for the pushing foul will prevent the second foul for warding off.
4. **Hand Ball**: A player may not touch the ball with her hand, except the goalkeeper or deputy within the goal circle. This rule prohibits a player from illegally using her thumb to hold the ball in the pocket of a molded crosse.
5. **Squeeze the Head of the Crosse**: A player may not squeeze the head of the crosse or use her hand or body to keep the ball in the crosse. This rule prohibits a player from illegally squeezing the webbing of a wooden stick or the sidewalls of a molded stick, preventing the ball from being dislodged by a legal crosse check.

## MINOR FOULS

- 6. Body Ball:** A player may not allow any part of her body to deliberately impede, accelerate or change the direction of the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off her body while outside the goal circle, it shall be called a Major Foul.

**NCAA Note:** The Body Ball is no longer a minor foul in NCAA play. However, if a player blatantly attempts to stop a shot on goal by playing the ball off of her body while outside the goal circle, it shall be called a major foul (if inside the goal circle, it is a red card). The goalkeeper is exempt from this rule.

- 7. Improper Use of Crosse:** A player may not throw her crosse in any circumstance, or take part in the game if she is not holding her crosse.
- 8. Illegal Draw:** A player may not draw illegally. On a center draw, if a player steps on the line or enters the center circle or steps on the line or crosses the restraining line [touching the ground inside the circle or over the RL] before the whistle, the officials will immediately make the call for an illegal draw [Minor Foul] and administer the free position at the center circle. If players repeatedly violate this rule, the penalty for a Major Foul may be administered. See Part 2, Game Procedures, for a more complete discussion.
- 9. Illegal Crosse:**
- a. A player may not participate in a game with a crosse that does not meet specifications.
  - b. A player may not score a goal with a crosse that does not meet field crosse specifications.
  - c. A player may not adjust the strings/thongs of her crosse after an official inspection of her crosse has been requested during the game.
  - d. Request, for a third time, the inspection of any crosse meeting specifications. The team requesting a stick check will not lose any of its allowable two requests if the crosse is found to be illegal. Note: Officials are encouraged to inform coaches of the number of stick checks they have remaining.
- 10. Resumption of Play:** A team fails to be ready to play after a 2-minute team timeout or following half time.
- 11. Improper Equipment:**
- a. A player may not take part in a game if she is wearing jewelry.
  - b. Failure to properly wear a mouthpiece.
  - c. Failure to properly wear eye protection.

d. Take part in the game if her uniform does not meet specifications.

**12. Illegal Substitution:** A player may not substitute illegally.

**13. Delay of Game:** A player may not intentionally delay the game. (green card)

a. Failure to stand when the whistle is blown to stop play (creeping)

b. Failure to move 4m away on a free position

c. Any type of behavior which, in the opinion of the official, amounts to delay

**NCAA Notes:** Delay of Game

1. Failure to stand when the whistle is blown (creeping)

2. Failure/refusal to move 4m away on a free position

3. Failure to properly wear a mouth guard

4. Failure to properly wear eye protection

5. Repeated violations by the attack or defense on the self-start

6. Any type of behavior that, in the official's opinion, amounts to delay.

**14. Play from Out of Bounds:** A player may not take an active part in a game when her foot/feet are out of bounds.

**15. Illegal Re-Entry:** A player may not run out of bounds and re-enter in a more advantageous position.

**16. Illegal Timeout:** A team requests more than two timeouts.

**NCAA Note:** A team requests more than three timeouts.

**Note:** Repeated violations of minor fouls should be penalized as Major Fouls. Any Minor Foul done in a dangerous manner may be penalized as a Major Foul.

### III. Goal Circle Fouls

**A.** Any ball resting on the goal circle line belongs solely to the goalkeeper or her deputy. Any other player touching this ball would be committing a goal circle foul.

**B.** The goalkeeper or her deputy may step on but not over the goal circle line and still be considered "in the goal circle" when playing the ball. If the goalkeeper does step out with one foot and then steps back onto the goal circle she would be committing a goal circle foul if she was in possession of the ball.

# MISCONDUCT/SUSPENSION

- C. The ball must be cleared by the goalkeeper or her deputy within 10 seconds after it has entered the goal circle. The goalkeeper may leave the goal circle and allow a teammate to enter and clear the ball for her, but the 10 second count continues.
- D. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not intentionally return the ball to their goal circle until the ball has been played by another player.
- E. The official shall use a visible hand signal to count the 10 seconds that the ball remains in the goal circle, and may use an audible count as well, especially if there is an interchange to allow another player to clear the ball for the goalie.
- F. If the goalkeeper or the deputy is fouled while inside the goal circle, she will take the free position from within the goal circle.
- G. While outside the goal circle, the goalkeeper may not throw any part of her equipment to her deputy.
- H. A field player may not enter or have any part of her body or crosse in the goal circle, unless she is the deputy goalkeeper.

**NCAA Note:** Players in their defending end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending. Note: Any defender moving through the goal circle must still abide by all provisions of the obstruction of the free space to goal rule. Multiple defenders may be in the goal circle AFTER the ball enters the goal circle and may stay until it is cleared. The ball must be cleared within 10 seconds and defenders must have both feet in the goal circle to play the ball when it is in the goal circle. Additional information about NCAA procedures may be found in Part Seven.

- I. On a shot, the shooter may follow through with her crosse over the goal circle. Her feet must not touch the goal circle. The player(s) directly defending the shooter may reach into the goal circle with their crosse(s) to block the shot or check the shooter's crosse. A defender's feet must not touch the goal circle. Exception: Follow through over the goal circle will not be allowed for play below the 9th grade level.

## IV. Misconduct and/or Suspension

- A. A player must not conduct herself in a rough, dangerous, or unsportsmanlike manner.
- B. A player must not persistently or flagrantly violate the rules.
- C. A player must not deliberately endanger the safety of an opposing player.
- D. A player must not be involved in baiting or taunting that is intended or designed to embarrass, ridicule, or demean others.

- E. A player must not use excessive dissent or abusive language.
- F. A non-playing team member or team personnel must not leave their team bench area during the game.
- G. A coach must not leave her coaching area. Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the team substitution area to their end line, and behind the scorer's table extended.

**NCAA Note:** Same as USL except that the coaches may move up to the sideline.

- H. A player must not demonstrate any type of behavior which in the official's opinion amounts to misconduct.

#### I. Misconduct After the Game Ends

1. If a situation occurs after the game ends and before the officials leave the playing venue where conduct occurs that would warrant a red card during play, the official(s) can issue a post-game ejection to the offending player or head coach to be served in the team's next game.

#### J. Physical Altercations

1. In the event that fighting or any physical violence erupts or is threatened between two or more players or team personnel, including coaches, within the playing venue during a game, the officials will immediately suspend the game and request that the home team game management personnel be brought on to the field to address the issue of fighting.

Officials will not physically insert themselves into the fighting or surrounding encounter. Officials will be involved in assessing and administering appropriate penalties for any players or personnel involved in physical altercations. At the official's discretion, the game may be suspended for up to 30 minutes to allow for the issue to be addressed or the game may be terminated due to safety or other concerns. The league will be responsible for determining whether or not the game may be resumed or re-played at a later date.

During club games where school personnel are not present, it is the responsibility of team representatives to address and bring to an end any fighting or physical violence. At the official's discretion, the game may be suspended or terminated due to actual or threatened physical violence.

# BODY CONTACT INTERPRETATIONS

## V. Major Foul Considerations/Interpretations

### A. Body Contact

#### 1. Philosophy

Any decision related to body contact is a judgment call which must be made with regard to the following principles:

- a. It is the duty of each player not to initiate illegal contact.
- b. Any player is entitled to a legal field position not occupied by an opponent, provided that she does not cause contact in taking such a position and that she allows the opponent a chance to stop and/or change direction, thus avoiding contact.
- c. While women's lacrosse is a non-contact sport, incidental contact will occur. When contact occurs, the official must determine if the contact was incidental or illegal. If illegal, the player initiating the contact is responsible for the foul and shall be penalized.

#### 2. Block/Charge

- a. Blocking takes place when a player moves into the path of an opponent with the ball without giving that player a chance to stop or change direction. When a player is running to receive the ball, a "blind side" defense player must give her enough time and/or space to change her direction.
- b. Charging takes place when the player with the ball pushes into, shoulders or backs into and makes contact with an opponent who has already established her position (though not necessarily stationary).

#### 3. Hints to Officials in Determining Block or Charge

- a. Each time the attack finds the defense legally ahead of her on a given pathway, the attack must take avoiding action.

**Note:** The defense must give the attack player enough time and/or space to avoid contact.

- b. Once the attack player has worked to get her feet at least even/level with her defender, the attack player is entitled to that pathway.

The following schematic diagrams offer a guide to officials for making the appropriate call for block/charge situations.

**Block and Charge Situations**

Attack Player



Defense Player



Direction of movement



Double Foul – Players are aware of each other but neither player makes an attempt to avoid contact; Use the alternate possession procedure (AP) to determine the team taking possession of the ball OR No Call – Both players trying to play the ball and some incidental body contact occurs.



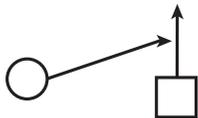
Charge by Attack – Defender has established her position within the attack's visual field allowing enough time and space for the attack to change directions.



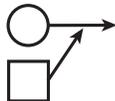
Charge by Attack – Defender has given ground and tries to avoid contact.



Charge by Attack - Defender has given ground and tries to avoid contact.



Block by Defender – Attack has made an effort to go around defender and avoid contact. Defender steps into path of attack causing contact.



Block by Defender – Once the attack has worked to get level with defender, the attack has a right to that space.



No Call; No Contact – The Attack has made the move to avoid contact and the Defender has moved diagonally to maintain the body checking position without contact.

**4. The Pick**

a. The “pick” is an offensive technique in which a player without the ball uses her positioning to free a teammate by forcing the opponent to take another route. (See diagrams below) A pick may be stationary or moving.

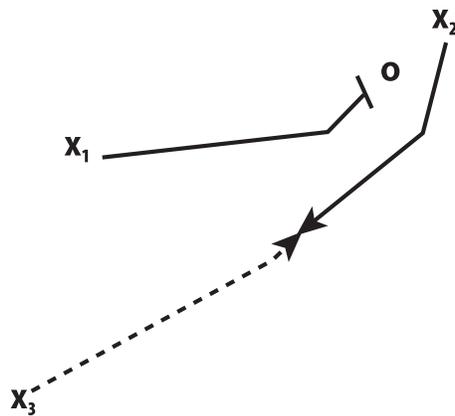
**b. Setting a Legal Pick**

A player may occupy a legal position on the field and have the right to that position provided that:

1. The pick is set within the visual field or the pick allows the opponent enough time or space to stop and/or change direction. These principles apply whether the pick that is set is stationary or moving.

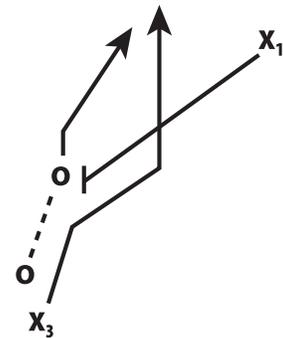
**Note:** A visual field is defined as 180 degrees using the opposing player’s head (nose) as the point of reference not the player’s shoulders.

2. The teammate assumes a stance that, once established, cannot change by extending the crosse or moving the legs/knees to a wider position that inhibits or prevents the defender from having the time/ space to change direction. If this type of change of stance occurs and contact results the pick is not legal and must be penalized.



**Off- Ball Pick**

X1 sets a legal pick on O freeing X2 to receive a pass from X3



**On-Ball Pick**

X3 Channels O into pick set by her teammate X1

## B. Obstruction Of The Free Space To Goal (FSG)

### 1. Defined

Free Space to Goal (FSG) is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle. (See illustration and definition in USL Official Rules) A defense player obstructing the free space to goal with any part of her body denies the attack the opportunity to shoot safely and encourages shooting at an unprotected player.

Consider the following points before calling obstruction of the free space to goal:

- a. The ball carrier must be within the critical scoring area (within 12m of goal) and must have the opportunity to shoot and must be looking to shoot. The call is not made if the ball carrier is being so tightly marked that she cannot execute the shot or if she is below the level of the goal line extended.
- b. A defender marking within a stick's length of the ball carrier is not obstructing the free space to goal.
- c. Defenders who are being drawn into and through the free space to goal by cutting attack players they are marking are not obstructing the free space to goal.
- d. Do not penalize a defender who adjusts to keep her body out of the free space to goal and leads with her stick as she moves up to defend the ball carrier.
- e. Only those defenders who are in the free space to goal at their own initiation shall be penalized for obstructing the free space.

### 2. Free Space to Goal and Zone Defenses

Zone defenses are legal as long as the defensive players meet the 3 second rule criteria or are set up outside the 8m arc, and observe the obstruction of free space to goal rule. When a team plays a zone, the officials need to be very aware of the players behind the pressure player (that individual marking the ball carrier). Often times the back defenders set up in the free space to goal when there are no other attack players within playing distance.

When the pressure player is beaten, defenders who are not legally marking attack players must adjust immediately. They must move to play the ball carrier or slide out of the free space to goal. If the defense stands or moves straight toward the player and has her body in the free space to goal, the official must blow her whistle immediately.

## OBSTRUCTION OF THE FREE SPACE TO GOAL (FSG)

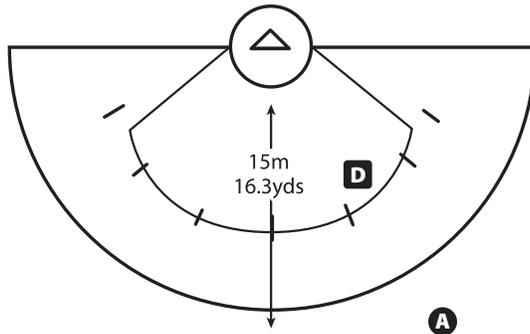
**3. Making the Call**

- a. Visually identify the illegal defender by mentally noting her number. Any official may make the call, provided she is in the proper position to visualize the free space to goal.
- b. Check to make sure the ball carrier is within the critical scoring area, has the opportunity to shoot safely, and is looking to shoot. Be prepared to make the call. Have your whistle ready to make the call before the shot is attempted. Consider the following:
  - There must be “opportunity to shoot” safely at the same time the player is “looking to shoot”.
  - The official must first ascertain whether or not a player has an “opportunity to shoot”.
  - Look to see if the attack player is closely marked or double teamed thus denying the opportunity to shoot.
  - Look to see if the attack player has her hands free to execute a shot; is it possible for her to execute a shot?
  - Look to see if the attack player’s body is in a position to execute a shot; is she stationary and/or too far away from goal to execute a shot?
  - Look beyond the player with the ball and judge what is happening between that player and the goal. ...See the big picture, i.e., more than the ball carrier and her immediate defender(s). ...IF there are other players legally in the free space to goal and thus the attacker cannot shoot safely ...the call should not be made. IF there are defenders illegally in the free space to goal and the attacker cannot shoot safely ... the call must be made.
  - Is the player “looking to shoot” or simply “looking for a call”?
  - “Looking to shoot” may mean that the attack player pumps her stick indicating that she would like to shoot. IF the “opportunity” is there to SHOOT SAFELY except for the defender in shooting space, call the foul. IF there is no “opportunity” to take a safe shot because other players are in legal position and in the path of the shot, do not call the foul.
  - The attack player may be running at goal while looking off to find a teammate. In this instance the official must be aware that a potential shooting space call may develop when and if the ball carrier has the “opportunity to shoot” safely and “looks towards the goal”. If she does, and if a defender is in the free space to goal, the call must be made.

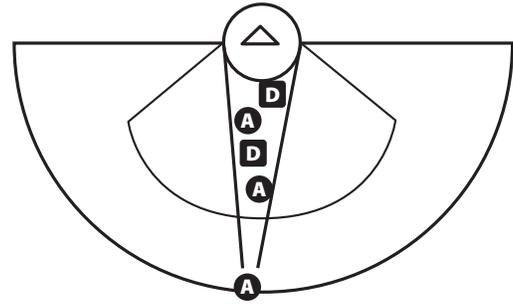
- c. If all components are there, whistle to stop play immediately and give the hand signal for obstruction of the free space to goal.
- d. When the Trail Official or C Official makes the call:
  - 1. She shall give the Lead Official the number of the player who obstructed the free space to goal.
  - 2. If the offending player was in the 8m arc, she shall indicate on which hash mark the free position shall be awarded.
  - 3. The Lead Official restarts play.
- e. When the Lead Official makes the call:
  - 1. She shall identify the player who obstructed the free space to goal.
  - 2. If the offending player was in the 8m arc, she shall indicate on which hash mark the free position will be awarded.
  - 3. The Lead Official restarts play.

EXAMPLES OF “NO CALL” FSG SITUATIONS

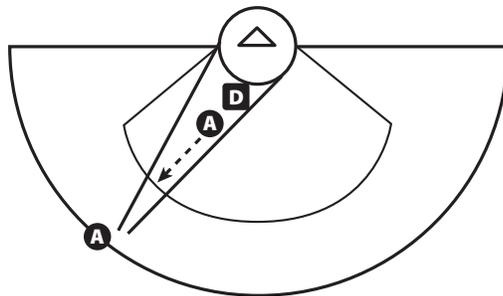
4. Examples Of “No Call” Free Space to Goal (FSG) Situations



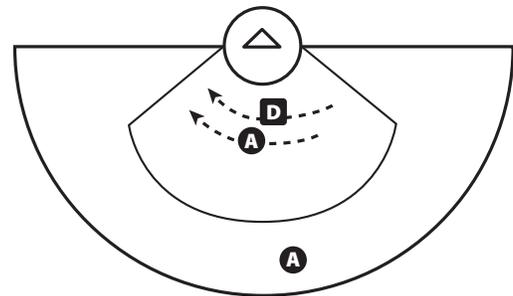
A) **No Call.** Ball carrier is too far out. Ball not in Critical Scoring Area.



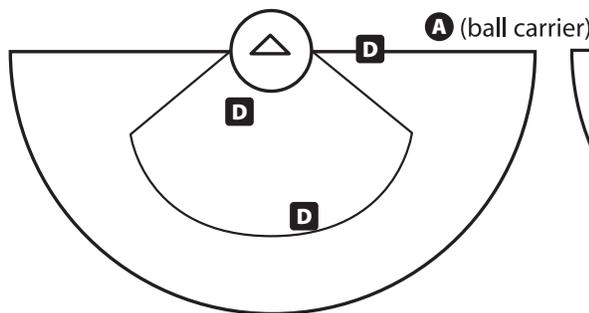
B) **No Call.** Defenders are marking the attack within a stick's length.



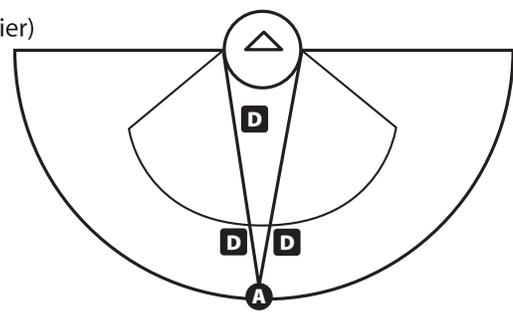
C) **No Call.** The attack player is cutting toward her teammate, bringing her marking defender with her.



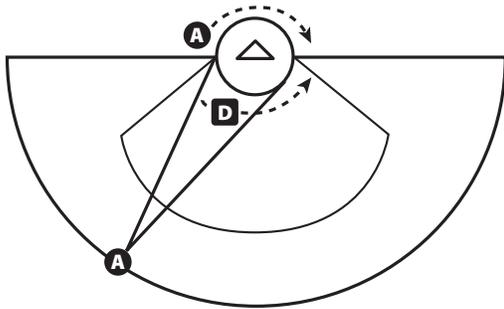
D) **No Call.** Defender is marking her opponent as she cuts across the goal.



E) **No Call.** Ball carrier is behind the goal line extended, and therefore, has no shot.

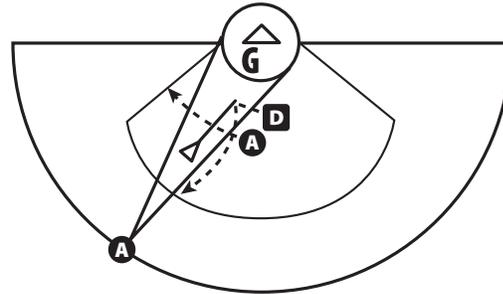


F) **No Call.** Ball carrier is being marked by a legal double team and does not have a shot.

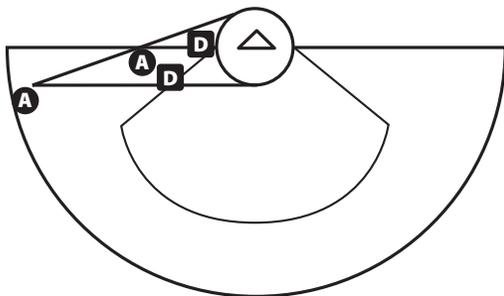


- G) No Call.** Defense is being drawn through the free space to goal by attack behind the goal. Defense must mirror movement of attack, move through quickly, and not hesitate.

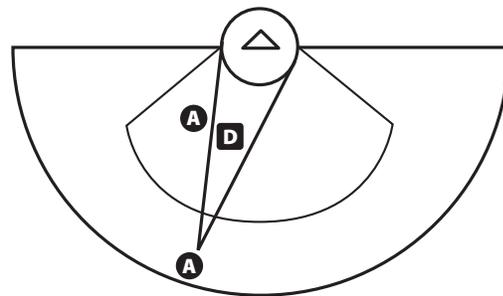
**Note:** If the defender hesitates at all, she will be penalized for obstructing the free space to goal.



- H) No Call.** Defender decides to leave attack cutter to pick up ball carrier. Defender does so in such a way that she leads with her cross-stick keeping her body out of the free space to goal.



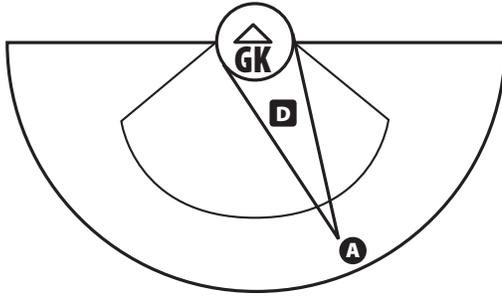
- I) No Call.** One defender is below the goal line and the other is marking an opponent within a stick's length.



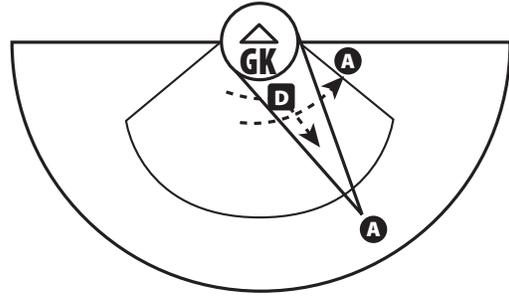
- J) No Call.** Defender may look as though she is in the free space to goal, but if the defender is within a stick's length of the attack player she is marking, the defender is legal.

EXAMPLES OF "CALL" FSG SITUATIONS

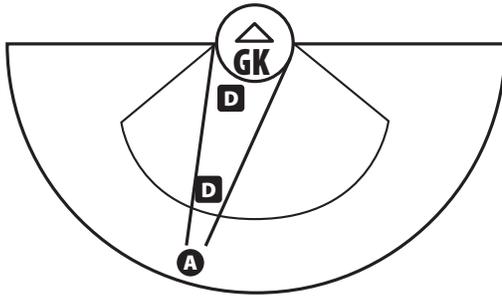
5. Examples of "Call" Free Space to Goal (FSG) Situations



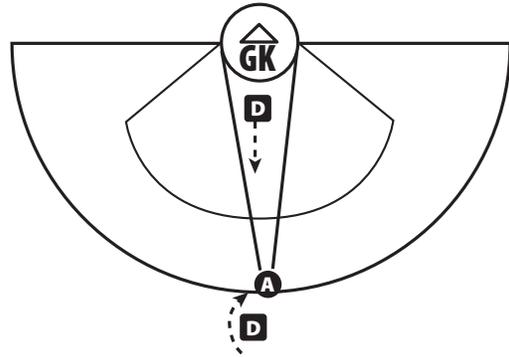
A) **Call.** The Defender is just standing in the free space to goal.



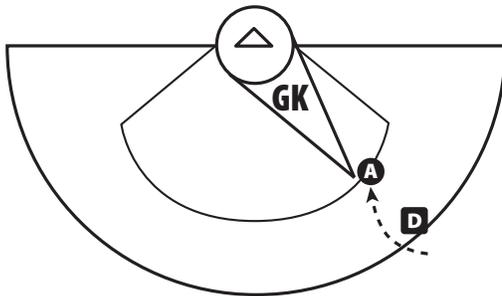
B) **Call.** The attack has cut away, and her defender turns to play ball carrier.



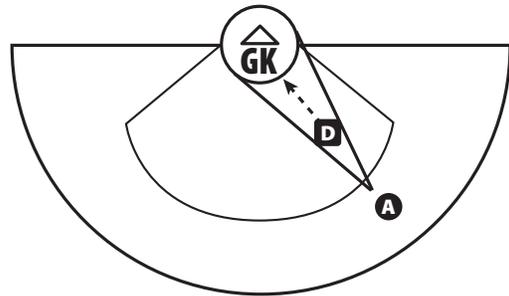
C) **Call.** Ball carrier is marked but has a shot. Low defender is obstructing the free space to goal.



D) **Call.** Ball carrier dodges first defender and the second defender is moving directly toward the ball carrier without getting her body out of the free space to goal.



E) **Call.** Ball carrier dodges defender. Goalkeeper who is well outside the goal circle makes no attempt to move up to mark the ball carrier. Goalkeeper assumes responsibilities of field player when she leaves the goal circle.

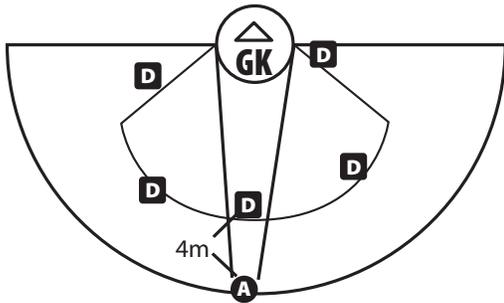


F) **Call.** Instead of stepping up to mark the ball carrier, the defender stands or "back pedals" as the attack attempts a shot on goal.

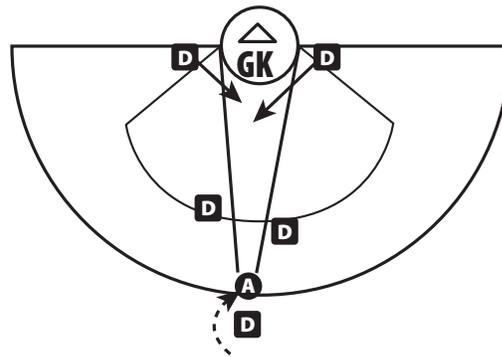
**NCAA Note:** The goalkeeper is exempt from obstruction of free space to goal (FSG).

6. Examples Of Zones & Free Space to Goal Obstruction

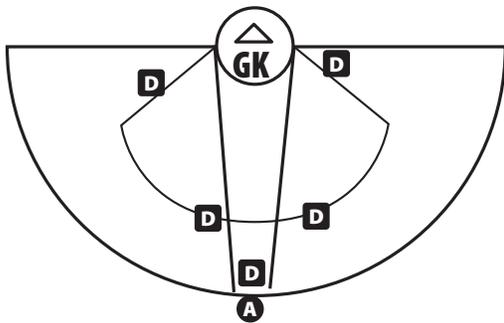
EXAMPLES OF ZONES & FREE SPACE OBSTRUCTION



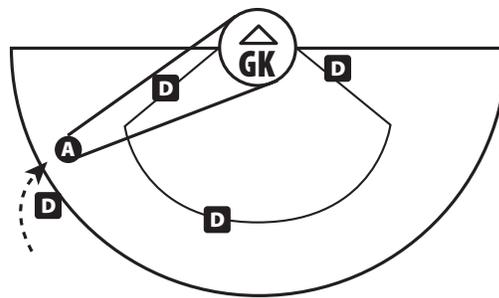
A) **Call.** Ball carrier looking to shoot as she enters the 12m fan. Defender stands on 8m arc making no attempt to step sideways out of the free space to goal or to step up and play the attack ball carrier.



B) **Call.** Ball carrier dodges defender marking her. Two low defenders move into free space to goal. Both players are penalized by going 4m behind.



C) **No Call.** The front defender is legally marking the ball carrier, all other defenders are outside the free space to goal.



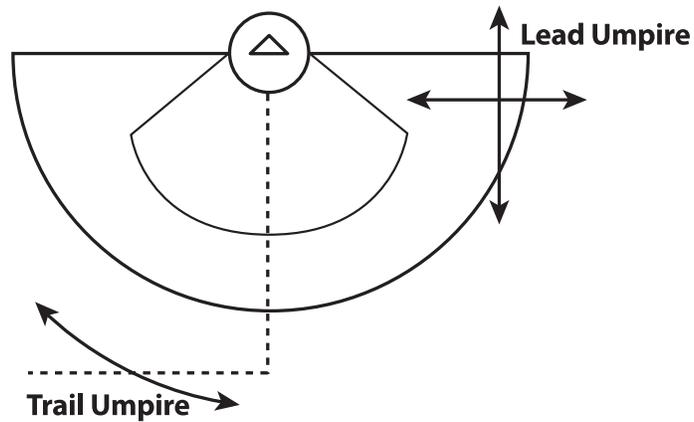
D) **Call.** Ball carrier dodges defender and is looking for a shot. Low defender is obstructing the free space to goal.

**Note:** Even though the low defender is outside the arc, she is still in the free space to goal.

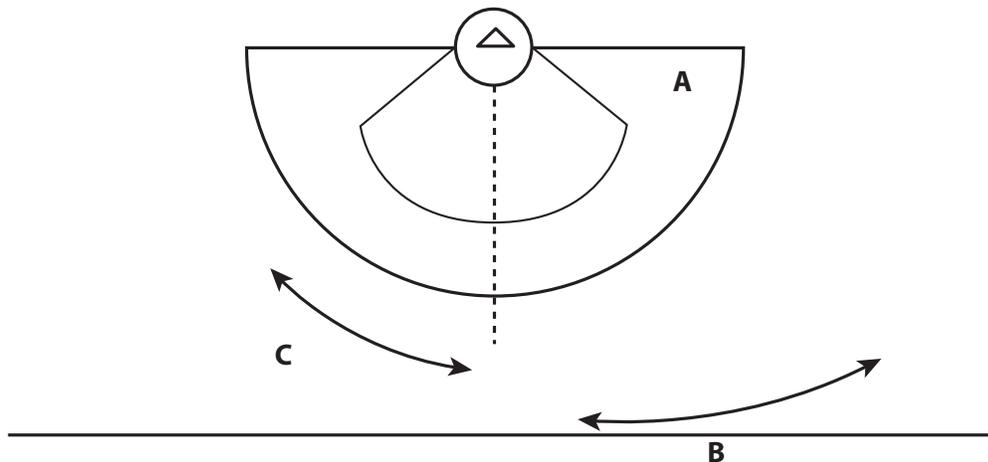
# FREE SPACE TO GOAL (FSG)

## 7. Free Space To Goal: Official Responsibilities

- a. Two Person System: The Trail Official is responsible for free space to goal violations on her half of the goal area and must move laterally with the ball to ensure that she is in the correct position to make the call. The Lead Official is responsible for free space to goal calls on her half of the goal area. This can be a difficult call for inexperienced officials because they tend to be afraid to take their eyes off the ball carrier. Making obstruction of the free space to goal calls from the Lead position requires the official to broaden her view of the goal area to include those defenders below the ball carrier and the pressure player.



- b. Three Person System: The two Trail Officials, "B" and "C" in the diagram below, are primarily responsible for calling free space to goal. As they move laterally with the ball from their trail positions, they will have an optimum view of the space below the ball carrier. While this system allows the Lead Official, "A", to focus on the ball carrier and the play around the goal circle, she must still be aware of the possible free space to goal call when the defender is low on A's side of the goal.



# THREE SECONDS VIOLATION

## C. Three Seconds Violation

### 1. Defined

The defense may not remain in the 8m arc for more than three seconds unless she is marking within a stick's length. Within a stick's length is defined as when any part of an opponent's body is inside a crosse's length. Standing with one foot in the arc and one foot out of the arc is considered to be in the arc; having a foot on any part of the line that defines the arc is considered to be in the 8m arc. The three second rule is in effect when the team in possession of the ball crosses over the Restraining Line in their attacking half of the field. The intent of this rule is to prevent crowding by the defense in front of the goal.

- a. A defense player marking an opponent who is standing directly behind the goal circle is exempt from the three second rule. However, this defender may not remain in the arc if one of her teammates moves to mark the attack player behind the goal.
- b. The defense player marking the attack behind goal does not have to position herself directly opposite the attack player's position or mirror her movements. The attack may be moving back and forth behind goal and the defender may be stationary, though the attack player must remain within the imaginary lines extending back from the edges of the goal circle in order to be considered directly behind the goal circle. In order to be considered as the one marking the attack player behind goal, the defender should be in close proximity to the goal circle area. The further she moves from the goal circle the less likely it is that she is marking the attacker behind goal.
- c. No more than one defender may mark the same non-ball player in the arc in order to be exempt from the three second violation. When a non-ball player cuts through the arc, the three second count will continue against the original non-marking defender in the arc until there is again only one defender on the non-ball attacker.
- d. A defense player who is marking an unmarked opponent who is standing directly behind the goal circle can not be penalized for the three second rule when drawn into a double or multiple team by attacking non-ball players.

### 2. Making the Call

- a. The official making the call must be in position to see the defense player's feet in relationship to the field markings on the 8m arc. A defense player standing with one foot in and one foot out of the 8m area will be considered to be in the 8m area when judging three seconds.

## THREE SECONDS VIOLATION

- b. As soon as the ball crosses the Restraining Line in the attacking half of the field, the three second rule is in effect. The official must be aware of the defending players, their positioning, and if they are within the 8m arc, as well as the actions of the attacking team when deciding whether to make a call immediately, hold whistle, or raise the flag.
- c. When the attacking team is outside the critical scoring area and therefore not on a scoring play, the official may hold her whistle. For instance, if the attacking team is running a stall and would be disadvantaged if the three second call was made the official may hold her whistle. The advantage signal is given to indicate she has seen the foul but is holding whistle. The attacking team could also be outside the critical scoring area and using a spread offense or setting up a play. In these instances having a defender remain in the 8m arc for more than 3 seconds does disadvantage the attack and the call should be made immediately.
- d. Once the attacking team enters the critical scoring area the official must determine whether the attack is on a scoring play. As soon as the attack moves to begin the scoring play the official should raise her flag and allow the attack to continue their progress to goal. If no scoring play is initiated the official must make this call immediately.

**NCAA Note:** 3 Seconds is NOT a major foul. Therefore raising a flag is not an option. See Part Seven of this Manual, NCAA Officials, for a more thorough explanation of the penalty administration for this foul.

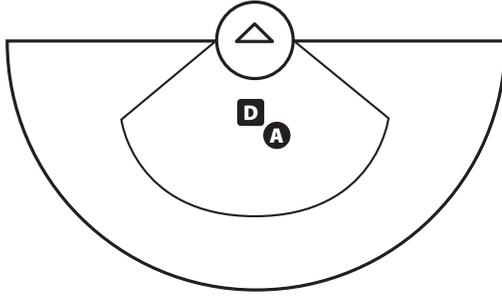
- e. A single defender may remain in the arc as long as she is continuously defending unmarked players that are cutting through the arc. This positioning is legal provided that no more than 3 seconds elapses before she defends a new cutter.
- f. If the official determines that the 3 second violation during a slow whistle affects the shot, a free position is awarded. An example of “affecting the shot” would be the violator deflecting a shot with her stick that did not result in a goal. A free position should be awarded.

- g.** Either the Lead Official or the Trail Official may make the three second call although it is primarily the responsibility of the Trail Official(s) to watch for this foul. In the case of a fast break, the Lead Official may be in the best position to make the three second call. If a flag is raised by the Trail Official, it is her responsibility to whistle the end of the scoring play if no shot is taken. The Trail Official should indicate the number of the player committing the violation and the hash mark where the free position should be set up. The Lead Official should restart play.

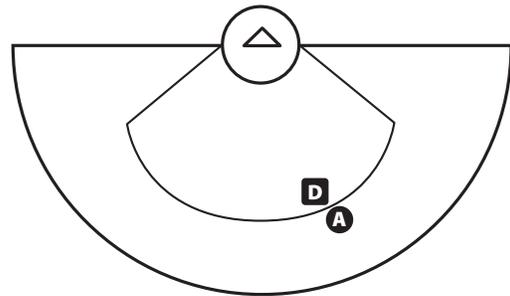
**NCAA Note:** 3 Seconds is NOT a major foul. Therefore raising a flag is not an option. See Part Seven of this Manual, NCAA Officials, for a more thorough explanation of the penalty administration for this foul.

# NO VIOLATION OF THREE SECONDS

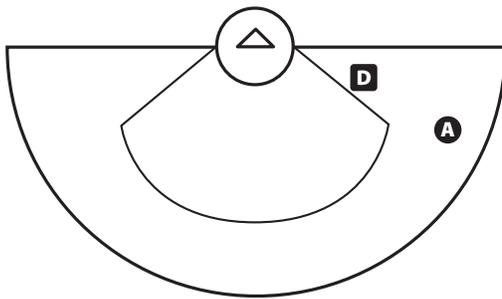
## 3. No Violation of Three Seconds



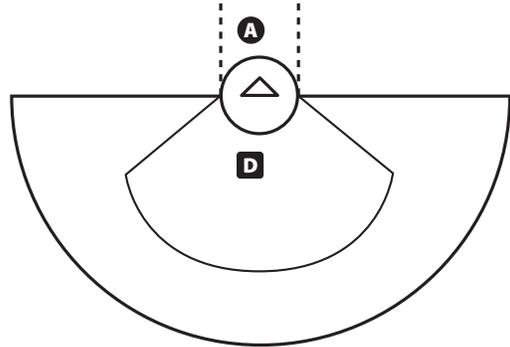
A) Defense actively marking attack.



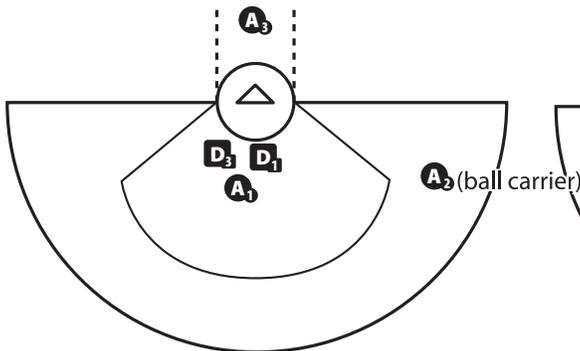
B) Defense actively marking attack.



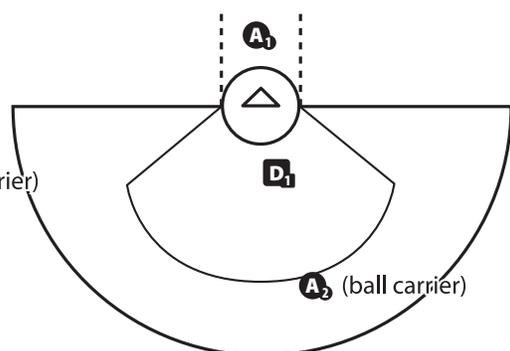
C) Defense not in arc.



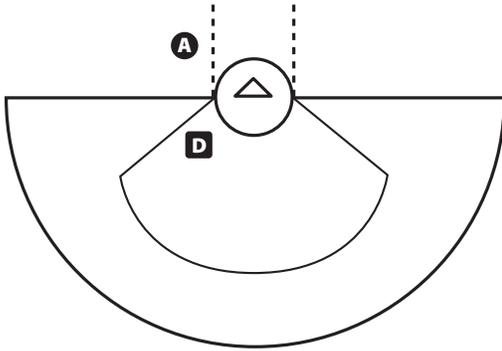
D) Defender marking attack player directly behind goal.



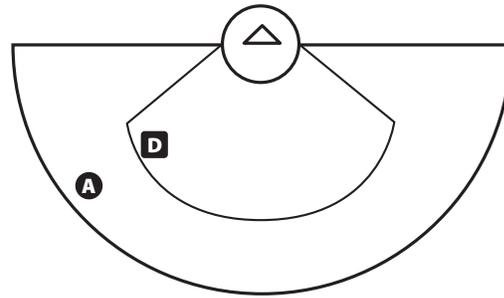
E) D3 is marking A3 behind the goal and is not double-teaming the non-ball player A1 in the arc.



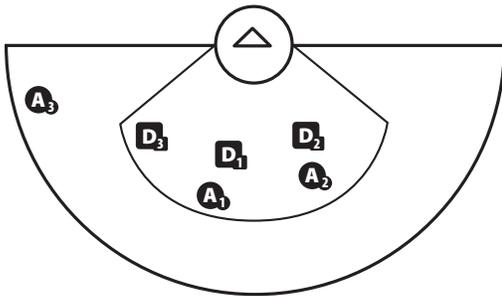
F) No three seconds violation, BUT D1 is obstructing the free space to goal.



A) Attack not directly behind goal.



B) Defender not actively marking "within a stick's length."



C) D3 not actively marking "within a stick's length."

# USE OF CARDS

## D. Use Of Cards

Flagrant misconduct fouls are easily recognized by officials. It is easy to card or remove from the game an abusive or extremely dangerous player. The controlled game demands that officials recognize and properly penalize individuals or teams committing repetitive violations by the same player or team or deliberate violations. In addition to awarding the opponent a free position, employment of game management skills such as warning and/or carding must be considered and used appropriately for the safety and integrity of the game. While the officials may verbally caution a player they are not required to do so before issuing a card, nor are they required to issue a yellow card before they issue a red card. If warranted, the official may immediately red card a player and eject her from the game. To hesitate in these circumstances will only lead to a dangerous and uncontrolled game. Major fouls demand the official's close scrutiny and preparedness to use the cards in situations that include but are not limited to the following:

- Repeated major fouls committed by a player
- Repeated major fouls committed by a team
- Committing the same major foul repeatedly
- Multiple major fouls committed by the defense in an effort to slow the ball carrier
- Break down fouls or those fouls committed deliberately by the defense player in an effort to stop a player on her way to goal
- Fouls committed in a reckless or dangerous manner, i.e., without regard for the safety and well-being of others

The most dangerous major fouls involve checking into the sphere around the head. The sphere is recognized as being a crosse width side to side and front to back, as well as that same space above the head (approximately 7"). A player may not reach into the sphere to stick check, may not stick check toward a player, may not hold her crosse within the sphere, and may not use the stick in a threatening or intimidating manner.

**NCAA Note:** A player may reach into the sphere to stick check away from a player.

Fouls often occur when an attack player dodges an opponent and the defender tries to check her by reaching from behind or when she is level with the ball carrier, or when the defender attempts a check when she is off balance and out of position.

Fouls that threaten bodily injury such as dangerous propelling, dangerous follow through, illegal deputy, and obstruction of the free space to goal are called immediately; there is no slow whistle! If the attack is in the critical scoring area and is on a scoring play, other severe fouls such as uncontrolled checks, checks to the head, and slashing may sometimes not be called immediately. A flag is raised, the attack is allowed to complete the scoring play, and then the call is made and a card is given.

When a check makes contact with an opponent's head, when a player dangerously propels the ball or commits a dangerous follow through, (a follow through in the goal circle that hits the goalie is considered dangerous.) or when a slash (the swinging of a crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not contact is made) occurs, it **MUST** be penalized with a card. If a slash or a check to the head occurs in the critical scoring area it may be a slow whistle situation. In this case, the card is given to the offender when the scoring play ends. If a goal is scored, the officials will restart play with a free position at the center circle for the non-offending team. If a cardable offense occurs during a scoring play and no goal is scored, the non-offending team will be awarded a free position on the spot of the foul, or an 8m free position if the foul occurred in the 8m arc.

### **Carding Procedure**

The key to handling a situation that warrants a card is to stay calm. Make sure your information is correct and that your procedure is sound. Don't take too much time to administer the card. Get on with the game.

**Note:** Any card that is issued after the end of a half, or at the end of a game that is going into overtime, the free position and ensuing penalty time will be administered at the start of the next period of play.

#### **a. Verbal Warning**

While a verbal warning may be issued to a player at any time, the use of verbal warnings should be limited in nature. A verbal warning must not be used in cases where the foul requires a mandatory card or where the foul is dangerous, excessively rough or reckless. It is the responsibility of each official to be aware of all warnings.

#### **b. Yellow Card (Warning)**

For any single offense which endangers another player, or is excessively rough or reckless, a yellow card must be given. Follow this procedure:

1. Call timeout.
2. Beckon the offending player to you, turn and face the scorer's table, and display the yellow card.
3. State "Yellow card on (color), (number), for (name the foul)."
4. Make eye contact with your partner(s) making certain she is aware of the card.
5. The offending player must leave the field for two minutes of elapsed playing time and no substitute will take her place. She must serve her penalty in the designated penalty area and her team must play short in both their offensive and defensive ends of the field. If the team has only one dressed goalkeeper and she is the player receiving the yellow card, she may remain in the game, but she is penalized for the foul. The

## USE OF CARDS

team's coach must designate another player who must leave the field for the two minutes of elapsed playing time, and serve the penalty in the designated penalty area. If the team has more than one goalkeeper, the suspended (yellow card) goalkeeper and the designated player must both serve the penalty in the designated penalty area.

**NCAA Note:** Offender will serve a two-minute penalty but is released if the opposing team scores during this time. **EXCEPTION:** During any stick check, should the crosse violate a section of Appendix E (excluding pocket depth), the player will be issued a **non-releasable** yellow card.

6. The official closest to the scorer's table will make certain the scorekeeper records a "Y" and the time of the foul next to the player's name. This official should also be the one to keep track of which player received the card and the time it was given.
7. The official(s) not involved at the scorer's table should be sure that no other players enter the field as substitutes and that no other players are moving on the field.
8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

**Exception:** If the goalkeeper is carded, she or her substitute is placed 4m behind the player taking the FP. This exception will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. However, if a goal is scored and a free position, as a result of the card, will take place at the center the goalkeeper or her substitute may remain in the goal circle for the restart of play.

9. Establish eye contact with your partner(s) before resuming play.
10. Restart play with the whistle and arm signal.
11. Misconduct by anyone in the team bench area will result in a yellow card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for two minutes of elapsed playing time.

### c. 2nd Yellow Card (Suspension)

For additional violations by a player previously given a yellow card. Follow this procedure:

1. Call timeout.
2. Beckon the offending player to you, turn and face the scorers table, and display the yellow card and then raise the other hand showing two fingers to indicate this is the 2nd yellow card.
3. State "Yellow card on (color), (number), for (name of the foul), second yellow mandates suspension for the remainder of the game".

4. Make eye contact with your partner(s) making certain she is aware of the card.
5. The offending player must leave the field for the remainder of the game. She must serve her penalty in the designated penalty area and no substitute may take her place for two minutes of elapsed playing time. Her team must play short in both their offensive and defensive ends of the field. If the player receiving the 2nd yellow card is the goalkeeper, she may be replaced by a second goalkeeper and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time and serve the penalty in the designated penalty area. The suspended (2nd yellow card) goalkeeper and the designated player must both serve the penalty in the designated penalty area. The suspended goalkeeper may not return to the game.

**NCAA Note:** If there is no second dressed goalkeeper available, no field player may substitute for the goalkeeper who received the second yellow card or red card.

**NCAA Note:** Offender will serve a two minute penalty but is "released" if the opposing team scores during this time. She may not return to the game, but her team may substitute for her.

6. The official nearest the scorer's table should make certain the scorekeeper records a "YY" next to the player's name in the book.
7. The official(s) not involved at the scorer's table are responsible for noting that no other players enter the field as substitutes and that no other players are moving on the field.
8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

**Exception:** If the goalkeeper receives a 2nd yellow card, the substitute goalkeeper entering the game will be placed 4m behind the player with the ball on the restart of play. This exception will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. However, if a goal is scored and a free position, as a result of the card, will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play.

9. Establish eye contact with your partner(s) before restarting play.
10. Restart play with the whistle and arm signal.
11. Misconduct by anyone in the team bench area will result in a yellow card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for two minutes of elapsed playing time. Her team must play short in both their offensive and defensive ends of the field. Any Head Coach who is suspended (2 yellow cards) must leave the game area, including the spectator area and an Interim Coach must be specifically designated.

## USE OF CARDS

**d. Red Card (Ejection)**

For repeated violation by a player, or for a single severe, flagrant or deliberate violation, a red card must be given. Follow this procedure:

1. Call timeout.
2. Beckon the offending player to you, turn and face the scorer's table, and display the red card.
3. State "Red card on (Color), (number), for (name the foul)."
4. Make eye contact with your partner(s) making certain she is aware of the card.
5. The offending player must leave the field for the remainder of the game. She must serve her penalty in the designated penalty area and no substitute may take her place for four minutes of elapsed playing time. Her team must play short in both their offensive and defensive ends of the field. If the player receiving the red card is the goalkeeper, she may be replaced by a second goalkeeper and the team's coach must designate another player who must leave the field for four minutes of elapsed playing time and serve the penalty in the designated penalty area. The ejected (red card) goalkeeper and the designated player must both serve the penalty in the designated penalty area. The ejected goalkeeper may not return to the game.

**NCAA Note:** Offender will serve a two-minute "non-releasable" penalty.

6. The official nearest the scorer's table should make certain the scorekeeper records an "R" next to the player's name in the book. This player must sit out the team's next game.
7. The official(s) not involved at the scorer's table are responsible for noting that no other players enter the field as substitutes and that no other players are moving on the field.
8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

**Exception:** If the goalkeeper receives a red card, the substitute goalkeeper entering the game will be placed 4m behind the player with the ball on the restart of play. This exception will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. However, if a goal is scored and a free position, as a result of the card, will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play. Any Head Coach who is ejected (red card) must leave the game area, including the spectator area, and an Interim Coach must be specifically designated.

9. Establish eye contact with your partner(s) before restarting play.
10. Restart play with the whistle and arm signal.

11. Misconduct by anyone in the team bench area will result in a red card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for four minutes of elapsed playing time.

#### **Fourth and Subsequent Cards [Yellow/Red]**

Should a team receive its fourth card (yellow or red) they will play short in both their offensive and defensive ends of the field for the remainder of the game, and for any overtime periods. Any card given to a player or a Head Coach will count towards their team's cumulative total. For each subsequent card received the team will play short by an additional player in both their offensive and defensive ends of the field. The player carded must leave the field for two minutes (yellow card) or four minutes (red card) of elapsed playing time and no substitute may take her place for the remainder of the game. However, unless that carded player has received a second yellow card or a red card she may return to the game after serving her penalty time as long as she follows regular substitution procedures and another player leaves the field when she returns. If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the team's coach will designate another player who must leave the field for two minutes of elapsed playing time.

**NCAA Note:** There is no card count during NCAA play and teams will never play short for the remainder of the game because of accumulated cards.

#### **Early Re-Entry**

If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional two-minute penalty, and no substitute may take her place. If the player entering early is the player who received the original card, she will be removed from the field of play for the remainder of the penalty time and then serve the additional two-minute penalty for a yellow card or four-minute penalty for a red card. If the player entering early is not the player who received the original card, the officials will send a player from the offending team who is closest to her team bench area off the field, and the player who received the original card will serve the remainder of the penalty time and then serve the additional two-minute penalty for a yellow card or four-minute penalty for a red card. A change of possession will take place at the spot of the ball if warranted, and any free position will be awarded at the spot of the ball with a player from the offending team placed 4m behind the player with the ball.

**NOTE:** This is an extension of the penalty time and not an additional card.

**NCAA Note:** No additional card will be issued and the additional penalty is "releasable."

## USE OF CARDS

**Ejection of a Player for Repeated Major Fouls/Unsportsmanlike Act of a Violent Nature**

Regardless of where the foul occurred, a free position may be administered on the center hash mark of the 8m arc of the offending team. Obviously, if this severe penalty is deemed necessary, the offending player must receive a red card. Follow the procedures for giving a red card. No players are moved except the one taking the free position, and as necessary to clear the 8m arc. If the player taking the free position scores a goal, play is resumed with a center draw. If the player misses the shot, play will continue from that point.

**Carding/Suspension of Coaches and Team Personnel**

Coaches who feel they have the right to control the officials as well as their players during a contest are not in compliance with the “spirit of the rules” as written in the USL rule book. The official attempts to gain the respect of the players, coaches, and spectators as set forth in the Umpiring Code. (see Part One) Poor coaching conduct as described below must be penalized.

**The coach should not:**

1. Question an official’s calls without full knowledge of the rules.
2. Question an official’s judgment or show obvious disagreement or dissent in such a way as to interfere with the flow of the game or the concentration of the official.
3. Use verbal comments, actions or gestures which are disrespectful or profane.
4. Move beyond the team area, move onto the field, or be in the team substitution area. (Exception for youth coaches: One U9 coach may move onto the field for the purpose of coaching.)

**Bench Decorum Cards**

The Head Coach is not only responsible for his/ her behavior but for the behavior of anyone officially connected with their institution, including assistant coaches, team personnel, and players in the team bench area. Any card given due to lack of proper bench decorum will be given to the Head Coach. If a coach is carded the Head Coach will designate a player who must leave the field for 2 minutes (yellow card) or 4 minutes (red card) of elapsed playing time. Follow this procedure:

1. Call timeout.
2. Approach the coach.
3. Show the appropriate card and state that this is a warning (yellow card), suspension (second yellow card), or an ejection (red card) on the (color) coach for misconduct.
4. Make eye contact with your partner(s) to make sure that she is aware of the card.

5. Penalize as a major foul. The Head Coach must designate a player to leave field for two minutes of elapsed playing time and her team must play short in both their offensive and defensive ends of the field. Play is restarted within one minute with a free position to the opponent with or nearest the ball when play is stopped. No player from the offending team is placed 4m behind. A suspended or ejected coach must leave the area, including the spectator area, of the game and an interim Head Coach must be specifically designated. The officials may declare a forfeit if the offender refuses to leave. The score will be 1-0 in favor of the non-offending team.
6. Establish eye contact with your partner(s) before resuming play.
7. Restart play with the whistle and arm signal.

#### **Misconduct by Team Followers/Spectators**

Team followers/spectators must not be allowed to become abusive to the players on the field and/or to the officials, nor must they be allowed to become unruly or interfere with the orderly progress of the game. Direct contact between the official and the abusive spectator is not advised as it interrupts the flow of the game, breaks the officials concentration, and usually only makes the situation worse. If you are confronted with an unruly or abusive spectator, follow this procedure:

1. Call timeout and approach the appropriate Head Coach during a stoppage of play.
2. Request that the appropriate Head Coach or the site manager speak with the spectator about their behavior. This should not become a confrontation between the official and the Head Coach. Maintain your composure and speak calmly and professionally with the Head Coach. You should not threaten the Head Coach with a card. Make sure your partner is aware of what is happening.
3. Continue with the game while the spectator is being warned, unless the situation warrants stopping the game until the situation is resolved.
4. If the spectator misconduct continues and the Head Coach does nothing to resolve the situation, call timeout and approach the Head Coach a second time. Inform the Head Coach that if the situation is not resolved she will receive a yellow card. Give the Head Coach the time necessary to handle the problem before you issue a card.
5. If the misconduct continues, follow the procedures previously outlined for carding the Head Coach.

## USE OF CARDS

**Managing Incidents Involving Physical Altercations**

US Lacrosse does not condone any confrontational behavior that has the potential to result in a physical altercation. That being said, the following is the suggested practice should a game situation appear to be heading in that direction. The best way to referee a fight in a lacrosse game is not to have one in the first place. When a fight seems imminent, officials should react decisively to redirect the negative energy. This cannot be accomplished by idly standing by and ‘taking numbers.’ The closest official should use her whistle and voice to approach the players in a loud, decisive, and firm manner. If players are not yet within striking distance of each other, walk in-between them and direct them toward their benches. While this is happening the other official(s) should be freezing the benches and keeping the teams separate. Officials should carefully consider the circumstances of a fight and their own personal safety before deciding to physically intervene, move, or separate players and coaches. Officials should always err on the side of their own safety, and only if absolutely necessary to prevent further harm, should they make minimal contact with game participants. When prevention tactics fail, it is the responsibility of the home team’s game or site management personnel to come on field and address the issue of a fight in progress. Once the fight has been stopped the officials will appropriately administer penalties, cards, and/or ejections. They will then decide if the teams are calm enough for the contest to safely continue. The officials have the authority to terminate the game due to safety or other concerns. Officials may terminate contests due to actual or threatened violence. After the game, be sure to call your Local Board Chair, and/or Assigning Authority to let them know what went on and whom you ejected from the game. Fill out any reporting paperwork required of your affiliated organizations as soon as possible. Officials have a responsibility to maintain control at all points of the contest always utilizing preventive officiating with a calm assertive manner. This remains true for incendiary situations as well normal situations.

These guidelines are meant to apply only to altercations which take place on the field of play between lacrosse players. Should spectator/parents/fans or coaches become engaged in a physical altercation, this is a criminal matter which should be dealt with by game administration, and the local police authorities.

**Misconduct After The Game**

If a situation occurs after the game ends and before the officials leave the playing venue where conduct occurs that would warrant a red card during play, the official(s) can issue a post-game ejection to the offending player or coach to be served in the team’s next game.

**Key Points to Remember:**

All yellow and red cards count in a team's total. Once the team reaches the fourth card, it shall play short in both their offensive and defensive ends of the field for the remainder of the game and any overtime periods.

Any card to the coach will result in a player coming off the field for 2 minutes (yellow card) or 4 minutes (red card).

If a team now must play short that does not mean the player removed for 2 minutes (yellow card) is out for the remainder of the game. It only means she is out for 2 minutes. She may re-enter unless it is her second yellow (suspension) or she has received a red card (ejection). When she re-enters she must do so as a substitute for another player.

**NCAA Notes:** There is no card "count" during NCAA play.

## VI. Minor Foul Considerations/Interpretations

### A. Delay Of Game

The official has the authority to penalize any type of behavior, which in her opinion amounts to a delay of game.

Some examples of delay of game:

- Failure to stand when the whistle is blown to stop play (creeping).
- Failure/refusal to move 4m away on a free position.

In addition to the specific delay of game fouls listed above, the official has the authority to penalize any other type of behavior, which in her opinion amounts to a delay of game. Any form of delay of game must be penalized.

The procedure set forth below, and in the rule book, must be followed:

(Rule 7, Section 26)

**NCAA Notes:** Delay of Game

1. Failure to stand when the whistle is blown (creeping).
2. Failure/refusal to move 4m away on a free position.
3. Failure to properly wear a mouth guard.
4. Failure to properly wear eye protection.
5. Repeated violations by the attack or defense on the self-start.
6. Any type of behavior that, in the official's opinion, amounts to delay.

# DELAY OF GAME

## 1. First Offense:

- a. Call timeout.
- b. Issue a green card to the offending team, which serves as a caution to the entire team that the next delay will result in a green/yellow card to the offender. This warning should be recorded in the score book by the official scorer.

**NCAA Note:** For the first offense the green card is issued to the team captain.

- c. Penalize the violation as a minor foul.

## 2. Second Offense:

- a. Call timeout.
- b. Show a green card and a yellow card to the offender, which serves as a caution to the entire team that the next delay will result in a yellow card to the offender card to the offender, and they must leave the field for two minutes of elapsed playing time. No substitute.

**NCAA Note:** The umpire will show a green and yellow card to the offending player and issue the appropriate penalty (major foul). The offending player may remain in the game.

- c. Penalize the violation as a major foul.

## 3. Any Subsequent Offenses:

- a. Call timeout.
- b. Show a yellow card for misconduct to the offender. She must leave the field for 2 minutes of elapsed playing time. No substitute. The suspension will carry over to the second half or overtime.

**NCAA Note:** Any subsequent delay-of-game offenses will result in a green and red card being given to the offending player and issuing the appropriate penalty (major foul). The player receiving the green/red card must leave the field and enter the penalty area for two minutes of elapsed playing time, which will carry over to the second half or overtime, if necessary. A substitute must take her place.

- c. Penalize the violation as a major foul.

**Note:** These cards do NOT count towards the team card count.

**NCAA Note:** There is no count in NCAA play.

## B. Upgrading to a Major Foul

Repeated violations of minor fouls should be penalized as major fouls. Any minor foul done in a dangerous manner may be penalized as a major foul.

# VII. Watch That Goalkeeper

The goalkeeper is most often the last line of defense and the beginning of the offense. Her play is much more exciting than in the past, and it is not unusual to find her involved in play outside the goal circle. Remember though, a goalkeeper may not draw, shoot or score for her own team and she may not be above the restraining line during the draw. We, as officials, must anticipate what the coaching strategies for the goalkeeper will be and prepare ourselves in advance for how to best position ourselves and what to look for. A goalkeeper does foul, and the official must be prepared to penalize her. We should know the difference between a goal circle foul, a minor foul and a major foul and how these affect the goalkeeper. The official in charge of the goal circle must remain in the vicinity of play until the ball is clear of the area.

## A. Goal Circle Fouls

### 1. Cleared and Played

When the ball enters the goal circle, the goalkeeper or deputy has 10 seconds to either pass the ball from inside the goal circle or to exit the goal circle with the ball in her possession. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not intentionally return the ball to their goal circle until the ball has been “played” by another player.

**Note:** (By definition) Played: Refers to an action whereby the ball leaves the player’s crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by the defense. The ball does not have to be successfully dislodged from the crosse.

### 2. 10 Seconds

- a. The Blue GK has not yet cleared the ball and the official’s count is 7 seconds. Blue calls a possession timeout. How is play restarted?

Restart: The Blue GK has possession in her goal circle with 3 more seconds left to clear the ball.

- b. The Blue GK has not yet cleared the ball and the official’s count is 5 seconds. The White team commits a goal circle foul. How is play restarted?

Restart: The offending White team player is 4m behind the goal circle. The GK has possession in her goal circle. When the official whistles to restart play, the GK has 10 second to clear the ball.

**NCAA Note:** The offending White team player is 4m away from the goal circle. The GK has possession in her goal circle. When the official whistles to restart play the GK has 10 seconds to clear the ball.

- c. The Blue GK has not yet cleared the ball and the official's count is 6 seconds. A White team player is injured and the official calls an injury timeout. How is play restarted?

Restart: A substitute enters for the injured White team player. The GK has possession in her goal circle. When the official whistles to restart play, the GK has 4 seconds to clear the ball.

### 3. Clearing and Re-entering

Goalkeepers who are being pressured by opponents create challenges for the official. The official must be prepared to penalize the goalkeeper or deputy when the ball is not cleared from the goal circle within 10 seconds. Officials must also position themselves at a point tangent to the goal circle and be prepared to penalize the goalkeeper if, when under pressure, she carries the ball into the goal circle. The ball may not be in contact with the goalkeeper's crosse when she enters the goal circle. Once the goalkeeper leaves her goal circle she becomes another field player, and, as such, she may not violate the goal circle when attempting to toss the ball into the circle.

### 4. Grounded

When the goalkeeper is attempting to play a ball that is outside the goal circle while she is within the circle, she must do so without becoming grounded. If her body touches the ground outside the goal circle while she is attempting to play the ball, she must continue to move out of the goal circle. If she steps back into the circle with the ball, this is a goal circle foul.

### 5. Penalty for Goalkeeper Goal Circle Foul

The penalty for goal circle fouls by the goalkeeper is a free position for the attack 8m from the goal circle along the goal line extended on the 8m hash. The lane will be cleared above the goal line extended. The attack player with the ball may shoot without being played once play is restarted. If the goalkeeper is fully or partially inside the goal circle when she commits the goal circle foul, she may remain in her circle. If she is fully outside the circle and commits a goal circle foul, she remains on the spot of the foul, unless she is in the lane that needs to be cleared, in which case, she may clear back into her goal circle. When the

goalkeeper commits a goal circle foul, the rules do not require another defender to move 4m behind the player taking the free position.

### **B. Minor Foul By The Goalkeeper**

A goalkeeper may be penalized for a minor foul whether she is inside or outside the goal circle.

#### **1. Minor fouls while *inside* the goal circle**

The most common minor fouls committed by the goalkeeper from inside the goal circle are covering and empty crosse checks. When an attack player is close enough or in position to play the ball, the goalkeeper may not reach out of the goal circle and cover/trap the ball in an attempt to bring the ball into the circle. (She may do so if no attack is in position to play the ball.) The goalkeeper may not check an attack player's empty crosse to prevent her from gaining possession of the ball. If the goalkeeper is called for a minor foul while she is in, or partially within, the goal circle, she may remain in the circle. The attack is awarded a free position at a spot on the 12m fan closest to where the foul occurred. To determine this spot, the official must make an imaginary line from the center of the goal line through the spot of the foul to the 12m fan. No other player may be within 4m of the indirect free position.

#### **2. Minor fouls while *outside* the goal circle**

When the goalkeeper leaves her goal circle she loses all of her goalkeeping privileges and shall be penalized as any other field player when she commits a minor foul. If the goalkeeper is called for a minor foul while she is outside of the goal circle but still within the 12m fan, the attack is again awarded an indirect free position at a spot on the 12m fan closest to where the foul occurred. The goalkeeper moves 4m away from this player relative to her position at the time of the foul.

### **C. Situations to Consider: Minor Foul or Goal Circle Foul?**

- 1.** A goalkeeper in the goal circle catches a shot on goal with her hand. She forgets to put the ball in her crosse and tosses it to a teammate with her hand. **GOAL CIRCLE FOUL:** Goalkeeper remains in the circle. The attack is awarded a free position on the 8m mark on the goal line extended. No player is placed 4m behind the free position. The penalty lane above the goal line shall be cleared. The attack player may shoot without being played.
- 2.** A goalkeeper is fully outside of her circle and covers a ground ball as an attack player approaches. **MINOR FOUL:** The goalkeeper is placed 4m from the player taking the indirect free position at a spot on the 12m fan in line with the foul. (Rule 5, Section 19, a. Rule 6, Section 2, a)

## WATCH THAT GOALKEEPER

3. As the goalkeeper scoops up the ball and moves out of her circle, she wards off an opponent. **MINOR FOUL:** Goalkeeper is placed 4m from the player taking the free position. The free position is indirect as in #2 above if the foul occurred within the 12m fan. When a minor foul occurs behind the goal, the free position is awarded 8m from the goal circle in line with the foul. The goalkeeper is placed 4m away relative to her position when the foul occurred. (Rule 6, Section 2, c)
4. While inside the goal circle the goalkeeper is trying to play the ball which is just inside the goal circle. Another defender at the top of the circle puts her stick into the circle to get the ball. **GOAL CIRCLE FOUL:** Goalkeeper remains in her circle. The attack is awarded a free position on the 8m mark on the goal line extended. The defender who committed the foul is placed 4m directly behind the attack player along the goal line extended. The penalty lane above the goal line shall be cleared. The attack player may shoot without being played.
5. The goalkeeper steps out of the circle with the ball in her crosse. Although her feet are completely out of the circle, she continues to hold her crosse in the circle so that an attack player may not legally check her stick. **GOAL CIRCLE FOUL:** The goalkeeper remains where she is and the attack is awarded a free position on the 8m mark on the goal line extended. No player is placed 4m behind the free position. The penalty lane above the goal line shall be cleared. The attack player may shoot without being played.

#### D. Major Fouls By The Goalkeeper

##### 1. Immediate Whistle

A goalkeeper often helps a teammate with a double team as an attacker is moving close to the goal circle or she may choose to take on a lone attacker as she attempts a shot on goal. Yes, major fouls do occur. Officials must be prepared to penalize, and card if warranted, the goalkeeper for rough checks, tripping, pushing, slashing, checks to the head and obstruction of the free space. Once the foul has been called, the question then becomes one of player placement and who goes behind, the goalkeeper or another defender. Regardless of whether the goalkeeper is in or out of the goal circle, when the goalkeeper commits the major foul and there is an immediate whistle, she will always be placed 4m behind the player taking the free position.

**NCAA Note:** The goalkeeper is exempt from obstruction of free space to goal when she is outside of her goal circle.

## 2. Slow Whistle

The situation will change somewhat when the attack is on a scoring play and a flag has been raised. There are two instances when the goalkeeper will not be the player who has to move 4m behind the attack player taking the free position:

- a. When a scoring play ends with no shot taken, a free position is awarded to the attack player nearest to the spot of the foul. The defense player nearest to the spot of the foul is placed 4m behind the attack. If the goalkeeper committed the foul that caused the official to raise her flag, but is not the nearest defender to the spot of the foul when the scoring play ends, the goalkeeper should not be the defender who is made to move 4m behind the attack.
- b. The goalkeeper commits a foul resulting in a flag being raised. During the slow whistle, another defender commits a major foul and then the scoring play ends with no shot being taken. The attack player nearest to the spot of the second foul is awarded the ball on the nearest hash mark. The defense player nearest to the spot of the second foul is placed 4m behind the attack. Since there was a second foul, and the goalkeeper's foul did not end the scoring play, another defender should be the one placed 4m behind the attack.

## 3. Goalkeeper Misconduct

If the player receiving the yellow card is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper must remain in the game and the team's coach must designate another player who must leave the field and enter the penalty area for two minutes of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute and the carded goalkeeper must leave the field and enter the penalty area for the two minutes of elapsed playing time and the team's coach must designate another player who must leave the field and enter the penalty area along with the carded goalkeeper for two minutes of elapsed playing time.

If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team must substitute another goalkeeper if available, and the team's coach must designate another player who must leave the field and enter the penalty area along with the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute. If there is not another "dressed" goalkeeper, time will be permitted to dress a field player. However, if no option exists to dress a goalkeeper, no field player may substitute for the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time.

## E. Goalkeeper Fouled While Outside the Goal Circle

### 1. Goalkeeper Checked In the Head

When a goalkeeper moves outside her goal circle, officials must watch to ensure that she does not become “fair game” for the attack simply because she is wearing protective equipment. When the goalkeeper leaves her goal circle she becomes a field player. If the goalkeeper is checked in the head, play must stop, the offending player must be carded, and a free position awarded to the goalkeeper.

### 2. Dangerous Propelling or Dangerous Follow Through at the Goalkeeper

If the goalkeeper comes out of the circle to legally defend the ball carrier, the attacker may not shoot directly at or follow through dangerously into the goalkeeper. Just because the goalkeeper is protected, the attacker is not at liberty to shoot directly at her head, neck or body. The penalty for dangerous propelling or dangerous follow through committed against the goalkeeper is a free position for the goalkeeper 8m from the goal circle. A card is mandatory for dangerous propelling and dangerous follow through.

## F. Body Ball By The Goalkeeper

### 1. Deliberate or Blatant

If a field player uses her body to deliberately “impede, accelerate or change the direction of the ball” she will be called for a minor foul. However, if the goalkeeper does this when she is fully outside of the goal circle, the official must decide whether this infraction should be penalized as a major foul or as a minor foul. If the goalkeeper blatantly attempts to stop a shot on goal with her body while she is outside the goal circle, it is a major foul. It is not difficult to see a blatant body ball by the goalkeeper when the shot is high, but when the shot is low the determination becomes less obvious.

**NCAA Note:** If a player blatantly attempts to stop a shot on goal by playing the ball off of her body while outside the goal circle, it shall be called a major foul (if inside the goal circle, it is a red card). **The goalkeeper is exempt from this rule.**

2. **Situations to Consider:** A goalkeeper runs out of her goal circle toward a shot with her arms and crosse outstretched. She makes no attempt to play the ball with her crosse and stops the ball with her body. The official should penalize her for a major foul. The goalkeeper should also be penalized for a major foul if she runs out of the goal circle with good stick and body position attempting to play the ball legally but, at the last minute, obviously defends a low shot on goal by reaching with her hand

or leg and prevents a goal. What is even more difficult is the low shot that is stopped by the goalkeeper's feet. Did she attempt to stop the ball with her stick and then contact was made with her body because she did not have time to react? If so, this is a no call since it is not deliberate. To summarize, when the goalkeeper is fully outside her goal circle the official must quickly determine whether:

- a. The body ball occurred because the goalkeeper did not have time to react (no call).
- b. The body ball occurred because the goalkeeper misplayed the ball with her stick (no call).
- c. The body ball occurred because the goalkeeper blatantly used any part of her body to defend a shot (major foul).

**NCAA Note:** The goalkeeper is exempt from these body ball considerations.

## G. Deputy Goalkeeper

### 1. Legal or Illegal Deputy?

The deputy goalkeeper may only enter or remain in the goal circle when her team has possession of the ball. She must immediately leave the goal circle when her team loses possession of the ball. She may go into the goal circle to prevent a rolling ball from crossing the goal line, but she may never enter the goal circle with her crosse or body to defend a shot on goal.

**NCAA Note:** Any defender may play the ball in their own defensive goal circle when her team has possession of the ball ( a ball on the ground or in the air within the goal circle constitutes possession for the defending team). Multiple defenders may be in the circle after the ball enters the goal circle and may stay until it is cleared. Defenders must have both feet in the goal circle to play the ball in the goal circle. The ball must still be cleared within 10 seconds. No one except the goalkeeper will have the privilege of going into the goal circle to block a shot.

### 2. Illegal Deputy Penalty

Violation of this rule is an immediate whistle. The penalty for a breach of this rule may result in the issuing of a yellow or red card. The attack is awarded an 8m free position at the center hash mark. The illegal deputy is placed 4m behind the attack player taking the free position. All players, including the goalkeeper, are cleared from the arc. The goal circle remains empty, as the goalkeeper is not allowed to clear the arc by going back into the circle.

# OUT OF BOUNDS

### 3. Consider the Following Situations:

- a. The goalkeeper has been penalized for dangerous play and is 4m behind the attack player awarded the free position. The goal circle remains empty and the arc has been cleared. When the whistle blows to start play, the attack shoots a bounce shot. A defender stops the shot by reaching into the goal circle with her crosse. MAJOR FOUL - Illegal Deputy. The deputy may only enter the goal circle, with her body or her crosse, to play a rolling ball. (Rule 5, Section 17, c; Rule 7, Section 11)
- b. A deputy has replaced the goalkeeper in the goal circle while her teammate has possession of the ball. The player in possession of the ball drops it and the other team gains possession. The deputy fails to leave the goal circle. MAJOR FOUL - Illegal Deputy. The official sets up a free position at the center hash, the illegal deputy will be placed 4m behind the player taking the free position and the arc is cleared. The goalkeeper may NOT clear back into the goal circle.
- c. Continuation of the situation in “b.” above: As the whistle blows to begin play, the attack shoots the ball and another defender runs into the goal circle in an attempt to stop the shot. (Rule 5, Section 17, a, b; Rule 7, Section 11) MAJOR FOUL — Illegal deputy. Set up the free position, again leaving the goal circle empty. Due to the flagrant nature of this foul issue a red card for misconduct to the player who committed this second violation. The free position set up will be similar to “b.” above (Rule 5, Section 17, C.; Rule 7, Section 11), with the exception that no player will be placed 4m behind the player taking the free position.
- d. A deputy goalkeeper has entered her team’s goal circle to retrieve the ball, left there by her goalie. She picks it up with her hand (legal) but instead of placing it in her crosse she throws the ball out to one of her teammates. GOAL CIRCLE FOUL - The attack is awarded a free position on the 8m mark on the goal line extended. Since her team is no longer in possession of the ball, the deputy may not remain in the goal circle. Have the deputy step outside the circle and restart play. The goalie remains where she was at the time of the foul, but may move into the goal circle as soon as the whistle blows.

## VIII. General Guidelines for Out of Bounds

- A. When the ball goes out of bounds, the official blows the whistle to stop play and the players must “stand”. Except in the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds or when a player is the last to touch a loose ball before the ball goes out of bounds, the opponents will be awarded the ball when play

resumes. When a player's foot/feet are out of bounds she may not take an active part in the game. (Rule 5, Section 8) During the game players may not run out of bounds and re-enter to a more advantageous position. (Rule 5, Section 8) Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

- B.** When a player has possession of the ball and steps on or over the boundary line, or any part of her body or crosse touches the ground on or over the boundary line, the ball is out of bounds and the player will lose possession.
1. A player is in possession of the ball when the ball is in her crosse and she can perform any of the normal functions of control such as cradle, carry, pass or shoot.
  2. A player in possession of the ball may hold her crosse outside the boundary as long as her foot/feet are not on or over the boundary line. If an opponent who is in-bounds legally checks a player's crosse causing the ball to fall to the ground out of bounds, possession will be awarded to the opponent when play resumes.
  3. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes. The opponent will be penalized for the foul.
  4. If a player deliberately pushes, flicks, or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it will be penalized as a major foul.
- C.** When a loose ball touches the boundary line or the ground outside the line the ball is out of bounds. The player/team that last touched the ball before it went out of bounds will lose possession of it, unless it was a shot or a deflected shot on goal. (Rule 5, Section 10)
- D.** To resume play when the ball has gone out of bounds:
1. The opponent, of the team who last touched the ball, nearest the ball will place the ball in her crosse and stand 2m inside the boundary from the spot where the ball went out of bounds. If the goalkeeper, while within her goal circle, is the nearest to the spot the ball went out of bounds she is awarded the ball and will remain in her goal circle to restart play.
  2. Any other player(s) directly involved in the play or in the immediate vicinity of the spot where the ball went out of bounds may also be moved. They must maintain the same relative position to the player with the ball that they occupied when the whistle blew to stop play. Opponents must give the player with the ball at least 1m of free space (stick and body).
- Note:** Players move only upon the direction of the official.
3. All other players must maintain the field position they had when the whistle blew to stop play. Play is resumed with the whistle.

- E. When a shot or deflected shot on goal goes out of bounds, the player who is inbounds and nearest to the ball (stick or body) when it crosses the boundary will place the ball in her crosse and stand 2m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1m of free space. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play. If the goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary she is awarded the ball and will remain in her goal circle to restart play. Any players whose momentum has carried them below the goal line extended, after the whistle has sounded, should be instructed to move back above the line prior to restarting play.

**Note:** A deflected shot is one that goes directly out of bounds after hitting the goal post or the goalkeeper's crosse or body. A ball that rebounds off the goal post, the goalkeeper, or the goalkeeper's crosse and then off any field player's crosse/body or the official's body and directly out of bounds will be considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with her crosse or body and does not gain any distinct/clear advantage or control the ball.

1. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds.
  2. If two opposing players are inbounds and equidistant from the ball (stick or body) when it goes out of bounds as the result of a shot or deflected shot, the alternate possession (AP) procedure will be used to determine which team will be awarded the ball for the restart of play
  3. It is the Lead Official's responsibility to determine if there is a shot, a pass, a check before the shot, a simultaneous contact of shooter stick and defender stick, or stick contact after the shot.
- F. When the ball goes directly out of bounds from a legal draw, the official will call timeout and the draw will be retaken. (Rule 5, Section 14)

**Exception:** When the 10 goal rule is in effect no timeout is called for a redraw.

**AR 5-5.** A Red defense player is in pursuit of the Blue attacker with the ball. The Red player runs out of bounds to avoid a legal pick and comes back onto the field in a position where she makes a check on the Blue attacker. RULING: ILLEGAL. A player may not run out of bounds and re-enter to a more advantageous position. A minor foul is called against the Red defender.

**AR 5-6.** A Red defense player leaves the field during play to talk with her coach near her bench area. As she returns to the field the Blue team has the ball along the opposite sideline boundary. RULING: LEGAL. The Red player did not re-enter the field in a more

advantageous position.

**AR 5-7.** A loose ball is rolling towards the sideline boundary. A Red player runs to the ball and is able to stop it from rolling out of bounds. Her momentum then carries her out of bounds as the ball comes to rest still in play. The Red player stops, turns, re-enters the field and picks the ball up to continue with play. **RULING: LEGAL.** The Red player returned to the position on the field she occupied prior to her momentum carrying her out of bounds, not to a more advantageous position.

**AR 5-8.** A Red player near the sideline attempts to pick up a loose ball but instead kicks the ball out of bounds. **RULING: No foul,** this is simply a change of possession on a ball out of bounds. The ball is awarded to the nearest Blue player and she is positioned 2m inside the boundary from the spot where the ball went out of bounds. The official repositions any other players if necessary before play is restarted.

**AR 5-9.** A Blue player attempts a pass across the field to her teammate. The teammate misses the pass but plays it off her body to prevent the ball from going out of bounds. **RULING: ILLEGAL.** A minor foul for a body ball is called. The Blue player deliberately used her body to change the direction of the ball to her team's distinct advantage.

**NCAA Note:** This is NOT a foul in NCAA play.

# BOUNDARY SET UPS

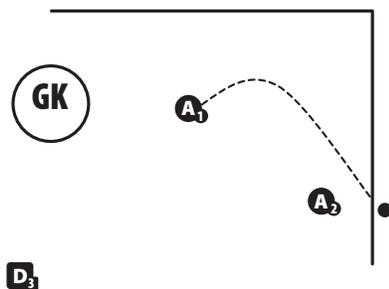
## Boundary Set Ups

When setting up players to resume play at the boundary there are a few key principles to remember.

- A simple boundary ball is not a foul and therefore the set up of players is not a free position.
- When awarding a boundary ball on the end line there is no need to make the placement 8m from the goal circle.
- Any other players directly involved in the play or in the immediate vicinity (within playing distance, i.e. sticks length) of the spot the ball went out of bounds may also be moved to maintain same relative position and 1m of free space (stick and body).
- When the player receiving possession of the ball had no relative position to the other players where the ball went out of bounds, no one is moved except the player receiving the ball.

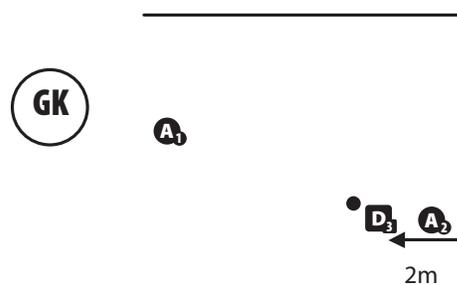
Following are diagrams of situations involving boundary balls and boundary fouls. The correct placement of players for the resumption of play is given for each situation.

Situation #1



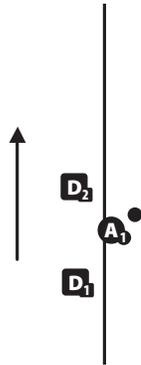
A1 passes to A2 who misses the catch and the ball goes out of bounds.

To Resume Play



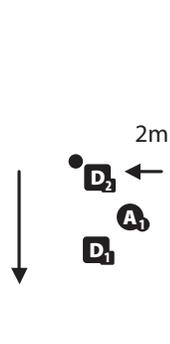
A2 who was at boundary stands and D3 the closest opponent to the ball, is moved to take ball 2m inside boundary at spot ball went out of bounds.

Situation #2



A1 is *legally* directed out of bounds by the double team of D1 and D2.

To Resume Play



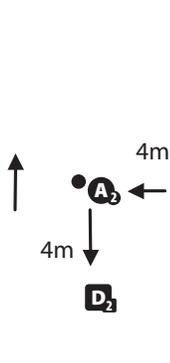
D2 receives the ball 2m inside of boundary at point where the ball went out. D1 and A1 move also to keep same relative position.

Situation #3



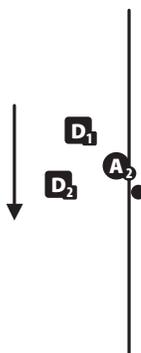
D2 *fouls* A2 pushing her out of bounds.

To Resume Play



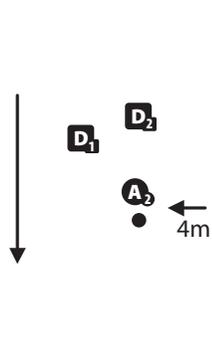
A2 receives the ball 4m in from the boundary where she went out and D2 is placed 4m behind.

Situation #4



During defensive double team, D2 *fouls* A2 causing her to go out of bounds.

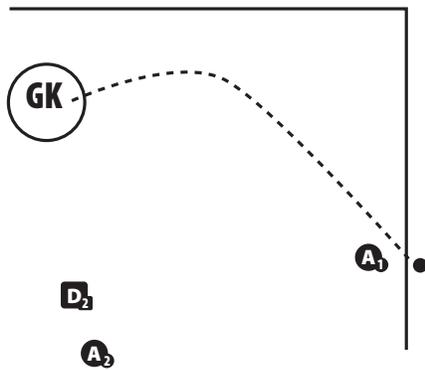
To Resume Play



A2 keeps the ball moving in 4m from the boundary at the spot she went out. D2 moves 4m behind A2 and D1 moves 4m away from A2 in the same relative position she had when the foul occurred.

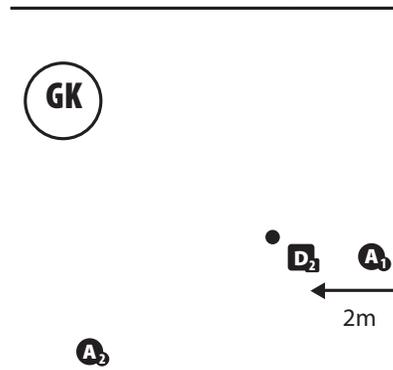
BOUNDARY SETUPS

Situation #5



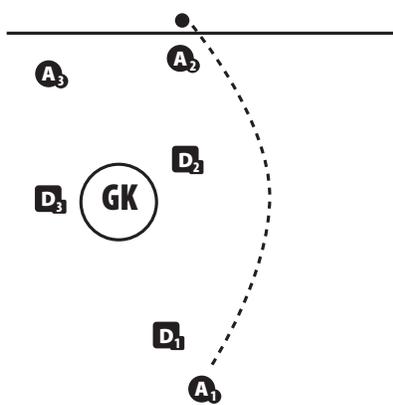
GK passes to A1 (unmarked) who misses the catch and the ball goes out of bounds.

To Resume Play



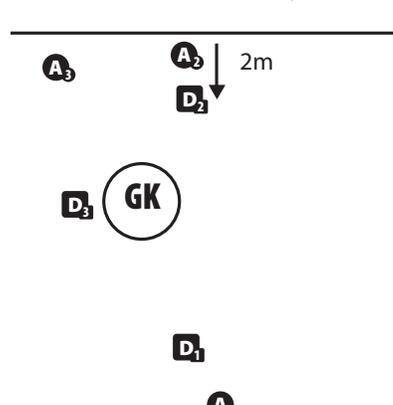
D2, the closest defender, is brought over to receive the ball 2m inside the boundary line at the spot the ball went out of bounds. Since A1 had no relative position with D2 at the place where the ball went out of bounds, she stays where she was when the whistle sounded. A2 does not move as she is not in the immediate vicinity of the place the ball went out of bounds.

Situation #6



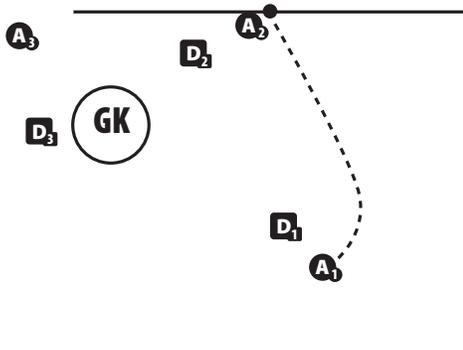
A1 throws pass to A2 who is 1m off the end line. A2 misses the catch and ball goes out of bounds.

To Resume Play



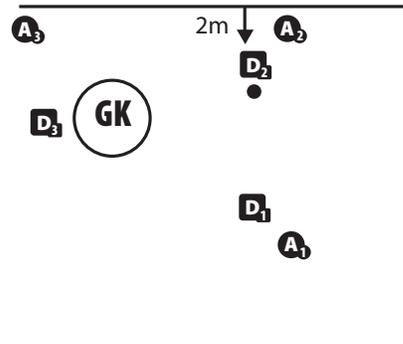
A2 stands at spot she was when the ball went out of bounds. D2, the closest defender, is moved to the spot 2m from the end line where the ball went out of bounds. In this case, A2 *does not move* in with D2 since she had no relative position to D2 where the ball went out of bounds. There is no need to move D2 8m from the goal circle since this is not a free position, it is merely a boundary ball set up.

Situation #7



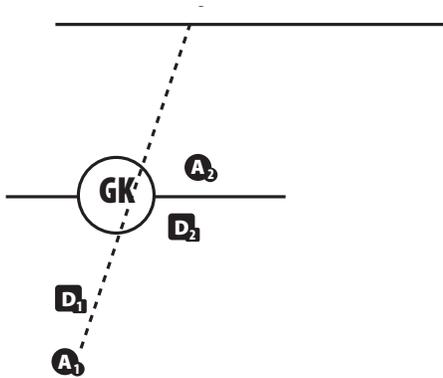
A1 makes a pass to A2 who is marked by D2. A2 misses the catch and the ball goes out of bounds.

To Resume Play



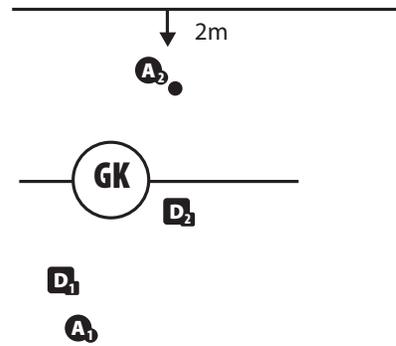
D2 receives the ball 2m in from the boundary at the spot it went out of bounds. A2 moves in with D2 since they *did have relative position* with each other where the ball went out of bounds.

Situation #8



A1 shoots high on goal and the ball sails out of bounds.

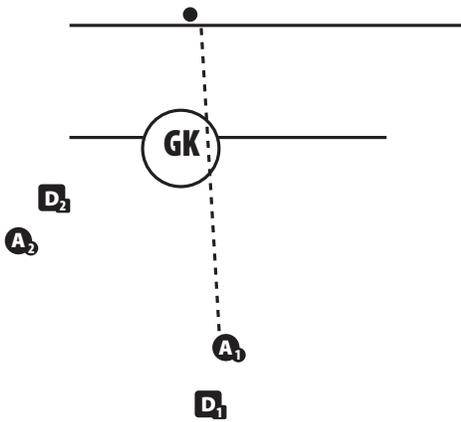
To Resume Play



A2 (closest player to the ball where it went out of bounds) is moved to a spot 2m from where the ball went out of bounds to receive the ball. D2 does not move with her as she *had no relative position* to A2 where the ball went out of bounds.

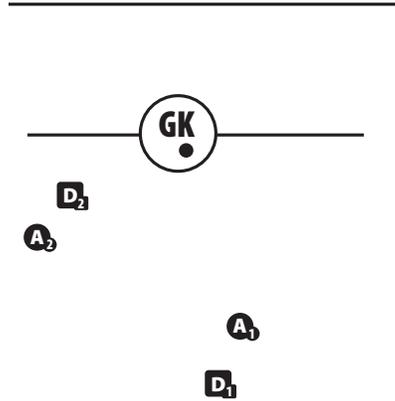
BOUNDARY SETUPS

Situation #9



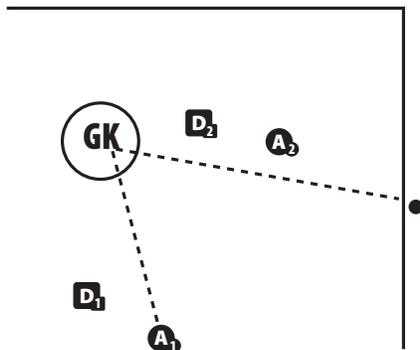
A1 shoots on the goal during a fast break situation and misses. The ball sails out of bounds.

To Resume Play



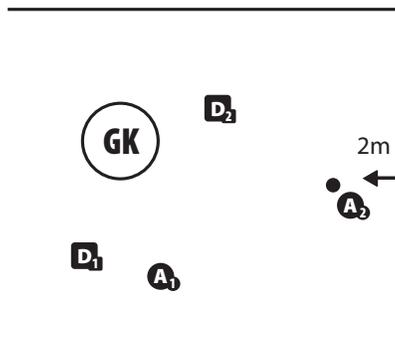
The GK is awarded the ball in her goal circle. She is the closest person to the spot on the boundary line where the ball went out of bounds, and was *in her goal circle* when the ball left the playing area.

Situation #10



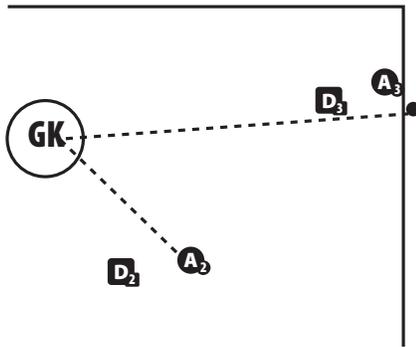
A1 shoots on goal and the shot deflects off the goal pipe and goes out of bounds on the sideline.

To Resume Play



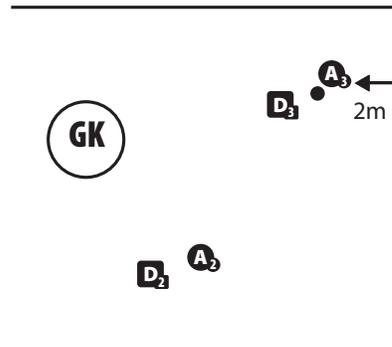
The closest player to the spot the ball went out of bounds is A2. She moves to a spot 2m from the boundary where the ball went out of bounds for the restart of play. D2 does not go with A2 as she *had no relative position* to A2 where the ball went out of bounds.

Situation #11



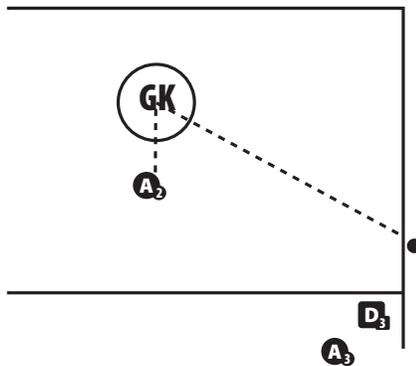
A2 shoots on the goal and the shot deflects off the GK's stick and goes out of bounds on the side line.

To Resume Play



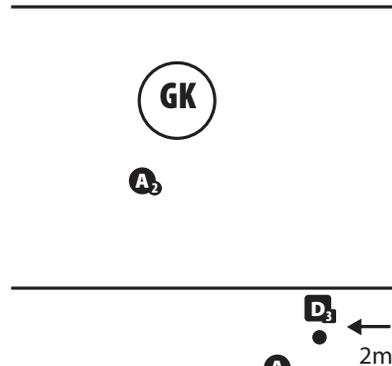
A3, the closest player to the ball where it went out of bounds, is awarded the ball 2m in from the boundary line. D3 moves in with A3 to assume the same relative position she had with A3 on the sideline where the ball went out of bounds.

Situation #12



A2 shoots on goal and the ball deflects off the GK's body and goes out of bounds below the RL.

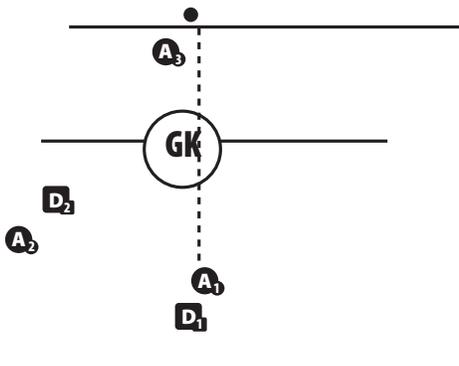
To Resume Play



D3 is awarded the ball since she is the closest player to the ball where it went out of bounds. Because she is above the RL the ball will be moved to her position, 2m off the side line and 1m above the RL. A3 will move with her to maintain the same relative position she had with D3.

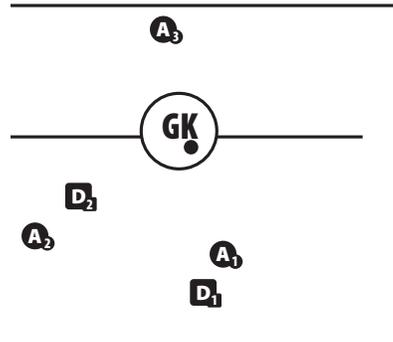
BOUNDARY SETUPS

Situation #13



A1 passes to A3 who is near the end line. A3 misses the ball and it sails out of bounds.

To Resume Play



The GK is awarded the ball in her goal circle. She is the closest person to the spot on the boundary line where the ball went out of bounds, and was *in her goal circle* when the ball left the playing area.

## IX. Youth Rules Specific Guidance

The youth game, for those under 15 years of age, uses the standard set of US Lacrosse approved rules for Girls Youth Lacrosse, found in the rule book. The rules are divided by developmental levels and organized by age: U-15, U-13, U-11, and U-9. Players may not play below their designated age group. These rules were written with the utmost importance of safety of all the players. The purpose is to encourage the development of player skills and minimize safety risk.

### A. Playing Area and Goals

1. U-15 and U-13: Regulation size field with all appropriate markings. Regulation lacrosse goal cages.
2. U-11 and U-9: Between 60-70 yards in length and between 30-40 yards in width. Field markings shall include a goal circle and goal line, 8 meter arc, and center line only. Smaller cages may be used. Goal may be modified with shooting net if no goalkeeper is present.

### B. Coaching Area

1. U-15, U-13 and U-11: Coaches may go from their side of the substitution area to end line on their half of the field.
2. U-9: One coach from each team is permitted onto the field for the purpose of instructing players.
3. There shall not be more than three (3) coaches in the defined coaching area during the game. Violation of this rule is a misconduct foul.

### C. Equipment: Crosse

1. U-15 and U-13 must use regulation women's stick and pocket. (Rule 2.)
2. U-11 and U-9 must use a regulation stick with or without a modified pocket and may be cut to fit the length of the player's arm. With a modified pocket, only half the ball may fall below the bottom of the sidewall.
3. Goalkeeper stick may be 52" or may be cut to fit. Mesh pockets are allowed.

### D. Equipment: Ball

1. U-15 and U-13 must use a regulation NOCSAE stamped ball.
2. U-11 and U-9 may use a regulation NOCSAE stamped ball or a soft regulation size ball.

# YOUTH RULES SPECIFIC GUIDANCE

**E. Equipment: Goalies**

1. Ask the coaches if the goalies are wearing all the required equipment.
2. All youth goalies must wear the equipment specified in the rule book.
3. All youth goalies must wear leg padding on the shins and thighs.
4. All youth goalies must wear abdominal and pelvic protection.

**F. Mandatory Protective Equipment**

1. Each youth player must wear a professionally manufactured and properly worn mouth guard. Mouth guards cannot be clear or white nor have protruding tabs, except for the goalkeeper.
2. Each field player must wear eye protection or goggles meeting the ASTM certification for women's lacrosse.
3. Close-fitting gloves and soft headgear is permitted for field players.

**G. Uniforms**

1. U-15, U-13, U-11, and U-9: Must follow Rule 2: Uniforms

All youth players, including the goalkeeper, must wear uniform shirt on top. Uniform shorts or kilt must be worn. It is recommended that all visible undergarments match uniforms

**H. Game Personnel**

1. Sideline Manager. Each team will provide one (home and away).
2. U-15 and U-13: Eleven field players and a goalkeeper.
3. U-11 and U-9: seven players on a modified field, which may include a goalkeeper.

**I. Duration of Play**

1. U-15 and U-13: 25 minute running time per half (maximum).
2. U-11 and U-9: 20 minute running time per half (maximum).
3. See rule book for overtime procedures for U-13 and above.
3. No overtime for U11 and below.

**J. Start of the Game**

1. The procedure for the draw shall be the same as in Rule 5.
2. U9 and below: After goals, possession will be taken at the center by the team that was scored upon. Player positioning for the draw will apply. The defender shall stand 4m away at a 45 degree angle and all other players must stand. This is an indirect free position. The ball must be passed prior to an attempted shot. Note: The game and the second half shall be started with a draw.

3. U-13 and below: If score is kept, possession will be taken at the center by the team with fewer goals if a four or more goal differential exists unless waived by the coach of the trailing team. The ball must be passed prior to an attempted shot on goal.

#### K. Foul Modifications

1. U-11 and U9: No checking (Major foul).
2. Modified checking only (U-13; U-15 if Full Checking criteria not met). Major Foul.
  - i. The entire stick must be below the shoulder of the ball carrier.
  - ii. The check must be in a direction downward and away from the attack player's body.
  - iii. Officials should be aware of the attack cradling her stick into the well-placed defender's stick. This is good defense, not a check.
  - iv. When the attack is passing or shooting, and contact is made with a defender's stick that is in good defensive position, this is not a stick check.

3. Any initiated check to the head is a mandatory yellow card. (U-15 Full Checking: red card.)

**Note:** Incidental contact with the head or contact initiated by the attacker should not be carded.

4. Follow-through over the goal circle is not allowed at any levels. (Goal circle violation)
5. No deputy is allowed in the goal circle at all levels. (Major Foul)
6. On an 8m free position, a player may shoot provided there is a goalkeeper in the game or a modified goal (i.e. shooting net) is being used. If there is not a goalkeeper or it is an open net, then the 8m free position shall be indirect. (Major Foul)
7. U-11 level and below that is played with seven players: Offside and playing short below restraining line rules are not applicable.
8. 3-Second Count and Position to Check Rule.
  - i. The purpose of this rule is to teach players to play defense with their feet and body position, and to reward them when they do it correctly. This rule discourages defenders from just standing and swinging as an attack player runs by. (All levels, except if U-15 Full Checking criteria is met.) Minor Foul.
  - ii. Look for the defender that is patient and is waiting in a legal stick checking position, with both hands on her stick.

iii. Look for an attack player who is trying to move the cradle to a position that is not able to be checked. Be aware of the attack pulling to the other side of the body. If a defender is there, the count continues. The “pull” must go to a side not able to be checked for the count to stop.

**Note:** The official will give an audible and visible 3-second count when the official deems that a defender is in good position to make a legal check.

9. U9/U11 - Any player receiving a yellow or red card must leave the field for two or four minutes of elapsed playing time and a substitute will take her place during the two minute or four minute penalty time. A player receiving a red card will not be eligible for further participation in that game and is prohibited from participating in her team’s next game.
10. U9 and below: Three seconds in the arc shall not be in effect. Defensive players are required to play 1 v 1 defense in the arc. (Minor Foul)

#### L. PENALTY ADMINISTRATION

The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, goal circle fouls and carding, see Rule 7 in the US Lacrosse Women’s Rules.

**M. DEFINITION OF TERMS (See also, US Lacrosse Women's Rule 8)**

**Closely Guarded/Marked** - Player with the ball has an opponent within a stick's length.

**Free Position** - Penalty awarded for a foul. Player who has been fouled gets the ball and all others must move 4m away (minor foul) or behind (major foul).

**Indirect Free Position** - No shot on goal may be made until the player with the ball passes the ball to another player.

**NOTE:** This is different than the Women's game rules because of the checking restrictions on U-13 and below.

**Modified Checking** - Checking the crosse only if the entire crosse is below shoulder level. The check must be in a downward direction and away from the body.

**Modified Pocket** - No more than half of the ball may fall below the bottom of the sidewall.

**Pass** - Attempted exchange of the ball through the air from one teammate's crosse to another.

**Possession** - A player has the ball in their crosse.

**Position to Check** - Player has an opportunity to legally check the crosse without fouling (the 3-second count starts when the official deems that the player with the ball could be checked legally if checking were allowed.)



# PART FOUR 4

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## ADMINISTERING THE PENALTY

4:1

# MAJOR FOULS

The penalty for all fouls is a free position. The procedure for player placement varies depending upon the area of the field where the foul occurs, whether the foul is a major or minor foul, and whether the attack is on a scoring play.

The order of administration is the same in all cases - **7 Step Penalty Administration Plan**

1. Whistle
2. Directional signal
3. Foul Signal
4. B.O.O. = Ball; Offender; Others
  - position the player taking the free position (Ball)
  - position the offending player (Offender)
  - position all other players (Others)
5. Reposition yourself (if necessary)
6. Check with partners (eye contact)
7. Restart play

**NCAA Note:** Penalty administration for fouls outside of the CSA may involve the use of the “self-start”. See Part Seven of this Manual, NCAA Officials, for a more thorough discussion of when the option to “self-start” is in effect.

Procedures for administering cards, to a coach or to a player, are covered in Part Three, Making the Call — Use of Cards.

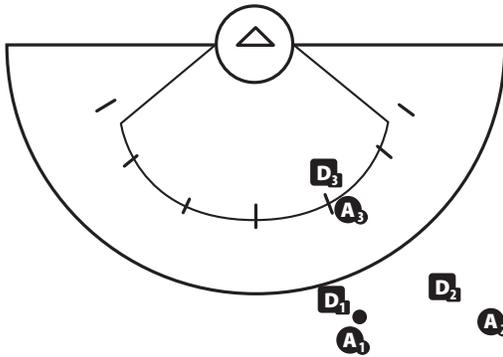
It is important to remember that the clock, except in the last two minutes of each half, is running during the administration of any free position. Give clear and concise directions to the players, avoid lecturing and long-winded discussions, and restart the game quickly and efficiently. Make eye contact with partner(s) to confirm everyone is positioned correctly, especially in the critical scoring area. Call a timeout if an unusual or complicated situation has arisen where extra time may be necessary for the officials to confer or to be sure the free position is set up correctly.

**NCAA Note:** Signal timeout before administering the penalty for any foul by the defense that results in a free position on the 8m arc (including the “hanging” hash marks). EXCEPTION: When the ten goal rule is in effect.

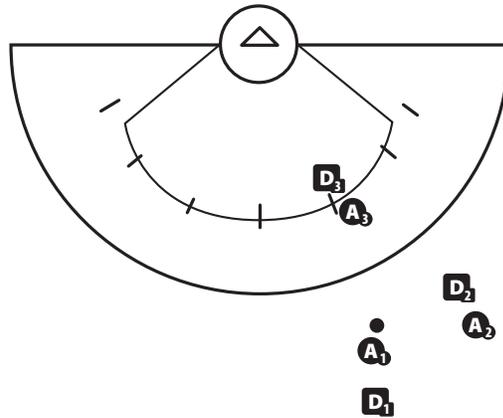
## I. Major Fouls - Outside the Critical Scoring Area

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- (Ball) Award a free position on the spot of the foul.
- (Offender) Place the offending player 4m behind the player taking the free position.
- (Others) Move all other players 4m away in the direction of their approach.



**Foul:** A1 fouled by D1  
— dangerous check



**Set Up:** A1 remains on the spot of the foul. D1 moves 4m behind A1. D2 and A2 move 4m away. A3 and D3 do not move.

## II. Major Fouls - Inside the Critical Scoring Area

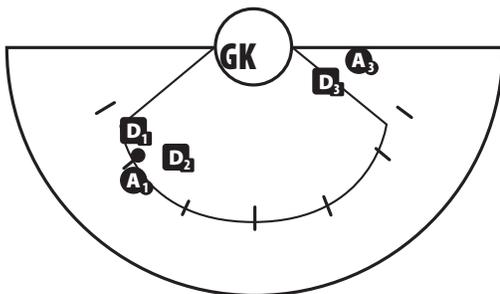
### A. Attack Fouls

#### 1. Outside the 8m Arc

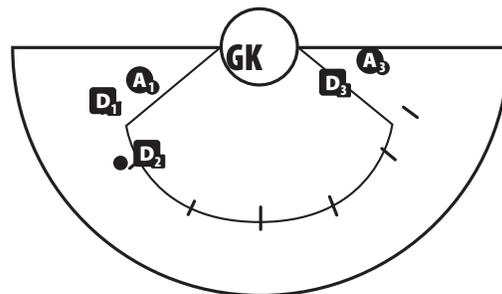
- a. (Ball) Award a free position on the spot of the foul. EXCEPTION: If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
- b. (Offender) Place the offending player 4m behind.
- c. (Others) Move all other players 4m away in the direction of their approach.

#### 2. Inside the 8m Arc

- a. (Ball) Award a free position on the 8m arc going out.
- b. (Offender) Place the offending player 4m behind.
- c. (Others) Move all other players 4m away in the direction of their approach.



**Foul:** A1 illegally protects her crosse as she tries to go through a legal double team.

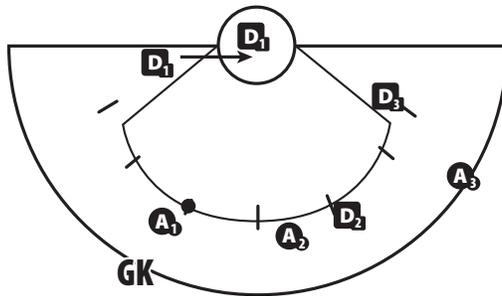


**Set Up:** D2 is awarded a free position 8m from the goal. A1 moves 4m behind D2. D1 moves 4m away from D2. All other players stand.

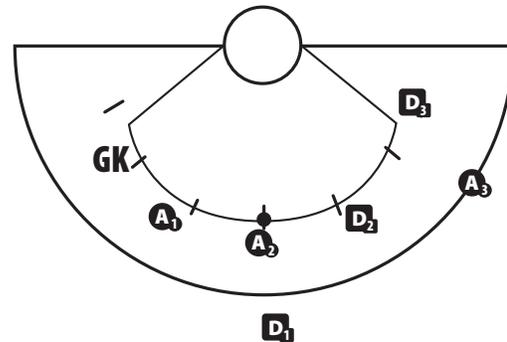
MAJOR FOULS

**B. Defense Foul – Illegal Deputy – Goal Circle Foul**

1. (Ball) Award a free position at the 8m center hash mark to the nearest attack player.
2. (Offender) Place the illegal deputy 4m behind on the 12m fan.
3. (Others) All other players are cleared from the 8m arc, including the goalkeeper. The goalkeeper may not clear back into the goal circle, and no other defender may enter the goal circle.
4. (Others) If deemed to be a flagrant foul the illegal deputy should be issued a red card [Ejection].



**Foul:** GK is being penalized for dangerous play. When the whistle blows to start play an unprotected defender, D1, jumps in the goal circle to save the shot.

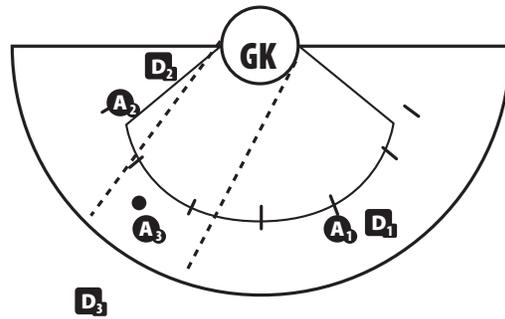
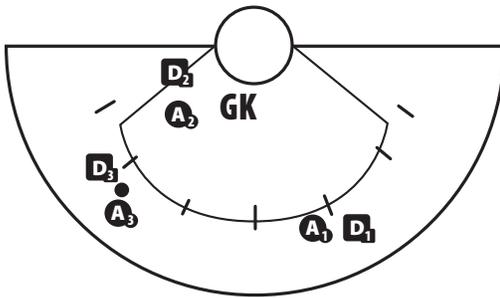


**Set Up:** A2 is awarded a free position on the center hash mark. D1 moves 4m behind A2. GK clears the 8m arc by moving the shortest route out relative to where she was when the whistle blew. GK may not return to the goal circle.

**C. Defense Fouls - Non-Scoring Play or Scoring Play with Immediate Whistle**

**1. Outside the 8m Arc**

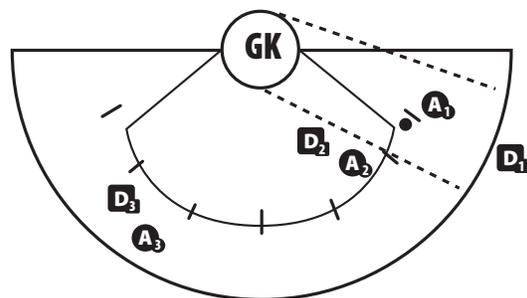
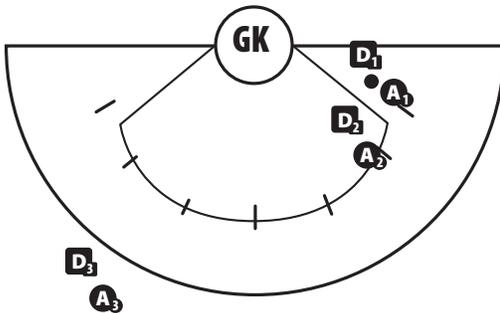
- a. (Ball) Award a free position on the spot of the foul. Remember that no free position may be taken within 8m of the goal. **EXCEPTION:** If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
- b. (Offender) Place the offending player 4m behind.
- c. (Others) Move all players from the penalty lane, body and crosse. If the goalkeeper is in the penalty lane, she may return to her goal circle if she did not foul.



**Foul:** A3 is fouled by D3 (dangerous check) and A3 drops the ball. GK is outside the goal circle when the whistle is blown.

**Set Up:** GK returns to the goal circle. A1 and D1 do not move. A3 remains on the spot of the foul. D3 moves 4m behind A3. A2 and D2 clear the penalty lane.

**Note:** Any major foul by the defense that occurs within the “pie shaped” area between the goal line extended and the side of the 8m arc will result in a free position for the attack on the outside [hanging] hash. See diagram set up below.

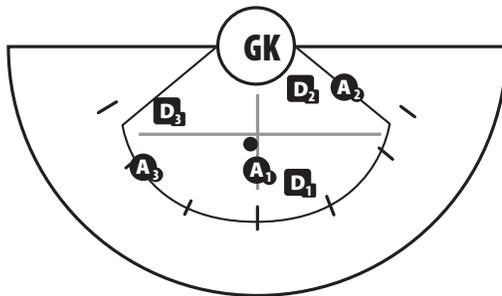


**Foul:** A1 is fouled by D1 — dangerous check. A1 drops the ball.

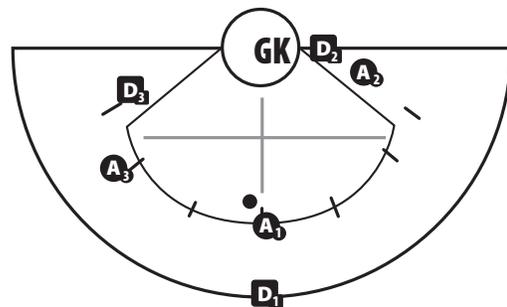
**Set Up:** A1 is awarded a free position on the outside hash mark. D1 moves 4m behind A1. D2 and A2 clear the penalty lane.

## MAJOR FOULS

2. Inside the 8m Arc
- (Ball) Award a free position at the 8m hash mark closest to the spot of the foul. **EXCEPTION:** When a 3 seconds foul is called on a player in the 8m arc and the ball is in the arc, the penalty will be set up at the closest hash to the spot of the ball. When a 3 seconds foul is called on a player inside the 8m arc, but the ball is outside of the 8m arc, the penalty will be set up at the spot of the ball with the offender being placed 4m behind the free position.
  - (Offender) Place the offending player 4m behind on the 12m fan.
  - (Others) All players remaining in the arc are cleared from the 8m arc, and, if necessary, the penalty lane and maintain position relative to one's position inside the arc. (See diagram below) The goalkeeper may clear back into her goal circle if she is within the 8m arc or the penalty lane and has not fouled. The intent of clearing the arc is not to further penalize the defense. In other words, if a defense player is ball-side of an attack player when the whistle is blown, the defense player is entitled to a ball-side position on the arc, not necessarily at a hash mark. If a defense player is not ball-side when the game is stopped, she is not entitled to that position on the arc.



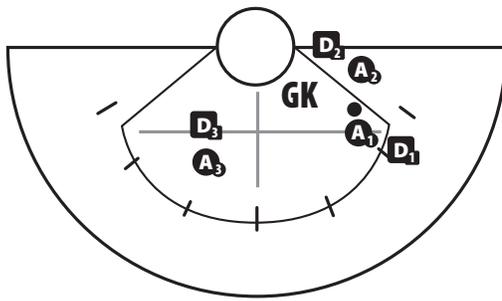
**Foul:** D1 pushes A1 causing her to lose possession of the ball.



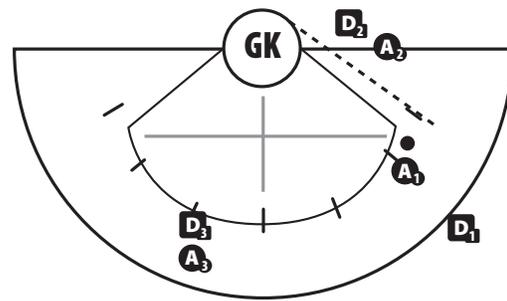
**Set Up:** A1 moves to the nearest hash mark. D1 moves 4m behind A1. Clear all players from the 8m arc via the shortest route out.

## PART FOUR

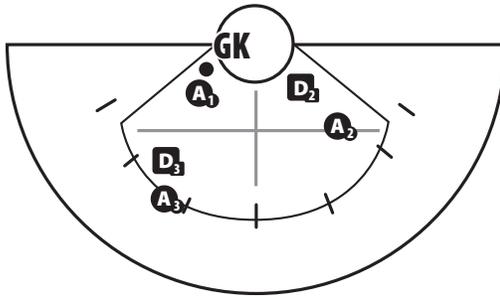
## ADMINISTERING THE PENALTY



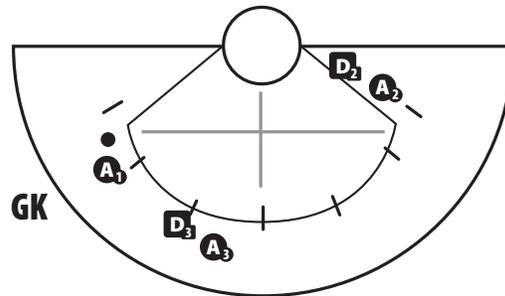
**Foul:** D1 pushes A1 causing her to lose possession of the ball. GK is outside the goal circle when the whistle is blown.



**Set Up:** A1 moves to the nearest hash mark. D1 moves 4m behind A1. A2 and D2 clear the arc and the penalty lane. A3 and D3 clear the arc via the shortest route out. GK may clear back into her goal circle.



**Foul:** GK rough checks A1 as she rolls the goal circle and attempts a shot.



**Set Up:** A1 is awarded a free position on the nearest 8m hash mark. GK moves 4m behind A1. All other players clear the arc.  
**Note:** D3 gets the hash mark nearest to A1.

### D. Defense Fouls - Scoring Play - Slow Whistle

A scoring play is a continuous effort by the attacking team to move the ball toward goal and to complete a shot on goal. When a major foul(s) by the defense occurs inside the critical scoring area and the attack is on a scoring play, a “slow whistle” is in effect. A “slow whistle” is the same as a held whistle, but rather than using an arm signal a yellow flag is raised. The flag is raised in two instances. One, the attack player is on a scoring play and is fouled but she or her team retains possession of the ball and continues on the scoring play. Two, the attack is on a scoring play and the defense commits an “off-ball” foul.

#### Scoring Play Ends

The scoring play ends when the attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum. Do not allow the scoring play to go on too long. Blow the whistle when the attack loses the immediate thrust towards goal. When a scoring play ends, the penalty administration is dependent on a variety of variables.

# SLOW WHISTLE PENALTY ADMINISTRATION

1. Scoring play ends and no shot has been taken. [See **Slow Whistle Penalty Administration; Outside the 8m Arc and Inside the 8m Arc**]
  - a. Scoring play ends immediately because the official(s) feel that the foul is leading to potentially dangerous play.
  - b. Scoring play ends immediately because the defense is obstructing the free space to goal.
  - c. Scoring play ends immediately because there is an illegal deputy [See Major Fouls II. B]
  - d. Scoring play ends because the attack loses possession of the ball. Note: A bounce pass should not be considered loss of possession.
  - e. Scoring play ends because the attack carries or passes the ball behind the level of the goal line and stops the continuous attempt to score.
2. Scoring play ends when a shot is taken and missed. The official lowers the flag and play continues.
3. Scoring play ends when a shot is taken and made. The official signals a goal and play is restarted at the center draw.
4. Scoring play ends when a shot is taken and made and there is a cardable foul by the defense. The officials shall signal a goal; call timeout; administer the card; and restart the game with a free position for the non-offending team at the center.
5. Scoring play ends when a shot is taken and missed because the foul affected the shot. [See **Slow Whistle Penalty Administration; Outside the 8m Arc and Inside the 8m Arc**]
6. Scoring play ends when a shot is taken and missed and there is a cardable foul by the defense. [See **Slow Whistle Penalty Administration; Outside the 8m Arc and Inside the 8m Arc**]
7. Scoring play ends when the attacking team fouls. [See **VIII. Slow Whistle/ Raised Flag Situation; A. Offsetting Fouls**]

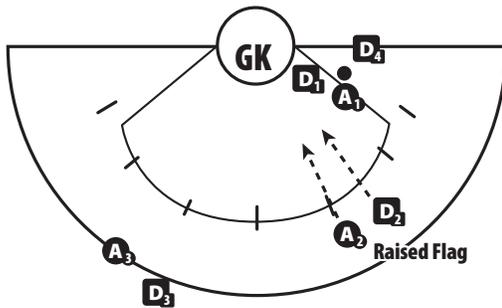
## Slow Whistle Penalty Administration

The administration of the slow whistle penalty varies in the following situations. If the scoring play ends and the foul occurs:

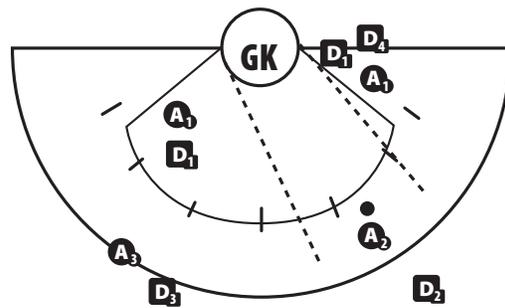
**Note (Same for USL & NCAA):** The goalkeeper will be allowed to return to the goal circle if she moved outside the circle during the time the slow whistle was in effect and if she has not fouled. If the goalkeeper was outside the goal circle when the foul was committed and the flag was raised, she will remain outside when the free position is set up except in the following two circumstances. (1) She has not fouled and was in the 8m arc when the scoring play ended and the arc is to be cleared. (2) She has not fouled and was in the penalty lane when the scoring play ended and the penalty lane is to be cleared.

1. Outside the 8m Arc (no additional fouls)

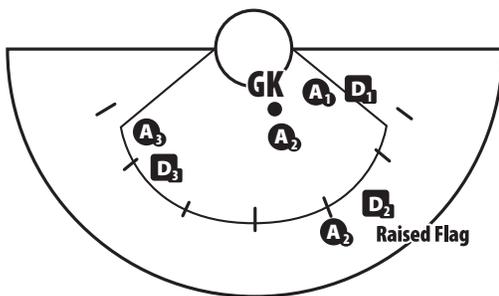
- a. (Ball) Award a free position on the spot of the foul to the nearest attack player. This may or may not be the player who was fouled. No free position should be taken within 8m of the goal circle. EXCEPTION: When a 3 seconds foul is called, the penalty will be set up at the spot of the ball when the flag was raised. EXCEPTION: If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
- b. (Offender) Place the nearest defense player 4m behind. The nearest defense player may or may not be the player who committed the foul.
- c. (Others) Move all players from the penalty lane, body and crosse.



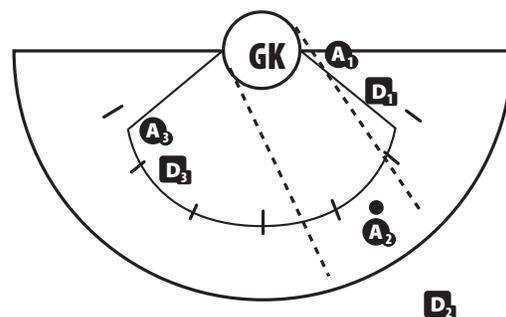
**Foul:** D2 fouls A2. A2 maintains possession of the ball and the flag is raised. A2 passes the ball to A1 who is forced away from the goal by a good defensive double team. Whistle — end of scoring play.



**Set Up:** A2 is awarded a free position at the spot of the foul/raised flag. D2 moves 4m behind A2. Clear A1 and D1 from the penalty lane. All other players stand.



**Foul:** D2 fouls A2. A2 maintains possession and a flag is raised. A2 continues toward goal and GK steps up to legally check the ball out of A2's stick. Whistle (no shot) — end of scoring play.



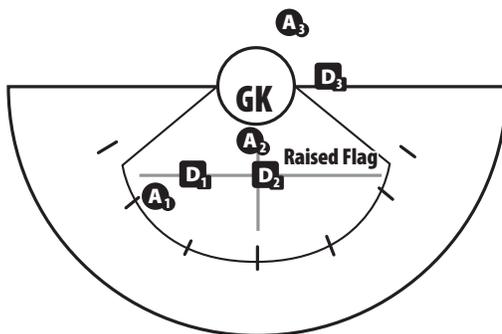
**Set Up:** A2 (nearest attack) is moved back to the spot of the raised flag. D2 (nearest defender) moves 4m behind A2. A1 and D1 clear the penalty lane. GK clears back into the goal circle because she is in the penalty lane to be cleared.

If the goalkeeper is in the penalty lane, she may return to her goal circle.

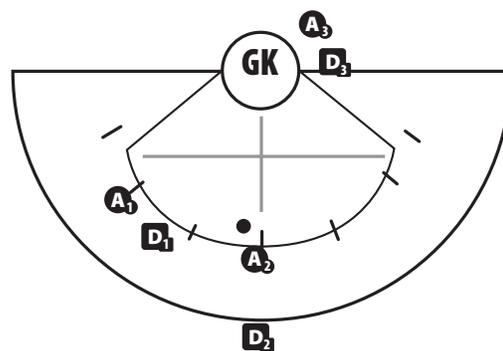
- d. (Others) No defensive player or her crosse is allowed closer than 4m to the player with the ball.

**2. Inside the 8m Arc (no additional fouls OR with additional fouls)**

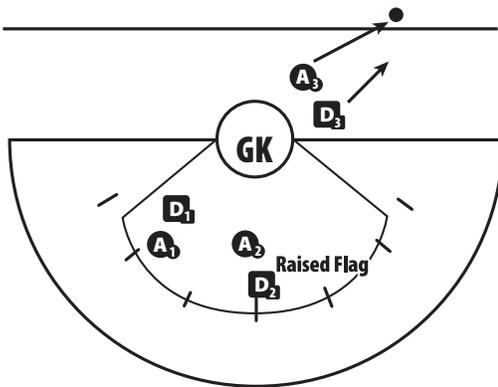
- a. (Ball) Award a free position at the 8m hash mark closest to the spot of the foul or most recent foul to the nearest attack player. EXCEPTION: When a 3 seconds foul is the foul that ends the scoring play, the penalty will be set up at the spot of the ball when the flag was raised for this foul (if ball is outside the 8m arc) or at the closest hash to the spot of the ball when the flag was raised (if ball is inside the 8m arc).
- b. (Offender) Place the nearest defense player 4m behind on the 12m fan. The nearest defense player may or may not be the player who committed the foul.
- c. (Others) All players remaining in the arc are cleared from the 8m arc, and, if necessary, the penalty lane and maintain position relative to one's position inside the arc. (See diagram below) The goalkeeper may clear back into her goal circle if she is within the 8m arc or the penalty lane and has not fouled. The intent of clearing the arc is not to further penalize the defense. In other words, if a defense player is ball-side of an attack player when the whistle is blown, the defense player is entitled to a ball-side position on the arc, not necessarily at a hash mark. If a defense player is not ball-side when the game is stopped, she is not entitled to that position on the arc.
- d. (Others) The next nearest defense player is allowed to move to a position 4m from the player with the ball from the direction of approach (not necessarily a hash mark).



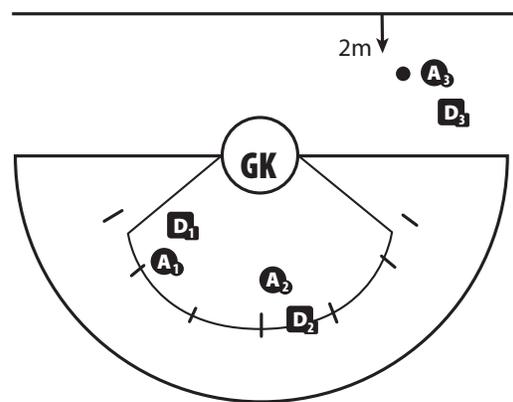
**Foul:** D2 pushes A2 as she shoots on goal (raised flag). Shot misses the goal.



**Set Up:** The foul directly affected the shot. A2 awarded a free position on the nearest hash mark. D2 moves 4m behind A2. D1 and A1 clear the arc.



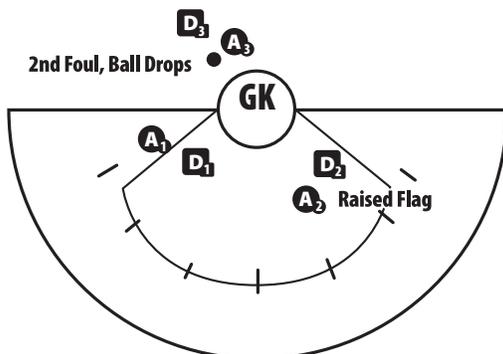
**Foul:** D2 fouls A2. The flag is raised. A2 continues toward the goal, shoots and misses the goal. The ball rolls out of bounds behind the goal.



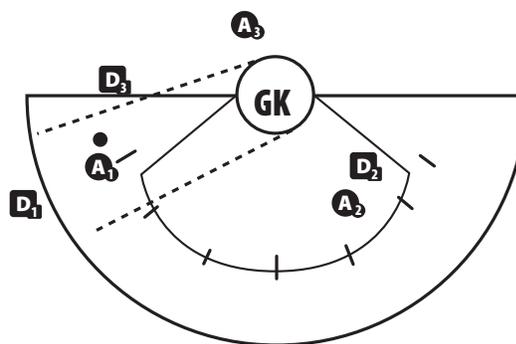
**Set Up:** Advantage indicated by the raised flag is complete. The player nearest the ball when it went out of bounds, A3, is awarded the ball 2m inside the end line. D3 gives A3 at least 1m of free space.

### 3. Outside the 8m Arc (with additional fouls)

- (Ball) Award a free position to the attack at the 8m hash mark nearest to the spot of the most recent foul. [Hanging Hash]
- (Offender) Place the nearest defense player 4m behind on the 12m fan. The nearest defense player may or may not be the player who committed the foul.
- (Others) All players are cleared from the penalty lane. If the goalkeeper is outside the goal circle and in the penalty lane she may clear back into her goal circle if she has not fouled



**Foul:** D2 checks A2 on the arm (raised flag). A2 maintains possession and passes the ball to a teammate. A3 is fouled by D3 as she tries to roll the goal circle behind the goal. A3 drops the ball. Whistle — end of scoring play.



**Set Up:** A1 (nearest attack to the spot of the free position) is awarded a free position on the hash mark nearest to the most recent foul. D1 (nearest defender) goes 4m behind A1. The next nearest defense player [D3] is allowed to move to a position 4m from the player with the ball, from the direction of approach [not necessarily a hash mark].

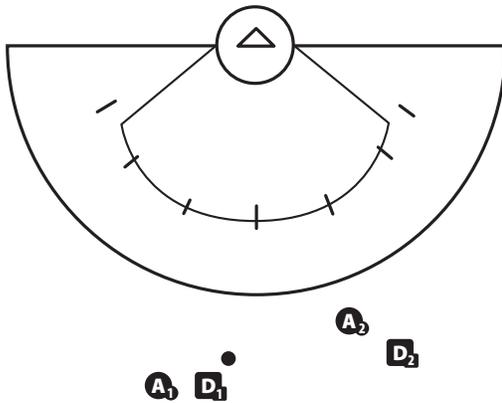
# MINOR FOULS

## E. Defense Fouls After a Goal

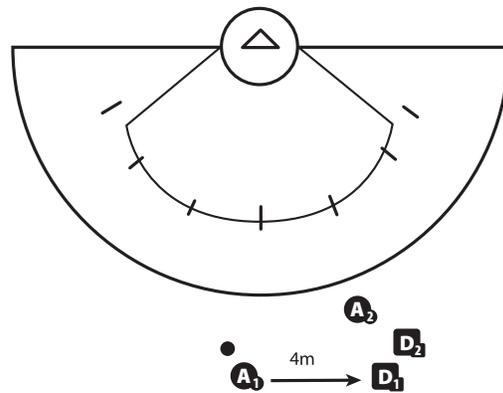
Any foul committed immediately during the shot or committed after the shot has entered the goal, whether a cardable foul or not, will be penalized. The game will be restarted with a free position at center for the team scoring the goal rather than with a draw.

### III. Minor Fouls - Outside the Critical Scoring Area

- (Ball) Award a free position on the spot of the foul.
- (Offender) Place the offending player 4m away in the direction from which she approached before committing the foul.
- (Others) Move all other players 4m away in the direction of their approach.



**Foul:** D1 hits the empty crosse of A1



**Set Up:** A1 remains on the spot of the foul. D1 moves 4m away from A1 in the direction she approached. D2 and A2 must be 4m away.

## IV. Minor Fouls - Inside the Critical Scoring Area

### A. Inside the 12m Fan

#### 1. Attack Fouls

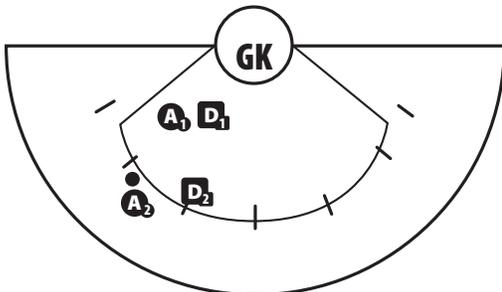
- (Ball) Award a free position to the defense on the spot of the foul, except no free position may be taken within 8m of the goal. When a player is within 8m of goal, simply move her so she is 8m from goal.
- (Offender) Place the offending player 4m away in the direction from which she approached before committing the foul.
- (Others) Move all other players 4m away in the direction of approach.

#### 2. Defense Fouls - the slow whistle is not in effect (no flag, no prior major fouls)

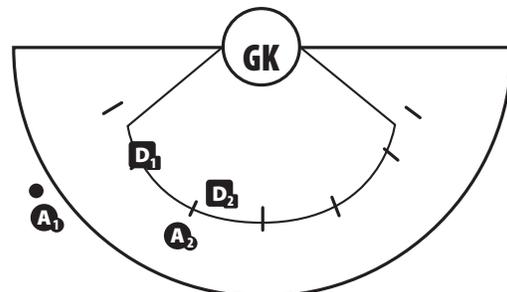
- (Ball) Award a free position to the attack player fouled and move her to the nearest spot on the 12m fan.
- (Offender) Place the offending player 4m away in the direction from which she approached. This also applies to the goalkeeper if she is wholly outside the goal circle.
- (Others) Move all other players 4m away in the direction of approach.
- Announce "Indirect" in a loud, clear voice prior to resuming play. No shot may be taken until the ball has been played. "Played" refers to an action of the player taking the free position whereby the ball leaves the player's crosse and is touched by another player, or her crosse is checked, crosse to crosse, by a defense player, or play is stopped due to a foul by the defense.

**Note:** If any defensive player is in the free space to goal, she should not be penalized for obstruction as no shot may be taken. However, once the ball has been played, she must move from the free space to goal.

**NCAA Note:** Three seconds is set up on the 12m fan relative to the spot of the ball (when the foul was called) with the offender 4m away and the lane is cleared. Player may go to goal/shoot.



**Foul:** D1 checks A1's empty crosse.



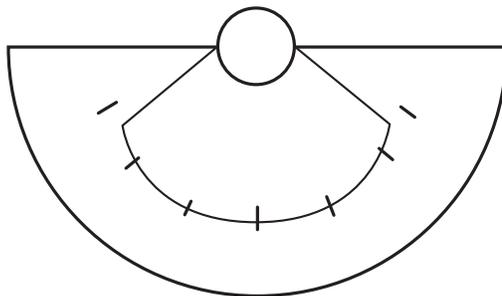
**Set Up:** A1 is awarded an indirect free position in line with the foul on the 12m fan. D1 moves in front of A1 on the 8m arc (assuming the same relative position as when the foul was committed). A2 moves 4m away.

# GOAL CIRCLE FOULS

## B. Outside the 12m Fan or Below Goal Line Extended

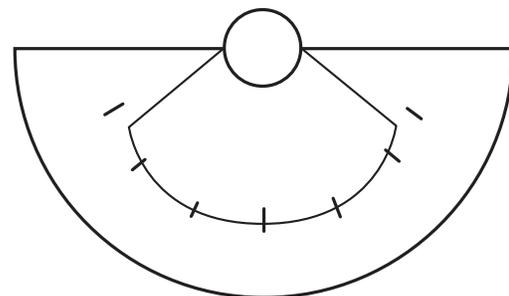
### 1. Attack or Defense Fouls

- a. (Ball) Award a free position on the spot of the foul, except no free position may be taken within 8m of the goal circle. EXCEPTION: If the foul is below the goal line extended and within the CSA, then the free position is set up on the nearest field dot
- b. (Offender) Place the offending player 4m away in the direction from which she approached before committing the foul.
- c. (Others) Move all other players 4m away in the direction of approach.



**D<sub>1</sub>** (covers the ball)  
**A<sub>1</sub>**

**Foul:** D1 covers the ball (minor foul outside the 12m fan).



**D<sub>1</sub>**  
4m  
**A<sub>1</sub>**

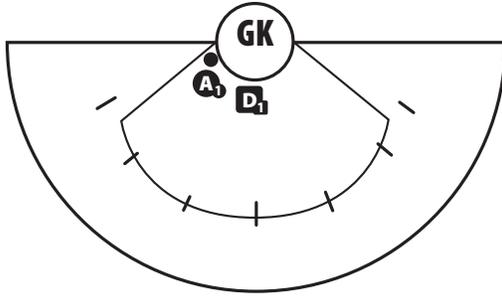
**Set Up:** A1, the nearest non-offender, is awarded a free position. D1 must move 4m away in the direction from which she approached. Note: The minor foul is set up as it would be anywhere on the field except it may not be within 8m of the goal circle.

## V. Goal Circle Fouls

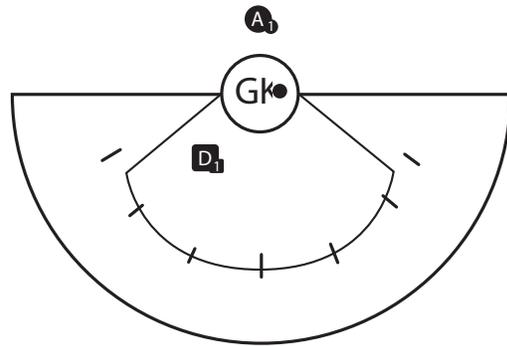
### A. Attack Fouls

1. (Ball) Award a free position to the goalkeeper, or her deputy, within the goal circle.
2. (Offender) Place the offending player 4m behind the goal circle.
3. (Others) Move all other players 4m from the goal circle.

**NCAA Note:** Place the offending player 4m away in the direction from which she approached.



**Foul:** As A1 shoots on goal she steps into the goal circle.

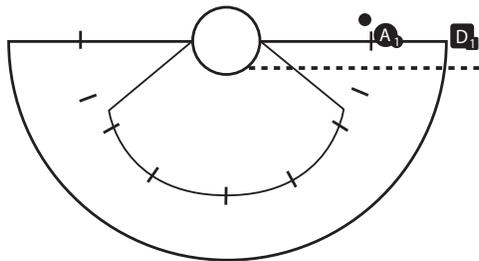


**Set Up:** Free position to the GK in the goal circle. A1 is moved 4m behind the goal circle. Any other players are moved 4m away from the goal circle.

### B. Defense Fouls

1. (Ball) Award a free position to the attack on the 8m mark on either side of the goal line extended.
2. (Offender) Place the offending player 4m directly behind (farther from the goal circle). If the goalkeeper has committed the foul, she may remain in her goal circle.
3. (Others) All other players should be 4m from the player taking the free position. The penalty lane above the goal line extended shall be cleared. The goal keeper, if in the penalty lane may clear back into her goal circle if she did not foul.

**Note:** This is NOT an INDIRECT free position. The attack may go to goal and shoot when play is restarted.



**Set up:** Award A1 a free position at the 8m mark on the goal line extended. D1 is placed 4m directly behind. The lane above the goal line extended is cleared.

# PLACEMENT OF GOALKEEPER

## VI. Placement of the Goalkeeper

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### A. Minor Fouls

1. If the goalkeeper is within the goal circle when the foul occurs, she may remain in the circle.
2. If the goalkeeper is partially within the goal circle when the foul occurs, she may return to the circle.
3. If the goalkeeper is within or partially within the goal circle and she commits the minor foul, she may remain in the circle.
4. If the goalkeeper is wholly outside the goal circle when the foul occurs, she remains where she is and may not return to the circle.
5. If the goalkeeper is wholly outside the goal circle and she commits the minor foul, she is placed 4m away from the player taking the free position.

### B. Major Fouls

1. If the goalkeeper is within the goal circle when the foul occurs, she may remain in the circle, unless she committed the foul.
2. If the goalkeeper is within the goal circle and she commits the foul:
  - a. During an immediate whistle situation - she is placed 4m behind the player taking the free position.
  - b. During a slow whistle situation - if she is the closest defender to the spot of the foul when the play ends without a shot being taken, she is placed 4m behind the player taking the free position.

**Note:** If the goalkeeper commits the foul during a slow whistle situation, and there are no other defense fouls committed before the scoring play ends, she may or may not be the nearest defense player to the spot of the foul when the play ends. She may be the defender that must go 4m behind, or she may not, depending on how the play has developed. If the goalkeeper commits the first foul, but then there is a subsequent foul committed by another defender, the attack is awarded a free position on the 8m hash mark closest to the spot of the most recent foul. Since the goalkeeper's foul did not end the scoring play, another near defender should be placed 4m behind the attack taking the free position.

3. If the goalkeeper is outside the goal circle but within the 8m arc, and the foul occurs within the 8m arc, she may clear back into the goal circle when the arc is cleared. There are two exceptions:
  - a. When a foul has been called for an illegal deputy, the goalkeeper may not clear back into the goal circle, but must clear the arc, taking the shortest route out.

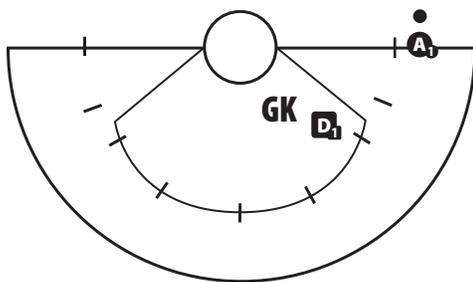
- b. When the goalkeeper is called for obstructing the free space to goal, she is placed 4m behind the player taking the free position.

**NCAA Note:** The goalkeeper is exempt from FSG violations.

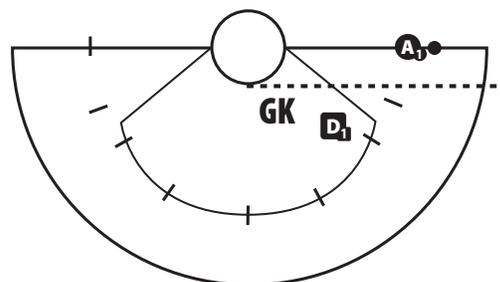
4. If the goalkeeper is outside the goal circle and the foul occurs within the critical scoring area but outside the 8m arc, she may only return to the goal circle if she is within the penalty lane and the lane is to be cleared.
5. During a slow whistle situation, the goalkeeper may return to the goal circle if:
  - a. She has moved outside the circle and made an interception or gained possession of the ball or any legal play, thus ending the scoring play.
  - b. She has moved outside the circle and is fouled by the attack, thus ending the scoring play.
  - c. She is in the arc when the whistle blows and she has not fouled.
  - d. She is in the penalty lane when the whistle blows and has not fouled and the penalty lane is to be cleared.
  - e. She has moved outside the goal circle during the slow whistle (flag raised) and has not fouled.

### C. Goal Circle Fouls

If the goalkeeper commits any goal circle foul, she may remain on the spot of the foul and does not have to move to within 4m of the player taking the free position. However, if she or any other players are within the “lane”, above the goal line extended they would have to clear that lane. No other defender is moved to within 4m of the player taking the free position. This is the only goal circle foul situation in which a player is not moved to within 4m of her opponent taking the free position.



**Foul:** The GK, who is out of the goal circle, commits a goal circle violation.



**Set Up:** Award A1 a free position at the 8m mark on the goal line extended. GK remains out of the goal circle, but should be cleared out of the penalty lane above the goal line extended.

# OFFSETTING/SUBSEQUENT FOULS

## VII. Offsetting and Subsequent Fouls

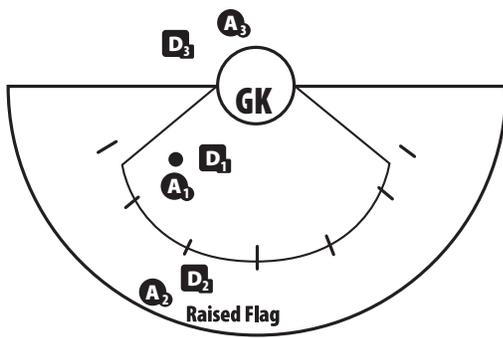
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### A. Offsetting Fouls

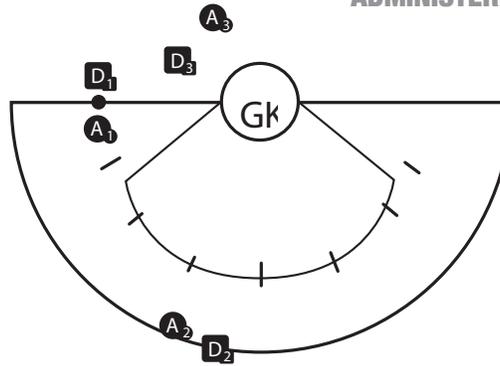
**Offsetting fouls** are considered to be fouls that are occurring or have been ongoing within the same time frame. For example, one official calls a block while the other calls a charge on the same play; or after a player has been awarded a free position because someone fouled her she is discovered to be wearing jewelry or her teammate is found without a mouth guard. The result of offsetting fouls is to use the alternate possession procedure to determine which team will be awarded possession for the restart of play. If this is the first use of the AP procedure in this game, possession is awarded to the team who choose (at the captains meeting) to have the first possession. The possession will alternate for each subsequent occurrence of any of the events listed in Rule 5 Section 20 (a) – (h). The alternate possession (AP) is continuous through any overtime period.

#### Some examples of Offsetting Fouls:

1. Blue team player, outside of the CSA, is fouled. Red player is moved behind. Before play restarts the official notices the Blue player is wearing jewelry. Offsetting fouls have occurred and the alternate possession procedure (AP) will be used to determine the team that will be awarded possession for the restart of play. Since the foul that caused play to stop was outside of the CSA, the alternate possession (AP) will be taken where the foul occurred. Not within 4M of a boundary.
2. Blue team moves downfield and crosses the restraining line on attack. Red player, outside the CSA, is called for a foul, and then the official discovers Blue is offside. Offsetting fouls have occurred. The officials will correct the offside and then award possession to the team based on the alternate possession procedure (AP). Since the foul that caused play to stop was outside of the CSA, the alternate possession (AP) will be taken where the foul occurred. Not within 4M of a boundary.
3. Red player is on her way to goal when Blue defender fouls her. Official raises her flag allowing the Red player to continue to goal however before a shot is taken the Red player charges. Offsetting fouls have occurred and the alternate possession procedure (AP) will be used to determine the team that will be awarded possession for the restart of play. Since the foul that caused play to stop was inside the CSA the AP will be taken on the nearest 8M hash on the goal line extended. No other players may be within 4M of the player awarded the AP.



**Foul:** D2 fouls A2 (raised flag). A2 passes to A1 and A1 charges into D1.



**Set Up:** Offsetting fouls. Possession is awarded to appropriate team using the alternate possession (AP) procedure and the free position will be set on the closest 8M hash of the goal line extended. No other players may be within 4M of the player awarded the AP.

### B. Subsequent Fouls

A **subsequent foul** is one that occurs after the initial foul has been called. For example, a player is awarded a free position because of a foul by her opponent but then before play starts she commits another foul such as taunting the opponent.

#### Some examples of Subsequent Fouls:

1. Blue player with the ball is fouled by the Red player. Blue is awarded the free position, but the Blue player verbally taunts the Red player before play begins. A subsequent foul has occurred and play is restarted with a free position for Red.
2. Red player is going to goal, Blue defender fouls her, and a flag is raised. Red player shoots and misses and the flag is lowered. In pursuing the loose ball Red then pushes the Blue defender. The shot by the red player ended the slow whistle sequence and thus the foul by the Red attack is a subsequent foul. The Blue defender is awarded the ball as a result of the major foul for pushing.

## VIII. Slow Whistle/Raised Flag Situation

### A. Offsetting

If an attack player commits a foul during a slow whistle/flag raised situation, (ie., within the slow whistle/raised flag shot sequence) it will be considered an offsetting foul and play would be restarted using the alternate possession (AP) procedure. The fouls have been committed within the same time frame and are therefore offsetting. If the attack

# SLOW WHISTLE/RAISED FLAG

# CARDABLE OFFENSES

foul occurred before the shot, during the shooting motion whether the ball leaves the stick or not, immediately after the shot, or the defense foul affected the shot there would be an offsetting foul situation and the AP procedure would be used to determine who is awarded possession for the restart of play. Examples of offsetting fouls by the attack would be stepping on or in the goal circle, dangerous follow through, or dangerous propelling. Administer the throw out to the side of the field and never within 8m of the goal.

## B. Subsequent

An attack foul committed once the scoring play ends will be considered a subsequent foul and that foul will be the one penalized. For example, the attack player shoots and misses the goal. In the process of chasing the loose ball she pushes the defender to the ground. This foul clearly occurred after the raised flag/shot sequence and would be considered a subsequent foul.

## IX. Fouls During or After a Goal

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Any foul committed during the act of shooting or after a goal has scored and before play has restarted will be penalized. All defensive fouls and attack fouls that are not in the act of shooting will result in a free position at center to restart play. Attack fouls in the act of shooting, such as charging, dangerous propelling and dangerous follow through will result in a free position awarded to the defense no closer than 8m to the goal circle. A goal circle violation by the attack will result in a free position for the goalkeeper. The alternate possession (AP) procedure will be used to determine team possession if there was a slow whistle. The goal will not count. All free positions at the center will be administered with the opposing center placed 4m away on a 45-degree angle. Consider the following Situations:

**Situation 1.** Attack Fouls: Green attacker has just scored a goal. As she moves up the field towards the center circle she pushes the White team defensive player who had been marking her. Ruling: Because the pushing foul occurred well after the goal had scored the goal will count. The foul is called and the White team will be awarded a free position at center to restart play.

**Situation 2.** Attack Fouls: Green attacker is on her way to goal. As she shoots and scores she charges into the White team defender who had established legal position. Ruling: No goal. The charging foul was committed during the act of shooting. The White team defensive player is moved 8m from the goal circle and awarded a free position to restart play. The attack player is placed 4m behind the player with the ball.

**Situation 3.** Attack Fouls: The Blue attack player moves towards goal, shoots, and scores. As the teams are moving back towards the center to restart play the official discovers that the Blue attack player who scored is not wearing a mouth guard. Ruling: Per Rule 4-8, if this violation is discovered immediately after a goal, the goal counts and the free position is taken at the center circle to restart play. The official should call timeout, indicate the foul and then administer the free position.

**Situation 4.** Defense Fouls: As a White attacker is in the act of shooting she is run into by a Blue defender, and the shot goes into the goal. Ruling: Signal the goal, call timeout and indicate the pushing foul on Blue and administer a free position at center to the White team center to restart play.

## **X. Cardable Offense After a Shot is Taken**

### **Some examples:**

1. Red player shoots and scores. As she shoots, Blue player commits cardable offense.

**Ruling:** Goal counts. Signal a goal and then signal a timeout. Card Blue player. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Award a free position to the Red Team at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and have everyone stand; administer the free position at the center line. The center for Blue is placed 4m away from the Red Team's center at a 45 degree angle. No player from the Blue team is placed 4m behind.

2. Slow whistle, with a flag raised, for cardable offense by Blue team. Red player shoots and scores.

**Ruling:** Goal counts. Signal a goal and then signal a timeout. Card Blue player. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Award a free position to the Red Team at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and have everyone stand; administer the free position at the center line. The center for Blue is placed 4m away from the Red Team's center at a 45 degree angle. No player from the Blue team is placed 4m behind.

**NCAA Note:** The 2 minute penalty for a yellow card is "releasable" if a goal is scored by the opponent.

## CARDABLE OFFENSES

3. Red player shoots and the ball goes into the goal. During the “shooting action” (before, during, or immediately after the ball goes into the goal) the Red player commits a cardable foul such as charging into the defense as she is shooting or completing her shooting action; charging into the defense as she is trying to stop or land; or following through dangerously.

**Ruling:** Goal does not count. Signal no goal and then signal timeout and administer a card to the Red shooter. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Restart the game with a free position for the non-offending team (Blue) 8m from the goal or on the spot of the foul if 8m or more from the goal. No player is placed 4m behind.

**NCAA Note:** The 2 minute penalty for a yellow card is “releasable” if a goal is scored by the opponent.

4. Red player shoots and scores. Misconduct by a Blue player occurs after the goal and before the draw.

**Ruling:** Signal a timeout and card the Blue offender. If the offender is a field player she is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and have everyone stand; administer the free position at the center line. The center for Blue is placed 4m away from the Red Team’s center at a 45 degree angle. No player from the Blue team is placed 4m behind.

**NCAA Note:** The 2 minute penalty for a yellow card is “releasable” if a goal is scored by the opponent.

5. Red player shoots and scores. After the shooting sequence has ended and the official has signaled a goal a Red attack player commits a cardable foul such as taunting the Blue team during the scoring celebration or mouthing-off to the official on the way back toward the center.

**Ruling:** Signal a timeout, card the Red offender, and award a free position to the Blue team at the center line. If the offender is a field player she is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and have everyone stand; administer the free position at the center line. The center for Red is placed 4m away from the Blue team’s center at a 45 degree angle. No player from the Blue team is

placed 4m behind. *In this instance, even though the scoring team committed the cardable offense the goal will count. The offense took place after the immediate scoring sequence and had no bearing on the goal being scored.*

**Note:** If in the above examples there is a cardable offense committed by bench personnel, the card is assessed to the Head Coach and the Head Coach will select a player to be removed from the field for 2 minutes of elapsed playing time (yellow card) or 4 minutes of elapsed playing time (red card) and her team will play short in both their offensive and defensive ends of the field. If suspended (2nd yellow card) or ejected (red card) the Blue player may not re-enter the game.

**NCAA Note:** The 2-minute penalty for a yellow card is “releasable” if a goal is scored by the opponent. A 2-minute penalty for a red card is “non-releasable”.

## XI. Deputy/Illegal Deputy

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Some examples:

1. Rulebook — Rule 5 Sections 15, 17, 19
2. Rulebook — Rule 6 Sections 3, 4, 5
3. Rulebook — Rule 7 Section 11
4. Official Manual Part 3, Making the Call — Use of Cards
5. Official Manual Part 3, Making the Call — Watch That Goalkeeper
6. Official Manual Part 4, Administering the Penalty — II. B.

## XII. Misconduct

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### A. Committed By Players on the Field

The penalty is a yellow or red card with a free position being awarded to the nearest opponent at the spot of the ball when the misconduct occurred. Any player receiving a card will be removed from the game and enter the penalty area for 2 minutes of elapsed playing time (yellow card) or 4 minutes of elapsed playing time (red card) and their team will play short in both their offensive and defensive ends of the field. Any player receiving a second yellow card (suspension) or a red card (ejection) will be removed from the game. After the penalty time has been served in the penalty area by a suspended or ejected player, she will return to their team bench area for the remainder of the game. In all three instances no substitute will be allowed to enter until the 2 minute

penalty time for a yellow card or the 4 minute playing time for a red card has elapsed.

**NCAA Note:** Any player receiving a yellow card shall serve a 2-minute releasable penalty. Any player receiving a red card shall serve a 2-minute non-releasable penalty. A player receiving a second yellow card or a red card may not return to the game but her team may substitute for her. All carded players will serve their penalty in the Penalty Area.

### **B. Committed By Coach or Team Personnel**

The Head Coach is responsible for the actions of any and all persons officially connected with his/her institution, including assistant coaches, and shall receive any card assessed, related to bench decorum. If the Head Coach is carded she/he will designate a player who must leave the field for two minutes of elapsed playing time (yellow card) or four minutes of elapsed playing time (red card) and their team will play short in both their offensive and defensive ends of the field. If the team has received four or more cards no substitute is allowed for the remainder of the game and their team will play short in both their offensive and defensive ends of the field for the remainder of the game. In the event a coach or any team personnel is warned, suspended, or ejected, play is restarted within one minute with a free position to the nearest opponent at the spot of the ball when play was stopped. Any Head Coach who is suspended [two yellow cards] or ejected [red card] must leave the game area, including the spectator area, and an Interim Head Coach must be specifically designated. If an Interim Coach is not available, the team shall forfeit the game. In the event a Head Coach does not effectively control the actions of their spectators, the Head Coach may be assessed a card.

**Note:** When a suspended or ejected player (one who is no longer eligible to return to play for that game) reenters the game, it shall be penalized as Coach Misconduct

#### **NCAA Notes:**

A yellow card to the Head Coach is a two-minute releasable penalty. A red card to the Head Coach is a two-minute non-releasable penalty. The Head Coach will designate a player who must leave the field and serve the penalty.

There is no card "count" during NCAA play and teams will never play short for the remainder of the game because of accumulated cards.

### C. Early Re-Entry

If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card will re-enter the Penalty Area and serve the remainder of her original penalty and then an additional two-minute penalty if it was a yellow card or an additional four minute penalty if it was a red card and no substitute may take her place. NO additional card will be issued.

**Note:** Table personnel [timer/scorer] should be instructed to notify the officials of this infraction by sounding a horn at the first stoppage of play.

**NCAA Note:** Table personnel [timer/scorer] should be instructed to notify the officials of this infraction immediately, by sounding a horn.

**NCAA Note:** The additional penalty is releasable.

### D. Red Card and One Game Suspension

Should a player or a coach receive a red card in the team's last game of the season [regular season or tournament game] a one game suspension will be served during the first regular season game of the following season [not an exhibition game or scrimmage]. An ejected coach serving a next game suspension shall not be allowed in attendance at the site of the game, either on the field, in the team in the team bench area, or in the spectator areas of the site. Any ejected player receiving a red card will be prohibited from participating in the team's next game. An ejected player must serve her next-game suspension in her team's bench area for the entire game including on-field pre-game, game or postgame activities. The ejected player may not be dressed in her game uniform. Violation of this policy will result in the game being forfeited and a red card being issued to the offending player or coach.

**NCAA Note:** A player or coach serving a game suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel and/or game officials from the start of the game to its completion, including any overtime periods. The suspended coach or player is allowed on the field and in the bench area during pregame activities. The suspended player may not be dressed in her game uniform and she may not take part in any warm-up activities.

## XII. Team Fouls

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Information concerning the penalty administration for Team Fouls (Offside/Restraining Line) is located in Part Five of this Manual.



# PART FIVE 5

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## RESTRAINING LINE

# RESTRAINING LINE

## I. Synopsis of the Rule

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- A. The restraining line rule is for use at all levels of play, except Youth U-11 and U-9.
- B. The restraining line is at each end of the field 30 yards from the goal line. The line shall be solid and extend fully from one side of the field to the other. It must be clearly distinguishable as the restraining line, i.e. the only line on the field, marked in a different color, or marked with X's etc. Cones should not be used for this purpose.
- C. Seven attack players are allowed over the line in their offensive end. Eight defense players are allowed over the line in their defensive end (one of the eight is usually, but not necessarily, the goalkeeper). Players may exchange places during play, but a player should have both feet out before a teammate can enter.

A team must:

1. Have five players behind the restraining line when the ball is in their offensive end. (Note: One of the five is usually, but not necessarily, the GK.)
2. Have four players behind the restraining line when the ball is in their defensive end.

**Note:** If a team is playing with fewer than 12 players due to injury or other circumstances not related to carding, they may have fewer players behind the restraining line. They must still play short the appropriate number of players below the restraining line should they receive any cards.

- D. Any part of the foot on or over the line or touching the ground beyond the line is considered a violation. Players may reach over with their stick to play the ball as long as no part of the foot is on or over the line.
- E. The restraining line rule remains in effect at all times and for the entire game.
- F. Violation of the restraining line rule is considered a major foul.
- G. Official indicates a violation by raising the arm straight up over the head with palm open. When the whistle is sounded to make the call the open palm should be closed to a fist.

## II. If the DEFENSE Fouls

Placement of the player for the free position when the defense commits an offside foul depends on the *position of the ball* when the foul is called. The key is to determine if the ball is inside or outside the critical scoring area (CSA) and above the goal line extended or below the goal line extended:

**Note:** For restraining line purposes the entire goal circle is considered to be above the goal line extended.

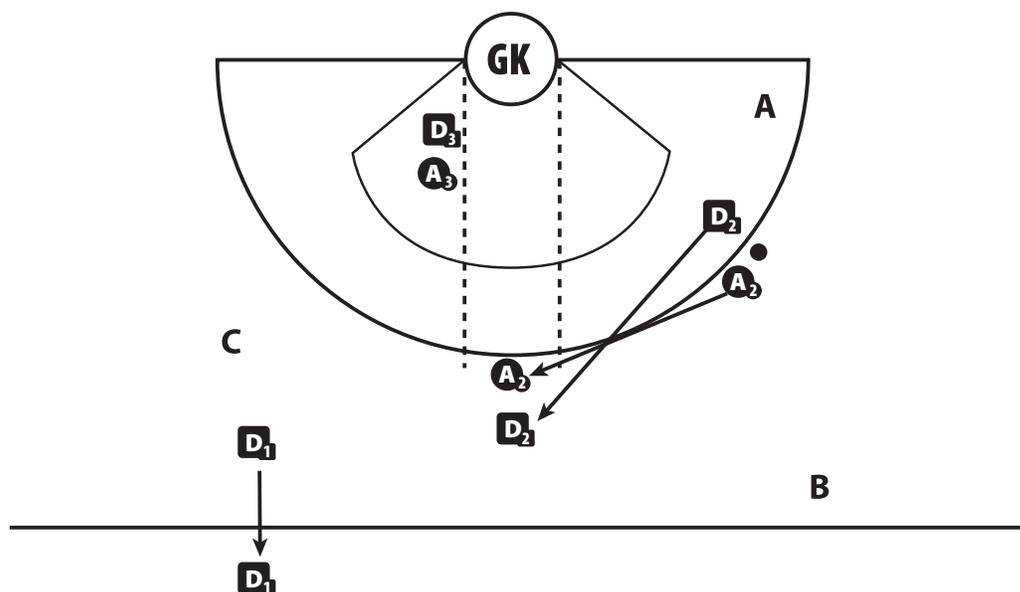
**NCAA Note:** Time out will be called for ALL restraining line violations.

### A. Ball inside the CSA and above the goal line extended

1. The defender nearest the restraining line is placed back outside.
2. The free position is taken at the top center of the 12m fan.
3. The closest defender is placed 4m behind.
4. The goalkeeper may return to the goal circle if she is outside.
5. Clear the penalty lane.

**Diagram: Defense Offside** — Ball inside the critical scoring area above goal line extended

- Move D1 back outside.
- Move A2 to the top center of the 12m fan for the free position.
- Move D2 4m behind A2.
- Clear penalty lane; GK may return to her goal circle if she is out.



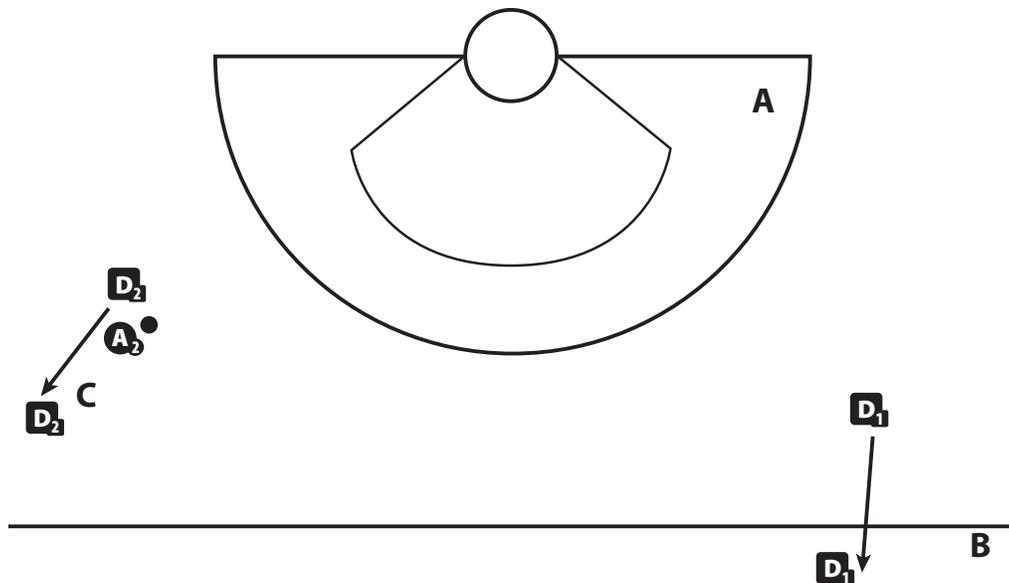
IF THE DEFENSE FOULS

**B. Ball outside the CSA and above the goal line extended**

1. The defender nearest the restraining line is placed back outside.
2. Free position where the ball is at the time the foul is called and no closer than 8m to goal.
3. The closest defender is placed 4m behind.

**Diagram: Defense Offside** - Ball outside the critical scoring area above goal line extended

- Move D1 back outside.
- Award free position to ball carrier A2.
- Move nearest defender, D2, 4m behind A2.

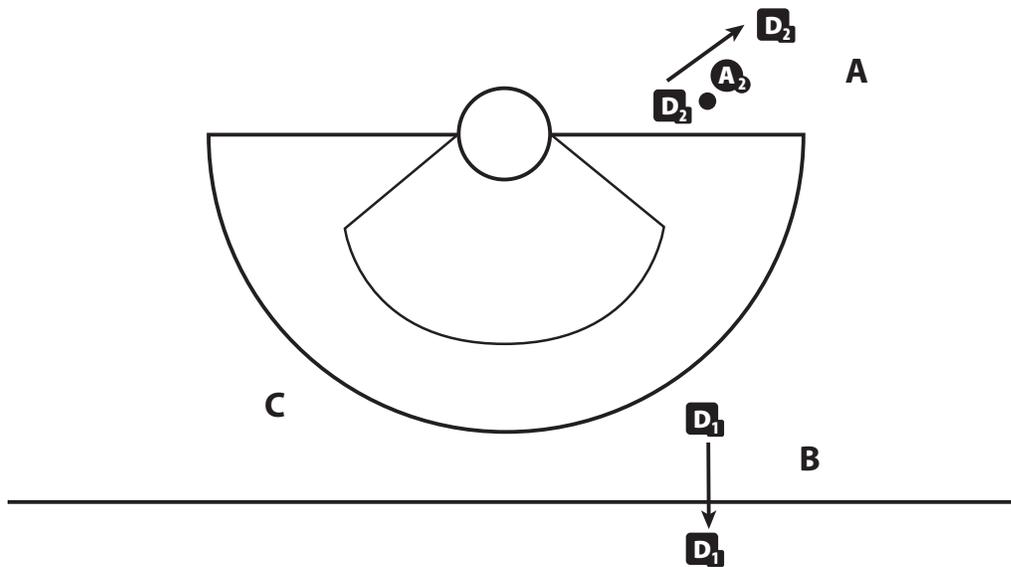


**C. Ball below the goal line extended (outside the CSA)**

1. The defender nearest the restraining line is placed back outside.
2. Free position where the ball is at the time the foul is called and no closer than 8m to goal.
3. The closest defender is placed 4m behind.

**Diagram: Defense Offside** — Ball is below the goal line extended

- Move D1 back outside.
- A2 maintains possession of the ball (never closer than 8m to goal).
- D2 moves 4m behind A2 for a free position.

**D. Ball below the goal line extended (inside the CSA)**

1. The defender nearest the restraining line is placed back on side.
2. Free position moved to the nearest “field dot”
3. The closest defender is placed 4M behind in line with the goal cage.

# IF THE ATTACK FOULS

Be aware that you may hold whistle for a limited period of time when the defense is offside. During this period of time you indicate a violation by raising your arm straight up over your head with your palm open. This is not supposed to be a “gotcha” call, i.e. the defender has gone over the line and the call is made immediately. Call the offside foul if the defense makes no attempt to correct the offside or the foul interferes with quality possession of the attack. While each situation is different, in general the longer you wait to call the foul the better the chance that the defense will gain an unfair advantage.

If you are holding whistle on an offside foul by the defense and another foul is called on either team, you must step in and indicate the offside foul and correct the offside situation. If the attack has committed this other foul, use the alternate possession procedure to determine which team will gain possession of the ball for the restart of play. If the defense has committed this other foul, determine if the foul is major or minor. If it is a minor foul the major foul for offside will take precedence and you should penalize the offside. If this other foul is also a major foul you must determine where this second foul occurred:

- (a) Inside the 8m arc - penalize this foul not the offside foul.
- (b) Outside the 8m arc but inside the 12m fan - penalize this foul not the offside foul.
- (c) Outside the 12m fan/inside the CSA - penalize the offside foul and move the free position to the top center of the 12m fan, clear the lane.

**NCAA Note:** Timeout is to be called for ALL restating line violations.

## III. If the ATTACK Fouls

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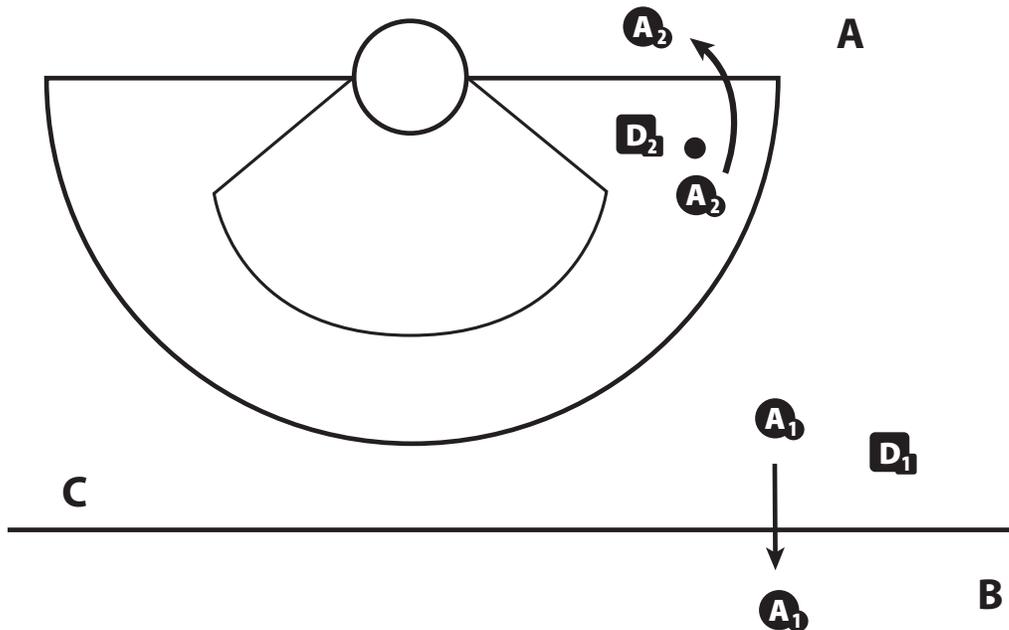
**A. Free Position is to be awarded at the spot of the ball and no closer than 8m to the goal circle.**

1. The closest defender to the spot of the ball will be awarded a free position at that spot and no closer than 8m to the goal circle. The attack player with the ball will go 4m directly behind; the attack player closest to the restraining line will move back onside.
2. If the attack player with the ball is closest to the restraining line, the next closest attack player will move back onside.

### Diagram: Attack Offside

- Move A1 back onside.
- Move closest defender to the spot of the ball and award her the ball (D2)
- Place the attack player who was in possession 4m directly behind. (A2 4m behind D2).

**Note:** “B” should begin to transition into Lead and “A” or “C” will restart play depending on the location of the ball/free position.



Just as when the defense goes offside, this is not supposed to be a “gotcha” call on the attack either. While the whistle is supposed to sound as soon as the attack violation occurs, practically speaking you may hold whistle for an offside foul by the attack in one limited circumstance for a short period of time. This held whistle should only happen during a transition when the attack inadvertently goes over the line, realizes the mistake, and quickly moves to get back on-side. The attack player should not be allowed to go as far as the critical scoring area while you hold whistle waiting for her to get back. The idea of holding the whistle here is that you let the player who has no bearing on the play quickly correct her mistake as you allow play to continue.

During a game, players, especially those on attack, will exchange places with one player going back over the line and her teammate going in to join play. This is legal provided that the player going out has both feet out before her teammate enters. The official watching for offside should be aware of this exchange but not to the point that she is constantly watching this and not the play down in the goal area. Try to use preventive officiating especially early in the game, warning the players to get all the way out if you see a possible exchange coming.

# OFFSETTING FOULS

## IV. Offsetting Fouls

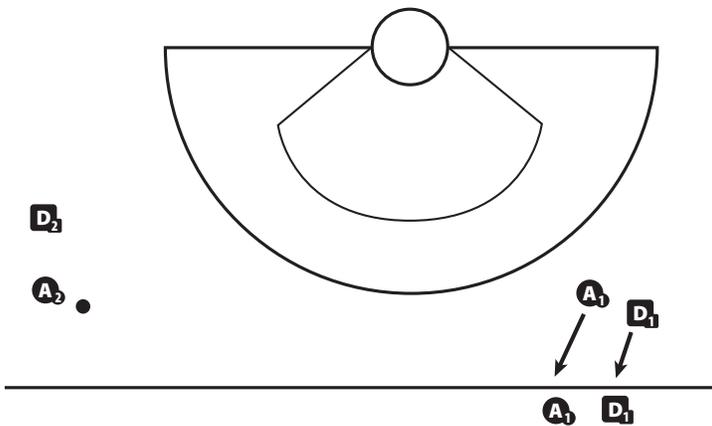
If players from both teams are offside it should be treated as any other offsetting foul situation. Use the alternate possession procedure (AP) to determine which team will be awarded possession. The restart of play will be below the restraining line at or near the spot of the ball when play stopped (not closer than 4M to the boundary). Players nearest to the restraining line from both teams will be moved back outside.

An offsetting foul situation can also arise if, for instance, Team A has a player offside, and while you are holding whistle Team B commits some other foul. The spot of the foul that caused play to stop will determine where alternate possession will be awarded.

### Diagram: Both Attack and Defense Offside

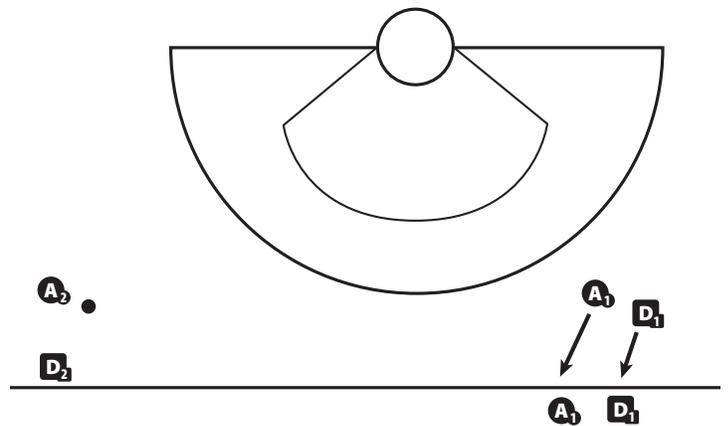
- A1 and D1 are both offside.
- Move the nearest players to the restraining line from both teams back onside.
- Award possession, using the alternate possession procedure (AP) and set up the free position below the restraining line at or near the spot of the ball when play was stopped (not closer than 4m to the boundary).

Diagram 1



**Situation:** Both teams are offside while the ball is above the goal line extended and outside the CSA.

Diagram 2



**Set Up:** The free position will occur at the spot of the ball when the play was stopped (no closer than 4m to a boundary). The alternate possession arrow favors Team A. Move D2 4m behind A2 for the free position set up.

## V. Inadvertent Whistle

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It may sometimes be difficult to keep track of the correct number of players allowed below the restraining line and everything else that's going on in the game. This can lead to an inadvertent whistle for an offside foul when no offside has occurred. If this should happen, follow the procedure outlined in Rule 5 Section 24, b. to restart play: The player in possession or nearest to the ball retains possession at the spot of the ball. If two players are equidistant from the ball the alternate possession procedure (AP) will be used to determine which team receives possession of the ball. If inside the CSA the AP will be awarded at the 8M hash on the goal line extended. If outside the CSA, not closer than 4M to the boundary.

## VI. Setting Up the Free Position

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Once the offside call has been made, what should happen next? Who actually steps in and sets up the free position? One thing is clear - one of the officials must step in and take charge of the situation. You want to avoid having all of the officials talking to the players at once and you want to avoid all of the officials standing there looking at one another waiting for someone else to step in and handle the situation. Remember, the clock is running and it is important to give clear and concise directions to the players and restart the game quickly and efficiently.

The following are guidelines to be followed when an offside call is made. They pertain to the three official system but will have relevance for the two official system as well. They are divided into Defense Offside and Attack Offside.

### A. Defense Offside - Ball Inside the CSA

1. The Trail Official at the RL should step in and set up the free position.
  - a. Put a defense player back onside.
  - b. Move the nearest attacker to the top of the 12m arc.
  - c. Move the nearest defender 4m behind player with the ball.
  - d. Clear the lane, allow GK to return to the goal circle if she is out.
2. Partners should make eye contact when free position is set, the Lead Official restarts the play.
3. The Trail Official should physically move down below the restraining line to facilitate setting up this free position and take charge of the situation.
4. The Lead and C Officials should be off ball watching for players repositioning.

# ATTACK OFFSIDE

## **B. Defense Offside - Ball Below Goal Line Extended and Outside the CSA**

1. The Trail Official makes the call, puts a defense player back onside.
2. The Lead Official should then set up the free position at the spot of the ball when the offside call was made and never closer than 8m to the goal circle.
3. The C Official is watching off ball.

## **C. Defense Offside - Ball Below Goal Line Extended and Inside the CSA**

1. The defender nearest the restraining line is placed back on side.
2. Free position moved to the nearest field dot.
3. The closest defender is placed 4M behind in line with the goal cage.

## **D. Defense Offside - Ball Outside CSA and Above Goal Line Extended**

1. The Trail Official makes the call, puts a defense player back onside.
2. The official closest to the ball should then set up the free position at the spot of the ball when the offside call was made.
3. The Trail Official typically makes the offside call and remains in position long enough to communicate with her partner(s).

## **E. Attack Offside**

1. The Trail Official typically makes the offside call and remains in position long enough to communicate with her partner(s).
2. In the two person system, the Trail Official corrects the offside by moving the closest attack player, without the ball, back onside. If the Trail Official is also the closest official to the spot of the ball, she will administer the free position by awarding the ball to the closest defender, to the spot of the ball, and placing the attack player who had the ball 4m directly behind. The Trail Official would then transition to the Lead position and the Lead Official who is transitioning to the Trail position would move in to restart the play. In the three person system the same procedure is followed with the exception that, depending on the situation, either the C Official or the Lead Official transitioning to the Trail position may restart play.
3. Since the Trail Official will now be the lead with the ball coming towards her she should be heading down field to be in proper position when play is restarted.
4. The official who was the Lead is now watching off-ball and will trail the play as it moves up the field.

## VII. Officiating Suggestions

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- A. In the three person official system any of the three officials may make the offside call. During play, the Trail Official (either A or B) is in the best position to monitor the restraining line. Consider setting up on the line or slightly below it and turning so you can see the line as well as the area around goal.
- B. In the two person official system the Trail Official will be the one to monitor the restraining line.
- C. The Trail Official must be prepared to quickly transition down field as Lead should the defense gain possession of the ball. Fast breaks happen much more often as there are now four players already down field and usually ahead of the officials when the ball changes possession.
- D. When the attack is being called for offside, the Trail Official should always correct the offside after making the call and ensure her partner(s) knows what the call is before transitioning ahead of the play to the Lead position.
- E. “Count Ahead, Check Back (when you have the opportunity)” - When counting players, count the seven attack field players and eight defenders [including the GK] behind the restraining line for each team. Count the attack players first and then the defense. You will need to be cognizant of cards that have been issued to the teams since this will affect the number of players “allowed” to be behind the restraining line, both offensively and defensively. When you have the opportunity, check that there are four defending team players and five attacking team players [including the GK] behind the restraining line.
- F. The players behind the restraining line do not always line up along the line. Be sure to look all the way back down field when counting. Be aware that they also go to the sideline to talk with their coach. You must also be sure that the players aren’t in the midst of a sub on the fly situation.
- G. All non-participating players must remain back in their bench area. Do not allow them to stand along the boundary area. At times it can be very difficult to tell who is in the game and who is on the sideline. This can be critical when counting players behind the restraining line.
- H. If the defense is offside you will be moving or dealing with three players - move a defender to correct the offside, move the attacker with the ball (if necessary), move the closest defender 4m directly behind the player with the ball.

# OFFICIATING SUGGESTIONS

# GAME SITUATIONS

- I. If the attack is offside, the closest defender to the spot of the ball will be awarded a free position at that spot and no closer than 8m to the goal circle. The attack player with the ball will go 4m directly behind. The attack player closest to the restraining line will move back outside. If the attack player with the ball is closest to the line, the next closest attack player will move back outside.
- J. Officials must be aware that substitution takes place during play. It may look as if a team is offside when in fact they are completing a substitution. Teams may also send a player from below the restraining line off the field, and as her sub enters the game, a teammate who is lined up along the restraining line may cross over. This is legal.

## VIII. Game Situations

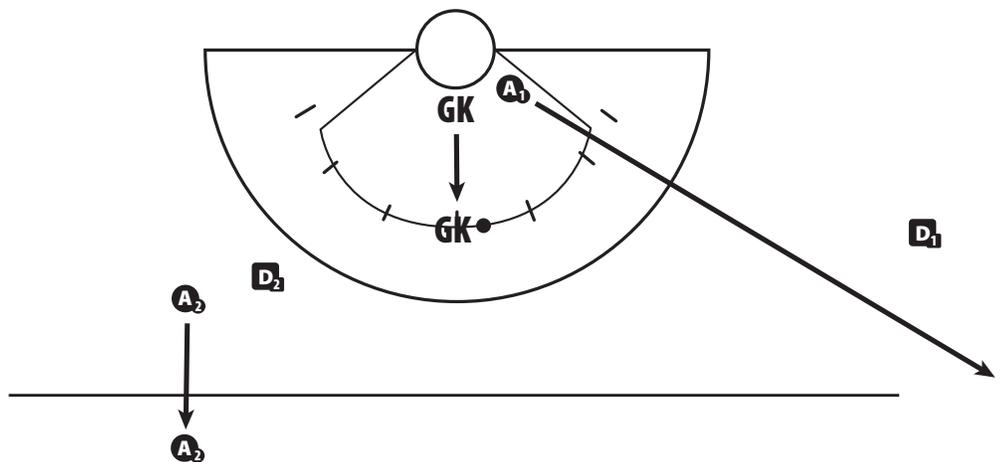
The following are situations that may occur during a game. The answers in this section should be considered official decisions on a given statement of facts.

- A. Attack commits a foul, whistle blows, attack is then discovered to be offside.

GK makes a save and leaves the goal circle with the ball; A1 tries to check the GK's stick and checks the GK's helmet; when the whistle blows, A2 is offside.

**Yellow card A1:** A1 must leave the field; A2 is moved back on-side; Award the GK a free position at the spot of the ball and no closer than 8m to the goal circle. (No player is moved 4m behind the GK since the carded player was removed from the field. The offside is being corrected, but not penalized.)

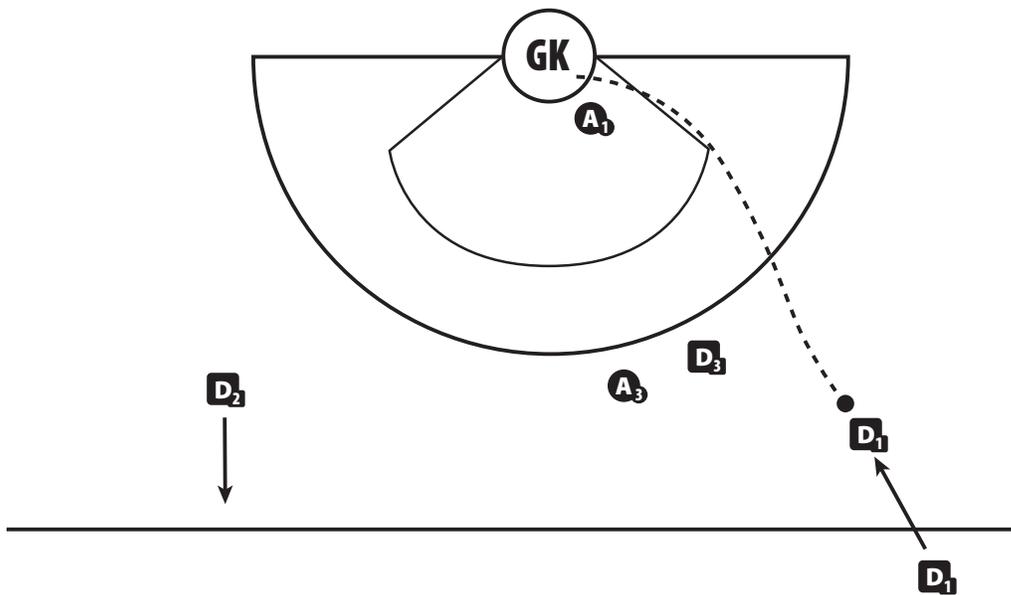
**Note:** When an official blows the whistle for a foul by the defense, and



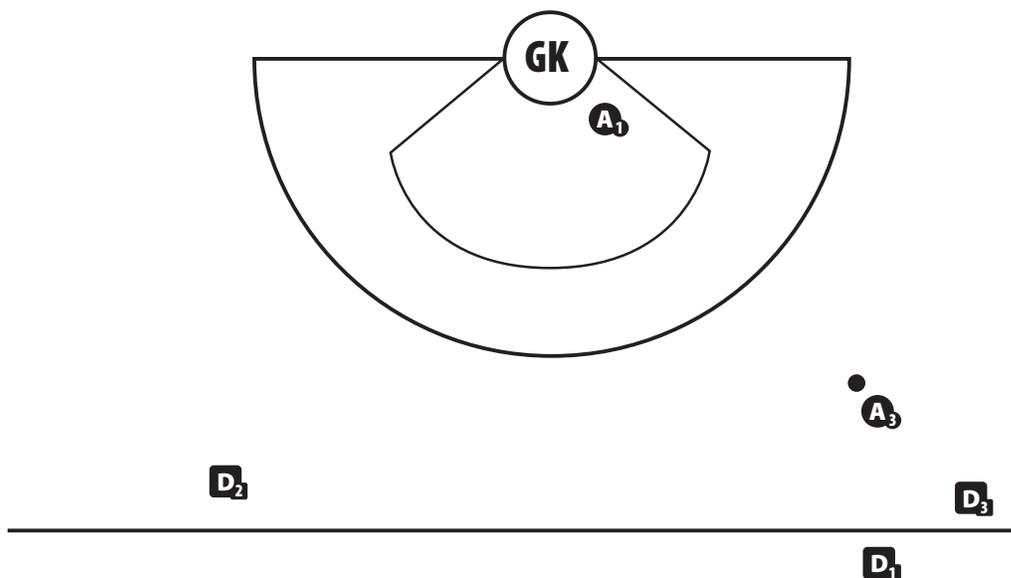
another defender is found to be offside, the official must first determine if the defensive foul is a major or a minor. If the foul is minor, penalize the major offside foul. If the foul is major, penalize according to Rule 7 Section 9.

**B. Offside during transition**

A1 shoots and GK gains possession of the ball; GK clears ball toward D1 who has illegally cut below the restraining line before her teammate D2 has gotten onside.



Move D1 back onside; A3, the nearest attack player to where D1 caught the ball, is awarded the free position; nearest defender, D3, is moved 4m behind A3 for the free position.



## GAME SITUATIONS

**C. Restraining Line Violation/Illegal Substitution**

Blue attack has the ball below the restraining line in their attacking end of the field. The official realizes that Blue is offside and blows her whistle to stop play. The officials then discover that Blue has too many players on the field, thus committing an illegal substitution foul.

**RULING:** The officials should call time out. Correct the offside and illegal substitution by removing the attack player who is closest to and below the restraining line from the field. Award the ball to the closest defender at the spot of the ball and move the attack player, who had possession, 4m directly behind. This free position should be no closer than 8m to the goal circle.

**D. Defense commits a cardable foul, and then the defense is discovered to also be offside. Blue D1, outside the CSA and above the goal line extended, checks white A1 on the head. The whistle sounds, and Blue defense is then discovered to be offside as well.**

**RULING:** Yellow card D1, and she leaves the field. Then move D2 back onside. Award the white attack, A1, a free position at the spot of the foul. No player is moved 4m behind the FP since the carded player, D1, was removed from the field. [The offside is being corrected, but not penalized.]

**E. Both the attack and the defense are offside, and the ball is outside the CSA and above the goal line extended.**

**RULING:** A player, nearest to the restraining line, from both teams will be moved back onside. Alternate possession will be awarded below the restraining line at or near the spot of the ball when play stopped (not closer than 4M to the boundary).

**F. The official is holding whistle on an offside by the defense because the attack is on a scoring play. The attack shoots on goal but steps on or over the goal circle thus committing a goal circle foul.**

**RULING:** The defensive player closest to the restraining line should be placed back onside. Alternate possession will be awarded on the nearest 8M hash on the goal line extended. NO other players may be within 4M of the player awarded the alternate possession.

**G. An attack player, in the 8M arc, is fouled by the goalkeeper as she attempts a shot on goal. The whistle blows to stop play and the Trail Official then realizes that both an attack and defense player are offside.**

**RULING:** A player, nearest to the restraining line, from both teams will be moved back onside. Alternate possession will be awarded on the nearest 8M hash on the goal line extended. NO other players may be within 4M of the player awarded the alternate possession.

- H. The ball is below the restraining line with the attack in possession. Defense causes a turnover but the whistle then sounds for an offside foul by the defense. Where is the free position taken?

**RULING:** If the ball is outside the critical scoring area or below the goal line extended, the free position is awarded at the spot of the ball (although never closer than 8m to goal). If the ball is inside the critical scoring area and above the goal line extended, the free position is awarded at the top center of the 12m fan. In either case, move the nearest attack player to the spot of the free position. Place the nearest defender 4m behind. Closest defender to the restraining line will move back onside.

- I. The goalkeeper has moved outside her goal circle to play the ball behind goal when offside is called on the defense. Is the goalkeeper allowed to return to the goal circle?

**RULING:** No, she may not move back into her goal circle until after the whistle blows to restart play. The free position is taken below the goal line extended.

- J. The goalkeeper is attempting to clear the ball to a teammate above the restraining line. The player, in receiving the ball, crosses the line, thus committing an offside foul.

**RULING:** Because the ball was in flight at the time of the foul, the free position is awarded close to, but below the line. The offside is corrected and the next closest defense from below the restraining line is placed behind the ball.

- K. The attack shoots and scores a goal. The official immediately realizes that the attack is offside.

**RULING:** The official should sound her whistle, have everyone stand, and signal “no goal”. Correct the offside violation. The goalkeeper is awarded the ball in her goal circle and the closest attack player is placed 4m directly behind the goal circle for the restart of play..

- L. The ball is on the ground rolling towards the restraining line. A player from each team is waiting above the line for the ball to reach them. Player A, while leaning over the line reaching for the ball, steps over the line but gets back behind the line before the ball reaches her.

**RULING:** The official should hold whistle and allow Player A to get back onside unless Player A gains some type of advantage from going over and back (such as stepping in front of Player B and gaining better position).

- M. The ball is on the ground rolling towards the restraining line. A player from each team is waiting above the line for the ball to reach them. Player A, while attempting to get better position to receive the ball, pushes Player B across the restraining line.

# GAME SITUATIONS

**RULING:** The official should blow the whistle for the pushing foul and award the ball to Player B. If Player B is on the attack team, the free position should be set up 1m above the restraining line with Player A 4m behind. If Player B is on the defensive team, place Player A on the restraining line with Player B 4m ahead of her going out.

- N.** The ball is on the ground rolling towards the sideline boundary in the area where it intersects the restraining line. The ball goes out of bounds below the restraining line having been last touched by Player B. The closest player to the ball at the time is Player A who is standing above the restraining line. Who gets the ball and where?

**RULING:** According to Rule 5, Section 7, the Player A, who is nearest the ball where it went out of bounds, is awarded the ball. However, if we allow her to move to where the ball went out of bounds, we are placing her offside. Therefore, Player A is awarded the ball 1m off the restraining line and 2m inside the boundary line. If necessary, any other players in the immediate vicinity of the Player A should be moved so as to maintain the same relative position to the player with the ball that they occupied when the whistle blew to stop play. An opponent may be no closer than 1m to the ball carrier.

- O.** The Lead Official calls a major foul, inside the CSA, on the defense and as the free position is being set up, the Trail Official notices that the attack is offside.

**RULING:** Because the offside was ongoing within the same time frame as the major foul on the defense it is an **offsetting foul**. The officials will correct the offside and the alternate possession will be awarded on the nearest 8M hash on the goal line extended. NO other players may be within 4M of the player awarded the alternate possession. (See Part 4. Administering the Penalty – VII. A. Offsetting and Subsequent Fouls).

# PART SIX

## **9**

# OFFICIAL POSITIONING

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# GENERAL SUGGESTIONS FOR OFFICIALS

In order to set the appropriate tone and “make the call” the official must have in depth knowledge of the rules and be in good position to see the play. The key to good positioning and movement on the field is familiarity with the game and knowledge of techniques and patterns of play. An awareness of how the ball can move from defense to attack can help you anticipate where the pass or play will go.

Understand that the basis for most rules is safety. Call a foul sooner rather than later. If you think a check is dangerous, call it. Don’t worry about holding the whistle. It is better to stop a play and maintain game control than to be too concerned about the flow of the game. That will come with practice and experience.

Be aware that when determining rough, reckless, or dangerous checking, sound does not necessarily equal a rough check. When sticks make contact with one another, it may make a loud sound.

A check may be so forceful that it knocks the stick from the player’s hands. You must determine if this is a rough, dangerous check, or was the player with the ball not expecting a check and therefore had her stick knocked away.

After a shot on goal or deflected shot on goal, as the ball goes over the boundary line, blow your whistle, and then determine team possession. Don’t wait to see who is closest to the boundary line where the ball went out. Sound the whistle and make the decision at that moment. If both players are even, or you cannot determine who is closer (stick or body), use the alternate possession procedure (AP) to determine which team will gain possession for the restart of play. In an intensely contested game, players “play to the whistle”. The official cannot rely on a player to slow down as she reaches the boundary.

Be sure that all players stand when the whistle blows. Insist on it. Move players back if they have moved. The idea is that players cannot reposition, either to gain additional advantage or to recover from losing an opponent. Play stops completely when the whistle blows, and it is restarted with the situation as it was. Only those players who you determine must be moved may move. The player being awarded the ball must always be moved 2m in from the boundary.

## To help make the appropriate call, keep in mind the following:

- Understand that the basis for most rules is safety.
- A loud sound when sticks make contact does not always equal a rough check.
- Blow your whistle as soon as the ball passes the boundary line after a shot on goal.
- Insist that all players stand when the whistle blows and not reposition themselves.
- Be aware of the importance of your positioning around the goal circle.
- Watch the ball carrier closely to anticipate possible fouls and the flow of the play.
- When the ball is on the ground anticipate that there may be a lot of hitting of empty crosses or pushing an opponent off the ball, especially if the skill level is not the best.
- Positioning, anticipation, familiarity with the game, and an in depth knowledge of the rules are the keys to good umpiring.

**NCAA Note:** NCAA play allows for “self-starts” on some fouls outside of the CSA. See Part Seven of this Manual (NCAA Officials) for more information on the “self-start”.

When a minor foul is committed be firm in positioning players 4m away from the free position, and in the direction from which they approached. Don't let a player on a minor foul move 4m in front of an opponent when she was approaching from the side or the rear. In positioning a player after she has committed a major foul, place her 4m directly behind the player taking the free position and all others 4m away in the same relative position. If a player is awarded the ball on an out of bounds situation that player is moved 2m from the boundary onto the field. All players in the immediate area will retain the same relative position with at least 1m of space from the ball carrier.

Be aware of the importance of your positioning around the goal circle. If you are not in position to call a goal circle violation and a goal results, don't make the call just because you think the player might have violated the goal circle. Talk with your partner pre-game and establish the kind of help you would like with goal circle violations. Generally, a Lead Official does not want the Trail Official to initiate a goal circle call. But a Lead Official may very well confer with her partner through visual contact prior to signaling the goal if she senses a goal circle violation and feels her partner may have seen it. The Trail Official watches every shot for a possible dangerous follow through. This must be whistled crisply, firmly, and immediately. If the ball does cross the goal line, the Trail Official must alert the Lead Official with a “no goal” whistle and signal before the Lead Official has a chance to signal the goal.

Watch the ball carrier closely. You will learn to tell what she intends to do: carry, shoot, or pass. This will help you anticipate what will follow, both with regard to possible fouls, and with the flow of the play. If you can tell that she is going to pass, you could expect only certain fouls to occur. For example, checking on the hands as the pass is made. If you see that she is going to continue with the ball, look for an acceleration and possible body contact to result. Then determine the call — blocking, charging, holding, or “no call”. If she gets by her opponent, look for tripping, dangerous checking, or slashing. Be aware of the consequences of a change of speed by the ball carrier. If her opponent is not quick enough to adjust, some kind of contact will often result. Change of direction can produce the same type of fouls. When a player loses the ball by being checked, be alert for possible dangerous checking to follow due to emotion and/or poor positioning.

When the ball is on the ground anticipate that there may be a lot of hitting of empty crosses or pushing an opponent off the ball, especially if the skill level is not the best. While there may well be stick to stick contact be sure to evaluate if it is really an empty stick check or just incidental contact as two players vie for the ball. Don't become so focused on the ball and sticks that you miss the possible pushing and shoving that may occur. Call it one way or the other right away.

# TECHNIQUES AND POSITIONING

Positioning, anticipation, familiarity with the game, and an in depth knowledge of the rules are the keys to good umpiring. An official must be repositioning frequently so as to look between players where contact is likely to occur. Anticipating what the player is going to do prepares the official to be in the best possible position to see and make the call. Review your rulebook and manual often, both before and during the season. Take pride in knowing the rules, interpretations, guidelines, and intent of the rules. Practice as much as you can, with a more experienced official helping you if possible. Seeing fouls as a spectator is very different from seeing them on the field and having to make the call. Remember that no one is perfect, but resolve to do the very best you can each time you step onto the field to official.

## A. General Suggestions and Techniques

When an official steps onto the field, she is there to provide the opportunity for the players to compete safely and fairly. It is the players' game and a good official will keep it that way. As an official you must have a thorough knowledge of the rules, be in good physical condition, give your best effort during each game, and be in position to see the play and make the correct call. You must be in position to look between players rather than trying to look through, across, or around them. This may require you to reposition frequently so that your view of the ball is never blocked by the players. Anticipate play! Come into the field when necessary, but be prepared to move out of the players' way as play develops. Overall safety and play around the goal areas are the officials' top priorities.

If you are the Lead Official, i.e. officiating the goal area, you must be aware of the ball at all times. Establish a neutral position or a "home base" to the side of the goal then adjust your positioning, based on the movement of the ball — either moving higher or dropping lower, at times even lower than the goal line extended. Open your shoulders to the whole field rather than focusing all your attention on the goal circle. This will allow you to get the best picture of on-ball as well as off-ball play and will help you anticipate what might happen next. While you may not always be "on the ball" you must know where the ball is at all times. One of your most important responsibilities as the Lead Official is to be "on the tangent" when a shot on goal is taken. To be on the tangent means that you position yourself at a right angle to the approaching ball carrier. Being on the tangent will not only take the guesswork out of making goal circle violation calls, but in general it will place you in the best position to see fouls against the ball carrier.

Boundary balls for a rolling or bouncing ball, whether on the side line or the end line, can be challenging. It is critical that you move to be in good position to see who touched the ball last or who is closer (stick or body) on a shot or a deflected shot on goal, to correctly award the ball in out of bounds situations. Avoid standing and looking directly at the player's

# TWO PERSON SYSTEM

backs as they near the boundary line as you will have no angle to make a proper judgment. For endline calls you will need to go below the level of the goal in order to get the best view and the best angle. Get in a position to clearly see and make the call when the ball or a player's foot or crosse touches the boundary. Get in position to clearly see which player is nearer to the ball (stick or body) on a shot or deflected shot that goes out of bounds. The alternate possession (AP) procedure is only used when the official, by virtue of good position on the boundary, is absolutely certain that the opponents are equidistance from the ball.

Whether you are part of a two person or a three person officiating crew, communication and eye contact with your partner(s) are essential. Prior to the draw you want to look at your partner(s) to be sure they are ready to start play. Eye contact and a simple nod of the head is all that's needed. After a goal is scored you'll want to wait an extra second or two before signaling goal as you look towards your partner. If you are unsure about a possible goal circle violation because of a quick shot being taken before you could get on the tangent look to your partner who may have seen the violation. This can be communicated as a yes or no with a simple nod or shake of the head. The extra time will also allow your partner to indicate if a dangerous follow-through has occurred. Partners must also communicate that a verbal warning or a card has been given, and partners must make eye contact before play is restarted after a carding situation has occurred.

## B. Two Person System - Specifics

When officiating the two person system the officials will be called the Lead Official and the Trail Official and each will:

1. Be responsible for the goal area to her right side.
2. Be the Lead Official when the ball is coming toward her, and for the duration of the attacking play.
3. Become the Trail Official when the ball is moving away from her.

# TWO PERSON SYSTEM

## Lead Official

As the Lead Official moves down field and to her right, her position is angled for the best visibility and she is responsible for out of bounds calls on the sideline nearest to her. She always works to be ahead of the play as the ball moves towards her goal circle area. Once the ball is in her goal circle area the Lead Official is primarily responsible for on-ball fouls, goal circle calls and out of bounds calls over her end line. She must also call obstruction of the free space to goal fouls in the area in front of goal nearest to where she is standing. While she may call three second violations, illegal picks and off-ball fouls, these are primarily the responsibility of the Trail Official.

**Note to officials learning the three-person system:** When working a two-person system with a partner who is also learning the three-person system work on a B-Lead position (Lead moving to her left) rather than an A-Lead position (Lead moving to her right). This will prepare you for one of two major position additions in the three-person system.

## Trail Official

The Trail Official follows the play down field and is responsible for out of bounds calls on the sideline nearest to her. She must be “field conscious” at all times and watch the overall picture as the Lead Official concentrates on the ball and the goal area. As the ball approaches the goal area, the Trail Official takes a position near the restraining line and is responsible for signaling offside violations. When the ball is inside the critical scoring area, the Trail Official will shift laterally with the play in order to see obstruction of the free space to goal on her half of the field, off-ball fouls (illegal picks, detaining, blocking, etc.), dangerous follow-through after a shot, and three second violations. The Trail Official must anticipate a change of possession and be ready to quickly transition to become the Lead Official at the other end of the field.

The officials share the responsibility for calling fouls in the midfield. Who calls the foul is often based on who is closest but sometimes who has the better angle to see the ball and the players may be the deciding factor. Work together as a team in support of one another. Realize that your partner is seeing things from a different angle and something that may look like a foul to you from across the field may not look the same to your partner who is right on top of the play.

In the two person system the opening draw of each half is generally administered by the official on the side of the field away from the scorer’s table. Subsequent draws after a goal are always taken by the Trail Official. The Lead Official quickly retrieves the ball from the goalie and hands it or tosses it to her partner. When officials choose to exchange positions or rotate, it is recommended that the officials choose a pre-determined number of goals (2, 3, or 4, only) and must follow that rotation for the entire game.

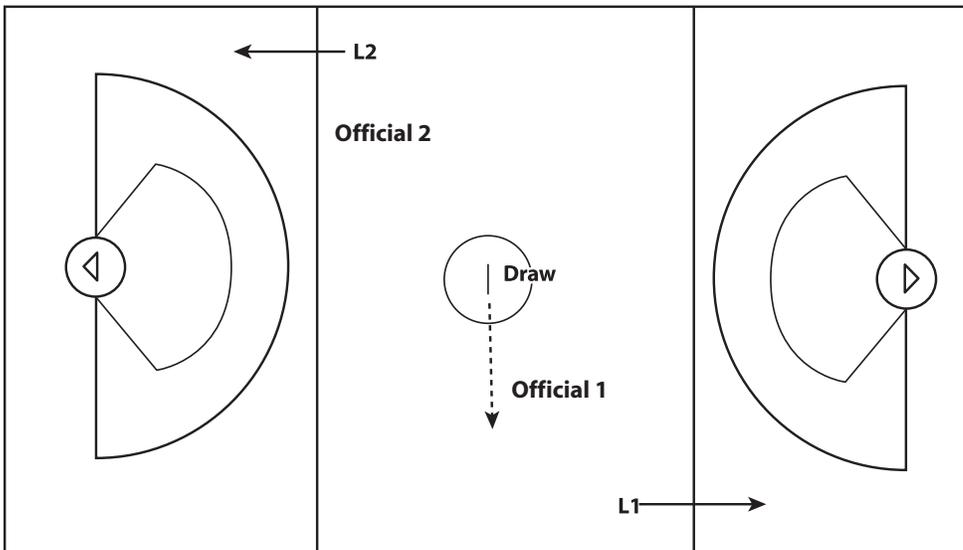
## TWO PERSON SYSTEM DIAGRAMS

KEY: Official 1: L1

Official 2: L2

PATH OF THE OFFICIAL = L1 →  
← L2

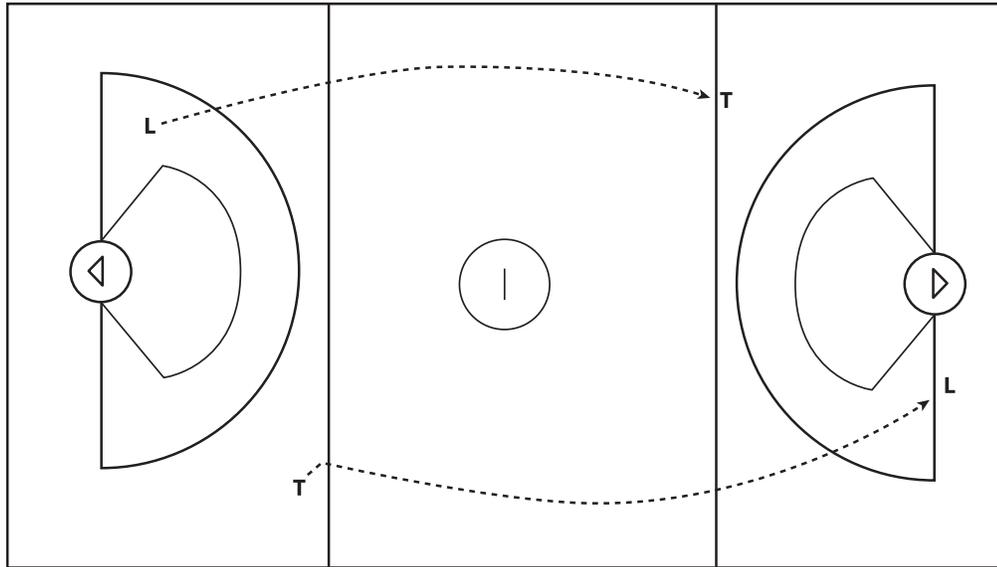
### The Draw



The official administering the draw is responsible for calling a draw illegal. After setting the draw Official 1 moves away from the center to her right. Official 2 is standing back from the edge of the center circle and watches for potential off-ball fouls by the players who are outside the circle and for players crossing the restraining line before the draw. Which official will become the Lead Official and which will become the Trail Official depends on which team gains possession on the draw. If the play progresses in the direction of arrow L1, Official 1 becomes the Lead Official. If the play progresses in the direction of arrow L2, Official 2 becomes the Lead Official. Both officials must assist in the counting of players allowed between the restraining lines for the draw.

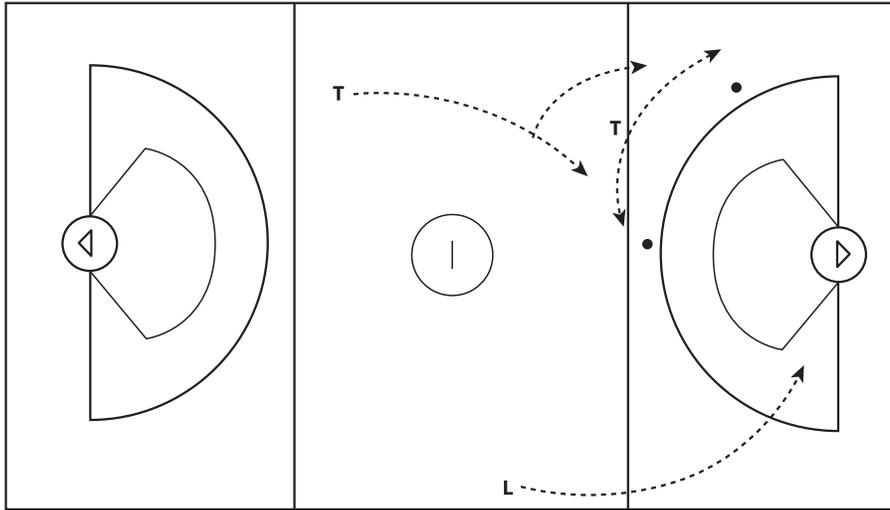
# TWO PERSON SYSTEM DIAGRAMS

## When There Is A Change Of Possession



As soon as there is an apparent change of possession (defense going for a loose ball, the goalkeeper in possession of the ball, an interception, etc.) there is a transition in which the Trail Official becomes the Lead Official and vice versa. In preparation for this, the Trail Official drop steps with her right foot and moves out toward the sideline. She must adjust the angle and the time of movement so as not to interfere with potential cutters or players already in motion. Anticipate, think ahead, and make your move before the players. Keep ahead of the play and as much as possible keep the players inside your position as you move up or down field. The Lead Official who transitions to the Trail Official position will follow the play up the field, keeping the players INSIDE of her position as much as possible.

## The Trail Official - Midfield and Restraining Line



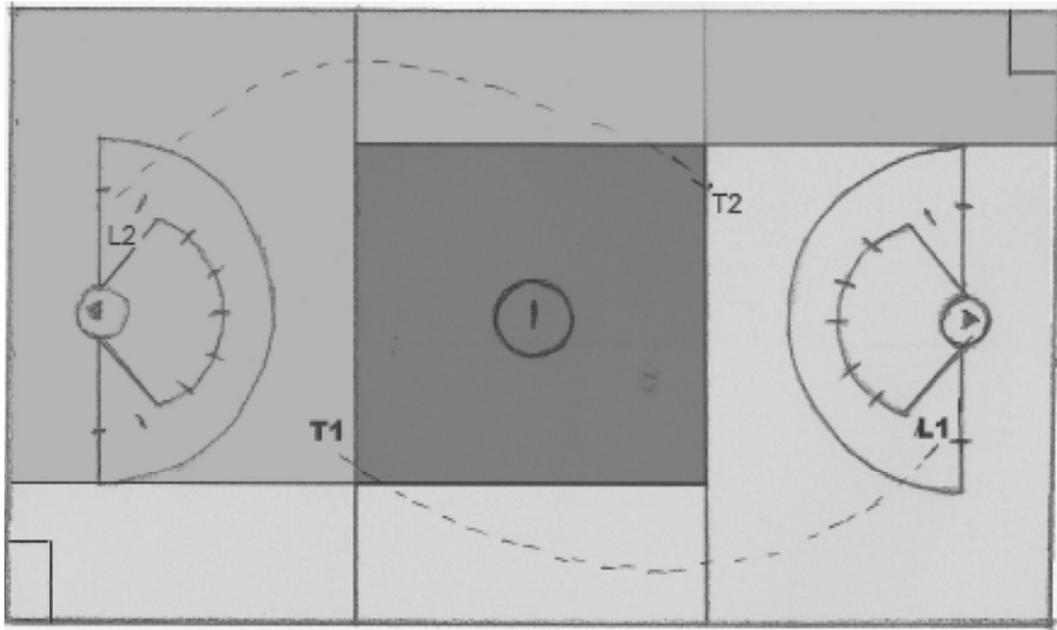
**Note:** The Trail Official never moves laterally past center into the Lead Official's half of the field.

The Trail Official follows the play on a change of possession. She repositions on or near the restraining line and moves laterally from left of center of the arc over to her left, towards her side boundary and/or from the side boundary to her right towards the left of center in relation to the ball so that she can observe:

1. Obstruction of the free space to goal.
2. Three second violations.
3. Dangerous follow through after a shot on goal.
4. Off-ball fouls such as illegal picks, detaining, or pushing.
5. Restraining line violations.
6. Side line boundary calls.

The Trail Official needs to be prepared to become the Lead Official when there is a change of possession.

## Two-Person System - Restarting Play in L1/T1 Areas



### Restarts below the RL and near the Lead Official:

- The Lead Official (L1) shall restart play whether play is coming toward or going away from L1.

### Restarts in the CSA:

- The Lead Official (L1) shall restart play whether play is coming toward or going away from L1.

### Restarts between the RL's and at the sideline boundary nearest to the L1/T1 official:

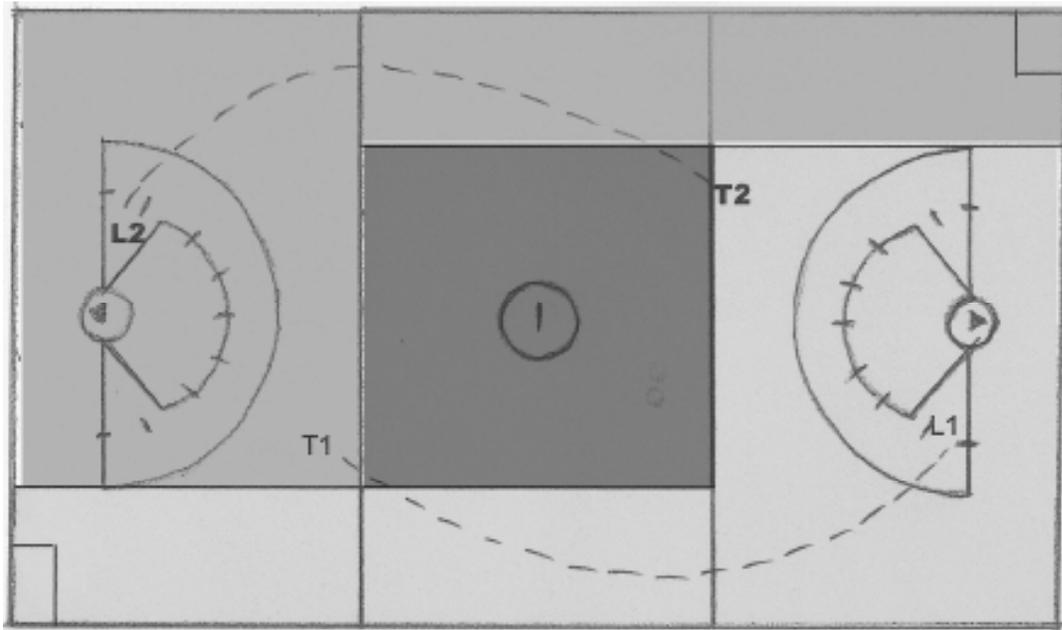
- If Lead (L1) --- set up play, get ahead of play, and restart play.
- If Trail (T1) --- set up play, stay behind play, and restart play.

### Restarts below the RL and near the Trail Official OR in the "coffin corner":

The Trail Official (T1) **must communicate** with the Lead Official (L2) about who will restart play

- When play is going toward the Lead Official (L2) the Trail Official (T1) may restart play because of the Trail Official is nearest to the restart position
- When play is going toward the Trail Official (T1) the Lead Official (L2) may restart play because the Trail Official is transitioning to the Lead Official position (T1 to L1).

## Two-Person System - Restarting Play in L2/T2 Areas



# TWO PERSON SYSTEM DIAGRAMS

### Restarts below the RL and near the Lead Official:

- The Lead Official (L2) shall restart play whether play is coming toward or going away from L2.

### Restarts in the CSA:

- The Lead Official (L2) shall restart play whether play is coming toward or going away from L2.

### Restarts between the RL's and at the sideline boundary nearest to the L2/T2 official:

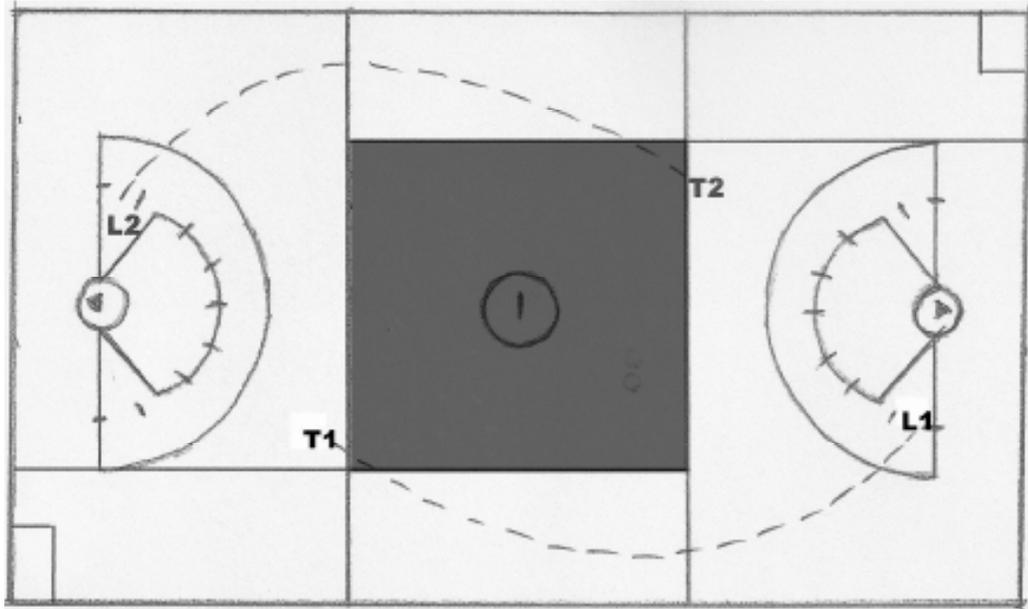
- If Lead (L2) --- set up play, get ahead of play, and restart play.
- If Trail (T2) --- set up play, stay behind play, and restart play.

### Restarts below the RL and near the Trail Official OR in the "coffin corner":

The Trail Official (T2) **must communicate** with the Lead Official (L1) about who will restart play

- When play is going toward the Lead Official (L1) the Trail Official (T2) may restart play because the Trail Official is nearest to the restart position.
- When play is going toward the Trail Official (T2) the Lead Official (L1) may restart play because the Trail Official is transitioning to the Lead Official position (T2 to L2).

## Two-Person System - Restarting Play in Shared Areas



### Restarts between the RL's in the middle of the field:

The officials **must communicate** and make a decision about who will restart play based on the direction play is to resume.

- If play will be moving toward L1, then L2 who is transitioning to T2 will restart play.
- If play will be moving toward L2, then L1 who is transitioning to T1 will restart play.

# THREE PERSON SYSTEM

## C. Three Person System - Specifics

When officiating the three person system the officials will be designated as “A”, “B” and “C”. The A and B Officials will be on the same side of the field while the C Official will be on the opposite side of the field. The three officials must work to maintain a triangular positioning on the field, and in most instances keeping the ball within the triangle.

1. The A Official will be responsible for the goal area to her right side and be the Lead Official when the ball is coming toward her.
2. The B Official will be responsible for the goal area to her left side and be the Lead Official when the ball is coming toward her.
3. The C Official will both act as Trail Official and as a “second Lead” at each end of the field.
4. The A and B Officials will be the Trail Official when the ball is moving away from them.

Pre-game communication with your partners will help to ensure that all officials will be able to carry out their responsibilities.

### Lead Official (A or B)

As with the two person system, the Lead Official is responsible for the goal circle area at her end of the field. When the ball starts to move towards her, the Lead Official must pull wide toward the sideline, then angle back into the field as she approaches the goal area. She must always be ahead of play as the ball moves towards her. Because the A and B Officials are on the same side of the field they share responsibility for making the sideline out of bounds calls. If the A Official makes the call and the ball is coming towards her, generally she moves ahead of play and allows the B Official to move up and restart the play. The exception is when the out of bounds call is made down near the critical scoring area when it is more practical for the Lead Official to restart play.

Once the ball is in her goal circle area the Lead Official is primarily responsible for on-ball fouls, goal circle calls, and out of bounds calls over her end line. She must also be aware of obstruction of the free space to goal. Since she has two officials - C and Trail - also watching for this, her focus is on the low obstruction of the free space to goal call where the Trail Official would have a difficult time getting into position to make the call. If the ball enters the goal circle and is stopped by the goalie, the Lead Official must remain in close proximity to the goal circle as the goalie prepares to clear the ball, especially if the other team is challenging the goalie clear. Should the goalkeeper be unchallenged and choose to start walking the ball up field, the Lead Official always remains close by. This will allow her to see possible fouls against the goalie and also to be in position to again become the Lead Official should the other team quickly gain possession of the ball.

## THREE PERSON SYSTEM

**Trail Official (A or B)**

The Trail Official follows the play down field, assisting the Lead Official with making sideline out of bounds calls. As the ball approaches the goal area, the Trail Official takes a position near the restraining line, counts players while looking forward and checking back when possible, and is responsible for signaling offside violations. She will shift laterally with the play in order to see obstruction of the free space to goal, off-ball fouls, dangerous follow through, and three second violations. She is also responsible for all decisions on her sideline. The Trail Official and the C Official share responsibilities for the middle of the field. When C must move wide toward the sideline, the Trail Official must move toward the center of the field even with the second inside hash mark and when C must move toward the center of the field even with the second inside hash mark the Trail Official must move wide toward the sideline. The Trail Official must respond to the C Official's adjustments. Neither official moves into the center of the field even with the center hash mark on the 8m arc as this would put either official at a disadvantage should there be a quick transition.

**Trail Official (C)**

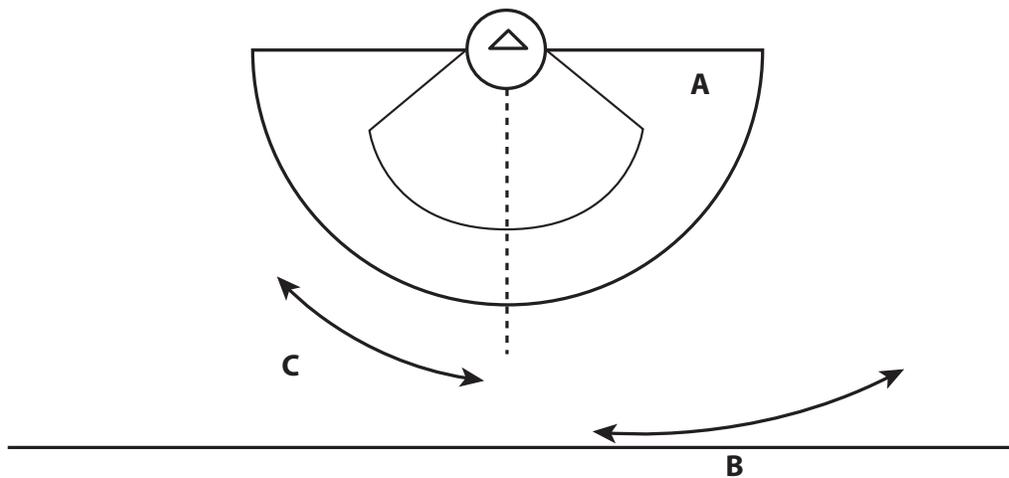
The C Official has Trail Official responsibilities for the entire game and therefore never has to be ahead of the play. She is responsible for out of bounds calls for her entire sideline boundary and can assist the Lead Official in making calls in the deep corner on the end line. As the play begins to transition from one end of the field to the other, the C Official is able to stay wide of the play yet follow the play closely from end to end acting to escort the ball up or down the field. As a general rule the C Official is slightly ahead or somewhat behind the ball in transition maintaining the best position to see spaces between players. The C Official also helps with counting players ahead of play for possible offside violations in transition.

When possible the C Umpire must assist her partners' transitions by assuming coverage of the restraining line. When the goalie is ready to clear the ball or when players are bringing the ball up-field out of the C Umpire's area of the arc, it is helpful for the C Umpire to check the number of players above the restraining line and signal to the former Trail Umpire. Once this partner receives the communication, she is free to transition further up-field in preparation for becoming the new Lead Umpire.

When the former defensive team is bringing the ball up-field toward the C Umpire's side, she must stay on ball. If the C Umpire calls a foul, the A and B Umpires must have an awareness of restraining line coverage.

When the ball enters the critical scoring area, the C Umpire must be in a position well below the restraining line and as near to the 12m fan as

play will allow. Depending on the position of the ball, the C Umpire will move laterally toward the second inside hash mark on the 8m arc. She will be looking for obstruction of the free space to goal on her half of the field, as well as off-ball fouls, dangerous follow-through, and three second violations. She may also assist in calling goal circle violations on the Lead Umpire's side where quick transitions prohibit the Lead Umpire from getting to the tangent. When the ball moves into her half of the field, she must assist the Lead Umpire in making on-ball foul calls, including blocking and charging and goal circle violations away from the Lead Umpire's side of the goal circle.



### The Draw

The C Official will administer all draws and will be responsible for calling any illegal draws involving the two centers. The A and B Officials must put themselves in good position to watch for fouls around the center circle and the restraining line when the draw is taken, including either team stepping on the line, entering the center circle or crossing the restraining line [touching the ground inside the circle or over the RL] before the whistle. In addition the A and B Officials make the determination that each team has not exceeded the legal number of players allowed between the restraining lines for the draw and the proper number of players on the field.

### Rotating Positions

Three person official teams exchange positions (rotate) after every other goal is scored. With the three person system the positions rotate clockwise, A moves to B, B moves to C, and C moves to A..

# THREE PERSON SYSTEM DIAGRAMS

The diagrams and examples on the next few pages will help you to understand the positioning of the Lead and the Trail Officials.

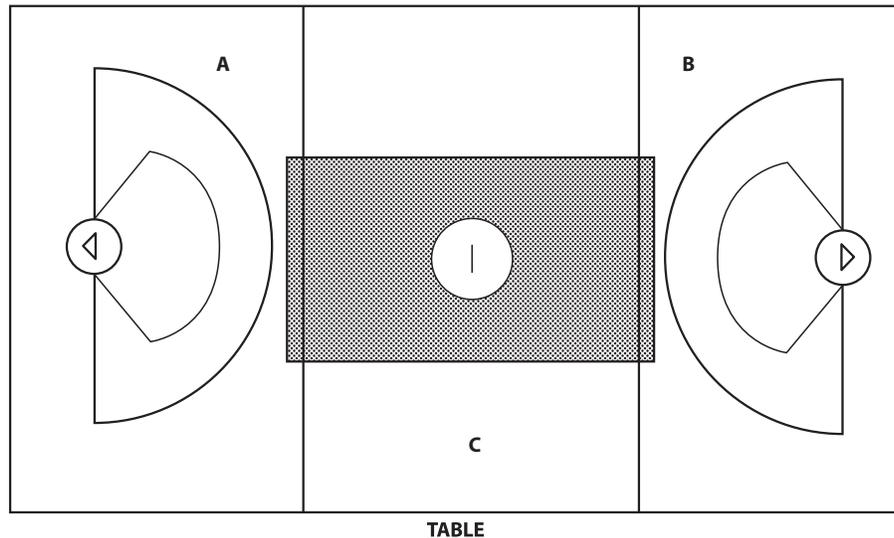
## Three Person System Diagrams

### Starting Positions

To start the game, the C Official is positioned on the score table side of the field while the A and B Officials position themselves on the opposite side. With the use of the restraining line and substitution on the fly, it's important for the A and B Officials, monitoring the restraining line, to have a good view of the team substitution and bench areas. This positioning can be modified to allow the A and B Officials to position on the table side in cases where the sun would be in their eyes to the point that it would hinder their ability to view their respective goal areas.

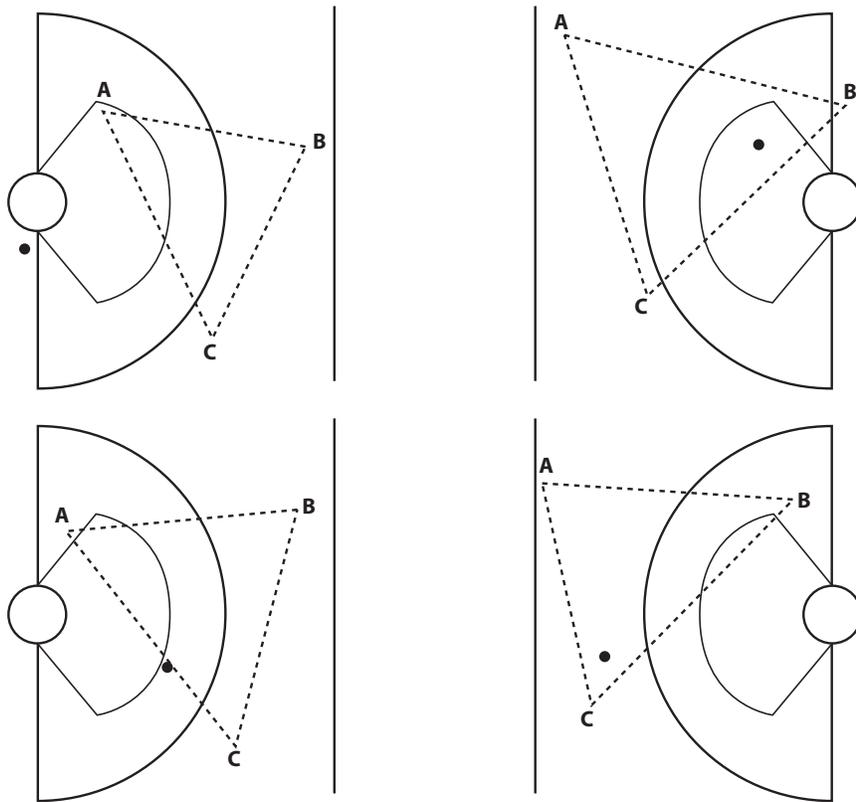
**NCAA Note:** The A and B officials are positioned on the table side of the field.

Diagram 1: Field Coverage



 = shared midfield by the A, B, and C Officials; be certain to discuss all shared areas with your partner(s) prior to each game.

Diagram #2: Positioning Changes - The Umpiring Triangle



The official triangle is defined as the relative position of the officials --- A, B, and C --- that enables the team to best see all play in the CSA (critical scoring area). Note that the ball will not always be surrounded by the triangle. The Lead Official adjusts, moving with purpose in quadrants 1 and 2, in order to be in the best position relative to the position of the ball and on the tangent. The C Official, the “second Lead”, also adjusts, moving with purpose laterally in quadrant 3 between the sideline and the second inside hash to be in the best position to see both on-ball and off-ball play that is not the focus of the Lead Official. The Trail Official adjusts in opposition to the C Official --- if the C Official moves wide, the Trail Official moves toward the middle and if the C Official moves toward the middle, the Trail Official moves wide toward the sideline. The Trail Official is focusing on off-ball play. The three officials moving in concert appears to be a “triangle dance”.

THREE PERSON SYSTEM DIAGRAMS

Diagram #3: Change of Possession

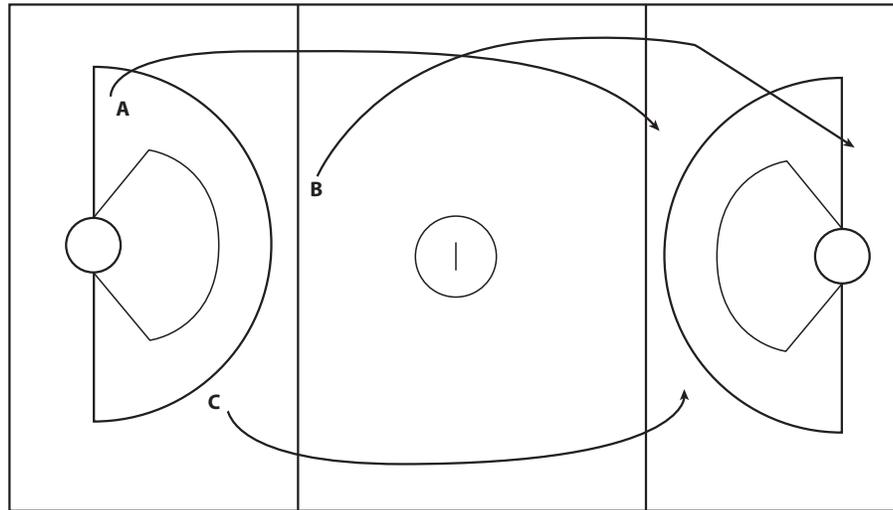
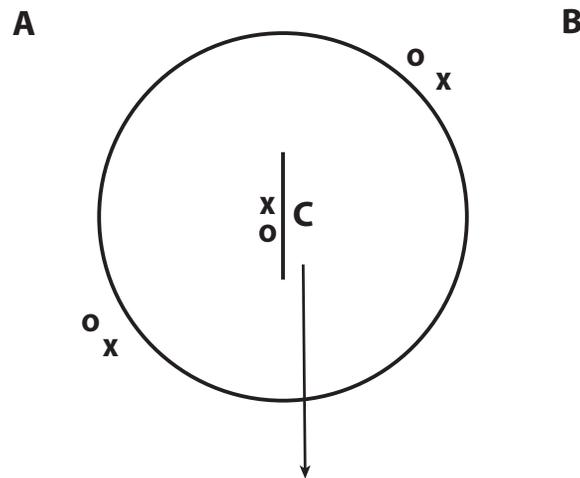
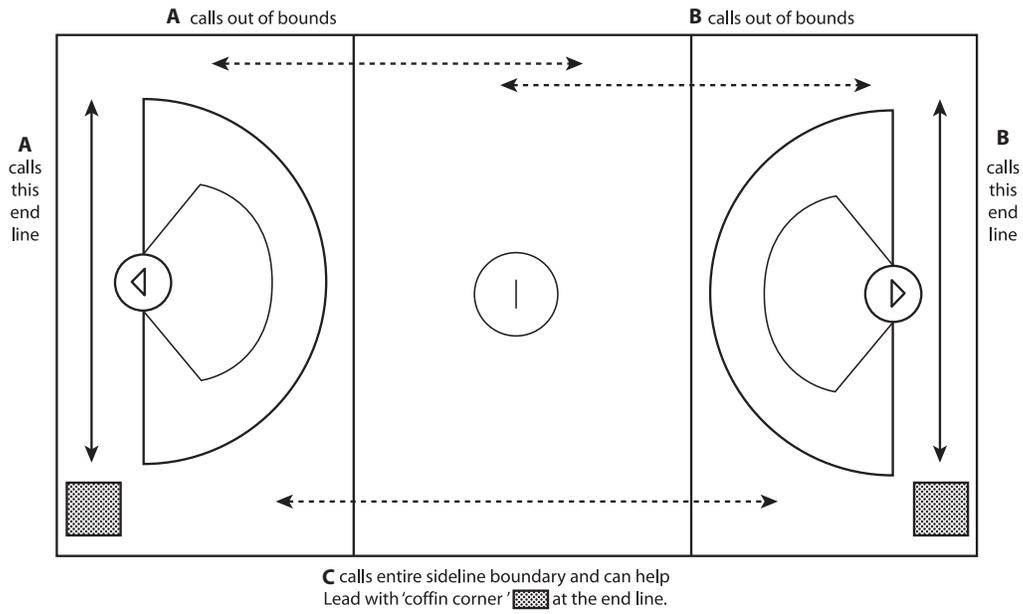


Diagram #4: The Draw



**Note:** The C Official's positioning, in relation to the center line, will vary depending on player positioning. However, the C Official's exit will always be in a route in line with the center line to facilitate observation of the crosses in the vertical plane.

Diagram #5: Boundaries



# OFFICIATING THE GOAL CIRCLE

## Officiating the Goal Circle

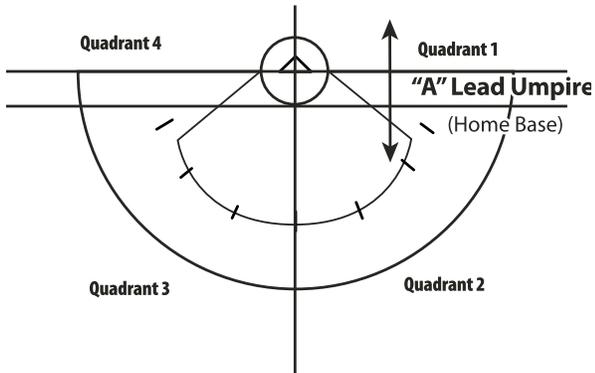
Officiating the Goal Circle requires purposeful movement. The Lead Official is constantly repositioning within a Quadrant in order to anticipate play and to clearly see the space between the defense and the attack. One of the most important responsibilities of the Lead Official is to ultimately be “on the tangent”. It takes time and practice to move freely around the goal area in Quadrants 1 and 2, always striving to be “on the tangent” to the shooter. Being in the correct Quadrant and “on the tangent” places the Lead Official in the correct position for seeing possible fouls committed by the shooter or the defense and for seeing goal circle violations by either the attack or the defense.

## Quadrants

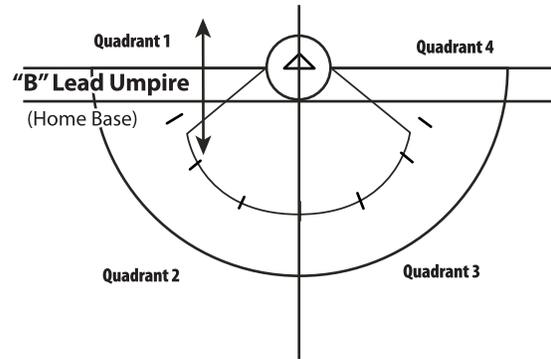
There are 4 Quadrants in the Critical Scoring Area (CSA) that are defined by a vertical axis that splits the goal circle in half and is perpendicular to the goal line and by a horizontal axis that runs parallel to the goal line and intersects the goal circle at the top and is perpendicular to the vertical axis. The Lead Official is constantly repositioning in quadrants 1 and 2. The horizontal axis serves as the “home base” from which the Lead Official makes adjustments according to the developing offensive play and the position of the ball.

See Figure 1 – “A” Lead Official and Figure 2 – “B” Lead Official.

### Home Base



**Figure 1**  
“A” Lead Official  
Home Base



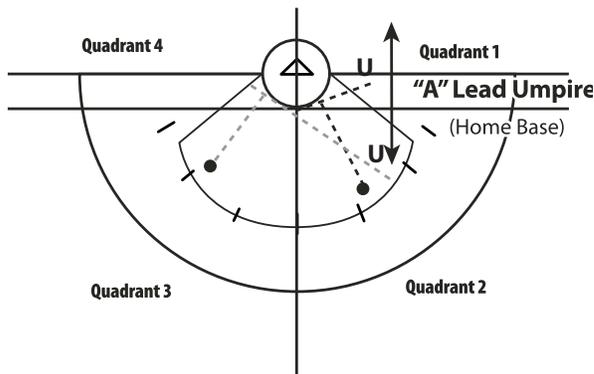
**Figure 2**  
“B” Lead Official  
Home Base

### Official Movement

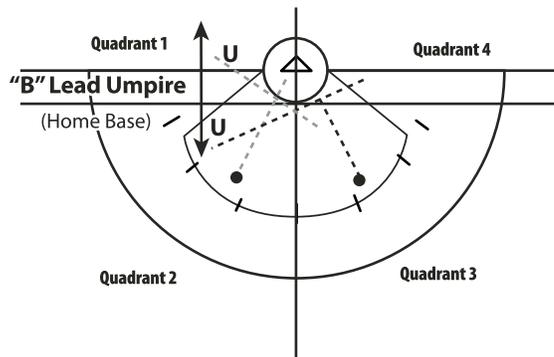
When the ball is in Quadrant 2 the Lead Official is in Quadrant 1 and “on the tangent”.

When the ball is in Quadrant 3 the Lead Official is in Quadrant 2 and “on the tangent”.

See Figure 3 – “A” Lead Official and Figure 4 – “B” Lead Official.



**Figure 3**  
“A” Lead Official  
Positioning



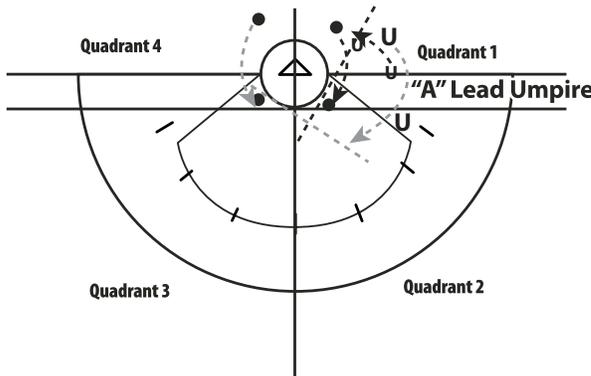
**Figure 4**  
“B” Lead Official  
Positioning

### Official Anticipation

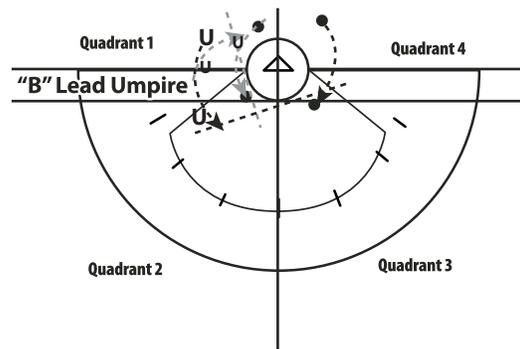
When the ball is in Quadrant 4 or Quadrant 1 below the goal line extended the Lead Official is in Quadrant 1 observing the developing play — what will the ball carrier do with the ball — pass or roll? [Note: It is not possible for the ball carrier to shoot from below the goal line extended.]

The Lead Official makes adjustments in Quadrant 1 to be “on the tangent” as the ball carrier rolls from Quadrant 1 toward Quadrant 2.

See Figure 5 – “A” Lead Official and Figure 6 – “B” Lead Official.



**Figure 5**  
“A” Lead Official  
Anticipation and Movement

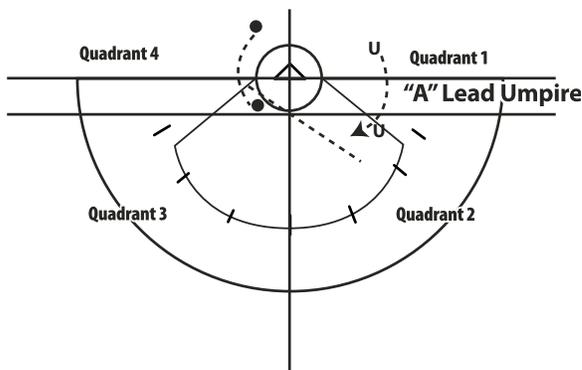


**Figure 6**  
“B” Lead Official  
Anticipation and Movement

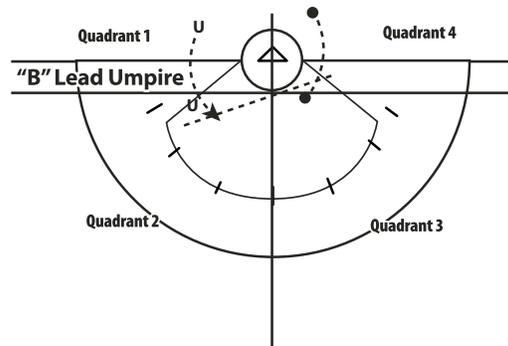
### Official Movement

The Lead Official makes adjustments from Quadrant 1 to Quadrant 2 to be “on the tangent” when the ball carrier rolls in Quadrant 4 toward Quadrant 3.

See Figure 7 – “A” Lead Official and Figure 8 – “B” Lead Official.



**Figure 7**  
“A” Lead Official  
Movement



**Figure 8**  
“B” Lead Official  
Movement

# TANGENT

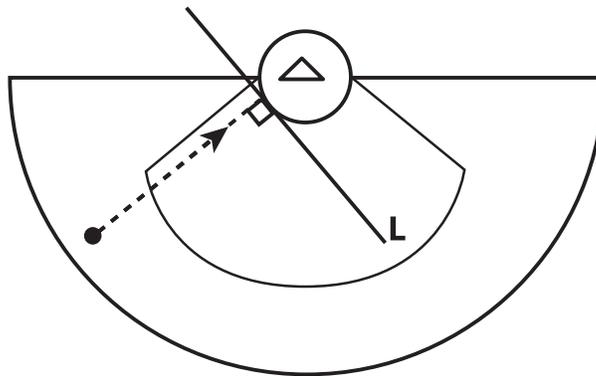
## Tangent

Being “on the tangent” requires understanding a mathematical principle — the tangent is a straight line that touches the outer edge of a curve (i.e., the goal circle) at only one point and is at right angle to or perpendicular to the approaching line of the ball carrier/shooter. The Lead Official that achieves being “on the tangent” is in the best position to call fouls and violations associated with the ball carrier approaching the goal to shoot.

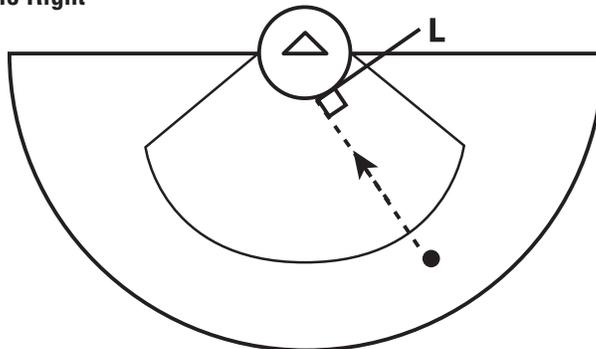
### KEY

- —————> Path of the shooter and/or shot on goal
- L ————— Lead Official on the tangent

### A Shot From The Left



### A Shot From The Right





# PART 7

## 7:1 NCAA OFFICIALS



## NCAA Points of Emphasis 2016

The Women's Lacrosse Rules Committee has designated the following areas as the Points of Emphasis for the 2016 season. The Committee requests that players, officials, and coaches place a prioritized concentration on these areas.

The Points of Emphasis for the 2016 season include:

### **Obstruction of the Free Space to Goal (Shooting Space)**

While improvement in calling obstruction of free space to goal has been made, the committee encourages officials to be vigilant in making this call early and before the shooter releases the ball. To assist in making the call early, officials should focus on whether the defense is in an illegal position and whether the attack has the opportunity to shoot safely and is looking to shoot. The committee also requests that coaches instruct their players not to shoot when another player is obstructing their free space to goal.

### **Professionalism**

The committee continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during and immediately following all contests. The committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches and officials.

### **Offside Violations**

The committee requests that officials pay particular attention to offside violations. Specifically, the committee encourages officials to call reckless checks and other fouls against players carrying the ball over the restraining line as players that are offsides often commit uncontrolled and dangerous swings.

# NCAA POINTS OF EMPHASIS

## Introduction

In 2006, the National Collegiate Athletic Association (NCAA) formed a Rules Committee to write and administer the rules that govern college varsity play. The first college only rule book was issued for the 2007 season, and for the first time officials had to be concerned with two sets of rules, two rule books, and differing rule interpretations. This section in the Official's Manual will provide information on topics and rules for collegiate officials only.

The formation of the NCAA Rules Committee resulted in two new positions being created to work directly with collegiate officials, the National Coordinator of Officials and the Secretary/Rules Editor. The coordinator position is designed to help promote better communication between officials, coaches and the NCAA, and to help provide consistency in the interpretation of NCAA women's lacrosse rules and officiating mechanics. The intent is to work in conjunction with the officiating improvement programs currently administered by US Lacrosse and the Collegiate Women's Lacrosse Officials Association ("COA"). Additionally, the coordinator will assist the NCAA Divisions I, II and III Women's Lacrosse Committees in the identification, training, selection and evaluation of officials for each of the NCAA women's lacrosse championships.

The Secretary/Rules Editor is responsible for updating the rule book and ensuring the technical accuracy of the rules. In addition, she will act as the official interpreter of the rules between meetings of the committee, provide rules content for instructional videos for coaches and officials, develop rules questions for annual surveys to be sent to coaches, administrators, officials and conference commissioners and assist the National Coordinator of Officials with annual rules presentations.

### Rules Comparison – NCAA, USL, FIL

There are three different sets of rules that officials may see or use while officiating in the United States. As mentioned above, the NCAA rules pertain to varsity level intercollegiate play. Rules established by US Lacrosse govern play at every other level in this country (youth, high school, WDIA/college club, post collegiate). Rules established by the Federation of International Lacrosse govern play at the international level such as when the US National Team plays another country and during the World Cup. A chart has been developed that shows a comparison of the 3 different sets of rules and that can be found in the Appendix section of the manual.

## College Specific Rules Interpretations/Information

### Pregame Protocol

The pregame protocol outlined in Appendix A of the Women's Lacrosse Rules must be followed. Deviation from the protocol will be allowed in limited circumstances such as senior day or if necessitated because of TV or radio broadcast requirements. Visiting teams must be notified prior to the day of the

game and they must agree to the change in protocol. Officials should be notified of the change immediately upon their arrival at the game venue. As part of the pregame protocol, once a team's sticks are checked, the sticks should not be removed from the field of play before the start of the game. If the team or an individual player leaves the field for any reason after the completion of the stick check, all sticks must remain in the bench area. Game officials may amend this policy in situations, such as inclement weather, when teams return to the locker rooms.

Failure to comply with these requirements should be reported to the College Review Board using the College Match Evaluation Form

### **Penalty Area**

Any player who receives a card and leaves the field must enter and remain in the Penalty Area until she has served the penalty time or she has been released when the opposing team scores a goal. A player receiving a second yellow card or a red card must still enter the Penalty Area. Once the penalty is over, they will return to their team bench area, but may not enter the game. Officials should be sure that players kneel or sit after entering the Penalty Area. They must not be allowed to block the view of the scorer's table personnel.

### **Positioning**

Officials shall position themselves on the playing field so that the A and B officials are table-side and the C official is on the far side of the field.

**The following outlines the procedural elements of stick checks.**

#### **Required: Pre Game Stick Check**

(Before the game, all players)

1. Pocket Depth Check
2. Brief examination of head/stringing/shaft\*

\* Suspected violations of Appendix E warrant further inspection/ measurement.

#### **Required: Pre Game Random 5 Stick Check**

(5 Sticks per team)

1. Pocket Depth Check
2. Brief examination of head/stringing\*
3. Measure stick length

(90-110cm)

4. Measure minimum inside width at widest point (16cm)

5. Measure minimum inside width at narrowest point (6.7cm)
6. Measure outside width of head at widest point (18cm min to 23cm max)

\* Suspected violations of Appendix E warrant further inspection/ measurement.

**Required: During Game Stick Check**

(After Each Goal)

1. Pocket Depth Check
2. Brief examination of the head/stringing\*

\* Suspected violations of Appendix E warrant further inspection/ measurement.

**Permitted: Coach/Player Requested Stick Check**

(Timeout/Halftime/Before Game/Before OT/Before Draw)

1. Head attached with recessed screws
2. No pinching, baking, shaving, stretching, drilling of additional holes, breaking and reconstructing with adhesives
3. Sidewall attachments no more than 1.5 inches apart
4. Thongs attached through holes at the scoop and ball stop
  - \* May be attached with second material
  - \* May NOT be more than .5in from bottom of scoop
  - \* May NOT be more than 1.5in from ball stop
5. Thongs:
  - \* Must not be bunched along the width
  - \* Must not touch in the Upper 1/3
  - \* Must not be more than 1.5in apart- measured from inside of adjacent thongs
6. Loose ends and additional stringing:
  - \* Loose ends must remain below ball stop
  - \* Additional pocket attachment stringing may NOT be tied behind the pocket above the ball stop
  - \* Strings not directly required for pocket attachment are not allowed

## 7. Shooting Strings:

- \* May have no more than 2
- \* Must be attached DIRECTLY to both sidewalls in upper 1/3 of head or top string in upper 1/3 and bottom string in inverted “U” and attached in upper 2/3 of head
- \* May NOT be crossed
- \* May NOT touch beyond outside thongs

## 8. Shooting String Circumventions:

- \* Shooting strings that channel the ball in the upper 1/3 to gain unfair draw advantage.
- \* Shooting strings in Upper 1/3 that create lip or cup to control draw

**Violations of Appendix E (excluding pocket depth)**

Should any stick violate a section of Appendix E (excluding pocket depth), the player will be issued a non-releasable yellow card.

If a violation of Appendix E (excluding pocket depth) is found during the pre-game stick check, a non-releasable yellow card will be issued to the player and the penalty will be served during the first two minutes of elapsed playing time. If the non-releasable yellow card is issued to a starting player then that player will serve the penalty. If the non-releasable yellow card is issued to a nonstarting player then the coach must designate a starting player to serve the penalty (although the card itself will be issued to the nonstarting player whose stick was deemed illegal, not the starting player who the coach designates to serve the penalty). Both the nonstarting player and the starting player designated to serve the penalty will remain in the penalty box for the first two minutes of elapsed playing time. If more than one player for a team is issued a non-releasable yellow card during the pre-game stick check, the penalties will be served concurrently and all of the players serving the penalties will be released after the first 2 minutes of elapsed playing time.

**Request for Stick Measurement**

The Head Coach may ask for a stick measurement, which will consist of the measurement of the overall length of the stick and the distance between the sidewalls as outlined in Appendix E of the NCAA Rule Book, either pregame up until 15 minutes before the scheduled start of the game or at the beginning of halftime. No request for this type of measurement will be allowed once the game begins except at the beginning of halftime. This request will count as one of the team's 3 permitted requests.

**Coach/Player Stick Check Requests**

Teams are allowed a total of 3 stick check requests per game. These requests are permitted during the following time periods: timeouts, at halftime, before the game, before overtime and prior to the start of the draw. If an illegal stick is discovered as the result of a requested stick check, the team requesting the check will not lose any of its three allotted requests. If a team asks for a stick check beyond the three allowed, a minor foul should be called.

**Procedure for Coach/Player Stick Check Requests**

- Call timeout and have all players stand and drop their sticks.
- Locate the stick and perform the stick check as outlined above. (7:6 – 7:7)
- If the stick is legal, no penalty is assessed and play should restart by the ball being given to the player who was in possession of the ball or with a draw.
- If the stick is illegal because of its pocket depth, one of the officials takes the stick and places it at the scorer's table with table personnel instructed to hold the stick at the table for the remainder of the half (at which point the stick may be reinspected – the stick will remain at the table for the duration of the game until it passes the pocket depth check); the player is sent to the bench to get another stick (this stick should be checked before play resumes); and play resumes with a free position to the opponent nearest to the ball when play was stopped or with a free position for the non-offending team at the center line (player positioning for the draw will apply and the player from the offending team is placed 4m away to either side at an angle of 45 degrees to the center line toward the goal she is defending).
- If the stick is illegal because of its violation of Appendix E (excluding pocket depth), one of the officials takes the stick and places it at the scorer's table with table personnel instructed to hold the stick at the table for the remainder of the half (at which point the stick may be reinspected – the stick will remain at the table for the duration of the game if the stick cannot be made legal); the player is issued a non-releasable yellow card; the player is sent to the bench to get another stick (this stick should be checked before play resumes) and then to the Penalty Area to serve the two-minute penalty of elapsed playing time; and play resumes with a free position to the opponent nearest to the ball when play was stopped or with a free position for the non-offending team at the center line (player positioning for the draw will apply and the player from the offending team is placed 4m away to either side at an angle of 45 degrees to the center line toward the goal she is defending).

**Procedure for Checking Goal Scorer's Stick**

- After every goal, one of the officials takes possession of the goal scorer's stick.
- Officials shall immediately perform a pocket depth check and brief examination of the head/stringing (suspected violations of Appendix E warrant further inspection/measurement).

- While the stick check is being performed, no substitutions are permitted.
- If the stick is legal, no penalty is assessed, substitutions are permitted and play is restarted with the draw.
- If the stick is illegal because of its pocket depth, the official signals no goal and one of the officials takes the stick and places it at the scorer's table with table personnel instructed to hold the stick at the table for the remainder of the half (at which point the stick may be reinspected – the stick will remain at the table for the duration of the game until it passes the pocket depth check); the player is sent to the bench to get another stick (this should be checked before play resumes); and play resumes with a free position at center. No substitutions are permitted. Positioning for the draw would apply. Allow all players to get into position and then have players stand and administer the free position.
- If the official suspects violations of Appendix E (or if a coach/player requests a stick check on the goal scorer's stick) and after further inspection/measurement of the stick, the stick is found to be illegal because of its violation of Appendix E (excluding pocket depth), the official signals no goal and one of the officials takes the stick and places it at the scorer's table with table personnel instructed to hold the stick at the table for the remainder of the half (or the duration of the game if the stick cannot be made legal); the player is issued a non-releasable yellow card; the player is sent to the bench to get another stick (this stick should be checked before play resumes) and then to the Penalty Area to serve the two-minute penalty of elapsed playing time; and play resumes with a free position at center. No substitutions are permitted. Positioning for the draw would apply. Allow all players to get into position and then have players stand and administer the free position.

### **Illegal Stick**

Once a stick has been determined to be illegal, one of the officials is responsible for removing the stick from the field and placing it at the scorer's table. The official should instruct table personnel that they must hold the stick at the scorer's table. Personnel from the team may come to the table to fix/adjust the stick but the stick may not be removed from that area. Officials may check the stick at half time (for use in the second half), at the end of the game (for use in overtime) or before any overtime period (for use in overtime).

### **Officials' Timeouts**

Timeout must be taken in case of illness, accident or injury, for the issuance of a card, when a free position will be awarded to the attack on the 8m arc (including the "hanging" hash marks), all major and minor fouls within the critical scoring area, alternate possessions, illegal draws, offside violations, and to check a crosse. For each of these situations, a whistle shall be blown to stop play and insure that all players stand. One of the officials will then turn to the scorer's table, blow a second whistle, and give a clear timeout signal. The umpiring team shares the responsibility of checking that the timer has stopped the clock.

**10-Goal Rule and Officials' Timeouts**

If the 10-goal rule is in effect, i.e. there is a running clock after goals, the clock is not stopped for 8m free positions, major and minor fouls within the critical scoring area, alternate possessions, illegal draws, or offside violations. However, timeout must be called and the clock must stop in case of illness, accident or injury, and for the issuance of a card. Timeout must also be called and the clock must be stopped for stick check requests (this does not include the mandatory pocket depth stick check conducted following a goal). If during the mandatory pocket depth stick check following a goal, the official suspects violations of Appendix E (excluding pocket depth), then a timeout must be called for further inspection/measurement and the clock must be stopped. Additionally, at the discretion of the umpire, timeout may also be taken for unusual circumstances, for example, a broken crosse, animal on the field, lost ball, a ball that has gone too far out of bounds, spectator interference, or delay of game. The clock would restart on the whistle to start the draw or start play.

**Team Possession Timeouts**

Coaches or players may notify the officials (either the Table Official during tournament play or any of the on-field officials) or the official timer that they will be calling a timeout the next time their team is in possession of the ball. This will alert the officials and official timer to be listening for the timeout call. Despite the advanced notification of the timeout, it is still the team's responsibility to actually call timeout when they gain possession. During game play when a table official is available, a coach may request a possession timeout through the table official. The table official will assess play on the field to determine if the team requesting a timeout is in clear possession of the ball. She will then sound her whistle, give a timeout signal so the clock will be stopped, and approach the nearest on-field official and indicate to her that a possession timeout has been requested. The on-field officials will have the ultimate authority to grant the timeout. Once they have signaled the timeout and released the players from the field, the clock will start to begin the two-minute timeout. The table official at each game will be expected to stand in front of the scorer's table and be visible and available to both coaching staffs. If a request for a timeout is made to the official timer, the official timer will assess play on the field to determine if the team requesting a timeout is in clear possession of the ball and then shall immediately sound the horn to indicate the timeout request, and both the clock and play shall stop on the sound of the horn. Again, the on-field officials will have the ultimate authority to grant the timeout. Once they have signaled the timeout and released the players from the field, the clock will start to begin the two-minute timeout.

**Bleeding Player**

If the official stops the game because a player is discovered to be bleeding, the player must leave the game and a substitute must enter. The game will not be delayed to allow medical personnel to treat the bleeding player. A substitute must enter and the game is restarted immediately. Once the bleeding has been treated the player may return using normal substitution procedures.

**Defense in the Goal Circle**

Players on the defending team may run through any portion of the goal circle while defending (their team is not in possession of the ball). Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending. This defensive player must remain within a stick's length of the ball carrier in order to legally remain in the goal circle while defending. There is no limit to the number of defenders who may run through the circle at the same time.

Players on the defending team may run through or remain in any portion of the goal circle as long as their team is in possession of the ball. There is no limit to the number of defenders who may run through or remain in the circle at the same time as long as their team is in possession of the ball. Defenders within the goal circle may only play the ball if they are wholly grounded (e.g., both feet within the goal circle). Defenders must immediately leave the goal circle when their team loses possession of the ball.

A ball on the ground or in the air within the goal circle constitutes possession for the defending team. No defensive player outside the goal circle may reach in to play the ball unless they are directly defending the shooter and have either blocked the shot or checked the shooter's crosse and are playing the ball in the air. The defensive player standing in the goal circle and marking the player with the ball within a stick's length may play the ball on the ground or in the air as a result of a check or blocked shot. She may also play the ball in the air as a result of intercepting a pass. Defenders running through the goal circle may play the ball in the goal circle as a result of a check, blocked shot or intercepting a pass as long as they are wholly grounded (e.g., both feet within the goal circle).

Any defender moving through the goal circle must still abide by all provisions of the obstruction of the free space to goal rule. If all elements are there to call shooting space, the call should be made whether the defender is inside or outside the goal circle.

If a defender is within the 8m arc, she may choose to run through the goal circle to exit the arc and avoid the three-seconds call. However, the defender may not simply step into the goal circle and then back into the arc. The three second count would continue in this instance.

A defensive goal circle foul will be called if a defensive player remains in the goal circle too long (lingers or stops in the circle rather than moving through), stands in the circle while not marking the player with the ball within a stick's length or does not immediately leave the goal circle when her team loses possession of the ball.

**Carding**

A player receiving a yellow or red card must serve a two-minute penalty and her team will play "short" in both their offensive and defensive ends of the field. If the opposing team scores while a player is serving penalty time, she will be released from the Penalty Area unless she has received a non-releasable yellow card or a red card (also non-releasable).

If there are multiple players for one team in the Penalty Area and the opposing team scores, the first player penalized will be the first player released. If a second goal is scored, the second player who entered the Penalty Area will be released.

If the first player who entered the Penalty Area received a non-releasable yellow card or red card and the opposing team scores, she will not be released nor will any of her teammates in the Penalty Area.

Example:

Blue #7 Red Card 12:00

Blue #3 Yellow Card 11:20

White Goal 11:00 – no player released

White Goal 10:30 - #7 remains, #3 released

The Head Coach is responsible for the actions of any and all persons officially connected with her institution, including assistant coaches and players in the team bench area, and shall receive any card assessed due to lack of bench decorum. The Head Coach will designate a player who must leave the field, enter the Penalty Area, and serve the two-minute penalty.

Officials should be sure that table personnel understand the carding rules and their role in monitoring the Penalty Area. Table personnel have primary responsibility for timing the penalty time and notifying the carded player when the penalty time has ended. They will also monitor who is released from the Penalty Area if a goal is scored. One of the three officials must be responsible for recording cards and the time they are given. The recording official must communicate with partners during the game so that all are aware when a penalty has ended and/or when a player has been released.

While the rules state that a player must remain in the Penalty Area after receiving a card, if a time out is called by either team (possession time out or after a goal) any player in the Penalty Area will be allowed to join her team huddle. At the conclusion of the time out, the carded player(s) must immediately return to the Penalty Area. Officials must ensure that this procedure is followed before play is restarted.

**Goalkeeper carded, second goalkeeper available:** If the goalkeeper is carded and the team has a second dressed goalkeeper, the second dressed goalkeeper must enter the game and, by rule, the coach must remove a field player to serve the two-minute penalty. In this instance, both the carded goalkeeper and the field player who has been removed will enter the Penalty Area. They will both remain there until the penalty time is over or they are released (no release on nonreleasable yellow card or red card).

**Goalkeeper carded, no second goalkeeper:** If the goalkeeper is yellow carded but the team has no second dressed goalkeeper, the goalkeeper must remain in the game. The coach must remove a field player to serve the two-minute penalty.

**Goalkeeper red card, second yellow card:** If the goalkeeper receives a second yellow card or a red card, she must be removed from the game and enter the Penalty Area. The team must substitute another goalkeeper and the coach must designate another player who must leave the field and enter the Penalty Area. Both players will remain there until the penalty time is over or they are released (no release on nonreleasable yellow card on red card). If there is no second dressed goalkeeper available, no field player may substitute for the goalkeeper who received the second yellow card or red card.

\*If a team's second goalkeeper is also a field player (and thus is either not dressed in her goalkeeper gear on the sideline or is on the field as a field player at the time of the red card or second yellow card), she may substitute during the normal substitution procedures (provided that the equipment she is using was checked during the pre-game inspection).

### **Penalty Administration for Three-Seconds**

If the ball is outside the 12m fan when a three-seconds violation occurs, the penalty shall be administered at the spot of the ball. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m from the player taking the direct free position, relative to her position at the time of the foul.

If the ball is inside the 12m fan when a three-seconds violation occurs, the player with the ball shall be placed at the 12m relative to her position at the time of the foul. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m to the side of the player taking the direct free position, relative to her position at the time of the foul. The lane is cleared.

If the ball is inside the critical scoring area but below goal line extended when a three-seconds violation occurs, the player with the ball shall be placed at the closest dot relative to her position at the time of the foul. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m (in the direction towards the sideline) from the dot where the player taking the direct free position has been moved.

### **Goalkeeper Exemption and Restrictions**

Goalkeepers are exempt from Obstruction of Free Space to Goal. Goalkeepers may use their bodies to stop a shot outside of the goal circle. Attacking players are still responsible for shooting safely. Attackers may be called for Dangerous Propelling or Dangerous Follow-Through (these fouls should not be called if the goalkeeper moves into the path of the ball or follow-through).

The following are restrictions for goalkeepers (these are all major fouls).

- Goalkeepers may not shoot.
- Goalkeepers may not score.
- Goalkeepers may not take the draw.
- Goalkeepers may not be between restraining lines during draw.

### **Goalkeeper's Bottom Uniform**

The bottom uniform of the goalkeeper must be predominantly a solid official school color, white, black or gray.

### **Horizontal Stick**

If the defender initiates contact with the shaft of her stick when her stick is parallel to the ground (3 and 9 o'clock), the defender shall be called for a Horizontal Stick foul.

If the defender's hands are touching on the shaft of her stick and the defender initiates contact with her hands while her stick is parallel to the ground (3 and 9 o'clock), this is legal.

If the defender initiates contact with the shaft of her stick when the head of her stick is for example, at 11 and 1 o'clock (or another position not parallel to the ground), and the shaft of her stick is not being used to hit, push, or displace her opponent, this may be deemed legal contact.

### **Self-Start**

Following a whistle blown for a major or minor foul outside of the critical scoring area, the player who is awarded the free position may continue the course of play from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse) without waiting for an additional whistle. The offending player must immediately move 4m behind or to the side of the player taking the free position as indicated by the official. Any other player(s) within 4m must move to a position indicated by the official. All players farther than 4m from the foul must "stand".

The player who is awarded the free position has the choice to self-start immediately, while the penalty is being administered or once the penalty has been fully administered. Note however, if the player waits until the penalty has been fully administered (offender 4m behind and defenders 4m away), this is still a self-start and play does not commence on the official's whistle – play commences on the player's self-start.

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half length away) from the player who is awarded the free position, the player who is awarded the free position may pick up the ball and from a settled stance, self-start.

If the ball ends up outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location for the free position. This mere instruction by the official as to the location of the free position does not preclude a self-start.

If any player moves prior to the player who has been awarded the free position self-starting, this is a false start and shall be penalized at the spot of the ball. Repeated false starts by the defense, delays in moving 4m by the defense, or self-starts by the attack beyond the playing distance of the foul may result in a delay-of-game card.

If the player who is awarded the free position self-starts when self-starts are not permitted, the official shall blow the whistle, award a free position to the opposing team (which is set up at the spot of the foul), and commence play with a whistle. Repeated attempts to self-start when self-starts are not permitted may result in a delay-of-game card.

A self-start is not an option in the following circumstances:

- a. Stoppage of the game clock;
- b. The ball has gone out of bounds (both on the sideline and end line);
- c. Offside violation;
- d. Illegal draw;
- e. Awarding of alternate possession; and
- f. All major or minor fouls occurring in the critical scoring area (includes offensive fouls and goal circle fouls).

There are no self-starts during the last two minutes of a half. EXCEPTION: If there is 10 goal or greater differential.

There are no self-starts during sudden-victory overtime.

\* Note that at the end of a half and in sudden-victory overtime, the game clock stops on every whistle.

**Noteworthy Boundary Examples:**

- a. Legal check, ball goes out of bounds = no self-start (no foul occurred within the playing area to cause the ball to go out of bounds)
- b. Illegal check within the playing area, ball goes out of bounds = self-start (foul occurred within the playing area – play shall commence at the spot of the foul)
- c. Cross-check (other type of foul) that causes player to go out of bounds = self-start (foul occurred within the playing area – play shall commence at the spot of the foul)

**Foul within 4m of a Boundary Line (sideline or end line):**

Self-starts are permitted within 4m of a boundary line. If the player awarded the free position does not immediately self-start then the official is expected to instruct the player(s) to move 4m in. The player awarded the free position can self-start at any point (immediately, during instruction or after the full administration of the penalty).

**On the Official's Whistle:**

If the player awarded the free position attempts to self-start farther than a playing distance (a stick and a half length away) from the spot of the foul, then the official shall blow the whistle and reset the free position at the spot of the foul. Play will commence on the official's whistle.

If fully administering the penalty requires the official to call a timeout, no self-start is permitted and play will commence on the official's whistle.

**NCAA Carding/Score Verification Form**

The scorer's table personnel will be responsible for filling out the NCAA Carding/Score Verification Form and presenting this to the officials immediately at the conclusion of each game. The officials must verify the accuracy of the number and type of cards given, reason for the card and the final score. All three officials must sign the form. The Head Umpire will take the form when the officiating team leaves the field. Should the home team also wish to have a copy of the form for their records, they should provide two completed forms for the officials, one to sign and leave at the table and one for the Head Umpire to take. ***The Head Umpire is responsible for reporting the carding information to the NCAA using the link provided on the form.*** Information for each game should be reported even if one or both teams received no cards during the game.

One member of the officiating team should be responsible for noting carding information during play. The officials must check the form at halftime especially if a number of cards have been given.

# PART EIGHT

## APPENDIX

**8**

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### **WGOSC US Lacrosse Approved Uniform**

With the advent of many different types of striped shirts and kilts available for umpiring women's lacrosse, the WGOSC has developed these guidelines for the WGOSC members. We all should strive for a professional, consistent dress. Whereas special considerations can be given for the entry level official, it is expected they will strive to look professional as they eventually do accumulate the appropriate articles of the approved uniform.

Styles are changing from the old pleated kilts to a more athletic non pleated style kilt. We should continue to strive for a neat but athletic appearance.

All officials shall be in uniform when arriving and leaving the field. We highly suggest matching kilts to shorts, pants to pants, and sleeve length, but also understand heat tolerances differ within body types.

#### **Shirts:**

- One inch black and white vertical stripes on the body and sleeves.
- It is preferred to be the traditional black Byron or polo collar with black cuffs or the V neck. However, the V neck basketball shirt is acceptable, if both officials wear them.
- The sleeve style shall be long, short, or sleeveless
- The material will be standard or small mesh

#### **Kilts/Shorts:**

- Pleated or wrap kilts are acceptable.
- The length of the kilt or shorts should be professional.
- The fabric should be of a substantial substance so as to hang smoothly, to resist fading, and to be in good repair.

#### **Pants:**

- Nylon or other material, neat. Preferably not gathered at ankles.

#### **Shoes:**

- Predominantly black shoes, black laces. If shoes have white on them, try blacking it out with marker, paint or other indelible substance. They should be polished, and clean for every game.

#### **Socks:**

- White or black, low style. Or solid black knee socks

#### **Undershirts:**

- Long or Short sleeve = solid black. Small logos are unavoidable.

**Hats/Visor/Earbands:**

- Solid black. Knit hats/earbands may be worn when cold and should be solid black.
- Sunglasses, conservative in style and color.

**Jackets:**

- Standard black and white poly, one-inch vertically striped jackets with knit black Byron collar and black cuffs or a solid black jacket may be worn for inclement weather.
- Crew members should match in their selection of jackets.

**Mandatory Accessories:**

- Whistle - solid black Fox 40 preferred. The umpiring team must not mix whistle tones i.e. not Fox 40 regular and Fox 40 Pearl. Carry back up whistle inconspicuously.
- Flag - Yellow approximately 14"x14" with bound hem. Weighted or un-weighted.
- Cards - Green, Yellow, Red
- Pencil to record warnings
- Coin

**Optional Accessories:**

- Lanyard, if used solid black
- Kilt pin -1 small, discrete
- Gloves - solid black if needed
- Tights under kilts - solid black, not baggy
- Spandex should be solid black and preferred not to show below kilt or shorts, unless for medical purposes.
- Small equipment bag holding current rulebook, any league modifications, lighting policies etc should be black.
- Water bottle
- Watch - wrist style stopwatch with countdown feature strongly suggested.
- Sunglasses

**Dress To And From Games:**

In order to uphold the well-respected, professional image of the USL Women's Game Officials Sub-Committee, members are required to wear appropriate clothing to and from the game sites.

# VISUAL SIGNALS



ALTERNATE  
POSSESSION



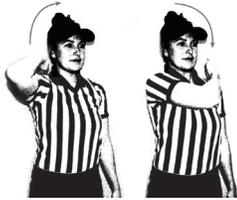
BLOCKING



CHECK TO THE HEAD



COVER



CROSSE INTO/  
THROUGH SPHERE



DANGEROUS FOLLOW THROUGH  
& DANGEROUS PROPELLING



DANGEROUS CONTACT



DANGEROUS PLAY



DANGEROUS SHOT  
ON GOALKEEPER



DETAINING



EARLY ENTRY ON DRAW



EMPTY CROSSE CHECK



FORCING THROUGH



GOAL



GOAL CIRCLE FOUL



HELD WHISTLE



HOLDING

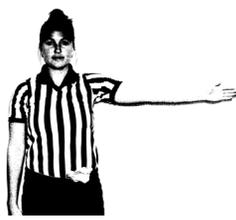


ILLEGAL BALL OFF  
THE BODY



ILLEGAL CRADLE  
IN SPHERE

VISUAL SIGNALS



ILLEGAL DRAW



ILLEGAL PICK



ILLEGAL PROCEDURE



ILLEGAL STICK TO BODY CONTACT



MISCONDUCT



NO GOAL



OBSTRUCTION OF FREE SPACE TO GOAL



OFFENSIVE FOUL



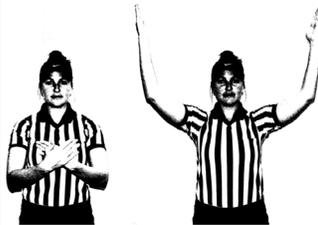
OFFSETTING FOULS



OFFSIDE



PUSHING OR BODY CONTACT



REDRAW



ROUGH CHECK/ ILLEGAL CHECK ON BODY



SLASH



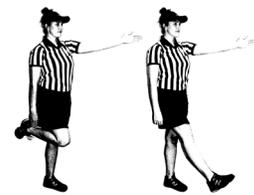
THREE SECOND RULE



TIME IN



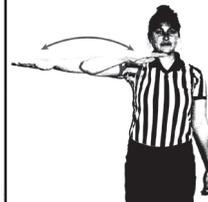
TIME OUT



TRIP

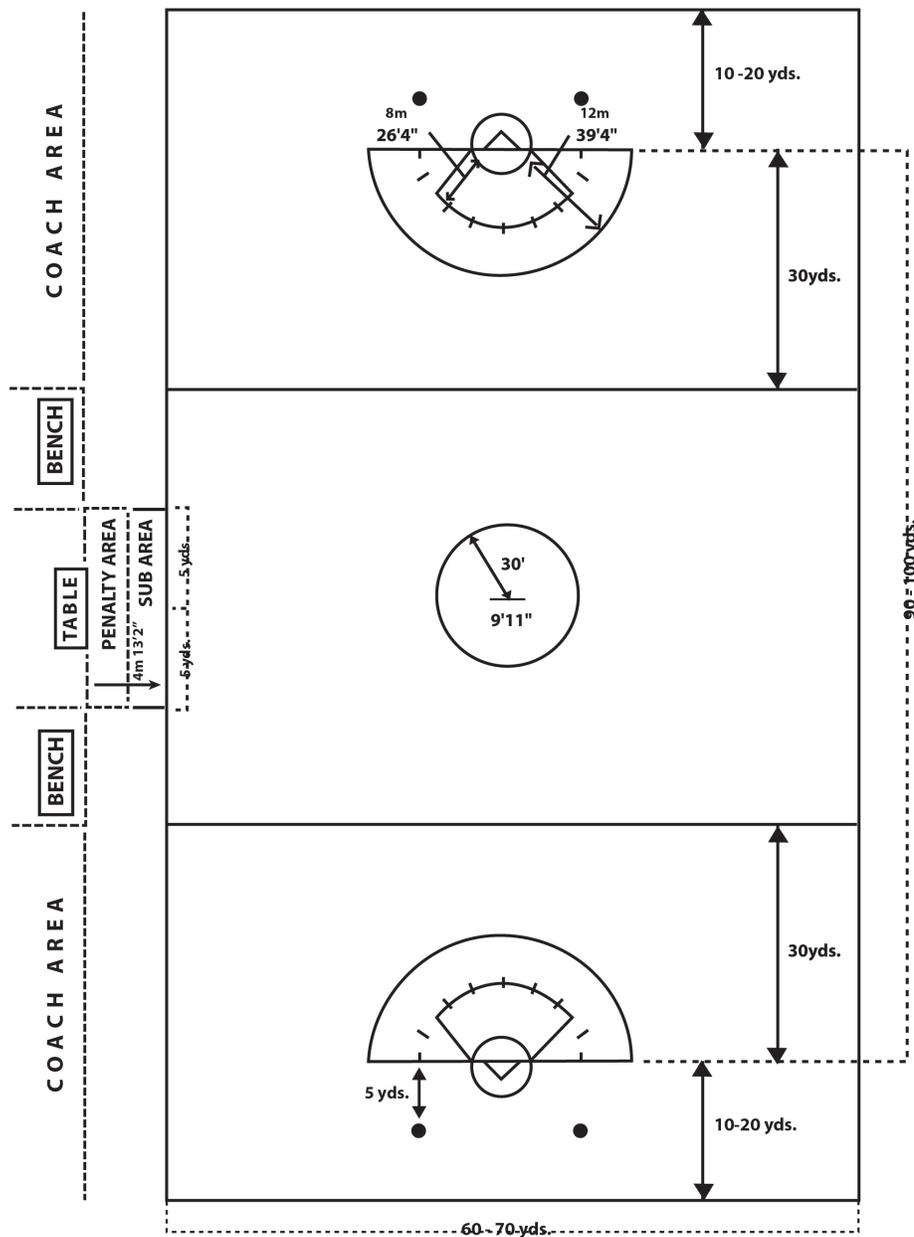


WARDING



10 SECOND GC COUNT

# FIELD DIAGRAM



**Metric Conversions**

- 2M = 6'6"
- 3M = 9'11"
- 4m = 13'2"
- 8m = 26'4"
- 9M = 10 yd.
- 12M = 39'4"

**Other Information**

- Hash Marks = 1'
- Guidelines = 6.5'
- Goal Line Width = 2"
- Width of Other Lines = 2-4"
- (Goal is placed on front of line)

*See rulebook for more measurements.*

**NCAA Note:** Same as USL EXCEPT that the coaches area extends up to the sideline and the area behind the goal line is always 10m.

# THE TABLE OFFICIAL

## The Table Official

### Overview

For most college and many high school tournaments, our team of (hopefully) three officials is expanded by one. The table official oversees the mechanics of the contest, monitors much of the activity that occurs at the scorer's/timer's table, facilitates the protest procedure if it were to arise, and is available to step into the field officials role if one is incapacitated. Some leagues officially use the table official as the liaison for team time-outs, but all are likely to approach a table official when there is a protest. Thus the table official can be a crucial player in maintaining a match's flow and continuity. Because the situations that use table officials are the games with the most at stake, understanding the role of the table official as well as the tasks of her field partners is worth some advance consideration.

### Mechanics

The table official is expected to abide by all expectations of the field officials, arrive 30-60 minutes prior to the game, participate in the pre-game meetings and any subsequent discussions or meetings that occur, walk the field, and be properly dressed (the table official may have additional layers). In some championships, the table official has the ability to card the bench personnel. Those procedures should be reviewed by the "team" before the game starts. Any conversations held by the officials about the tenor of the game, players being monitored for physical play, consistency objectives, etc. should include the entire officiating team as this will maximize consistency should an official exchange be necessary. After time has expired, the officiating crew should leave as a team and the table official should be part of the game review.

### Primary Duties of the Table Official

- Perform field duties of an official in the event of an injury to a field official prior or during the game
- Attend all meetings with field officials including captains meeting and stick check of teams
- Review duties with Scorer and Timer (including overtime procedures if necessary)
- 10 minutes prior to game time, check scorebook to see that names and numbers on rosters and lineups match and are complete
- Monitor clock operations during game (after goals, injury timeouts, cards awarded, official signaled timeout, last 2 minutes).

- Bring water to officials at timeouts if necessary; confer with field officials about tenor of game.
- Monitor substitutions during game.
- Keep record of administered cards.
- Monitor timed suspensions.
- During game play signal the granting of a possession timeout by sounding her whistle when the requestor's team is in clear possession of the ball.
- Inform the field officials when a yellow and/or red card has been administered to the team personnel on the sidelines so that the field official can administer the card at the next stoppage of play.

# 2016 RULES COMPARISON

## 2016 Rules Comparisons

This comparison of rules is meant to be a quick reference for officials umpiring at different levels of play. This overview of the rule differences is not meant to replace any rule book. All officials must have a thorough knowledge of the rules of each level of play that they are umpiring. Please note: If a topic is not listed, it means that all levels are the same.

TOPIC	USL	NCAA	INTERNATIONAL
FIELD MARKINGS	<p>Area: max 140 x 70 yards Minimum: 110 x 60 yards Minimum: 10-20 yards behind the goal line. Solid end and sideline</p> <p>Restraining line 30 yards from goal line; 8 defense v 7 attack</p>	<p>Same as USL EXCEPT: must have 10 yards behind the goal line</p>	<p>The playing area will be marked with a solid lined rectangular boundary, 91.4 to 110 meters long between end lines and 55 to 60 meters wide between sidelines.</p> <p>There must be 12 meters of playing space behind each goal line running the full width of the field.</p> <p>Restraining Line 25m from goal line; 9 defense v 7 attack</p>
GOALS, GOAL POSTS	<p>Goal posts must be 2" diameter</p>	<p>Same as USL</p>	<p>Goal Posts may be 5.1cm square or 5.1cm diameter</p>
THE CROSSE	<p><b>Field player's Crosse</b> Minimum length 35.5" Maximum length 43.25"</p> <p><b>Goalkeeper's Crosse</b> Minimum length 35.5" Maximum length 52" Unlimited Pocket / MESH</p>	<p>Same as USL</p>	<p><b>Field player's Crosse</b> Minimum length .9m/90cm Maximum length 1.1 m/110cm Crosse specifications revised: See IFWLA Rules Book, Rule 3.A &amp; Rule 25.A-D</p> <p><b>Goalkeeper's Crosse</b> Minimum length .9m/90cm Maximum length 1.35m/135cm (See IFWLA Rules Book, Rule 3.B and 25.E)</p>
BALL	<p>The ball shall be yellow, bright orange or lime green and meet the current NOCSAE ball standard at the time of manufacture. Beginning January 1, 2014 the text on the ball must state "Meets NOCSAE standard". The home team will provide the game balls. The same type and color ball must be used throughout the game unless both coaches agree to change.</p>	<p>Same as USL, except lime green is not an approved color.</p>	<p>May be any solid color; Yellow for IFWLA events.</p>

TOPIC	USL	NCAA	INTERNATIONAL
UNIFORM/ EQUIPMENT	<p>Centered number on shirt front =6" Number on shirt back=8"</p> <p>If a number appears elsewhere on a player's uniform (i.e. kilt, shorts or pants), it must match the number on the player's shirt</p> <p>All visible undergarments (tops, bottom) must be of one solid color and must be white, gray, black or one of that teams uniform color</p> <p>All team members must wear same color.</p> <p>Field players not permitted to wear any jewelry; medical jewelry taped.</p> <p>Field players may wear close fitting face guards or soft headgear</p> <p>Close fitting gloves and nose guards allowed.</p> <p><b>EYE PROTECTION REQUIRED</b></p> <p>Mouth Guard should protect fully protect the teeth and may be worn on the anterior (leading) dental arch.</p> <p>Mouth guard may be of any color other than clear or white and must not have graphics of WHITE teeth.</p> <p>Goalkeeper's shirt must be worn over the body pad and be the same color as her team.</p> <p>Goalkeeper's bottom must be the in agreement with the team's predominant color as team kilt or black, or gray.</p> <p>Goalkeeper must wear helmet that meets NOCSAE standards for lacrosse w/ face mask and separate throat protector and a securely attached chin strip, chest and body pad, padded gloves, and mouth guard.</p>	<p>Same as USL</p> <p><b>EXCEPT:</b> Mouth guards may be of any color, including clear and white.</p> <p>The bottom of the goalkeeper's uniform must be a solid school color, white, black, or grey.</p>	<p>15cm, center - shirt front 20cm, center - shirt back</p> <p>All visible undergarments worn under the kilt/shorts must be the same predominant color as the kilt/short or one solid dark color. Undergarments worn under the shirt must be the same predominant color as the uniform shirt</p> <p>Wedding rings and religious/ ceremonial jewelry must be taped securely to the player or removed.</p> <p>Field players are not permitted to wear headgear or face masks.</p> <p>Close fitting gloves, eye protection and nose guards are optional.</p> <p>Mouth guard required.</p> <p>Goalkeeper's shirt must be worn over the body pad, unless the body pad is the same color as her uniform top.</p> <p>Goalkeeper's bottom must be same predominant color as team kilt/shorts or be a solid dark color.</p> <p>Goalkeeper must wear a mouth guard, a helmet with a face mask with an attached chin strap, throat protector and a chest or body pad. She may also wear padded gloves, arm pads and leg pads.</p>

2016 RULES COMPARISON

TOPIC	USL	NCAA	INTERNATIONAL
UNIFORM/ EQUIPMENT	<p>Maximum padding thickness = 2.5cm / 1”</p> <p>High School level and below goalkeeper MUST wear padding on shins and thighs</p> <p>At any time during the game, and at the official’s discretion, a TO may be called to re-inspect any crosse in use.</p> <p>Officials shall inspect the crosse of a player upon request of an opposing coach or player on the field. Teams shall be allotted two such requests. For any additional requests for inspection of any crosse meeting specifications, a penalty for a minor foul is awarded.</p> <p>Head Coach may request a MEASUREMENT of an opponent’s stick during pre-game time. It will count as one of the team’s two allowable requests.</p>	<p>Same as USL</p> <p>Leg padding recommended</p> <p>Same as USL EXCEPT: Teams are allowed a total of three stick check requests per game. These requests may come during a timeout, at halftime, before the game, before overtime, and prior to the start of the draw. If an illegal stick is discovered as the result of a requested stick check the team requesting the check will not lose any of its three allotted requests. If a team asks for a stick check beyond the three allowed a minor foul will be called.</p> <p>Head Coach may ask for a stick measurement either pre-game, up to 15 minutes before the start of the game or at the beginning of the half time. This will count as one of their three allowable requests.</p>	<p>Maximum padding thickness = 3cm</p> <p>Goalkeeper may wear padded gloves, arm and leg pads.</p> <p>At any time during the game, and at the official’s discretion, a TO may be called to re-inspect any crosse in use</p> <p>Any player may request an official to inspect the pocket of an opponent’s crosse.</p> <p>When a team requests for a second time during a game the inspection of an opponent’s crosse that meets specifications, a penalty for a minor foul is awarded</p>
CAPTAINS	Co-captains permitted	Same as USL	<p>Only one speaking captain</p> <p>Captain on field may choose to wear distinctive arm band. Captain’s number is noted on team score sheet</p>
DURATION OF PLAY	<p>30 min halves college club</p> <p>25 min halves high school</p> <p>If there is a 10 goal or more differential the clock will continue to run after goals.</p> <p>When there is a 10 goal or more differential [running clock] the clock WILL STOP for timeouts.</p> <p>If there is a 10 goal or more differential the clock will not stop on the whistle within the last 2 minutes of play in each half. ( no stop clock)</p> <p>Half time of 10 minutes but it may be less than 10 minutes if agreed upon by the coaches prior to the start of the game.</p>	<p>Same as USL</p> <p>Same as USL</p> <p>Same as USL</p> <p>Same as USL.</p> <p>Same as USL</p>	<p>Same as NCAA</p> <p>If play is stopped prior to the last two minutes in each half, the timer will stop the clock when it reaches two minutes if play has not resumed.</p> <p>Clock runs after goals when there is a 12 goal differential.</p> <p>Half time may not exceed 10 minutes. Half time and playing time agreed with the captains and coaches prior to the game</p> <p>In each half, Timer displays Yellow Flag with 2 min. remaining and a Red Flag with 30 sec. remaining. NOTE: If the game clock is visible to both teams, use of the yellow and red flags are optional if agreed prior to the game</p>

TOPIC	USL	NCAA	INTERNATIONAL
TIMEOUTS	<p>Each team shall be permitted two, 2 minute timeouts during regulation game time, that do not carry over into overtime. Each team is permitted one timeout during the duration of overtime. Timeout may be requested by the Head Coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.</p> <p>If a possession timeout is called, players must leave their crosses in place on the field and return to that same place for the restart of play. No substitutions will be allowed during this stoppage of play.</p> <p>Successive timeouts will not be allowed.</p> <p>Timeout is taken for any re-draw. EXCEPTION: When the 10 goal rule is in effect.</p>	<p>Same as USL EXCEPT: Each team is allowed three timeouts during a regulation game and it may be requested by any coach or player on the field.</p> <p>Same as USL</p>	<p>Each team may request two 90 seconds time outs during regulation play and one time out during overtime. Time outs not used during regulation play are not permitted during overtime.</p> <p>A team may request a time out after a goal is scored or when a team has possession of a 'dead ball' anywhere on the field outside the 15m fan. The coach may request the time out through the score table or the player who is given possession of the ball may request the time out directly through a field umpire.</p> <p>Same as USL</p>
START / RESTART OF GAME	<p>Play may not resume within 8m of goal circle Exceptions: when restart is due to boundary call behind goal or when game has been stopped due to accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown and no foul is involved in the stoppage of play</p> <p>During the draw, each team may have a center plus 2 other players between the restraining lines.</p> <p>During the last 2 minutes of each half of the game, stop the clock on every whistle, then restart the clock on the official's whistle unless there is a 10 or more goal differential.</p>	<p>Same as USL</p> <p>Same as USL</p> <p>Same as USL</p>	<p>If both players draw illegally, or it cannot be determined why the draw was illegal, or an umpire determines that the draw was unsuccessful because it was not set correctly, the umpire will call time out to reset the draw. Exception: When agreed prior to the game/event, the clock will continue to run after goals if one team is leading by 12 or more goals. .</p> <p>Play may not resume within 4m of boundary or 11 m of the center of goal line.</p> <p>For a ball that goes directly out of bounds from a legal draw, a throw will be awarded 4m from the RL and 15m from the center of the goal line.</p> <p>All throws must be taken 15m from the center of the goal line.</p> <p>During the draw, five players maximum from each team may be between the restraining lines, the centers and four other players from each team. All other players must be below either restraining line.</p>
INJURY	<p>If play is stopped for an injury or suspected injury, whether or not a trainer or coach comes onto the field, the player must leave the game.</p> <p>No coaching during injury timeout.</p> <p>No other players may substitute.</p>	<p>If play is stopped for an injury or suspected injury and medical personnel or a coach comes onto the field, the player must leave the game.</p> <p>Same as USL</p> <p>Same as USL</p>	<p>Same as NCAA</p> <p>2 minute recovery time timeout for injured field player.</p> <p>5 minute recovery timeout for injured goalkeeper.</p> <p>No coaching during injury timeout/ Major Foul.</p>
OFFICIALS			Report number of player scoring goal to the scorers' table

2016 RULES COMPARISON

TOPIC	USL	NCAA	INTERNATIONAL
<p>MISCONDUCT / SUSPENSION</p>	<p>Player receiving a Yellow card must leave field and enter the penalty area for 2 minutes lapsed playing time and no sub is allowed. If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card must return to the penalty area and serve the remainder of her time plus an additional two minute penalty. Note: This is an extension of the penalty time and not an additional card.</p> <p>NOTE: The Penalty Area is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving her penalty time.</p> <p>Player receiving a 2nd yellow card or a single red card may not reenter the game and no sub is allowed for 2 minutes (yellow card) or 4 minutes (red card) of elapsed playing time.</p> <p>Any Head Coach who is suspended (two yellow cards) or ejected (red card) must leave the area, including the spectator area, of the game, and an interim Head Coach must be specifically designated. If a red card is issued to the coach due to behavior of bench personnel, the Head Coach and the offender shall be removed from the field.</p> <p>An ejected coach serving a next game suspension will not be allowed in attendance at the site of the game, either on the field, in the team bench area, or in the spectator areas of the site. An ejected player must serve her next-game suspension in her team's bench area for the entire game, including on-field pre-game, game or post-game activities. The ejected player may not be dressed in her game uniform.</p> <p>Should a team receive its fourth card (yellow or red) they will play short in both their offensive and defensive ends of the field for the remainder of the game and for any overtime periods. Any card given to a player or a Head Coach will count towards their team's cumulative total. For each subsequent card received the team will play short by an additional player in both their offensive and defensive ends of the field. The player carded must leave the field and enter the penalty area for 2 minutes (yellow card) or 4 minutes (red card) and no substitute may take her place for the remainder of the game. However, unless that carded player has received a second yellow card or a red card she may return to the game after serving her penalty time as long as she follows regular substitution procedures and another player leaves the field when she returns.</p> <p>Any card given due to lack of proper bench decorum will be given to the Head Coach. The coach must designate a player to leave the field for two minutes of elapsed playing time.</p> <p>When a suspended or ejected player (one who is no longer eligible to return to play for that game) reenters the game, it shall be penalized as Coach Misconduct</p>	<p>Same as USL</p> <p>EXCEPT: A player or coach serving a next game suspension shall be restricted to the designated spectator areas, and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel and / or game officials from the start of the game to its completion, including any overtime periods.</p> <p>While the suspended coach or player is allowed on the field and in the bench area during pre-game activities the suspended player may not be dressed in her game uniform and she may not take part in any warm-up activities.</p> <p>No card count</p> <p>Yellow card penalty is released when the opponent scores a goal.</p> <p>Red card penalty time is 2 minutes and the penalty is NOT releasable.</p>	<p>Player receiving a yellow card must leave game for 2 minutes of lapsed playing time and no sub is allowed. If player reenters early, must re-serve 2 minute suspension.</p> <p>If a player receives a green/red card her team must play short for 5 minutes playing time, before a sub or the player may return to the field. If the player or a sub reenters early, her team must reserve 5 minute suspension.</p> <p>If a player receives a yellow/red card, her team must play short 5 minutes. If her sub re-enters early, her team must re-serve the 5 minute suspension.</p> <p>If a player receives a straight red card, her team must play short for 10 minutes. If sub enters early, her team must re-serve 10 minute suspension.</p> <p>Player receiving a yellow/red or red card may never re-enter the game.</p> <p>Time allotted for a sub after the administration of yellow card shall not exceed 30 seconds.</p> <p>Teams must play short below goal side of restraining lines at both ends of the field.</p> <p>The suspended person will be requested to leave the field and the entire playing area. The game will be restarted within 30 seconds with a free position for the opponent nearest the ball when play was stopped or at the spot where play was to resume before the card was given.</p> <p>If the offender refuses to leave the field and/or playing area when requested by the umpire, her team must forfeit the game.</p> <p>Whenever a player is suspended with less than 2 minutes remaining in the half, the suspension will carry over to the second half or overtime when played.</p>

TOPIC	USL	NCAA	INTERNATIONAL
CONDUCT OF PLAY	If two players commit offsetting fouls (Major or Minor) the alternate possession (AP) procedure will be used to determine which team will be awarded possession of the ball for the restart of play.	Same as USL	If two simultaneous fouls are not equivalent (Major/Minor), the team committing the major foul is penalized. If the two fouls are equivalent (Major/Major or Minor/Minor) a throw is taken.  When the attack team commits a major or minor foul following an advantage flag, fouls are offsetting and a throw is awarded beyond 15m on goal line extended.
GOAL CIRCLE FOULS & PENALTIES	<p>The penalty for goal circle fouls by the defense is a free position awardee to the attack, 8m from the goal circle on the goal line extended with the offending player placed 4m behind the player with the ball on the goal line extended. The lane above the goal line extended is cleared. The ball carrier may shoot from this free position.</p> <p>The penalty for a goal circle foul by the attack is a free position for the goalie with the offender going 4m behind the goal circle.</p> <p>No player's feet may violate the goal circle cylinder.</p> <p>The ball may not reenter the goal circle until it has been "played" (ball leaves crosse and is touched by another player, or the crosse is checked crosse to crosse by an opposing player or play is stopped due to a foul by the defense).</p>	<p>Same as USL</p> <p>Same as USL EXCEPT: For an attack foul the player simply moves 4m away from the goal circle for the free position.</p> <p>Players in their defending end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.</p> <p>Same as USL</p> <p>Multiple defenders may be in the goal circle AFTER the ball enters and may stay until it is cleared. The ball must be cleared within 10 seconds and defenders must have both feet in the goal circle to play the ball when it is in the goal circle.</p>	<p>The free position for goal circle fouls by the defense is awarded 11m from the center of the goal line on the goal line extended.</p> <p>Exceptions: The goalkeeper (she would not go behind and would abide by goal circle penalties in Rule 17.C1.a) and an illegal deputy (penalized for a major foul, Rule 17.C.1.b)</p> <p>Same as USL EXCEPT:</p> <p>For an attack foul the player simply moves 4M away from the goal circle for the free position.</p> <p>No player's feet may violate the goal circle cylinder.</p>
COACHING AREA	Coaches must remain within their own coaching area, that is, the area on the bench / table side of the field extending from their side of the substitution area to their end line and even with the scorers' table extended.	Coaches must remain within their own coaching area, that is, the area on the bench / table side of the field extending from their side of the substitution area to their end line and up to the side line	Coach and other team/bench personnel must remain inside team bench area ( 18.5m long and 5m deep).

2016 RULES COMPARISON

TOPIC	USL	NCAA	INTERNATIONAL
<p>MAJOR FOULS / PENALTIES</p>	<p>Restraining line violation is a MAJOR FOUL.</p> <p>False start is MAJOR foul.</p> <p>Free space to goal enforced when ball is within the critical scoring area, attack looking to shoot, have opportunity to shoot and defense is not within a stick's length.</p> <p>Placement of free position determined by position of the illegal defender is when whistle blown. EXCEPTION: For a Three Second foul the free position placement will be determined by the spot of the ball at the time of the foul.</p> <p>Shooting from an indirect free position is a MAJOR foul.</p> <p>PENALTIES FOR MAJOR FOULS</p> <p>No free position taken within 8m of goal.</p> <p>If foul occurs in 8m arc, clear the 8m arc and/or penalty lane.</p> <p>Arc cleared based upon relative position of players in the arc when whistle blown.</p>	<p>Same as USL</p> <p>EXCEPT: Time out must be taken when a free position will be awarded to the attack on the 8m hash mark (including the hanging hashes); all fouls (Major or Minor) committed in the CSA; alternate possessions; offside violations; and to check a crosse (this does not include the mandatory pocket depth check conducted following a goal). EXCEPTION: When there is a 10 goal or greater differential (whether during the game or in the last two minutes of a half), the clock will only stop in case of illness; accident or injury; for the issuance of a card; to check a crosse (this does not include the mandatory pocket depth stick check conducted following a goal); or as a result of an unusual circumstance as outlined in Rule 4-1.</p>	<p>Restraining line violation is a <u>MINOR</u> foul. Penalized player moves off 4m to side of player awarded the ball.</p> <p>False start or movement of feet before the whistle is <u>MINOR</u> foul.</p> <p><b>Free Space to Goal:</b> Enforced when attack player with ball is in 15m fan; otherwise, same as USL.</p> <p>Free position set at spot where player with the ball was denied shot /whistle was blown.</p> <p><b>Three Seconds:</b> If ball carrier is above or below the goal line extended, the penalty will be awarded relative to the position of the ball when play was stopped.</p> <p>If the Advantage Flag was raised and the scoring play ends without a further foul, the free position will be set relative to the spot of the ball when the three second violation was flagged.</p> <p>No Indirect free position.</p> <p>No free position taken within 11m of goal.</p> <p>If foul occurs in 11m marking area, clear 11m area and/or penalty lane.</p> <p>Penalty lane is not cleared when a major foul occurs between the 11m -15 m.</p> <p>Defenders within 4m of the player who is awarded free position when play stops, are entitled to hash mark(s) when arc is cleared.</p>

TOPIC	USL	NCAA	INTERNATIONAL
	<p>For major fouls between the 8m and 12m, free position set at spot of foul, penalty lane cleared.</p> <p>When free position is set on 8m hash mark, goalkeeper outside goal circle, inside 8m arc, and has not fouled, she shall return to the goal circle.</p> <p>When penalty lane is cleared and goalkeeper is in penalty lane, she may return to goal circle.</p>	<p>Same as USL.</p>	<p>For major fouls that occur between the 11m and 15m, free position set at spot of foul, DO NOT clear penalty lane.</p> <p>When free position set on an 11 m hash mark, goalkeeper outside goal circle and has not fouled, she shall return to goal circle.</p> <p>When free position set outside 11 m marking area and goalkeeper is outside goal circle, she may not return to goal circle; must stand.</p>
<p>MINOR FOULS / PENALTIES</p>	<p>Penalty for minor foul by defense within 12m fan, is an indirect free position on 12m fan.</p> <p>No restrictions on goalkeeper's movement.</p>	<p>Same as USL EXCEPT: If a 3 seconds foul is called and the ball is outside the CSA, the penalty will be administered at the spot of the ball. The offending player who was in 3 seconds will move 4M from the player taking the free position, relative to her position at the time of the foul. If the ball is inside the 12M fan when a 3 seconds violation occurs the player with the ball shall be placed at the 12M, relative to her position at the time of the foul. All other players shall remain in their same positions with the exception of the offending defensive player who was in 3 seconds, she shall move 4M to the side of the player taking the free position, relative to her position at the time of the foul. The lane is cleared if necessary. The player may go to goal/shoot. If the ball is inside the CSA but below the goal line extended when a 3 seconds violation occurs, the player with the ball shall be placed at the closest field dot relative to her position at the time of the foul. The offending defensive player shall move 4M (in the direction towards the sideline) from the dot being used for the penalty administration.</p>	<p>Penalty for minor foul by defense within 15m fan, is a free position for attack on 15m fan.</p> <p>Goalkeeper must not go beyond 27m defensive restraining line during draw.</p> <p>Goalkeeper must not go beyond offensive restraining line any time during game.</p> <p>A player must not hold a crosse for a short time during a check/tackle = minor foul.</p> <p>If crosse held to point of causing player to lose balance = major foul.</p> <p>Restraining line violation is a MINOR foul.</p>

## 2015 RULES COMPARISON

TOPIC	USL	NCAA	INTERNATIONAL
ADVANTAGE FLAG	<p>Flag is raised for a major foul by the defense when the attacking team is on a scoring play in the critical scoring area.</p> <p>If attack player chooses to shoot and the shot is not affected by the foul or the foul is not cardable, the advantage is complete. Flag lowered and play continues.</p> <p>If the attacking team fouls during a raised flag, the alternate possession (AP) procedure will be used to determine which team is awarded the ball for the restart of play.</p> <p>If a flag is raised for a foul that occurs behind the goal (in the CSA) and scoring play ends, the free position is awarded on the nearest field dot.</p> <p>When scoring play ends the free position is awarded to the attack player nearest the spot of the foul (may or may not be player who was fouled). The nearest defender is placed 4m behind (may or may not be player who fouled).</p> <p>When additional fouls occur during a raised advantage flag, free position set on 8m hash mark nearest the most recent foul.</p>	Same as USL	<p>Flag is raised for a major foul by the defense when the attacking team is on a scoring play within the 15m fan, call "Flag".</p> <p>If the scoring play ends without a further foul or a shot on goal, or if a shot on goal is directly and immediately affected by a foul and no advantage is gained, a free position will be awarded to the player who was fouled. The opponent who fouled will move 4 m directly behind. If the foul occurred:</p> <ul style="list-style-type: none"> <li>a. within 11 meters outside the marking area (in the 'pie' shaped area), the free position is set on the nearest 11m hash mark. Only the penalty lane will be cleared of players' bodies and crosses. (Rule 20.B.2)</li> <li>b. inside the marking area, the free position is set on the nearest hash mark inside the marking area. The marking area and, when necessary, the penalty lane must be cleared. (Rule 20.B.3)</li> <li>c. below the level of the goal line, the free position is set on the nearest 11 m mark on the goal line extended. Players will clear a penalty lane above/in front of the goal line.</li> <li>d. within the 15 m fan, the attack will be awarded a free position at the spot of the foul, the defender who fouled will move 4m behind and any other players within 4 m of the free position will move 4m away.</li> </ul> <p>If the defense commits any subsequent/ additional major or minor foul/s anywhere inside or outside the marking area that ends the scoring play, the free position is set on the 11 m hash mark inside the marking area that is nearest to the most recent foul. The defender who fouled will move 4 m behind. The marking area and, when necessary, the penalty lane will be cleared. Exception: If the additional foul is called for a deputy who is illegally inside the goal circle, the free position will be awarded at the center hash mark in the marking area.</p>

TOPIC	USL	NCAA	INTERNATIONAL
ADVANTAGE FLAG  (Cont.)			<p>If the defense commits a major foul that must be carded when the scoring play ends without a shot, the attack will be awarded a free position in accordance with Rules 21.D.3 and 21.D.4. Since the defense will be playing with one less player below the restraining lines, no other player on the defending team will be required to move 4m behind for the free position.</p> <p>If defense commits a major foul that must be carded, and the scoring play ends with a shot, and:</p> <ul style="list-style-type: none"> <li>a. the attack scores a goal, the free position will be awarded at the center line. The center player on the team that fouled will move 4 m away toward her defending goal at a 45 degree angle to the center line.</li> <li>b. If the GK saves the shot, the player who fouled must leave the game to serve a timed penalty suspension, and the free position will be awarded on the 11 m mark on the goal line extended.</li> <li>c. If the shot goes out of bounds, the free position will be awarded 11 m from the center of the goal line and 4m in from the boundary.</li> </ul> <p>1) Since the defense will be playing with one less player below the restraining line, no other player on the defending team will be required to move 4 m behind for the free position.</p> <p>See <a href="http://www.filacrosse.com">www.filacrosse.com</a> for further clarifications.</p>

2016 RULES COMPARISON

TOPIC	USL	NCAA	INTERNATIONAL
<p>DELAY OF GAME FOULS AND PENALTIES</p>	<p>Delay of Game includes:  failure to stand, failure to move, failure to respond to officials directions and any other behavior which amounts to delay.</p> <p>Carding procedure:</p> <ol style="list-style-type: none"> <li>1. Green card to offending team, minor foul. Change of possession, if applicable.</li> <li>2. Green/Yellow card to offending player, major foul. The offending player must leave the field for two minutes of elapsed playing time with no substitute. Card does NOT count towards team's cumulative card total.</li> <li>3. Any subsequent delay of game offense will result in the issuance of a yellow card for misconduct. The offending player will be removed from the field for two minutes of elapsed playing time with no substitute. This card WILL count towards the team's cumulative card total.</li> </ol>	<p>Delay of Game includes:  failure to stand, failure to move, failure to wear a mouth guard, and eye protection, failure to respond to officials directions and any other behavior which amounts to delay</p> <p>Carding procedure:</p> <ol style="list-style-type: none"> <li>1. Green card to Captain, minor foul. Change of possession, if applicable.</li> <li>2. Green/Yellow to offending player, major foul. Player may remain in game.</li> <li>3. Green/Red card to player, major foul. Player will be removed from game and enter penalty area for 2 mins of elapsed playing time and a substitute must take her place.</li> </ol>	<p>For Delay of Game and persistent minor fouls use Green card system.</p> <p>Carding procedure:  Carding Procedure:</p> <ol style="list-style-type: none"> <li>1. Green card to Captain, minor foul. Change possession, if applicable.</li> <li>2. For the second delay of game or persistent minor foul penalty, the umpire will show the offending player a yellow card and award the appropriate major foul penalty. The offending player will serve a 2 minutes timed penalty.                     <ol style="list-style-type: none"> <li>a. During the 2 minutes penalty suspension, the player's team must play short with one less player below/ goal side of the restraining lines..</li> <li>b. If the suspended player or her substitute enters the game before the penalty expires, she is an illegal substitute. The player must leave the field to re-serve the entire timed penalty suspension, and her team must play short for an additional 2 minutes</li> <li>c. Whenever a player is suspended with less than 2 minutes remaining in the half, the suspension will carry over to the second half or overtime when played.</li> </ol> </li> </ol>
<p>OUT OF BOUNDS</p>	<p>To resume play when the ball has gone out of bounds the opponent, inbounds, nearest the ball will place the ball in her crosse and stand 2m inside the boundary from the spot the where the ball went out of bounds.</p> <p>When a shot /deflected shot goes out of bounds the player who is inbounds and nearest the ball, (stick or body) will receive the ball 2m inside the boundary at the spot the ball went out of bounds.</p>	<p>Same as USL</p>	<p>Same as USL</p>

TOPIC	USL	NCAA	INTERNATIONAL
SUBSTITUTION	<p>Unlimited number of subs. Anytime during play, after a goal and at halftime. Substitution after a goal may not take place after the officials hands are in contact with both center's crosses at the draw.</p> <p>No additional subs allowed when card given.</p> <p>No substitutions are allowed on an injury timeout except for the injured player.</p>	<p>Same as USL</p> <p>EXCEPT: Substitutions after a goal are not allowed until the officials complete the mandatory stick check on the goal scorer's stick.</p>	<p>When substituting, once the player on the field has both feet over the sideline, directly opposite/in front of her team's 4 meter substitution area, her substitute, who is standing behind the cones, may enter the game.</p> <p>Substitutions after a goal are controlled by the official.</p> <p>During injury time out, sub allowed for injured player only.</p> <p>No additional subs allowed when card given.</p>



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