2014

USLacrosse®

WOMEN'S RULE BOOK

Endorsed by the
National Federation of State
High School Associations

NFHS

Official Rules for Girls' & Women's Lacrosse

MISSION STATEMENT

US Lacrosse is the national governing body of lacrosse. Through responsive and effective leadership, we provide programs and services to inspire participation while protecting the integrity of the sport.

OUR VISION

We envision a future which offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

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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 spectate 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 Rules Subcommittee 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 Women's Game Committee. The Women's Rules are annually voted on in September by the US Lacrosse Board of Directors and are issued under the authority of US Lacrosse as the official rules for Women's Collegiate Lacrosse Associates (college club) team play, girls youth (U15 and younger) play and are endorsed by the National Federation of State High School Associations as the official rules for girls' and women's lacrosse.

AVAILABILITY OF THE RULES

Information about the rules and about the purchase of rulebooks can be found on the US Lacrosse web site at www.uslacrosse.org

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US LACROSSE PHILOSOPHICAL STATEMENT

The US Lacrosse rules contained in this booklet are designed to maintain the "spirit of the game" and to ensure the safety of the players at all levels.

The spirit of the game includes the philosophy that:

1) the game should flow as continuously as possible, not burdened by an inordinate number of rules requiring frequent stops during the game;

2) the outcome of the game should be determined by legal play by the players, not by the interpretations of the rules by the officials or by direction during play by coaches;

3) players, coaches, and officials should observe the intent of the rules, making a sincere effort to observe them and not attempting to take advantage of them.

4) players, coaches, and officials should be vigilant when playing, teaching and enforcing the rules so that the safety of all players and the integrity of the game are maintained.

If the game is played in this spirit and players are well coached in the intent and the word of the rules, it is the hope of the Rules Committee that the game will be a safer one to play and to officiate.

If a team refuses to comply with US Lacrosse rules, the team and its members will not be permitted to participate in any US Lacrosse activity, to hire US Lacrosse officials, or to play against another team allied with US Lacrosse. Officials of US Lacrosse have the authority to suspend or refuse to officiate any game in which one or both teams refuse to comply with the rules of US Lacrosse.

RULES CHANGES FOR 2014

A screened background identifies each change or altered area of the rules. Listed below are some of the changes for the 2014 season. Figures to the left indicate the Rule and Section where the change has been made, while the page number is listed on the right. Throughout the book the notation "AR" means Approved Ruling.

Rule(s)	Explanation	Page(s)
2-5	Beginning January 1, 2014, balls must meet NOCSAE standards	12
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POINTS OF EMPHASIS FOR 2014

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:

Illegal Contact, Illegal Use of the Crosse and Crosschecking
Illegal contact now includes, but is not limited to, contact made with a stick that is being held in a horizontal position. This will be a foul on the player whose stick is in that horizontal position. Holding the stick in this position is not illegal, however contact made while in this position is illegal. Enforcing this rule promotes a safer environment and clarifies the space to which each player is entitled. An offensive player who initiates contact with a player who is holding her stick in a horizontal position that pushes or displaces the defender should be called for a foul. These would be offsetting fouls which would result in a throw.

A cross-check occurs when a player uses the crosse to hit, push or displace an opponent. This is a safety issue and must be called immediately. A crosse check that occurs on a defenseless player (in the back or when the play is over) which is excessive or repetitive must be carded.

Body Contact
No body contact, unless deemed incidental, shall be allowed by any player on the field. Officials are instructed to pay particular attention to players that gain an advantage by establishing body-to-body contact that does not allow the legal movement by an opponent. While some incidental contact may occur, women's lacrosse is a non-contact sport. Officials need to observe and enforce illegal body contact that may occur in situations such as checking, riding, double-teaming, pushing/shoving during picks, on the draw, offensive push-offs, box outs and play by the offense and defense around the goal circle. Two players making contact on a ground ball may be incidental provided they are attempting to play the ball and not each other.

Obstruction of Free Space to Goal
Offensive players must be allowed to safely take a shot. Conversely, the defense must be allowed to play defense and not be penalized simply because an attacker looks to goal. Officials will consider whether or not the attack ***has the opportunity to shoot as the focus for making this call.***

Repetitive Fouls
Players or teams committing excessive, repetitive or intentional fouls must be penalized. Lack of experience and/or poor skills which lead to dangerous play or continuous fouls by different players from a team are no excuse for allowing illegal play to continue. In addition to awarding the opponent a free position, employment of game management skills such as warning and/or carding must be used.

RULE 1
THE PLAYING AREA and GOALS

The Playing Area

Field Dimensions
Section 1. The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 110 to 140 yards from end line to end line; and between 60 to 70 yards from sideline to sideline. The goals shall be placed no more than 100 yards and no less than 90 yards apart, measured from goal line to goal line. There must be a minimum of 10 yards and a maximum of 20 yards of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 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 of space beyond each end line.

NOTE: For the foreseeable future no changes to the field dimensions or field markings will be made.

Section 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the Rules. Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if the visiting team has been notified in writing prior to the day of the game and personnel from both participating teams agree. However, the minimum distance of 10 yards of space from goal line to end line must be maintained. Soft/flexible cones, pylons or flags must be used to mark the corners of the field. The playing area must be flat and free of glass, stones, and any protruding objects. No additional marks may be added to the field.

New Field Construction
Section 3. Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. Additional space outside the playing area is required. See Rule 1, Section 1.

Line Size and Color

Section 4. All lines are 2"-4" wide, except the goal line which shall be 2" wide. It is recommended that all lines be painted white or a single contrasting color.

Restraining Line

Section 5. The restraining line, a solid line 30 yards up field from each goal line, shall extend 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.

Center Circle

Section 6. There is a circle, radius 30', in the center of the field and through the center of this a line 9'11" in length, parallel to the goal lines.

Arc and Fan

Section 7. An arc and fan shall be marked 8m (26'4") and 12m (39'4") respectively from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6m (34'10") for the 8 meter mark and 14.6m (47'9") for the 12 meter mark. The 8 meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12 meter fan will end at the goal line extended.

Section 8. The 8 meter arc will be sectioned off by hash marks 1' in length, perpendicular and bisecting the arc. These will be measured 4, 8, and 12 meters respectively from either side of the center hash mark which shall be measured from the center of and perpendicular to the center of the goal line (34'10"). Two additional 1' marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

Substitution Area

Section 9. The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will 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.

Penalty Area

Section 10. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

Team Bench Area

Section 11. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Non-playing team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.

Scorer's/Timer's Table

Section 12. A scorer's/timer's table will be set up at midfield, at least 4m from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended.

Coaching Area

Section 13. 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 scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Violation of this rule is misconduct.

AR 1-1 An assistant coach is on the opposite side of the field from the scorer's table coaching his/her team. RULING: ILLEGAL. A coach may move along the bench/table side boundary line from the substitution area to their end line only. Violation is considered misconduct.

Spectator Areas

Section 14. Spectators must be kept back at least 4m from the sidelines. Spectators are not allowed immediately behind the team bench or table area except in permanent stadium seating. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing.

DIRECTIONS FOR 8 METER ARC AND 12 METER FAN

8 METER ARC (See Diagram 1)

1. The goal circle is made first. The goal circle is a circle, radius 8 1/2' (2.6m) measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2"-4" (5cm-10.1cm) wide.
2. Run string from the point (A) on the back of the goal circle that is perpendicular to the goal line at its center, to the points on goal circle (B), where if the goal line were extended would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 28'-3" (8.58m) to point C.
3. To mark the curve of the arc, measure from the center of the goal line (D) 34'-10" (10.6m) to G connecting the sidelines. The arc will now be 8 meters from the circle.
4. The center hash mark 1' (30.5cm) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34'-10"/ 10.6m). The other hash marks will be measured 4, 8, and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

12 METER FAN (See Diagram 1)

Inscribe a semi-circle (E) from the center of the goal line (D) 47'-9" (14.6m). The flat side of the semi-circle should be marked from the points on the goal circle (B) to the semi-circle.

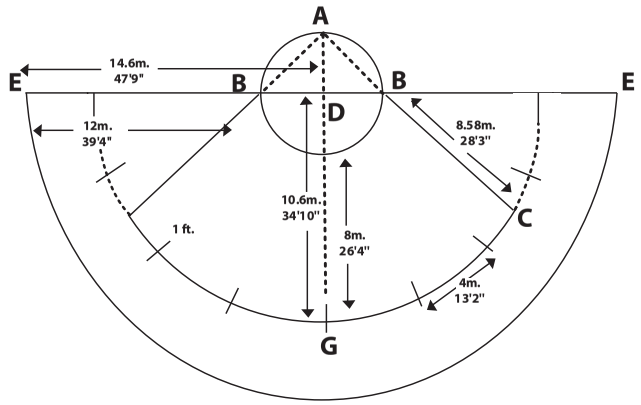


Diagram 1 - 8m arc/12m fan

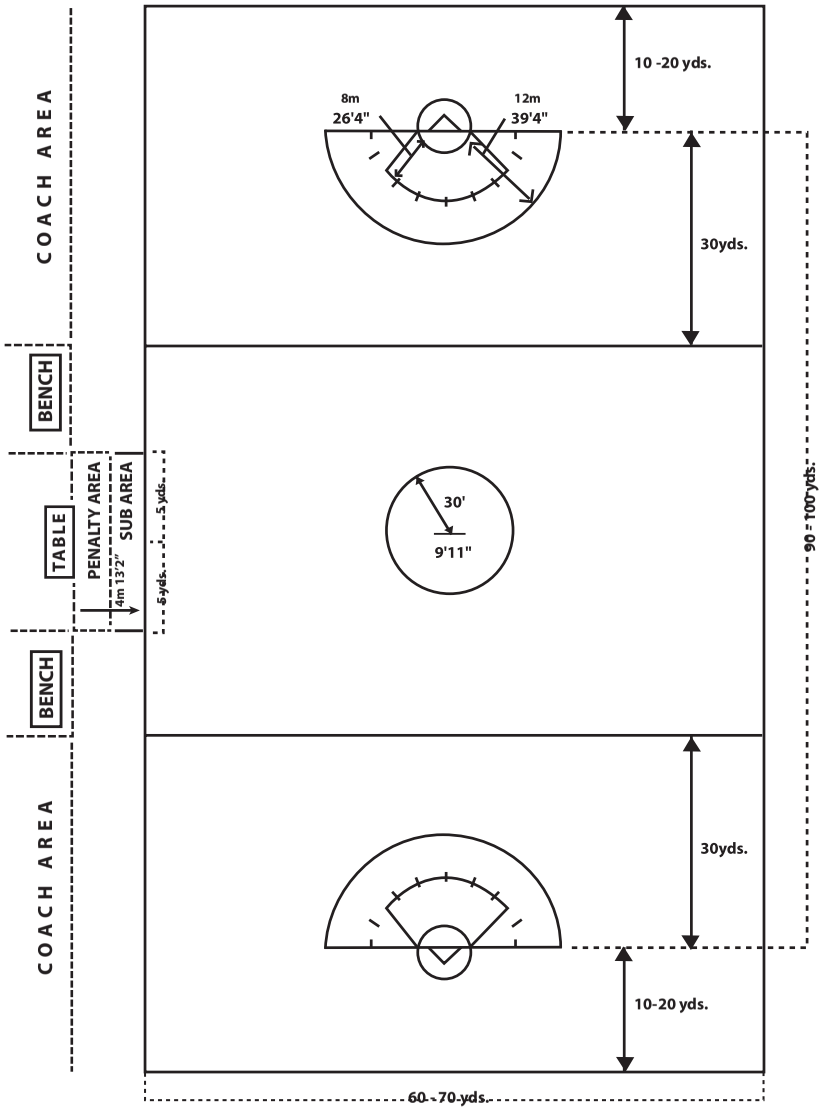


Diagram 2 - Field Diagram
(Not Drawn to Scale)

The Goals

The Goals

Section 15. Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 6' high and 6' apart, joined at the top by a cross-bar 6' from the ground (inside measurements). The goal posts (pipes) must not extend upwards beyond the cross-bar nor the cross-bar sideways beyond the goal posts. The posts and cross-bar must be a solid white, orange or silver color and be 1.5-2" in diameter. A line called the goal line must be drawn between the two posts, continuous with them and of the same width. The netting, not more than 1.5" mesh, must be attached to the posts and cross-bar and to a point on the ground 7' behind the center of the goal line; it must be firmly pegged down. Whenever possible the net should be strung so as to prevent the rebounding of the ball. Any additional goal supports which are exposed must be padded the entire length with material that limits the rebound of the ball. Goal cages that have "flat" supports or angled ground pipes which prevent the ball from re-entering the playing area after hitting the ground pipe do not have to be padded.

Goal Circle

Section 16. The goal circle is a circle, radius 8 1/2' measured from the center of the goal line to the outer edge of the goal circle line. The goal circle line shall be 2"- 4" wide.

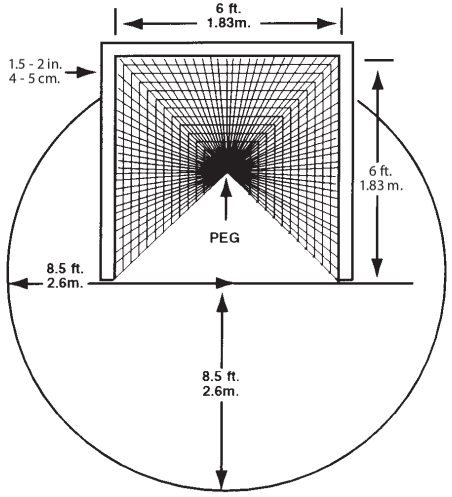


Diagram 3 - The Goal/Goal Circle

RULE 2
EQUIPMENT and UNIFORMS

Equipment

Field Crosse

Section 1. The field crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.)

The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle.

The pocket of the stick shall be strung with four or five longitudinal leather and/or synthetic thongs, 8-12 stitches of cross-lacing and no more than 2 "shooting/throw" strings. Mesh pockets are not allowed.

The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

The crosse's overall length shall be between 35 1/2" minimum and 43 1/4" maximum.

Section 2. A crosse meets specifications if:

a. It complies with the criteria in this rule and it meets the Manufacturer's Specifications as approved by US Lacrosse listed in Rule 9.
b. The top of the ball remains above the top of the wooden or plastic wall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse.
c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

AR 2-1 A player has woven the thongs of the crosse back up through the head of her crosse. RULING: ILLEGAL. A crosse may have only 4-5 thongs. Weaving the existing thongs through the head essentially adds extra thongs. Officials should watch for this during pre-game stick check.

AR 2-2 During the pre-game stick check, it is discovered that a field player is using flat shoelaces as her shooting/throw strings. RULING: ILLEGAL. The player may not use this crosse until the shoelaces have been removed. If the shoelaces are discovered on a crosse in play it will be removed from the game and penalized as a minor foul.

Goalkeeper Crosse

Section 3. The goalkeeper crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic, or any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.)

The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle.

The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs and crosse lacing or be mesh.

The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way. The crosse's overall length shall be between 35 1/2" minimum and 52" maximum.

Section 4. A crosse meets specifications if:

a. It complies with the criteria in this rule and it meets the Manufacturers Specifications as approved by US Lacrosse listed in Rule 9.
b. The ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

AR 2-3 The blue goalkeeper is using 3 shoelaces as her shooting/throw strings, with two across the top of the stick and one forming a "V" down the middle. RULING: LEGAL. The goalkeeper crosse may have more than 2 shooting/throw strings and may use shoelaces as those strings. With the mesh pocket, the goalkeeper crosse may contain some stringing other than at the top of the crosse.

AR 2-4 The goalkeeper who is outside the goal circle switches crosses with a field player. RULING: ILLEGAL. The field player is penalized for having a crosse that does not meet specifications.

The Ball

Section 5. The ball shall be yellow or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard. 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.

NOTE: NFHS affiliated schools shall use balls with the NFHS approved Authenticating Mark.

AR 2-5 Prior to the start of the game, it is determined that the balls the home team has provided for the game do not include the labeling "meets NOCSAE standard." They do not have NOCSAE balls available.

Scenario 1: If the visiting team has NOCSAE balls which may be used, or NOCSAE balls are otherwise available, the game is played. The home team shall be penalized with free position for a minor foul for the opponent at the center to begin the game. The noncompliance shall be reported to the sponsoring authority.

Scenario 2: If the visiting team does not have NOCSAE balls which may be used, and NOCSAE balls are not otherwise available, the game cannot be played. The matter shall be referred to the sponsoring authority. The standards are established to minimize risk and if no NOCSAE balls are available, the game cannot be played.

AR 2-6 During the course of the game it is determined that a ball in play, or which has been used or is about to be used, does not include the labeling "meets NOCSAE standard." RULING: The ball shall be removed from the game and no penalty assessed. If a goal has been scored using the ball, the goal is allowed, and the ball is removed from the game.

Goalkeeper Equipment

Section 6. The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, and a chest protector. In addition, for high school level and below the goalkeeper must wear padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard.

Section 7. It is recommended that the goalkeeper wear padding on arms and shoulders. Leg padding is recommended for goalkeepers above high school level. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping gloves–1" padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

AR 2-7 A goalkeeper wears football shoulder pads. RULING: LEGAL, if they do not exceed the maximum legal thickness of 1".

AR 2-8 A goalkeeper wears canvas field hockey leg pads. RULING: LEGAL, if they are pulled tight or taped around the leg. Bamboo/cane/foam field hockey pads are illegal.

AR 2-9 A goalkeeper wears a throat protector that is attached to her helmet using screws. RULING: LEGAL. This is one type of "separate" throat protector.

AR 2-10 A goalkeeper fastens a Mohawk adornment on her helmet. RULING: ILLEGAL. Paint, decals or tape are the only adornments permitted.

Mouthpiece

Section 8. All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. The mouthpiece shall be of any readily visible color other than clear or white. It must not be altered to decrease protection, and there may be no protruding tabs for field players. It is recommended that the mouthpiece be properly fitted, for example, constructed from a model made from an impression of the individual's teeth, constructed and fitted for the individual by impressing the teeth into the mouthpiece, or provided by a dental professional.

AR 2-11 At the center draw, the Official notices one of the players without her mouthpiece. The player then reaches into her sock, gets her mouthpiece and puts it in. RULING: ILLEGAL. Minor foul for not wearing her mouthpiece properly. Because the player was able to correct the problem immediately she does not have to leave the game. If not, she must leave the game and a substitute must replace her. The opposing center is awarded the ball at the spot where the draw was to take place, and the offending player moves 4m away.

Eye Protection

Section 9. All field players must properly wear eye protection. Eye protection must meet the most current ASTM Specification Standard F803 for women's lacrosse, must be tested by an accredited testing facility, and must be listed on the US Lacrosse web site. NOTE: The wearing of ASTM certified eyewear by international teams at US Lacrosse sanctioned events, while highly recommended, will not be mandated. International teams playing in the United States may find differing requirements. All competitions shall follow, in their entirety, the set of rules predetermined by both teams prior to game day. Teams should confirm with their insurance carrier that they are covered while playing by the chosen set of rules.

Other Personal Equipment

Section 10. Close-fitting gloves and soft headgear may be worn by all players. Face masks are not allowed. Further protective devices necessitated on genuine medical grounds may be used by players, providing that the officials agree that they do not endanger other players. All protective devices used should be close-fitting, padded where necessary, and not be of excessive weight.

Players may only 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.

No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to other players by the officials.

NOTE: 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 1/2" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

AR 2-12 A field player asks to wear a hard helmet to protect an injury. RULING: ILLEGAL. A player cannot wear a hard helmet that would be dangerous to other players. She could wear a soft headgear made of foam type material. Soft headgear is defined as any head covering without hard or unyielding parts that have the potential to injure another player. Soft headgear must allow for the integration of required legal eye protection and is to be worn as directed.

AR 2-13 A player is wearing a soft cloth bracelet. RULING: ILLEGAL, minor foul. This is considered jewelry.

AR 2-14 A field player is wearing a hard-brimmed baseball cap. RULING: ILLEGAL. A player may not wear/use any type of equipment that is dangerous to other players. Players may wear soft-brimmed visors or caps.

Uniforms

Footwear/Cleats

Section 11. Players must wear composition or rubber soled shoes. No spikes are allowed. Plastic, leather, or rubber cleats-studs may be worn. Shoes and socks are not required to be identical for team members.

Uniform Shirts and Kilts/Shorts

Section 12. All team members shall be dressed uniformly with the exception of the goalkeeper. Field players must wear jerseys that are a single, solid color and kilts/shorts/pants of the same dominant color. The jerseys do not need to be the same color as the kilts/shorts/pants worn by the team (i.e. light colored jerseys may be worn with light or dark kilts/shorts/pants; dark colored jerseys may be worn with light or dark kilts/shorts/pants). A goalkeeper's colors must be of the same corresponding colors as her teammates. Her jersey must be of the same color as her team; the bottom must be in agreement with the team's predominant color or black or gray. The goalkeeper's jersey must be worn over any chest and shoulder protective equipment.

Uniform trim is permitted on the collar, cuffs and waistband that may be of contrasting colors, but not more than 1 inch wide. Side inserts (armpit to waistband) may be of contrasting, multiple colors, but not more than 3 inches wide.

Section 13. All players must wear numbers on the front and back of the uniform jersey. Duplicate numbers on jerseys are not permitted on the same team. Numbers shall be centered vertically and horizontally and must be a minimum of 6 inches tall on the front and a minimum of 8 inches tall on the back. Numbers must be of a solid color contrasting with the body of the jersey. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width. If a number appears elsewhere on a player's uniform (such as on a kilt, shorts, or pants or on the sleeves of the shirt), it must match the number on the player's jersey. A player's uniform number must be the same as that recorded in the scorebook. A player not listed on the roster and/or in the scorebook by name and correct uniform number is an illegal substitute.

NOTE: See Appendix K for complete information

NOTE: The following will apply to all NFHS affiliated schools - An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number. A visible logo/trademark may not exceed 2 1/4 square inches and 2 1/4 inches in any direction on the jersey and/or the pant, short, or kilt. No more than one manufacturer's logo/trademark may appear on the outside of each item.

AR 2-15 A team chooses to memorialize a former player by wearing her number on their uniform shirt sleeve. RULING: ILLEGAL. No number other than that of the player may be worn on the player's uniform. (It has been suggested that the memorialized player's initials be used, or that a ribbon or arm band be worn in her memory.)

AR 2-16 A red player #00 plays goalkeeper the first half of the game. The second half she plays on the field as number 32. RULING: LEGAL, if both numbers were recorded on the roster that is placed at the scorer's table prior to the start of the game; but it must be noted in the scorebook. All warnings and cards must be carried with her name and recorded in the scorebook.

AR 2-17 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 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 official(s) after the start of the game.

Section 14. Jerseys shall be on contrasting colors for opposing teams. The coaches/schools shall agree upon uniform colors prior to the day of the game. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies of a contrasting color.

Visible Undergarments

Section 15. All visible undergarments worn under the kilts/shorts/shirts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members who choose to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

RULE 3
GAME PERSONNEL

The Teams
Section 1. A game is played between two teams. Twelve players constitute a full team. Any number up to twelve players of each team may be on the field of play at the same time. One of the twelve players on each team may be a goalkeeper.

The Head Coach
Section 2. The head coach will verbally certify to the officials that 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 standards for lacrosse.

Section 3. The head coach shall be in control of and be responsible for the actions of any and all persons officially connected with his or her institution. Coaches shall assist the officials in keeping the game under control. It shall be their duty, upon the request of an official, to control effectively actions of spectators not in conformity with standards of proper conduct.

Section 4. Other coaching responsibilities include:
a. indicating a substitute for an injured or suspended player.
b. approaching the official pre-game, at half time or during time outs for clarification of rules.
c. requesting a time out from the official.
d. communicating with the officials pre-game regarding procedures if the game ends in a tie.

Section 5. Only the head coach or captain(s) will communicate with the officials during the play of the game. Officials shall address questions during timeouts and halftime.

AR 3-1 An assistant coach approaches the officials for a time-out. The official grants one. RULING: INCORRECT. Only the Head coach or a player on the field may request a time out. No foul, however repeated offenses by assistant coach(es) may be considered misconduct and a card issued.

Section 6. The use of artificial, voice amplifiers by coaches from the sidelines is prohibited.

Section 7. Electronic equipment may be used during play by coaches on the sideline or within the coaches' area, and non-playing team members, athletic trainers and /or other individuals connected with the team. However such electronic equipment shall not be used to communicate with the 12 on-field players or any other coach not present on the team sideline or coaches' area. Violation of this rule is misconduct.

AR 3-2 An assistant coach is in the press box and is communicating to the head coach by phone or headset. RULING: ILLEGAL

Game Administrator
Section 8. It is strongly recommended that the host team assign a representative to handle game management issues. When a contest is played at a neutral site, one team must be designated as the home team. The game administrator will ensure that a time keeper and scorer are on hand with all equipment required by these rules to carry out their respective functions, and that the playing field is in proper condition for safe play and meets the specifications outlined in these rules. In the event that an administrator is unavailable these duties will be the responsibility of the home team coach.

Team Captain
Section 9. The captain's responsibilities are:
a. to call any coin toss (visitors call) for choice of ends with the official.
b. to indicate that her team is ready to play at the beginning of each half.
c. to approach the official for clarification of rules.

The Officials
Section 10. The game should be officiated by two US Lacrosse rated officials. Three officials are recommended. The official's jurisdiction extends from 30 minutes before the game begins until the officials leave the playing venue. Officials

should be on the field and be in charge of the game 30 minutes prior to game time. The officials will enforce the rules and officiate the game in accordance with the recommended procedures put forth by these rules. They should refrain from enforcing any rule when it would penalize the non-offending team.

Section 11. Prior to the game the officials will inspect the grounds, goals, balls, crosses, clothing, shoes, jewelry and protective equipment and see that they are in accord with the rules.

Section 12. Prior to the game the officials will meet with the head coach and captains of each team and shall:
a. Conduct introductions
b. Conduct coin toss (called by visiting captain)
c. Review ground conditions
d. Review appropriate rule interpretations
e. Verify with each coach that all players' uniforms and equipment are legal. (see section 2)
f. Agree upon the length of halftime.

Section 13. Other official responsibilities include:
a. ensuring that the timers and scorers understand their responsibilities.
b. informing the timer about the length of half time.
c. being available for questions from captains or the head coach. The head coach from the opposing team must be given the opportunity to be present during any communication with the officials by either team.
d. after consultation with the game administrator and coaches from each team, make the final decision on whether to continue a game due to weather conditions or any other extenuating circumstances.

Official Scorer

Section 14. The official scorer will be from the home team and will sit at the scorer's/timer's table opposite the center circle. If the official scorer is not seated at field level, the home team is responsible for ensuring that the scorer's table is manned.

Section 15. The official scorer will assume the following duties:
a. record the starting line-ups of both teams 10 minutes prior to the game and make sure the numbers of the players on the field correspond to the numbers in the book. Changes to the line-up cannot be made until the game starts. A roster with names and numbers of all players must be at the score table prior to the start of the game.
b. keep an accurate record of the goals scored in the official home team score book. It is recommended that the visitors have a scorer and book at the table.
c. display continuously an accurate score, for the players, coaches and officials.
d. notify the official on the first ensuing stoppage of play if there has been an illegal substitution.
e. record any cards next to the player's name in the score book: delay of game (green/yellow-"gy", green/red-"gr"); warning (yellow-"y"); ejection (red "r"). A green card "g" for delay of game or any card issued to a coach or other team personnel must also be recorded in the score book.
f. notify the official immediately when a second warning is given to the same player.
g. record the delay of game suspensions including the time on the game clock when a player is suspended.
h. record the time on the game clock when a player or coach is given a yellow or red card.
i. notify the official immediately if a team receives a fourth card
j. notify the official when a 10 goal differential exists.
k. Record time outs taken by each team.

AR 3-3 A coach attempts to change his/her line-up after it has been given to the scorer and 5 minutes prior to game time. RULING: No changes to the line-up will be allowed 10 minutes prior to the game. The only exception is a change due to injury.

Official Timer

Section 16. The official timer will be from the home team and will sit at the scorer's/timer's table opposite the center circle.

Section 17. If the official timer is not seated at field level, the home team is responsible for ensuring the following duties are performed:
a. stop the clock at the whistle and arm signal after each goal. If there is a 10 or more goal differential, the clock will continue to run after goals and within the last 2 minutes of play in each half (no stop clock), except when the official signals timeout. If the difference becomes less than 10 goals, the stop clock procedure is reinstated.

NOTE: The clock shall be stopped during timeouts even if the game is being played with running clock due to the 10-goal differential. A running clock means that the clock is NOT being stopped after goals or on whistles in the last two minutes in each half.

NOTE: When leagues elect to play with "running clock", the clock will run after goals and stop on every whistle in the last two minutes of each half unless there is a 10-goal differential.

b. start the clock on the whistle at each draw.
c. sound a horn at the first stoppage of play
   1. to notify the official of an illegal substitute.
   2. if a clock has malfunctioned
d. sound the horn to indicate a timeout request by the team in possession during a dead-ball situation only.
e. notify the official when there are 2 minutes remaining in each half of the game.
f. 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. If the difference becomes less than 10 goals, the stop clock procedure is reinstated.
g. sound a horn to indicate the end of the half and the end of the game.
h. stop the clock for any other circumstances only upon the time-out signal and whistle from the official.
i. notify the official when a team requests a time-out and use a separate clock to time the time-out.
   1. time 2 minutes
   2. blow the horn at 1 minute, 45 seconds
   3. blow the horn at 2 minutes
j. note the time on the clock when a player is issued a green/red card for delay of game and time the 2-minute elapsed playing time penalty, and notify the coach when the 2-minute penalty time has ended.
k. note the time on the clock when a player or coach is issued a yellow (2-minute) or red card (4-minute)and time the elapsed playing time penalty, and notify the coach when the penalty time has ended.

NOTE: The home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table if official scoring and/or timing functions are not handled at field level.

RULE 4
TIME FACTORS and SCORING

Time Factors

Duration of Play

Section 1. The maximum regulation playing time is 50 minutes for high school or 60 minutes for adults, divided into two halves, or such time as agreed upon by the coaches. Halftime will be 10 minutes, but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game. Players must change ends to begin the second half. Play should be continuous, but at the discretion of the official time-out is taken for unusual circumstances, e.g., a broken crosse, animal on the field, lost ball, a ball that has gone too far out-of-bounds, spectator interference, delay of game. Time out must be taken in case of illness, accident, or injury, for the issuance of a card, to check a crosse, and anytime the draw must be retaken. EXCEPTION: When the 10 goal rule is in effect no time out should be called for a redraw.

Section 2. In all games, the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last 2 minutes of each half.

Section 3. If a team is leading by 10 or more goals, the clock will continue to run after goals and within the last 2 minutes of play in each half (no stop clock). If the difference becomes less than 10 goals, the stop clock is reinstated.

AR 4-1 A foul is called with 2:03 remaining on the clock. Play is not resumed until the clock reads 1:57. A coach argues that the timer should have stopped the clock at 2:00. RULING: The timer was correct to let the clock run. The clock stops for every whistle to stop play that occurs within the last 2 minutes of each half.

AR 4-2 At halftime of the game, Coach A decides she wants only 5 minutes instead of the ten minutes agreed upon before the game began. RULING: ILLEGAL. The halftime will remain as 10 minutes since this was agreed upon before the start of the game.

Team Timeouts

Section 4. Each team shall be permitted two timeouts during regulation game time that do not carry over into overtime. Each team is permitted one timeout during the entire 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. 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. The timeout shall be 2 minutes in duration commencing at the time the official calls the timeout. It is the responsibility of the coaches to gather their teams and to disperse them back onto the playing field. After 1 minute, 45 seconds, a warning horn/whistle will sound. At 2 minutes the horn/whistle will sound again. A minor foul will be called if a team is not ready to start after 2 minutes. Successive timeouts will not be allowed.

NOTE: If a possession timeout is requested and play will resume with a free position, the official should set up the free position, signal for the timeout and then allow the teams to leave the field.

Suspended/Interrupted Game

Section 5. Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The official's decision is final. A game is considered legal and complete if 80% of playing time has elapsed. An interrupted game continued on the same day shall be restarted from its point of interruption.

If a suspended game (one in which less than 80 % of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.

NOTE: If 80% of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.

NOTE:
1. If Player A is disqualified from Game 2 because of a red card received in Game 1, and Game 2 is suspended because of weather, etc., Player A may not participate in the completion of Game 2 no matter how much later in the season the game is played to completion. She may play in Game 3 if it is played before the completion of Game 2.

2. If Player A is disqualified during the play of Game 2 because of a red card received in Game 2, and Game 2 is suspended because of weather, etc., Player A may not play in Game 3 and she may not play in the completion of Game 2 no matter how much later in the season that game takes place.

3. If Player A is disqualified during the play of Game 3 because of a red card received in Game 3, and her previous game, Game 2, was suspended because of weather, etc., Player A may play in the completion of Game 2 even if it occurs immediately after Game 3. She may not participate in Game 4.

4. If Player A is disqualified from Game 2 because of a red card received in Game 1, and Game 2 is suspended because of weather, etc., but not played to completion by mutual agreement of the coaches, Player A does not have to sit out any additional time in Game 3. Game 2 is considered an official game and her suspension has been served.

All stats from a suspended game (goals, team cards, etc.) should carry over from one part of a game to another even if it is played on a separate day. Cards should be recorded in the official book.

Forfeited Game

Section 6. If a team leaves the field and refuses to play, the score of the game shall stand if the team remaining on the field was ahead at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

If a suspended/ejected coach or non-student team personnel refuses to leave the area, the official may declare a forfeit. The score of a forfeited game will be 1-0 in favor of the non-offending team. If the suspended/ejected individual is a student that individual may remain in the team bench area.

Overtime Procedures

Section 7. When the score is tied at the end of regular playing time and overtime is to be played, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. Two 3-minute halves of stop clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team which is ahead at the end of six minutes wins the game.

If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. The winner will then be decided on a "sudden victory" stop-clock overtime of no more than six minutes in length with the teams changing ends after 3 minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.

Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

It is recommended that for a one-day tournament the first six minute overtime be

omitted and the teams go immediately into “sudden victory”. To eliminate playing off games during the season a scoring system for league standings could be devised, i.e., 2 points for a win, 1 point for a tie, 0 points for a loss. Tournament committees may use any system for deciding a champion.

Scoring

Section 8. The team scoring the greater number of goals is the winner. In the event of the scores being equal, the result is a draw/tie. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the cross-bar from in front, having been propelled by the legal crosse of an attacking player, or the crosse or person of a defending player. If violation of jewelry, eye protection, or mouth guard is discovered immediately after a goal, the goal counts and the free position is taken at the center circle.

Section 9. A goal is not scored when:

a. the ball is put through the goal by a non-player.
b. the ball comes off the person of an attacking player.
c. the ball enters the goal after the whistle has blown or the horn has sounded.
d. the player shooting has stepped on or into the goal circle or any other attacking player has entered the goal circle.
e. the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player.
f. the field official has ruled that the shot or follow through is dangerous.
g. the ball enters the goal while the attacking team has an illegal player on the field.

NOTE: An extra player, suspended player, or a player not listed or incorrectly listed on the roster and/or in the score book at the start of the game is considered an illegal player. If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player shall be removed, and a free position shall be awarded to the opposing goalkeeper.

h. the ball enters the goal when the attacking team is offside.
i. the ball enters the goal from a crosse that does not meet specifications. If the player who shot the goal adjusts her crosse after an official's request for a crosse inspection, the goal will not count, and the crosse will be removed from the game.

   NOTE: The goalkeeper’s crosse must meet field crosse specifications in order to score a goal.

j. the ball enters the goal when a shot is taken from an indirect free position.

AR 4-3 During the game a goalkeeper with the goalkeeper’s crosse, outside her goal circle, tosses the ball back into her circle. In doing so the ball goes into the goal. RULING: GOAL. A goal may score off the crosse or person of a defending player.

AR 4-4 The attack shoots and scores a goal. The official immediately realizes that the attack is offside. RULING: NO GOAL. The official should sound her whistle, have everyone stand, and indicate no goal. The goalkeeper will be awarded a free position. The attack player who shot the ball will go 4m behind; the attack player closest to the restraining line will move back onside.

AR 4-5 A goalkeeper, with a goalkeeper’s crosse, throws the ball from her goal circle, the length of the field and it goes in her opponent’s goal. RULING: ILLEGAL, no goal. She may not score, for her team, with the large goalkeeper’s crosse. A minor foul is called and a free position is awarded to the opposing goalkeeper in her goal circle. The goalkeeper who shot the ball is allowed to remain in her goal circle.

RULE 5
PLAY of the GAME

Start/Restart of the Game

Section 1. Each half of the game and overtime period, and after each goal, the game is started by a draw except when a free position or a throw at the center line has been awarded. There must be twelve players on the field before the start unless a team does not have twelve eligible players in uniform or they are playing with fewer than twelve as a result of a card or cards being given. A maximum of three players from each team may be between the restraining lines during the draw until the whistle blows. All other players must be below either restraining line. Players must not enter the circle or cross the restraining lines until the whistle blows.

NOTE: When the game starts/re-starts with a free position or throw at the center line rather than with a draw, player positioning for the draw will apply.

NOTE: Players entering the circle or crossing the restraining line before the whistle blows have committed a draw violation. Any part of the foot on or over the line is considered a violation.

AR 5-1 As A1 scored a goal, B1 roughly checks the player to the ground. The official signals goal and then requests a time out. She issues a card for dangerous play, either yellow or red, to B1 and sends B1 from the field. How is play restarted? RULING: Player B1 is out of the game for two minutes (yellow) or four mintues (red) of elapsed playing time and no substitute may take her place. The game is restarted with a free position for Team A's center at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A's center at a 45 degree angle. No player from Team B is placed 4m behind.

AR 5-2 As time expires in the half, B1 checks A1 in the head. The official blows her whistle and issues a card to B1. How is play restarted? RULING: Player B1 is out of the game for two minutes of elapsed playing time and no substitute may take her place. The game is restarted with a free position for Team A's center at the centerline. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A's center at a 45 degree angle. No player from Team B is placed 4m behind. Team B sends 6 players to its defensive end.

RULING: LEGAL. Player positioning for the draw will apply. Since Team B does not have more than 3 players between the restraining lines and does not have too many players below the restraining line, they have met the conditions for the draw and playing short in the defensive end.

The Draw

Section 2. The opponents each stand with one foot toeing the center line. The crosses (shaft and head combined) are held in the air, above hip level with the lower side above the center line and back to back, so that the players' crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the center line. A player's top hand may not contact any part of the sidewall or pocket. The ball is placed between the crosses by the official and must be placed in the upper third of each head at its widest point. When setting up the draw, the official should be aware of possible height differentials between the centers and place the crosses in such a way that neither player gains an advantage. On the word "ready" the players taking the draw must remain motionless except for head movement until the whistle. On the whistle the two opponents must immediately draw their crosses up from the starting position. The flight of the ball must attain a height higher than the heads of the players taking the draw.

Section 3. An illegal draw results in a free position for the opponent at the center line. For the free position, a player from the offending team is placed 4m away to either side at an angle of 45 degrees to the center line towards the goal she is defending. If both players draw illegally or it cannot be determined why the draw was illegal the Official will call time out and a re-draw will occur. EXCEPTION: When the 10-goal rule is in effect no time out should be called for a redraw.

AR 5-3 The official has the two centers in position for the draw. As she is backing out and blowing the whistle to start, one of the centers fails to draw up. The official blows her whistle to indicate an illegal draw and awards a free position to the non-offending center. Must all other players return to their original positions? RULING: NO. Players must simply remain where they were when the whistle blew to indicate a foul. The game restarted with a draw, and then a free position was awarded as a result of a foul.

AR 5-4 The White center draws illegally while a player on the Blue team crosses the restraining line too soon. RULING: ILLEGAL. Since these actions are a violation of the draw rules by each team, the Official will administer a re-draw.

Start/Restart of Play

Section 4. The whistle is used to stop and start play. When starting play, the official will also give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The only exception to this is in the case of a "throw" where the visual arm signal is the actual arm movement forward on the toss of the ball as the official blows the whistle. The timer's horn will indicate the end of each half and overtime.

Stand

Section 5. The ball is "dead" when the official blows the whistle and no player, except the goalkeeper or her deputy within the goal circle, may move unless directed by the official, until the game has been restarted. The official directs any player who moves to return to her original position.

Restraining Line

Section 6. A team must not

1. Have more than seven players below the restraining line in their offensive end of the field.
2. Have more than eight players below the restraining line in their defensive end of the field.

Out of Bounds

Section 7. 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. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

Section 8. When a player's foot/feet are out of bounds she may not take an active part in the game (Minor foul). During the game players may not run out of bounds and re-enter to a more advantageous position (Minor foul).

Section 9. 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.

a. 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.
b. 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.
c. 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 a major foul.
d. 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.

Section 10. 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.

Section 11. To resume play when the ball has gone out of bounds:

a. The opponent 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 ball when it crosses the boundary, she will remain in her circle to restart play.
b. 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 feet).
c. All other players must maintain the field position they had when the whistle blew to stop play. Play is resumed with the whistle.

NOTE: Players should move only upon the direction of the Official.

Section 12. When a shot or deflected shot on goal goes out of bounds, the player who is inbounds and nearest to the ball 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 two opposing players are equidistant from the ball (stick or body) when it goes out of bounds a throw will be taken. 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.

Section 13. 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 players gains possession of the ball, or a player otherwise causes the ball to go out of bounds. It is the official's responsibility to determine if a thrown ball is a shot.

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.

Section 14. When the ball goes directly out of bounds from a legal draw, the official will call time out and the draw will be retaken. EXCEPTION: When the 10-goal rule is in effect no time out should be 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 should be 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: CHANGE OF POSSESSION. This is not a free position for a foul, but 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 should reposition 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 should be called. The Blue player used her body to change the direction of the ball.

Goal Circle Rules

Section 15. Only one player, either the goalkeeper or the person deputizing for her, is allowed in the goal circle at any one time. With the following exceptions, no other players are allowed to enter or to have their feet, body, or crosse on or over the goal circle at any time:

a. On a shot, the shooter may follow through with her crosse over the goal circle. Her feet must not touch the goal circle. The attacker's shooting motion must be initiated from outside the goal circle.
b. On a shot, the player(s) directly defending the shooter may reach into the goal circle with her crosse(s) to block the shot or check the shooter's crosse. A defender's feet must not touch the goal circle.

Section 16. The goalkeeper while within the goal circle:

a. must clear the ball within ten seconds after it has entered the goal circle.
b. may stop the ball with either hand and/or body as well as her crosse; if she catches the ball with her hand she must put it in her crosse and proceed with the game.
c. must remove a ball lodged in her clothing, protective equipment, or goalkeeper's crosse, place it in her crosse, and proceed with the game.
d. may reach out her crosse and bring the ball back into the goal circle provided no part of her body is grounded outside the goal circle.

AR 5-10 The goalkeeper stops a shot and the ball rebounds off her body and is now on the ground outside the goal circle. The goalkeeper reaches out and "rakes" the ball back into her circle. RULING: This is a legal play provided that no player from the other team is within playing distance and is disadvantaged because the goalkeeper covered the ball. If an opponent could have played the ball, the goalkeeper will be called for a minor foul.

Section 17. The deputy:

a. may only enter or remain in the goal circle when her team has possession of the ball.
b. must immediately leave the goal circle when her team loses possession of the ball.
c. may go into the goal circle to prevent a rolling ball from crossing the goal line.
d. while within the goal circle must clear the ball within ten seconds after it has entered the goal circle.
e. while within the goal circle may play the ball with her hand, place it in her crosse, and proceed with the game.

AR 5-11 A team chooses to have 12 field players on the field with no one wearing the protective equipment mandated for the goalkeeper. RULING: LEGAL. However, no one has the privilege of going into the goal circle to block a shot.

AR 5-12 A member of the team with no properly dressed goalkeeper runs into the goal circle to prevent a rolling ball from crossing the goal line. RULING: LEGAL. She has entered the goal circle after the shot has been taken and while the ball is on the ground. The defending team must still clear the ball within 10 seconds and immediately vacate the goal circle if/when her team loses possession of the ball.

AR 5-13 The Blue goalkeeper has the ball within the goal circle and the official has begun the 10-second count. The Blue team then calls a possession time out. What happens when play resumes? RULING: The official will continue the count from where she left off before play was stopped. NOTE: If the opposing team commits a foul, the original 10-second count is ended. A new 10-second count will begin.

Section 18. 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: The Goalkeeper (or her deputy) gains possession of the ball in the goal circle and passes or carries it out of the goal circle with her crosse. It has been cleared. It is touched by another player. It has now been played.

Section 19. When the goalkeeper or anyone deputizing for her is outside the goal circle:

a. she loses all her goalkeeping privileges.
b. she may only re-enter the goal circle without the ball.
c. she may propel the ball into the goal circle and then follow it in.
d. she must return to the goal circle to play the ball if it is inside the circle.

AR 5-14 The goalkeeper comes out of the goal circle and obstructs the free space to goal. RULING: ILLEGAL. Free position to the attacking team, and the goalkeeper goes 4m behind. The goalkeeper assumes all responsibilities of a field player when she leaves her goal circle.

The Throw

Section 20. The two players must stand with feet and crosses at least 1m apart and the defender is nearer to the goal she is defending. The official stands between 4m and 8m from the players and on the whistle throws the ball with a short high throw so

that the players take it as they move in towards the game. The throw is taken where the incident or foul occurs that caused play to stop except that no throw is taken within 8m of the goal circle or 4m of the boundaries. No players may be within 4m of the players taking the throw. If the throw is inaccurate or is not touched by either player, the throw is taken again. A throw is taken when:

a. the ball goes into the goal off a non-player, with the throw being taken to the side of the goal by two opposing field players nearest to the goal.
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.
e. a ball lodges in the clothing of a field player or official.
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 accident has been caused by a foul.
h. the game is stopped for any reason not specified in the rules

AR 5-15 As a draw is to be taken, both teams are found to have jewelry on. RULING: A throw is taken for offsetting fouls. Time is out after a goal. Players must remove the jewelry. If a player cannot remove it without delay a substitute must replace her.

AR 5-16 The defense is called for an illegal check. Once play has stopped the official discovers that both the attack and the defense are offside. RULING: A throw is awarded for offsetting fouls. A player from each team closest to the restraining line should be moved back onside. The official should pick one player from each team closest to the spot where the play ended and below the restraining line to take the throw. The official should avoid taking the throw too close to the restraining line.

AR 5-17 The official is holding whistle on an offside by the defense because the attack is on a scoring play. The attack charges into the defense player. RULING: A throw is awarded for offsetting fouls. The defense player closest to the restraining line should be placed back onside. The official should pick one player from each team and administer a throw. The throw should not be taken within 8m of the goal circle.

AR 5-18 Defense player B1 is called for an illegal check against A1. Play is stopped and A1 is awarded a free position. Before play is restarted, the official notices that A1 is wearing jewelry. RULING: A throw is awarded for offsetting fouls. A1 must remove the jewelry before play is resumed.

AR 5-19 Attack player A1 is checked in the head by B1. The official calls time out, issues a card to B1, and awards A1 a free position. As B1 is leaving the field, she is pushed by A2. The official issues a card to A2 and sends both players from the field with no substitutes allowed. How is play restarted? RULING: Because Team A committed a subsequent foul before play had restarted, there is a change of possession and a free position for Team B at the site of the ball. A member of Team B closest to this spot will be moved to take the free position. A1 and all other players should be moved 4m away from the player now taking the free position. Because each team is playing a person down, no player from Team A is placed 4m behind.

Substitution

Section 21. Each team may substitute an unlimited number of players at any time during play, after every goal and at halftime (including overtime). During a substitution because of injury, or if a player is sent from the field for any reason, no other players may substitute or exchange positions on the field. In these situations the official will make sure that any substitute assumes the same location as the player she is replacing and that no advantage is gained. Timeout is not taken for substitution during the normal course of play. Re-entry is permitted.

Substitution Procedures

Section 22. All substitutions must be made through the substitution area, and during play, all players, including the goalkeeper, must come off the field and exit between the cones/markers before a substitute may go on to the field.

a. During Play: the player must enter the game through the substitution area and not enter this area until her substitution is imminent. A substitute must not go onto the field until the player she is replacing has entered the substitution area (this includes the goalkeeper). The player exiting the field has the right of way and any players in the substitution area must yield their position and allow her to exit. No other players shall be in this area except those involved in the imminent substitution. Substitutes must not block the view of scorer's table personnel.

NOTE: A guideline to follow when judging "imminent": When the player wishing to sub has called the name of the player to come off and that player is in the act of running to the substitution area, then a substitution is imminent.

b. After a Goal: Players substituting after a goal is scored may immediately enter the game and do not have to wait for the teammates they are replacing to come completely off the field. All players must enter and exit the field through the substitution area. Substitutions may not take place after the official's hand is in contact with both centers' sticks at the draw. The officials will ensure that all replaced players leave the field before the game restarts. No other players or coaches are permitted in the substitution area except those players waiting to immediately enter the game. When an illegal substitution occurs, the scorer/timer will immediately notify the nearest official.

c. Injury: substitution, not to exceed 30 seconds, must be made in case of injury. EXCEPTION: In the event of an injured goalkeeper, if the backup goalkeeper is in the game as a field player she will be permitted time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace that field player. If a free position is to be taken and a team has no substitute available, the official may move the nearest player to assume the position of the player who left the field.

d. Player Suspension/Ejection: No substitution will be allowed. EXCEPTION: if the player receiving a yellow card is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time. If the goalkeeper receives a second yellow card or a red card, she may not return to the game. The team may substitute another goalkeeper and the team's coach must designate another player who must leave the field for two minutes (yellow) or four minutes (red) of elapsed playing time.

AR 5-20 The goalkeeper is hurt, while in the goal circle, and the back up goalkeeper is on the field in an attack position. The back-up goalkeeper leaves the field during the injury time out to put on goalkeeper equipment. When play is to resume, she is in the goal circle. RULING: LEGAL. If the back-up goalkeeper is in the game as a field player, she will be allowed to assume the position of the injured goalkeeper when play is to resume.

Illegal Substitution

Section 23. Should an illegal substitution occur, the official will call a timeout and remove the illegal player. The penalty for illegal substitution is a free position for the opposing team at the spot where play was to resume before the illegal substitution occurred. For breach of this rule simultaneously, the official will award a throw at the spot where play was to resume. If, before a goal is scored, a team is discovered to have an illegal player(s) on the field, the player(s) will be removed, a free position awarded to the opposing team at the spot where play was to resume before discovery of the illegal player(s). If the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered.

If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player shall be removed, and a free position shall be awarded to the opposing goalkeeper.

NOTE: An extra player, suspended player, or a player not listed or incorrectly listed on the roster and/or in the score book at the start of the game is considered an illegal substitute. A player not listed by name and uniform number before the game may be added to the roster and/or scorebook when the error is discovered and a penalty imposed against her team.

AR 5-21 Player A is running toward her team substitution area when the whistle blows to stop play. She continues moving and attempts to complete the substitution. RULING: ILLEGAL. She must be directed to return to her original position when the whistle blew. After the whistle is blown to restart play she may move to complete the substitution. Continued violation should be penalized as an intentional delay of game.

Accident, Interference, or Any Other Incident

Section 24. If the game has to be stopped due to an accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown, the game is re-started 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 within 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 and play is restarted at the spot of the ball. If two players are equidistant from the ball, a throw is taken.

AR 5-22 An incident off the ball causes play to be stopped. There is no foul and the person in possession of the ball is only 3m from the goal circle. RULING: The player with the ball and all those around her will remain where they are and play will be restarted at the spot of the ball.

Section 25. Timeout is called 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. A substitute must take her place. No one from the sideline may come onto the field without the permission of the official. No sideline personnel may come onto the field for the purpose of coaching. No player may leave her area of the field for the purpose of being coached. If a free position is to be taken and a team has no substitute available, the official may move the nearest player to assume the position of the player who left the field. If the injured player is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game.

NOTE: 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. See Appendix J - Suggested Guidelines for Management of Concussion.

Officials must not attempt to diagnose a concussion, as they are not qualified to do so. The officials and coaches need to practice due diligence to ensure the safety of all players. If there is not an appropriate heath-care professional available for evaluation, then the default is that the player may not return to play (RTP).

Ball Lodged in Clothing or Crosse

Section 26. When the ball lodges:

a. in the clothing of a field player, a throw is taken with the nearest opponent.
b. in the crosse of a field player, the crosse no longer meets specifications and must be removed from the game immediately. A minor foul is called, and the official will take time-out to remove the crosse.
c. in the goal netting or in the protective equipment or in the clothing or crosse of the goalkeeper while she is within the goal circle, she removes the ball, places it in her crosse and proceeds with the game.
d. in the clothing of an official, a throw is taken by the nearest two opponents.

Equipment Inspection

Section 27. The head coach is required to verbally certify that all her team's equipment (crosses, eye protection, balls, etc.) is legal under these rules. At any time before or during the game, the officials may inspect any equipment in use.

Section 28. All the crosses that might be used in the game must be inspected by the officials before the game begins. At any time during the game, at the official's discretion, time out may be called to re-inspect any crosse in use. The official shall also inspect the pocket of any player's crosse upon request of the opposing coach or any opposing player on the field.

a. Should the crosse meet specifications, the game shall be re-started by the ball being given to the player who was in possession of the ball, or closest to the ball if there was no possession, when time out was called. This shall count as the team's allowable request. There shall be no penalty for this request. For any additional requests for inspection of any crosse meeting specifications, a penalty for a minor foul is awarded.

b. Should the crosse not meet specifications, it shall be removed from the game by the official and placed at the scorer's table for the remainder of the half. Any crosse not meeting specifications may be re-inspected (at half time or before any overtime period) by the official for use in the second half or overtime period. The team requesting the stick check will not lose its ability to request additional checks any time the stick is found to be illegal. After the removal of a crosse not meeting specifications, the game shall be re-started with a free position to the opponent nearest the ball when play was stopped. If the illegal crosse is an offsetting foul, a throw will be taken.
c. In the event that a goal was scored with a crosse that does not meet specifications, the goal shall not count, the crosse shall be removed, and play shall be resumed with a free position for the opposing goalkeeper. Once the game is restarted with the draw, the goal shall stand. If after a goal is scored and before the game is restarted with the draw, any player other than the shooter is found to have a crosse not meeting specifications, a free position will be taken at the center by the opposing team.
d. If after a goal is scored and before the game is restarted with the draw, any player other than the shooter is found to have a crosse not meeting specifications, a free position will be taken at the center by the opposing team.

NOTE: The player found to have an illegal crosse will be allowed to enter the bench area to obtain another crosse and immediately return to her place on the field. No substitutes are allowed during this stoppage of play.

Section 29. 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 moves freely within all parts of the head and pocket, and that the ball falls freely from the pocket once the head of the crosse is turned over.

RULE 6
FOULS

Major Fouls

Section 1. The following are major fouls:

a. **Crosse in the Sphere**:
   1. Defense – A player may not reach into or through the sphere or hold her crosse around the throat of an opponent. She may not directly poke or wave the crosse near an opponent's face
   2. Offense – (Illegal cradle): 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. **Rough/Dangerous Check**: roughly or recklessly check another player's crosse. A player may not check toward the body or make a sweeping check from behind that contacts the opponent's body. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body.
c. **Check to the Head** (MANDATORY CARD): no player's crosse may hit or cause her opponent's crosse to hit the opponent's head.
d. **Slash**: (MANDATORY CARD) reckless and/or dangerous swing of the crosse at an opponent's crosse or body. A slash will be called regardless of whether or not contact is made with an opponent's crosse or body.
e. **Dangerous Propelling** (MANDATORY CARD): propel the ball with her crosse in a dangerous or uncontrolled manner at any time.
   NOTE: Any shot directed at or taken without regard to the positioning of a field player is dangerous propelling.
f. **Dangerous Follow-Through** (MANDATORY CARD): follow through with her crosse in a dangerous or uncontrolled manner at any time
g. **Illegal Contact**: crosse to body, or body to crosse contact, for example:
   1. A stick held in a horizontal position that makes contact with an opponent's body
   2. A player pushing into an opponent's stick.
h. **Cross-Check**: Using 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.
i. **Illegal Use of the Crosse**: using the crosse in a dangerous and/or intimidating manner, for example:
   1. lowering the head of the crosse into a horizontal position and initiating crosse to body contact
   2. any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play.

j. **Three Seconds**: while defending within the 8-meter arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick's length. The 3-second rule is in effect when the team in possession of the ball crosses the ball over the restraining line into their attacking end of the field.
   1. The defense is not exempt from the 3-second rule by virtue of double teaming/ multiple teaming a non-ball attack player in the arc. The 3-second count will continue against the original non-marking defense player within the arc, until there is again only one defender on the non-ball attacker.
   2. A defensive player, who is marking an unmarked opponent who is standing directly behind the goal circle is exempt from the 3-second rule, but is responsible to simultaneously abide by Rule 6-1k. A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle cannot be penalized for the 3-second rule when drawn into a double or multiple team by the attacking non-ball players.

k. **Obstruction of the Free Space to Goal** (shooting space): with any part of her body guard the goal outside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player.
   1. This positioning applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player.
   2. This positioning applies to a defender not marking an attack player within a stick's length.

   NOTE: This call should be made only if the player with the ball has the opportunity to and is looking to shoot.

   Scenario 1: An attack player is being double or triple teamed. She does not have the opportunity to shoot. Obstruction of free space to goal should not be called. If she shoots, strong consideration should be given to calling dangerous propelling.
   Scenario 2: An attack player has the opportunity to shoot but is looking to pass to a teammate. Obstruction of free space to goal should not be called.
   Scenario 3: An attack player is attempting to move towards goal for a shot. Her teammate is within the free space to goal with her legally marking defender. The attack does not have an opportunity to shoot. Obstruction of free space to goal should not be called.
   Scenario 4: An attack player has not controlled the ball and established herself in a viable shooting position when the defense is in the free space to goal. When she establishes control, the defense has moved out of the free space to goal. Obstruction of free space to goal should not be called.

   Scenario 5: An attack player at the 12m has received and controlled the ball and turns towards goal with the opportunity to shoot. A defender is playing zone defense outside the 8m (not within a stick's length of any attackers and within the free space to goal). Obstruction of free space to goal should be called.

   NOTE: Defense players who are double or multiple teaming a player without the ball and are within a stick's length are exempt from the obstruction of free space to goal. They must, however, continue to abide by the 3-second rule

l. **Dangerous Shot**: shoot dangerously or without control.
   1. A dangerous shot is judged on the basis of the combination of distance, force and placement.
   2. A shot should not be directed at the goalkeeper's body, especially her head or neck. This would not apply if she moves into the path of the ball.
   3. A shot may be uncontrolled even if it misses the goal.

m. **Forcing Through**: while in possession of the ball, try to force her crosse through an opposing crosse(s) in such a way as to cause her own crosse to contact her body.
n. **Pushing**: push the opponent with the hand or body
o. **Reach Across the Body**: reach across an opponent to check the crosse when she is level with or behind her.
p. **Blocking**: block her opponent by moving into her path without giving her a chance to stop or change direction.
q. **Charging**: charge, barge, shoulder, or back into an opponent.

   NOTE: Body to body contact may be called charging, blocking or no call (incidental contact). Body to body contact made in an effort to change the direction of the opponent (such as shouldering, leaning, or using elbows and knees outside of the frame of the body that make contact) should be called. Crosse to crosse contact is either a legal or illegal check.

r. **Illegal Pick**: set a moving or stationary pick out of the visual field of an opposing player which does not allow enough time or space to stop or change direction and contact occurs.
s. **Detaining**: A player may not hold her crosse in such a manner as to restrain or detain a player.
t. **Hooking**: use the webbed area of her crosse to hook the bottom end of an opponent's crosse.
u. **False Start**: before the whistle, step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent.

v. **Tripping**: trip an opponent, deliberately or otherwise
w. **Holding**: hold an opponent at anytime by holding or pushing against her body, clothing, or crosse with an arm, leg, body or crosse.
x. **Playing the Ball Off an Opponent**: push, flick, or bat the ball into an opponent's feet or body causing the ball to go out of bounds.
y. **Illegal Shot**: shoot from an indirect free position.
z. **Illegal Deputy**: An unprotected field player may not remain in the goal circle when her team is not in possession of the ball.

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.

AR 6-1 Incidental contact occurs between A1 and B1 when both are going for the ball. RULING: NO CALL. Realize some incidental contact may occur when two players are going for the ball.

AR 6-2 Attack player A1 has the ball in front of goal between 12 and 15m, and her teammate A2 is being guarded deep and to the side of the goal circle by a defensive player. The low attack (A2) player begins to run across the goal, and her defense (D2) player decides to stop and tries to play the attack (A1) player, moving straight on to her, more than an arm and sticks length away. RULING: ILLEGAL. Major Foul, obstruction of free space to goal. The defense player must approach from an angle. The defense player can not run directly at A1, (body to body), with her body in the free space to goal. She would be legal if she ran at an angle with the body out of the free space to goal. The defender is permitted to hold her stick in the free space to goal.

AR 6-3 Attack (A1) shoots on goal, the ball goes into the goal as A1 hits the defender (B1) on the shoulder with her follow through. RULING: ILLEGAL. No goal; free position for B1 8m from the goal. A card (yellow or red) must be given to A1. No substitute is allowed and no player from Team A is placed 4m behind B1.

AR 6-4 An attack player false starts when she has a free position at an 8m hash mark. She is warned and given a second chance. RULING: INCORRECT PROCEDURE. False start is a major foul with a change of possession.

Minor Field Fouls

Section 2. The following are minor field fouls:

a. **Covering**: guard a ground ball with her foot or crosse.
b. **Empty Stick Check**: check or impede an opponent's crosse when her crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball.

c. **Warding**: guard the crosse with an arm. If one hand is removed from the crosse, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the crosse.
d. **Hand Ball**: touch the ball with her hand, except the goalkeeper or deputy within the goal circle.
e. **Squeeze the Head of the Crosse**: use her hand or body to keep the ball in the crosse, i.e. squeezing the head of the crosse.
f. **Body Ball**: 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.
g. **Improper Use of Crosse**:
   1. throw her crosse in any circumstance.
   2. take part in the game if she is not holding her crosse.
h. **Illegal Draw**: draw illegally.
   1. either player draws too soon.
   2. no attempt is made to draw up.
   3. movement of the crosse is not up.
   4. player taking the draw moves after the official says "ready" and before the Official's whistle.
   5. ball does not go higher than the heads of the players taking the draw.
   6. step on/into the center circle or illegally cross the restraining line before the whistle.
i. **Illegal Crosse**: play with a crosse that does not meet specifications.
   1. score a goal with a crosse that does not meet the field crosse specifications.
   2. adjust the strings/thongs of her crosse after an official inspection of her crosse has been requested during the game. The crosse must be removed.
   3. request, for a second time, the inspection of any crosse meeting specifications.
j. **Resumption of Play**: failure to be ready to start play after a 2-minute team timeout or following half time.
k. **Improper Equipment**:
   1. take part in the game if she is wearing jewelry.
   2. failure to properly wear a mouthpiece
   3. failure to properly wear eye protection
   4. take part in the game if her uniform does not meet specifications
l. **Illegal Substitution**: substitute illegally.
m. **Delay of Game**: intentionally delay the game
   1. failure to stand when the whistle is blown to stop play (creeping)

2. failure to move 4 meters away on a free position.
3. any type of behavior which in the official's opinion amounts to delay.

n. **Play From Out of Bounds**: take an active part in the game when her foot/feet are out of bounds.
o. **Illegal Re-entry**: run out of bounds and re-enter to a more advantageous position.
p. **Illegal Timeout**: a team requesting more than two timeouts.

AR 6-5 On a slow whistle, the scoring play has ended and the attack has been awarded a free position. The official notices that an attack player is not wearing a mouth guard. RULING: ILLEGAL. Minor foul. A throw is awarded for offsetting fouls.

AR 6-6 As a number of players are attempting to gain possession of a ground ball, the ball takes a bad bounce, hits off the back of B1's leg and goes directly to her teammate B2. RULING: LEGAL. B1 did nothing deliberate to the ball in this instance and no foul should be called.

Goal Circle Fouls

Section 3. A field player must not enter or have any part of her body or crosse on or in the goal circle at any time except in the following circumstances:
a. She is deputizing for the goalkeeper.
b. The shooter may follow through with her crosse over the goal circle, however, her feet must not touch the goal circle, and her shooting motion must be initiated from outside the goal circle.
c. The player(s) directly defending the shooter may reach into the goal circle with her crosse(s) to block the shot or check the shooter's crosse, however, the defender's feet must not touch the goal circle.

Section 4. A field player must not enter or remain in the goal circle illegally as a deputy.

Section 5. The goalkeeper or her deputy must not:
a. allow the ball to remain in the goal circle longer than 10 seconds.
b. when inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with her hand.
c. when any part of her is grounded outside the goal circle, draw the ball into her goal circle.
d. step back into the goal circle when she has possession of the ball.
e. when outside the goal circle, throw any part of her equipment to her deputy.
f. clear the ball by throwing it with her hand.

Section 6. 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.

Team Fouls/Offside

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.

NOTE: Players may exchange places during play, but a player should have both feet out before her teammate can enter. Any part of the foot on or over the line is considered a violation. Players may reach over with their stick to play the ball, as long as no part of her foot is on or over the line.

AR 6-7 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: Call time out. Correct the offside. Remove the Blue illegal substitution 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.

Misconduct

Section 8. The following are misconduct fouls:
a. excessively rough, dangerous, or unsportsmanlike play.
b. persistent or flagrant violation of the rules.
c. deliberately endangering the safety of an opposing player.
d. baiting or taunting which is intended or designed to embarrass, ridicule, or demean others.
e. excessive dissent or abusive language.
f. non-playing team member leaving their team bench area during the game.
g. coach leaving her coaching area.
h. any type of behavior which in the Official's opinion amounts to misconduct.

AR 6-8 A defender B1 is marking an attack player A1 in front of goal, the attack player with the ball (A2) shoots at goal; at the last second A1 ducks out of the away. RULING: This can be dangerous play and a free position can be awarded to the defensive player and a card given to the shooter.

RULE 7
PENALTY ADMINISTRATION

General Penalty Administration

Section 1. The penalty for fouls is a "free position." In the event of two players committing offsetting fouls, a throw is taken. Repeated or persistent minor fouls must be penalized as major fouls. Repeated or persistent major fouls must be carded. Timeout must be taken for the issuance of a card.

When the game starts/restarts with a free position or throw at the center line rather than a draw, player positioning for the draw shall apply. For the free position, a 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. All players will stand.

Any unsportsmanlike act of a violent nature by a player or coach occurring anywhere on the field may be penalized at the 8 meter arc of the offending team. The free position is taken by the closest player on the field to the center hash mark. No players are moved except the one taking the free position and as necessary to clear the 8m arc. Play is resumed with the whistle.

Section 2. The official indicates where the player taking the free position is to stand. The free position shall be at the spot of the foul unless specifically directed by the rules or the spot of the foul would disadvantage the non-offending team in which case the free position shall be at the spot of the ball. No player or her crosse is allowed within 4m of the player taking the free position; if anyone is within this distance she must move to a position indicated by the official. No free position may be taken closer than 4m to a boundary line. No free position may be taken closer than 8m to the goal circle except by the goalkeeper who may be awarded a free position inside the goal circle.

Section 3. If any foul prevented an almost certain goal, the official can order the goalkeeper from between such a free position and the goal.

AR 7-1 An attack player is running down the far side of the field with the ball. The official calls time out to warn an attacking teammate who has been mouthing off. RULING: Issue a yellow card for misconduct. Change of possession at the site of the ball. Moving the free position to the spot of the foul would be a disadvantage to the non-offending team.

AR 7-2 As time is running out in a 1-goal game, a Blue player passes from midfield to her attacking end. A White player cross-checks her roughly after the release of the pass. RULING: Call timeout. Issue a card to the White player. Set up the free position at the spot of the ball . No White player behind. If 7 White players are below the restraining line, take the White player nearest the restraining line and move her above the restraining line. Moving the free position to the spot of the foul would be a disadvantage to the non-offending team.

AR 7-3 The goalkeeper is out of the goal circle when a foul is called against the defense. The resulting free position calls for the arc to be cleared with the goalkeeper remaining outside the goal circle. As the whistle blows to start play the attack player prepares to take a shot at the undefended goal. A defender flagrantly obstructs the free space to goal. The official blows her whistle immediately thus stopping the shot. RULING: Obstruction of the free space to goal requires an immediate whistle from the Official. Because the foul prevented an almost certain goal, the official must remove the goalkeeper from the goal circle. The official must issue a red card to the player who committed the flagrant foul.

AR 7-4 A Blue attack player charges while in the 8m arc. The White defense is awarded a free position on the arc with the ball going out. The White player with the ball then false starts. RULING: While the defending team did commit a major foul, the player with the ball is considered to be outside the 8m arc. The ball is given to the Blue team player closest to the spot of the foul, the lane is cleared and the White team player who committed the foul is placed 4m behind.

Free Position - Placement of Players

Major Fouls

Section 4. For major fouls anywhere on the field, the offending player will stand 4m behind the player taking the free position. This also applies to the goalkeeper or her deputy whether she is within or outside the goal circle. A verbal caution or warning may be given. When the goalkeeper is awarded a free position within the goal circle, the player committing a major foul is placed 4m behind the goal circle.

Minor Fouls

Section 5. For minor fouls anywhere on the field, the offending player will stand 4m away in the direction from which she approached before committing the foul. This applies to the goalkeeper if she is wholly outside the goal circle. For minor fouls involving jewelry, illegal uniform, or failure to wear a mouthpiece or eye protection, a substitute must replace the offending player unless correction can be made without delay.

Team Fouls/Offside

Section 6. If the attack fouls, the closest defense player to the spot of the ball will be awarded a free position at that spot (no closer than 8m to the goal circle). The attack player with the ball will go 4m behind; the attack player closest to the restraining line will move back onside. If the attack player with the ball is closest to the line, the next closest attack player will move back onside.

NOTE: If the attack has possession of the ball, the whistle should sound as soon as the violation occurs.

NOTE: If the attack is offside but the defense gains possession of the ball before the foul can be called, the official may hold whistle and not penalize the offside if the defense is able to maintain the advantage and clear over the restraining line to go on attack.

Section 7. If the defense fouls and the ball is outside the critical scoring area or below the goal line extended when the violation is called, the attack will be awarded a free position at that spot (no closer than 8m to the goal circle). Closest defense player will go 4m behind; defense player closest to the restraining line will move back onside.

Section 8. If the defense fouls and the ball is inside the critical scoring area and above the goal line extended when the violation is called, the attack will be awarded a free position at the center of the 12m fan. Closest defense player will go 4m behind; defense player closest to the restraining line will move back onside; penalty lane will be cleared; the goalkeeper may return to the goal circle.
NOTE: The entire goal circle is considered to be above the goal line extended.

Section 9. If the defense fouls and the play ends with another major foul by the defense:

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 critical scoring area - penalize the offside foul (move the free position up to the top center of the 12m fan, clear lane).

NOTE: Violation of the restraining line by the defense may be a held whistle - official must evaluate if the attack is on a scoring play/maintaining advantage.

AR 7-5 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 goal line extended the free position is awarded at that spot. If the ball is inside the critical scoring area and above goal line extended, or inside the goal circle, the free position is awarded at the top center of the 12m fan. Attack player with the ball to the spot of the free position; nearest defense player placed 4m behind; closest defense player to the restraining line will move back onside.

AR 7-6 The goalkeeper has moved outside her goal circle to play the ball when offside is called on the defense. The free position is being awarded at the top of the12m fan. Is the goalkeeper allowed to return to the goal circle? RULING: Yes, she may move back into her goal circle.

Section 10. If players from both teams are offside, a throw will be taken below the restraining line at or near the spot of the ball when play stopped, at least 8m from the goal. The players nearest to the restraining line from both teams will move back onside.

Goal Circle Fouls

Section 11. The penalty for goal circle fouls by the defense other than for an illegal deputy shall be a free position taken 8m out to either side level with the goal line. The offending player, except the goalkeeper or her deputy within the goal circle, shall be placed 4m behind the player taking the free position. The goalkeeper remains on the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle. The penalty lane above the goal line shall be cleared. The goalkeeper in the penalty lane may clear back into the goal circle if she did not foul. The deputy within the goal circle must clear the goal circle.

The penalty for goal circle fouls by the attack shall be a free position taken by the goalkeeper, or her deputy, within the goal circle. The offending player shall be placed 4m behind the goal circle. If the ball is in the goal circle and the goalkeeper is out of the goal circle, the official shall designate the closest defensive player to enter the goal circle for the free position.

The penalty for an illegal deputy shall be treated as a major foul. The free position will be awarded to the attack at the 8 meter center hash mark, the deputy will be put 4 meters behind, and the goalkeeper may NOT clear back into the goal circle.

AR 7-7 A goalkeeper is grounded, straddling the goal circle, and pulls the ball back into the goal circle. RULING: ILLEGAL. Goal circle foul. The goalkeeper may return to the goal circle and the free position is taken 8m out to either side level with the goal line. No other defense player is moved behind. The penalty lane above the goal line shall be cleared.

Resumption of Play

Section 12. The player awarded the free position takes the ball in her crosse and on the whistle with arm signal from the official, the game is restarted and the player may run, pass or shoot. EXCEPTION: The player taking an indirect free position may not shoot until the ball has been played by some other player.

Special Situations - Placement of Players

In the critical scoring area, outside the 8 meter arc

Section 13. For a major foul by a defense player, the free position will be taken on the spot of the most recent foul. If the foul occurs within the "pie shape area" between 8m arc and goal line extended, the penalty will be administered on the hanging hash mark. All players' bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle. The goalkeeper in the penalty lane may clear back into the goal circle if she did not foul.

In the 8 meter arc

Section 14. For a major foul by a defense player which occurs in the 8 meter arc all players' bodies and crosses must be cleared from the 8 meter arc and penalty lane if necessary. The goalkeeper in the 8m may clear back into the goal circle if she did not foul. The player who was fouled will move to a hash mark nearest the spot of the foul, on the 8 meter arc. The player who fouled moves to the 12 meter fan directly behind the player taking the free position. All players remaining in the arc must take the shortest route out.

NOTE: After the player taking the free position has been placed on a hash mark and the offender 4m behind, the players remaining in the arc will take the shortest route out of the arc and maintain position relative to one's position inside the arc. 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.

Section 15. For a major foul by a defense player which occurs outside the 8 meter arc, and the scoring play ends inside the 8 meter arc without an additional foul occurring, the free position will be taken on the spot of the foul by the player who was fouled or attack player nearest to the spot of the foul. All players' bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle.

Minor field fouls inside the 12 meter fan

Section 16. For a minor foul by a defense player occurring in the 12 meter fan and the slow whistle rule is not in effect, the player fouled will move to the nearest spot on the 12 meter fan. All other players shall remain in their same positions with the exception of the fouling defense player who shall move 4m from the player taking the free position, relative to their position at the time of the foul. This is an indirect free position and no shot may be made by the player taking this free position until the ball has been played by some other player.

AR 7-8 White attack player looks to pass to a teammate on an indirect free position and is pushed by a Blue defense player. The official blows the whistle and sets up a White free position no closer than 8m from the goal circle with the Blue defense player behind. The White attack player shoots and scores. The official indicates a goal. RULING: CORRECT. Since the defense player fouled the attack player and play stopped, the indirect free position is over.

AR 7-9 Immediately following an indirect restart, the ball carrier is running in the direction of the goal as a defense player jumps into the free space to goal. The official whistles for Obstruction of Free Space to Goal. RULING: INCORRECT. The conditions for a shot to be taken have not been met, therefore, Obstruction of Free Space to Goal may not be called.

Section 17. For a minor foul by an attack player, the player fouled will take the free position on the spot of the foul, but no closer than 8m from the goal circle, unless the goalkeeper has been fouled within the goal circle.

NOTE: Officials are encouraged to hold their whistle in the event that a Minor Foul is committed by a defense player when the attack player may have the opportunity to shoot.

Slow Whistle

Implementation

Section 18. A slow whistle is a held whistle for a Major Foul by the defense, in the critical scoring area when an attack player is on a scoring play. The official will indicate this slow whistle by raising a yellow flag vertically above her head.

Section 19. A slow whistle is in effect when an attack player in the critical scoring area is on a scoring play and is fouled by a defense player committing a Major Foul but retains possession of the ball or when an attack player in the critical scoring area is on a scoring play and a Major Foul is committed against an attack teammate without the ball.

Section 20. The official immediately blows the whistle when there is an obstruction of the free space to goal. The official may, at any time following the flag, blow the whistle to halt potentially dangerous play.

Scoring Play

Section 21. A scoring play is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

a. a shot is taken.
b. the attacking team loses possession of the ball. A bounce pass is not considered 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.
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.
e. the attacking team fouls.

Enforcement of the slow whistle

Section 22. If the attacking team chooses to shoot the advantage indicated by the flag is complete, the official lowers the flag, and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded to the player fouled or to the attack player nearest the spot of the foul if:

a. the attacking team does not shoot and the scoring play ends.
b. the shot is affected by the foul so that no advantage is gained.
c. a cardable foul is committed by the defense.

Section 23. The offending or nearest defense player is penalized according to Major Foul conditions. The next nearest defense player may move to 4m relative to the player with the ball. All players and their crosses must move out of the penalty lane until play is restarted.

Section 24. During a slow whistle situation, if there are additional Major or Minor Fouls by the defense, the attack will be awarded the ball at the 8 meter hash mark nearest to the most recent foul at the end of the unsuccessful scoring play.

AR 7-10 On a slow whistle (flag has been raised), the goalkeeper commits the next foul ending the scoring play. RULING: Free position to the attacking team, arc is cleared and the goalkeeper is placed 4m behind the 8m free position.

Section 25. The goalkeeper may return to her goal circle if:

a. she has moved outside and made an interception or any legal play on a slow whistle thus causing the end to the scoring play.
b. she has moved outside the goal circle and gained possession of the ball on an out-of-bounds slow whistle, thus ending the scoring play.
c. she has moved outside the goal circle on a slow whistle and is fouled by the attack ending the scoring play.
d. she is in the arc when the whistle blows and has not fouled and the arc is to be cleared.
e. she is in the penalty lane when the whistle blows and has not fouled and the penalty lane is to be cleared.

Section 26. If during a slow whistle situation, the attack player or one of her teammates commits a foul, it will be treated as an offsetting foul and a throw will be taken out to the side of the field and nearest to the spot of the foul that caused play to stop, but no closer than 8m from the goal.

Foul During or After a Goal

Section 27. Any foul committed during the act of shooting or after the 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 (8.8 yds.) to the goal circle. A goal circle violation or a dangerous shot by the attack will result in a free position for the goalkeeper. A throw will be taken 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.

AR 7-11 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.

AR 7-12 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 and awarded a free position to restart play.

AR 7-13 The Blue attack player moves towards goal, shoots, and scores. As the teams are moving back towards the center to restart player 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.

AR 7-14 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.

Issuance of Cards

Delay of Game

Section 28. Timeout must be called to administer a delay of game card. The first violation should be followed by a green card which shall be recorded in the scorebook against the offending team. A change of possession takes place if applicable for the minor foul.

On the next delay of game the official will show a green and yellow card to the offending player and award the appropriate penalty (major foul). The offending player may remain in the game.

Any subsequent delay of game offenses will result in a green and red card being given to the offending player and award the appropriate penalty (major foul). The player receiving the green/red card must leave the field and enter the penalty area for 2 minutes of elapsed playing time, which will carry over to the second half or overtime if necessary. A substitute must take her place. The official timer will be responsible for timing the 2 minutes and indicating to the scorer when the player may return.

Misconduct and Suspension

Section 29. The penalty for misconduct shall be the same as for all major fouls. In addition to awarding a free position, the official will issue a yellow or red card. Issuance of cards should be considered a warning to all players.

AR 7-15 The officials have carded the green team a number of times for excessively rough fouls (check to the head, cross-check, etc.). A player who has not previously been issued a yellow card then commits a slash. The official calls time out and issues a red card to the offending player. RULING: CORRECT. The officials are not required to issue a verbal caution before issuing a yellow card or a yellow card before issuing a red card. Issuance of a card is considered a warning to all players.

Administration

Section 30. Timeout must be called to administer warnings, suspensions, and ejections. The player receiving a card must leave the field and enter the penalty area for two minutes (yellow) or four minutes (red) of elapsed playing time, and no substitute may take her place. No player on the penalized team must be moved 4m behind. (Exception: See Goalkeeper Misconduct). If a goal is scored, the free position will take place at the draw with the opposing center 4m away at a 45-degree angle. Her team must play short-handed below the restraining line in both its offensive and defensive ends of the field for the entire penalty time. A player receiving a yellow card may return to play after the two-minute penalty.

Goalkeeper Misconduct

Section 31. If the player receiving the yellow card is the goalkeeper and there is no other “dressed” goalkeeper for her team, the goalkeeper may 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. Either she or the second dressed goalkeeper who enters the game will be placed 4m behind the player with the ball on the restart of play. This will apply no matter where the goalkeeper is when she commits the foul, either inside or outside her goal circle. If a goal is scored and a free position will take place at the center, the goalkeeper or her substitute may remain in the goal circle for the restart of play. If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team may substitute another goalkeeper, and the team's coach must designate another player who must leave the field and enter the penalty area for two minutes (yellow) or four minutes (red) of elapsed playing time.

Team Cards

Section 32. Should a team receive its fourth card (yellow or red) of the game they will play short for the remainder of that game, including overtime, and an additional player will be removed from the game and enter the penalty area for **each** subsequent card received. The carded player will serve the entire two or four-minute penalty time. When the penalty time expires, she may return to the game only if she has not been suspended (second yellow card) or ejected (red card) and only if another player leaves the field using normal substitution procedures.

AR 7-16 Blue #21 receives her first yellow card. The official scorer informs the officials that this is the Blue team's fourth card. Blue #21 leaves the field and no substitute takes her place. After serving her two-minute penalty, Blue #21 re-enters the game as a substitute, replacing a player on the field. RULING: CORRECT. Blue #21 may return to the game since she has received only one yellow card. She may only return if another player leaves the field because the Blue team has received its fourth card and must play short for the remainder of the game and any overtime periods.

AR 7-17 Later in the same game Blue #7 receives the team's fifth card, a red card, and is ejected. She leaves the game, may not reenter, and no substitute may take her place for the remainder of the game. RULING: CORRECT. The blue team has received a fifth card and will now play with ten players on the field for the remainder of the game and any overtime periods. If they receive a sixth card they will play with nine players for the remainder of the game and any overtime period. Any subsequent cards will result in additional players being removed.

AR 7–18 While Green #5 is receiving a Yellow card for a slash (mandatory card), she verbally complains (using derogatory language) and the official now issues her a second card, a Red card. RULING: CORRECT. Green #5 has been removed (card #1) and the head coach will remove another player from the playing field (card #2). The team shall be short two (2) players for 2-minutes of elapsed playing time. The team shall be short one (1) player for an additional 2 minutes for the red card. They shall both remain in the penalty area until each player's penalty is served. The player removed from the playing field to serve the penalty may substitute back onto the field of play following the 2-minutes of elapsed playing time. The player (Green #5) issued the Red card will remain in the penalty area for 4 minutes. If one or both of these cards cause the Green team's card count to reach or exceed 4 team cards, then once the 2 and/or 4 minute penalty is up, her team will continue to play down the appropriate number of players for the total number of cards issued for her team. Green #5 has been ejected from the game and may not return to the game and will serve a next game suspension for the Red card.

Early Re-entry

Section 33. 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 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.

Ejection/Suspension

Section 34. The official has the power to eject without any previous warning any player guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. This immediate ejection will be noted by issuing a red card. Any player receiving a red card (ejected) must leave the field and enter the penalty area for four minutes of elapsed playing time and no substitute may take her place during that four-minute period. Any player receiving a second yellow card (suspended) must leave the field and enter the penalty area for two minutes of elapsed playing time and no substitute may take her place during that two-minute period. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected or suspended. Anyone receiving two yellow cards (suspended) or a red card (ejected) in the game will not be eligible for further participation in that game.

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 post-game activities. The ejected player may not be dressed in her game uniform.

AR 7-19 Following a goal, a timeout has been taken. As the teams are walking to their benches, Blue #6 verbally abuses the official. The official issues a red card to Blue #6. How is play restarted? RULING: Blue #6 is ejected from the game. No substitute may take her place for 4 minutes of elapsed playing time. Play is restarted with a free position for the White team's center at the centerline. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position. The center for the Blue team is placed four meters away on a 45-degree angle the White team's center. No player from team B is placed 4m behind.

NOTE: If the incident occurs during a possession time-out, the play shall be restarted at the spot of the ball. The penalty administration for a Major foul shall apply. No player from team B is placed 4m behind.

Coach Misconduct

Section 35. The head coach is responsible for the actions of any and all persons officially connected with his or her institution, including assistant coaches, and shall receive any card assessed related to bench decorum. In the event the head coach does not effectively control the actions of her team's spectators, the head coach may be assessed a card.

Any card given to a head coach will count toward their team's cumulative total. If the coach is carded she/he must designate a player who must leave the field and enter the penalty area to serve the entire two minutes of elapsed playing time. In the event the head coach is warned, suspended or ejected, play is restarted within one minute with a free position to the opponent nearest the ball when play was stopped.

AR 7-20 A team follower has become unruly and abusive. The official approaches the appropriate head coach and asks to have this person warned and/or removed. RULING: Allow the coach and/or game administrator the time necessary to handle the problem. If possible, continue with the game while the situation is being resolved. If the problem persists the coach may be carded.

Section 36. 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. In the case of a coach being removed from the field and an assistant coach or other authorized team personnel is not available, the team shall forfeit the game. Any ejected coach receiving a red card will be prohibited from participating in the team's next game.

AR 7-21 Following a goal, a player in the bench area verbally abuses the official. The official issues a card. How is play restarted? RULING: The head coach shall receive the card as she is responsible for bench decorum. If the card issued is yellow, the coach will designate a player who must leave the field for 2 minutes of elapsed playing time. No substitute can take her place for 2 minutes of elapsed playing time. If the card issued is red, the coach will designate a player who must leave the field for 4 minutes of elapsed playing time. No substitute can take her place for 4 minutes of elapsed playing time, and the Head Coach and the offender shall be removed from the field. Player positioning for the draw will apply. The center for team B will be placed 4 meters away on a 45 degree angle from team A's center. No player from team B is placed 4m behind. The awarded card will count toward the team's cumulative total. Should this be the team's 4th card they will play short for the remainder of that game, including overtime or if this was a subsequent card (i.e. card 4 or 5), then an additional player will be removed from the game.

NOTE: Any coach serving any game suspension shall 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. Violation of this policy will result in the game being forfeited and a red card being issued to the offending coach.

AR 7-22 Definition of a team's next game:
The ejected player/coach shall be ineligible for all contests at all levels until one regular season/tournament contest is played at the same level and team (school or club) as the ejection. The suspension shall be served at the next game as scheduled at the time of the suspension.

If the ejection occurs in a high school contest (Varsity/JV/Third Squad-Freshman level), the player/coach must sit out the next scheduled high school game at the same level. If the ejection is in the 'club' contest, the player/coach must sit out the next scheduled 'club' game.

Example #1: If a player is playing in a JV contest and is ejected, she is ineligible for all contests (Varsity/JV/Third Squad-Freshman Level) until the JV team plays one additional contest that was scheduled at the time of the ejection. The player becomes eligible again after the additional contest. If this same player is a member of a 'club' team, she would be eligible to participate in her club's game.

Example #2: If the player/coach is ejected in the last club game at a tournament, she would be ineligible for her club game until the penalty is served at the next game at the time of the ejection. She is eligible to participate in her school team's game.

Post-Game Misconduct
Section 37. 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.

Duration of Suspension
Section 38. If a team's season ends before any next game suspension has been served the suspension will carry over to the teams next regular season game. Exhibition or scrimmage games do not satisfy the next game suspension requirement.

Official Responsibility
Section 39. 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 before, during and after the official's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

RULE 8
DEFINITION OF TERMS

BLOCKING takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. 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.

BODY CHECKING is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosse with her body and causing her to slow down, change direction, or pass off.

CHARGING takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).

CHECKING is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact.

CLEAR is any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.

CLEAR SPACE indicates the space between players which is free of crosses or any parts of the body.

COACHING AREA is the area on the bench/table side of the field extending from the substitution area to their end line, and even with the level of the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table.

CRITICAL SCORING AREA indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are approximately 15m (16.3 yds) in front of the goal circle, to 9m (10 yds) behind the goal line extended and 15m (16.3 yds) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the Official.

See diagram next page

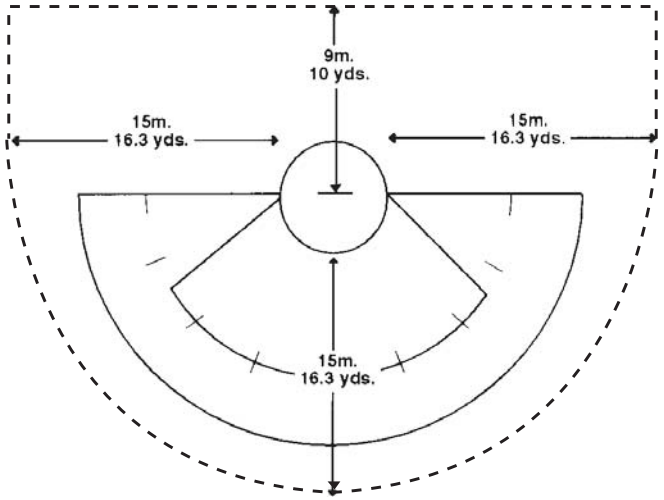


Diagram 4 - Critical Scoring Area

CROSS-CHECK Using the shaft of the crosse to hit, push or displace an opponent.

DEPUTY is a player on the defensive goalkeeper's team who may only enter or remain in the goal circle when her team is in possession of the ball and the goalkeeper is out of the goal circle.

DIRECTLY BEHIND THE GOAL CIRCLE is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.

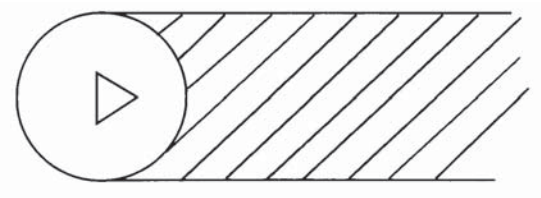


Diagram 5 - Directly Behind the Goal Circle

8 METER ARC is the area in front of each goal circle inscribed by 2 lines drawn at 45 degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.

FIELD PLAYER is any player other than the goalkeeper. It is a defense or attack player whose primary responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

FREE SPACE TO GOAL is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.

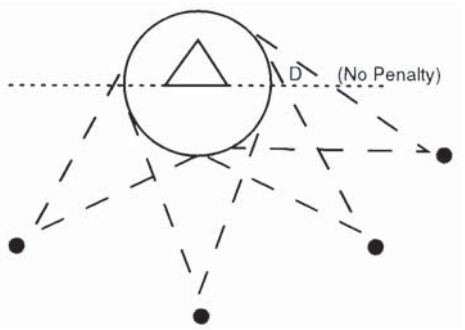


Diagram 6 - Free Space to Goal

GREEN CARD is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.

GROUNDED refers to any part of the goalkeeper's (or her deputy's) body touching the ground outside the goal circle while she attempts to play the ball from inside the goal circle.

ILLEGAL PROCEDURE refers to fouls that are procedural in nature, i.e. - False Start; Illegal Substitution; Too Many players; etc.)

INDIRECT FREE POSITION is the penalty awarded for a minor field foul by the defense inside the 12 meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

LOWER SIDE OF CROSSE refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player.

MARKING is guarding an opponent within a stick's length.

OFFSETTING - when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.

OFFSIDE refers to a team with more players over the restraining line than is allowed by the rules.

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.

PENALTY LANE is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.

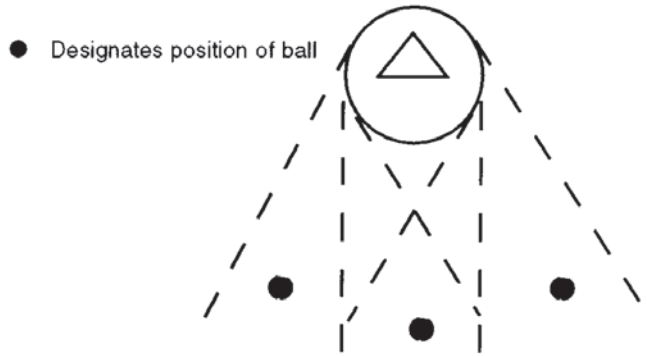


Diagram 7 - Penalty Lane

PICK is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction.

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.

RED CARD is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.

RESTRAINING LINE is a solid line at each end of the field 30 yds up field from the goal line which extends fully from one side of the field to the other side.

SCORING PLAY is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

a. a shot is taken.
b. the attacking team loses possession of the ball.
c. the attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
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.
e. the attacking team fouls.

SLASH is the reckless and/or dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.

SLOW WHISTLE is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.

SPHERE is an imaginary area of 7" (average crosse width) surrounding the head.

Diagram 8 - Sphere

STOP CLOCK means the clock stops after each goal and on every whistle within the last 2 minutes of play in each half unless there is a 10 or more goal differential.

SUBSTITUTION AREA is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each 5 yds from the centerline of the field.

TEAM BENCH AREA is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table.

TOEING THE LINE refers to the placement of the foot up to, but not on, the center line.

12 METER FAN is a semi-circle area in front of each goal circle bounded by an arc 12m from the goal circles.

WITHIN A STICK'S LENGTH is when any part of the opponent's body is inside a crosses' length. It is the distance a player must be to her opponent to be actively marking this opponent.

YELLOW CARD is given as a warning to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.

RULE 9
MANUFACTURER'S SPECIFICATIONS

All Field Crosses

Section 1. The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications if, in the opinion of the Rules Committee, its design is an obvious attempt to circumvent the intent of the rules. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

Section 2. The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5cm from the ball stop when the handle is mounted in the head. Recessed metal screws may be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

Section 3. The overall length of the crosse shall be 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a crosse.

Section 4. To determine crosse compliance with the linear measurement specifications in Rule 9, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.

NOTE: If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.19cm is legal, but 5.20cm is not legal. If the minimum specified length for a particular measurement is 5.1cm, then a measurement of 5.01cm is legal, but 5.00cm is not legal.

Section 5. The unstrung head and the handle of a field crosse must lie within a 6.55cm horizontal plane (Diagram 13):

a. At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the centerline of the handle.
b. The top edge of the sidewall must not be more than 0.6cm below the centerline of the handle.
c. The top edge of the sidewall must not drop below the centerline of the handle prior to 5.7cm as measured from the center of the bridge or ball stop.

NOTE: To determine the 6.55cm horizontal plane of the head, place the crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head as defined from the ball stop to the outside edge of the scoop shall be more than 6.55 cm above the table.

NOTE: A "bent" handle may only be used with the heads that are specifically designed to accommodate them; "Bent" handles are head and manufacturer specific. Heads designed for use with a "bent" handle are not legal when mounted/ attached to a straight handle. Heads designed for use with a straight handle are not legal when attached to a bent handle.

Section 6. The overall length of the head, as measured from the center of the bridge or ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4cm minimum to 30.5cm maximum. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

Section 7. The overall outside width of the head of the crosse when measured at the widest point at the top of the head shall be 18cm minimum to 23cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the handle.

Section 8. Sidewall stringing holes: Pockets must be attached to/anchored along the bottom rail of the head through stringing holes. The top of the stringing hole shall not be more than 1.0 cm from the bottom of the sidewall. Pockets must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall,

i.e. similar to sewing stitches. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

Section 9. The entire crosse (strung head and handle) shall not weigh more than 567g.

Wooden Field Crosse

Section 10. The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop. (Diagram 10)
a. The bridge is the woven ball stop of a wooden crosse. The height of the bridge shall be 5.1cm maximum to 3.2cm minimum.
b. As measured from the bridge to the midpoint of the head, the height of the wooden sidewall shall be 4.5cm maximum to 3.2cm minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
c. The guard is the soft woven wall of the head. The height of the guard shall be 7cm maximum to 3.2cm minimum.

Section 11. The head shall be triangular. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.
a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the bridge, shall be 6.7cm to 7.6cm and the outside width of the head shall be 7.6cm to 10.1 cm.
b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the bridge, shall be 7cm minimum.
c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the bridge, shall be 8cm minimum.
d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the bridge, shall be 9cm minimum.
e. The inside width between the walls at the widest point at the top of the head shall be 15cm to 16cm.

Plastic/Molded Head Field Crosse

Section 12. The head of the plastic/molded head field crosse is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop. (Diagram 12)

Section 13. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7 degrees from perpendicular to the long axis of the handle. The height of the ball stop shall be 6.55cm maximum to 3.2cm minimum.

NOTE: To determine crosse compliance with the angular measurement specifications in Rule 9, all measurements and calculations will be made to the nearest 0.01 degree. The allowed deviation from the standard is 0.44 degrees. If the maximum specified angle is 7 degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.

Section 14. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad may not, in any way, interfere with the free movement of the ball within the pocket or affect ball retention.

Section 15. The stop area ends and the sidewall begins at 3.4cm as measured from the center of the ball stop. The sidewall ends and the scoop area begins at the widest point at the top of the head.

Section 16. From the beginning of the sidewall at 3.4cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall be 4.7cm maximum to 2.8cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.

Section 17. There may be no protrusions or outcroppings on the inside surface of the sidewalls that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be allowed. The legality of these protrusions/outcroppings will be determined by the Rules Committee upon submission of the crosse by the manufacturer.

NOTE: If the testing lab determines that a crosse contains outcroppings or protrusions on the sidewalls, the crosse must be submitted to the Rules Committee.

Section 18. The head of the crosse shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measurements outlined in other sections of Rule 9. (Diagram 11)

a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the ball stop, shall be 6.7cm minimum to 8.0cm maximum. The radius of the ball is 3.2cm.
b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the ball stop, shall be 6.8cm minimum.

c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the ball stop, shall be 7.4cm minimum.
d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the ball stop, shall be 8.7cm minimum.
e. The inside width between the walls at the widest point at the top of the head shall be 16.0cm minimum.
f. The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.

Section 19. At all points along the sidewall, the formula outlined below shall be used to determine the maximum slant/angle that the sidewalls of the head may deviate from vertical. (Diagram 13)

a. With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and the bottom edges of the sidewalls at that point.
b. At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall must be 0.65 or less.

The Pockets (Field Crosses)

Section 20. The pockets of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs. Mesh pockets are not allowed. Longitudinal leather or synthetic thongs shall be 0.3cm to 1.0cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. Thongs must nominally be the same width along their full length. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced (not bunched) along the length and across the width of the head. The loose ends of the thongs may not be woven back up through the pocket of the crosse.

Section 21. The pockets of all field crosses shall be strung with 8 to 12 stitches of cross lacing. Cross-lacing in a traditionally strung pocket is defined as 8-12 knots/stitches, where two pocket nylon laces intertwine at a common place on a thong.

Section 22. Cross-lacing in a pre-manufactured detachable pocket is defined as 8-12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs.

Section 23. The nominal diameter of the shooting/throw string nylon cord and sidewall nylon cord shall be 0.3cm maximum. The nominal diameter of pocket nylon must be less than 0.3cm.

Section 24. Field crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting/throw strings.

Section 25. Both shooting/throw strings must be attached to the sidewall in the upper third of the head, or, the top shooting/throw string must be attached to the sidewall in the upper third in the head and the bottom shooting/throw string may be an inverted "U" in shape and must be attached to the sidewall in the upper two thirds of the head, as measured from the top outside edge of the scoop. (Diagram 14)

Section 26. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing or similar items on any part of the pocket.

Section 27. The combined height of the sidewall and the depth of the pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible/seen above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from the ball.

Section 28. The ball must move 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.

NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket; thongs made from a sticky/tacky substance or this type of substance added to the thongs.

Goalkeeper's Crosse

Section 29. The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall

be straight and may be constructed of wood, metal alloy or other composite material. Recessed metal screws may be used to attach the head of a plastic/molded head goalkeeper's crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

Section 30. The overall length of the crosse shall be 90 cm minimum to 135 cm maximum. The end cap is included when measuring the overall length of the crosse.

Section 31. To determine crosse compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm

Section 32. The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6cm horizontal plane.

a. No part of the head shall pass beyond a plane 2.5cm above the centerline of the handle and/or 5.1cm below the centerline of the handle.
b. The top edge of the sidewall shall not be more than 0.6cm below the centerline of the handle.

Section 33. The head shall have a maximum length of 42cm. The length of the head is measured from the center of the bridge or ball stop (where the top back edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

Section 34. The height of the bridge or ball stop of a goalkeeper's crosse shall be 5.4cm maximum to 3.2cm minimum. The bridge or plastic wall of the ball stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.

Section 35. The height of the woven wall of a wooden goalkeeper's crosse shall be 7cm maximum. As measured 3.4cm from the top center of the bridge or the ball stop, the sidewall begins. The height of the sidewall shall be 5.1cm maximum to 2.54cm minimum. The sidewall ends at the widest point at the top of the head.

Section 36. The entire head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the centerline of the handle.

a. When measured 5.1cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 13cm to 17cm. The maximum outside width of the head shall be 20cm.
b. When measured 10.2cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 18.5cm to 22.5cm. The maximum outside width of the head shall be 26cm.
c. When measured 15.3cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 23cm to 26cm. The maximum outside width of the head shall be 30cm.
d. At the widest point of the head, the inside width between the sidewalls of a plastic/molded head crosse shall be 28.5cm to 30.5cm. The maximum outside width of the head shall be 33cm.

Section 37. The pocket of the crosse may be strung with 6 or 7 longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

Section 38. The goalkeeper's crosse may have more than two shooting/throw strings. Flat laces or nylon cord may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw strings in the pocket of a goalkeeper's crosse.

Section 39. The entire crosse (strung head and handle) shall not weigh more than 773g.

NOTE: The intent of the rule governing the design of the goalkeeper's crosse is to disallow any crosse where excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.

Stick Certification Procedures: Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in Rule 9, a report noting this compliance will be sent to the US Lacrosse Women's Game Director and Rules Committee Chair. The stick will then be listed on the US Lacrosse web site as legal for use in the United States. If a stick has been submitted to the testing lab and it is determined that it meets all Federation of International Lacrosse (FIL) specifications, it will automatically be considered legal for use in the United States. These sticks will also be listed on the US Lacrosse web site. For more information about the testing procedures please contact the Rules Committee Chair.

The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing, however only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the US Lacrosse web site will be contingent on the submission to the testing lab of a final production model that meets all specifications.

Approved crosse heads and/or pockets may not be sold as US Lacrosse approved if the head, the pocket, or how the pocket is attached to the head, is altered in any way. The testing laboratory will send the approval documents for heads and pockets to the US Lacrosse Women's Game Director and the Rules Committee Chair. All documents will include photos of the side and the front of the head with an attached pocket. Pre-sewn/synthetic pockets may only be certified by the lab when attached to a head. The attachment must meet all stringing specifications.

Go to www.uslacrosse.org for complete equipment certification process procedures and timeline, and for lists of USL approved equipment.

Eye Protection
Section 40. All eye protection must meet the most current version of the ASTM Specification Standard for women's lacrosse, either at the adult or youth level.

Section 41. All eye protection must be tested by an accredited testing facility approved by US Lacrosse. This list shall be posted on the US Lacrosse rules page and test results must be sent to the US Lacrosse Women's Game Director and Rules Committee Chair. Only eye protection that has been tested by an accredited testing facility approved by US Lacrosse will be listed on the US Lacrosse web site and considered legal for use in women's lacrosse play. Go to www.uslacrosse.org for complete equipment certification process procedures and timeline and for lists of USL approved equipment.

Ball
For information on lacrosse ball specifications please refer to Rule 2, Section 5.

Goals
For information on lacrosse goal specifications please refer to Rule 1, Section 15.

Nets
For information on lacrosse goal net specifications please refer to Rule 1, Section 15.

NOTE: Specifications for all equipment are modified periodically by the US Lacrosse Women's Rules Committee. Although the Committee will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to the Committee, the Committee expressly reserves the right to change any specification at any time if, in its sole discretion, the Committee deems the change to be in the best interest of the sport of women's lacrosse. US Lacrosse does not test or approve equipment to determine compliance with specifications. US Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.

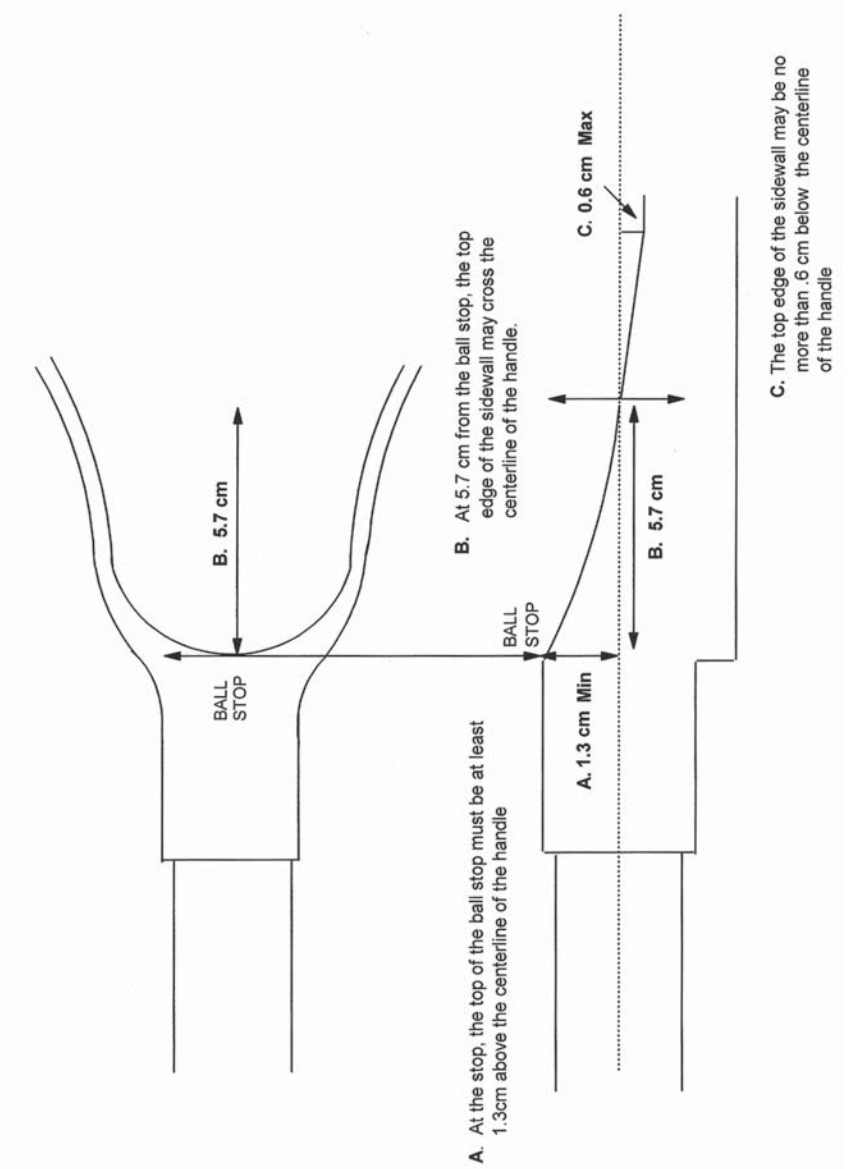


Diagram 9 - Offset Specifications within 6.55 cm Horizontal Plane

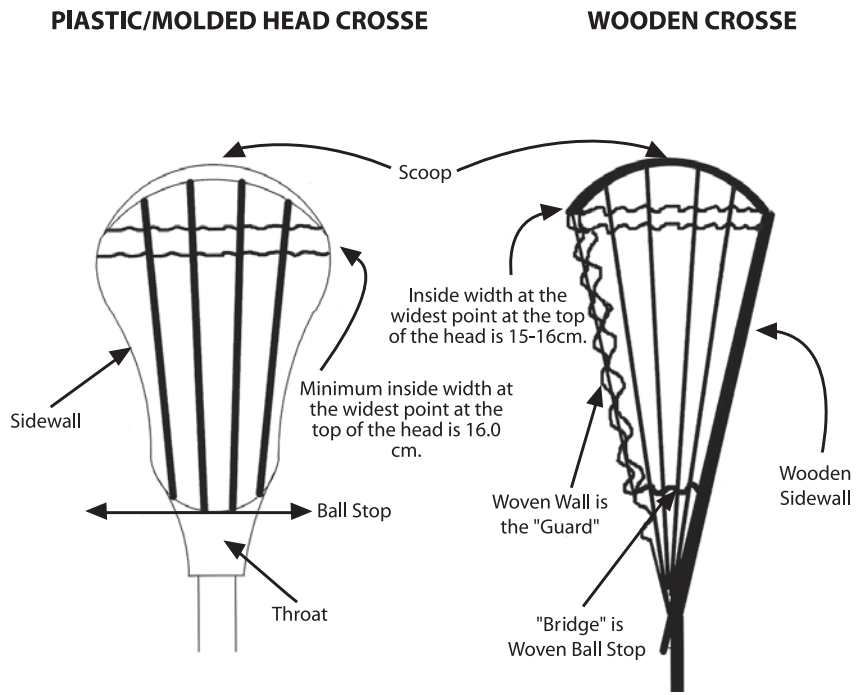


Diagram 10 - The Field Crosse

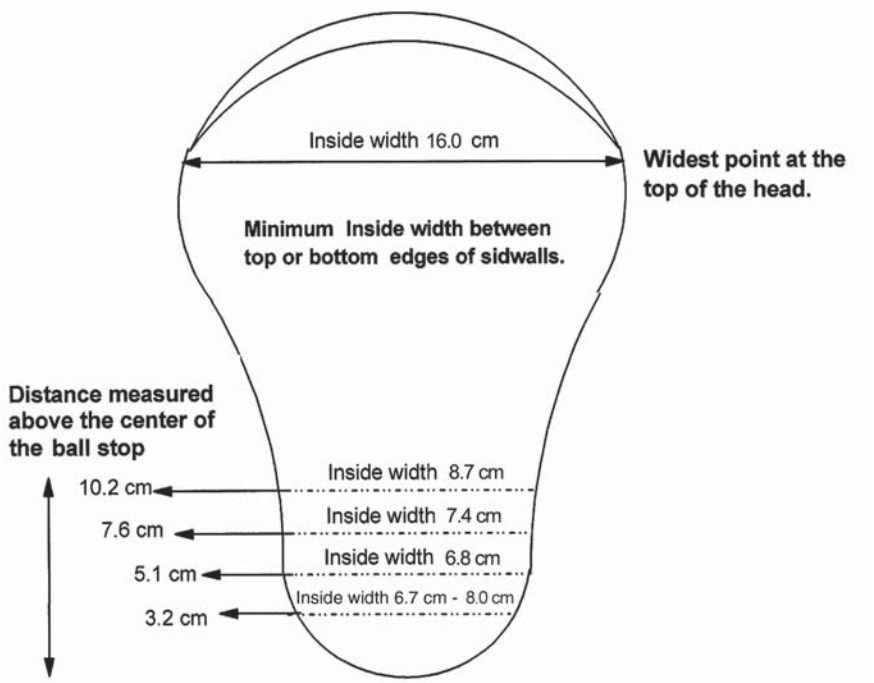


Diagram 11 - Triangular in Concept

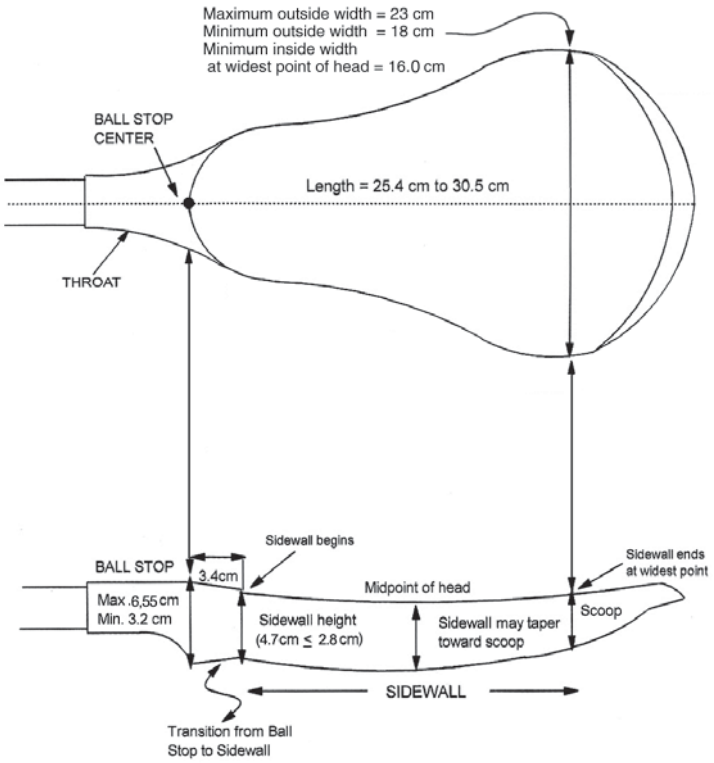
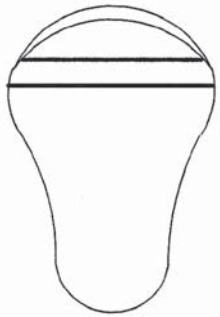


Diagram 12 - Plastic/Molded Head Specifications

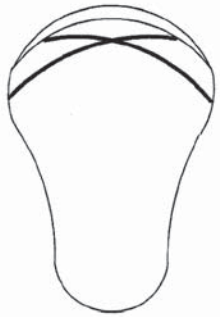
$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} < 0.65$$

Diagram 13 - Cross Section of Unstrung Head

Two separate horizontal throw strings; both attached in upper third of the head.



Two separate curved throw strings; both attached in upper third of the head; may not be thick/rolled at point where they cross.



Two separate throw strings; One horizontal across upper third of the head; one inverted "U" in upper two-thirds of head.

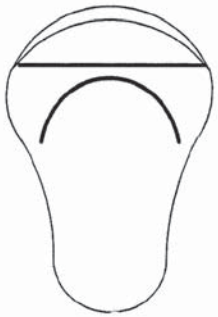


Diagram 14 - Shooting/Throw Strings

Official RULES FOR GIRLS YOUTH LACROSSE

(Please see www.uslacrosse.org
for a copy of the Youth Rules & Best Practices Guidebook)

The purpose of the Official Girls Youth rules is to familiarize young players with the sport of women's lacrosse by introducing them to the terms, the field, the playing positions, the concept of teamwork and the skills required to play the game safely and fairly. These rules were written by the US Lacrosse Women's Division and ratified by the US Lacrosse Board of Directors in an effort to standardize youth rules for girls throughout the United States.

The girl youth rules are divided by developmental levels and shall be organized by age: U-15, U-13, U-11 and U-9 as of August 31 in the year preceding competition. Players may not play below their designated age group.

Note: It is recommended that Middle School/Junior High players, regardless of age, play U-13 modified checking rules.

Note: Any player who is age-eligible to play U-15 lacrosse should not be denied an opportunity to play. If a U-15 eligible player has participated in any high school level program as a member of a high school team, see the US Lacrosse Best Practice on Age and Eligibility Standards.

It is strongly recommended that 2 US Lacrosse rated officials be assigned to all games. Two officials must be assigned to U-15 Full Checking games and one of those officials must have a Local rating. A Junior Youth Official is under 18 years of age or in High School and is qualified to officiate Youth Level games. The Junior Youth Official should be at least two years older than the participants. For example, if the official is 16, the participants should be no older than 14 years of age.

The US Lacrosse Women's Lacrosse Rules shall be used for all Youth Games with the following modifications, notations, changes and/or additions:

PLAYING AREA AND GOALS (See US Lacrosse Women's Rule 1).
The field should be marked according to US Lacrosse Women's Rules including a restraining line. Team benches should be placed opposite spectators where possible.

U-13/U-15: Regulation size field with all appropriate markings

U-9/U-11: Between 60-70 yards in length and between 30-40 yards in width. The field markings shall include: Goal circle and goal line, 8m arc, centerline only.

Note: U-11 teams have the option to play with 12 players. If the teams use 12 players, the game must be played on regulation-sized fields.

Coaching area
U-15: coaches may go from substitution area to end line on their own half of field
U-13/U-11: coaches may go from substitution area to end line on their own half of field
U -9 : One (1) coach from each team is permitted on the field for the purpose of instructing players

Violation of this rule is a misconduct foul.

The Goals
U-15/U-13 - Regulation lacrosse goal cages
U-11/U-9 and Indoor - Smaller (street hockey type) cages may be used. The goal may be modified with a shooting net or turned over to present the triangle opening if no goalkeeper is present.

EQUIPMENT AND UNIFORMS (See US Lacrosse Women's Rule 2)
Coaches are responsible for having their team in legal equipment and uniforms.

The Crosse (Stick)
Stick must meet the criteria outlined in Rule 2 of the US Lacrosse Women's rules with the following modifications:

U-15/U-13 - regulation stick (35.5"minimum and 43.25 " maximum) and pocket
U-11/U-9 - regulation stick with or without modified pocket and may be cut to fit comfortably along the length of the player's arm. Goalkeeper stick may be 52" or may be cut to fit. Mesh pockets are allowed for the goalkeeper only.

Ball
U-15/U-13 – Regulation ball, must be stamped "Meets NOCSAE Standard"
U-11/U-9 - may use a regulation ball, or a soft ball.

Note: It is highly recommended that new or beginner programs use the soft ball until players have developed their throwing and catching skills. If a soft ball is used, it should be approximately the same size as a regulation ball. A regulation ball may be used for indoor play, however a no bounce ball is recommended.

Mandatory Protective Equipment:
The equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's' Rules. Each youth player shall wear the following pieces of equipment which shall be professionally manufactured and not altered:
1. A professionally manufactured and properly worn mouth guard which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion that covers the posterior teeth with adequate thickness. Mouth guards cannot be clear or white or have protruding tabs except for the goalkeeper.
2. Eye protection or goggles meeting the ASTM certification for women's lacrosse (F803) and have been certified by an accredited testing facility approved by US Lacrosse and listed on the US Lacrosse website.
3. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalkeeper.
4. Goalkeeper must wear a lacrosse helmet designed for lacrosse with face mask and properly secured chinstrap, and it must meet the NOCSAE standard. Goalkeeper must also wear a separate throat protector, chest protector, abdominal and pelvic protection, goalkeeper gloves and leg padding on the shins and thighs and a mouthpiece. All protective devices should be close fitting, padded where necessary, and not be of excessive weight.

Uniform

U-15/U-13: Must follow Rule 2: Uniforms
U-11/U-9: It is recommended that all visible undergarments match uniforms.

All youth players, including the goalkeeper, must wear uniform shirt on top.
Uniform shorts or kilt must be worn.

GAME PERSONNEL (See US Lacrosse Women's Rule 3)

Teams
U-15/U-13/ U-11: 11 field players, one goalkeeper
U-11: may play with 7 field players on modified field – goalkeeper optional
U-9: 7 players on modified field - goalkeeper optional

Sideline manager
Each team (home and away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators not in conformity with the standards of proper conduct.

TIME FACTORS AND SCORING (See US Lacrosse Women's Rule 4)

Scoring
A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.

Duration of play
The home team will designate a timer.

U-15/U-13: 25 minute halves (maximum)
U-11/U-9: 20 minute halves (maximum)

All time is running time unless tournament rules dictate otherwise

NOTE: Running time for Youth games means that the clock will continue to run after goals. It will be stopped on timeouts and every whistle in the last two minutes of each half. Exceptions: 10-goal differential and games being played with a central horn (tournament rules).

All timeouts stop the game clock.

*No team timeouts may be called in the last 5 minutes of the game if the game clock cannot be stopped during the "timeout" (central clock at event).

Games may end in a tie.

Overtime:
No overtime for U-11 and below.

U-15/U-13: Overtime procedures:
When the score is tied at the end of regular play and overtime is to be played, both teams will have a 5 minute rest and a coin toss (visitor calls) will occur for choice of ends. A maximum of two 3-minute sudden victory periods of running clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted with a center draw. The team scoring the first goal wins the game.

PLAY OF THE GAME (See US Lacrosse Women's Rule 5)

Start of the game
The procedure for the start of the game/draw shall be the same as outlined in Rule 5-1, 5-2 of the US Lacrosse Women's Rules with the following modification:

For 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. When this occurs positioning for the draw will apply with the defender standing 4m away at a 45 degree angle and all other players must stand. The player taking possession may run or pass, but may not shoot until another player has played the ball.

Start/stop play
All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

Substitution
Substitution is unlimited and the substitution procedure should be the same as outlined in Rule 5-21 and 5-22 of the US Lacrosse Women's Rules.

FOULS (See US Lacrosse Women's Rule 6)
Fouls shall be the same as those outlined in Rule 6 of the US Lacrosse Women's Rules with the following modifications:

1. No checking (U-11/U-9). (Major Foul)
2. Modified checking only (U-13; U-15 if criteria is not met). (Major Foul)
   a. The entire stick must be below the shoulder
   b. The check must be down and away from the body

Note: Stick-to-stick contact is not necessarily a violation. A defense player who is holding her stick in good defensive position should not be penalized if the attack player cradles into the stick or follows through on a pass/shot.

3. Any initiated check to the head is a mandatory yellow card (U15 with full checking – red card).

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

4. A field player must not enter or have any part of her body or crosse on or in the goal circle at any time, including on the shot and follow through. (Goal Circle Violation) (See exception below)
5. U9/U11- Any player receiving a yellow (2 minutes) or red (4 minutes) card must leave the field and enter the penalty area for the entire elapsed playing time and a substitute will take her place.
6. No deputy allowed in goal circle (All Levels)(Major Foul)

Note: In a game being played without a goalkeeper, 1 defense player, as designated by the official, shall be allowed to go into the goal circle to collect the ball after it comes to rest in the goal circle. She must leave the goal circle with the ball in her stick within 10 seconds of being designated by the Official. The opposing team may not deliberately block her exit from the goal circle.

If the defense player throws it out or does not carry it out within 10 seconds, a defense player other than the designated player goes in, or the defense deliberately puts the ball into the goal circle it is a goal circle violation. If the attack deliberately blocks her exit from the goal circle, it is a free position at the 8m for the defense with the attack player 4 m behind.

7. On an 8m free position, a player may shoot provided there is a goalkeeper 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).
8. Team Fouls/Offside and playing short below the restraining line rules are not applicable at games at the U-11 level and below that are played with 7 players on modified fields.
9. Player with the ball may not hold the ball for more than 3 seconds when
   a. closely guarded/marked (see definitions)
   b. the defense has both hands on her stick
   c. the defense is in position to legally check were checking allowed. (U-13 and below; U-15 if criteria is not met). (Minor Foul)

Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, or another teammate joins the defender and that second defender is in good position to check, then the count starts again. The official will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count

number three without saying three-one thousand.

PENALTY ADMINISTRATION (See US Lacrosse Women's Rule 7)

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, and goal circle fouls and carding, see Rule 7 in the US Lacrosse Women's Rules.

DEFINITION OF TERMS (See 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 - 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 permitted.)

SUMMARY OF RULES
(See All Specifics above and in US Lacrosse Women's Rulebook)

U-15 SPECIFICS

1. Will play regular US Lacrosse Women's Rules with the following modifications:
   a. Any check to the head is a mandatory red card.
   b. No Deputy
   c. 25 minute halves
   d. No follow through into goal circle on a shot

2. Games must be officiated by two US Lacrosse rated Officials, one of whom must have a Local rating. If this criteria is not met, the game shall be played with modified checking.

NOTE: If played with modified checking, a check to the head may be a yellow or red card.

U - 13 SPECIFICS

1. Eleven field players, one goal keeper.
2. Regulation field with all appropriate markings
3. Regular women's crosse, regulation pocket
4. Modified checking only.
5. 25-minute halves (max.), running time.
6. No Deputy

U - 11 SPECIFICS

1. Eleven field players, one goal keeper; Regulation field with all appropriate markings or
   a. Seven field players, use of a goal keeper is optional
   b. Field size: 60-70 yds. x 30-40 yds.
   c. Goal circle and goal line, 8m arc, center line.
2. Regular women's crosse, modified pocket allowed. May be cut to fit comfortably along arm.
3. No checking.
4. 20-minute halves (max.), running time.
5. No Overtime
6. No Deputy
7. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.

U - 9 SPECIFICS

1. Seven field players, use of a goal keeper is optional.
2. Field size: 60-70 yds. x 30-40 yds.
3. Goal circle and goal line, 8m arc, center line.
4. Regular women's crosse, modified pocket allowed. May be cut to fit comfortably along arm
5. No checking.
6. 20-minute halves (max.), running time.
7. No Overtime
8. No Deputy
9. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.

These rules were written with the safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging and safe. To that end, the officials shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a held whistle whenever possible.

YOU'VE GOT THE RULES.

WANT MORE?

Check out the US Lacrosse Youth Rules & Best Practices Guidebook and get a better understanding for the rules and the proper development steps for youth lacrosse players.

Download or order your copy at uslacrosse.org/rules today.

APPENDIX A
ARM SIGNALS FOR Officials

BLOCKING: Place open hands on the hips and move them to touch hips with in-and-out motion.
CHECK TO THE HEAD: Make a chopping motion with the hand close to the head.
COVER: Arms extended downward in front of body with the right palm held on top of the left palm.
CROSSE INTO/THROUGH SPHERE: Move hand with open palm over the head in an arching motion from one ear to the other.
DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. (fist of lower hand down, fist of upper hand up like a crosse would be held).
DANGEROUS PLAY: Signal the dangerous foul and then use the appropriate carding procedure.
DANGEROUS SHOT ON GOALKEEPER: Open palm in front of face moving in an in/out motion.
DETAINING: Place fists (one up, one down) in horizontal position in front of hips.
DIRECTION OF POSSESSION: Point with open hand in the direction of play.
EARLY ENTRY ON DRAW: With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.
EMPTY CROSSE CHECK: Use the right hand with clapping motion on the left hand.
FORCING THROUGH: With open palm push out away from the face followed by the Offensive Foul signal.
GOAL: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.
GOAL CIRCLE FOUL: Simultaneous directional signal with one arm, and chopping motion toward the GC with the other arm.
HELD WHISTLE: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.
HOLDING: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.

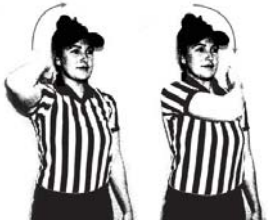
ILLEGAL BALL OFF THE BODY: Indicate by pointing to the body part that touched the ball.
ILLEGAL CRADLE IN SPHERE: Make a cradling motion using the hand pulled in close to the face.
ILLEGAL DRAW: Whistle + Direction Signal
ILLEGAL PICK: Blocking signal and then Offensive Foul Signal
ILLEGAL PROCEDURE: Bend arms at the elbows and circle the forearms around each other at chest height.
ILLEGAL STICK TO BODY CONTACT: Place fists (one up, one down) in horizontal position in front of hips. Then extend arms outward in a pushing motion.
NO GOAL: With the arms extended toward the ground, swing them out and in so that they cross each other.
OBSTRUCTION OF FREE SPACE TO GOAL: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.
OFFENSIVE FOUL: Place one hand behind head and indicate direction of possession with the other hand.
OFFSETTING FOULS: Extend arms horizontally to the sides, with hands in fist, followed by a show of each foul signal --- Offensive foul signal and Defensive foul signal.
OFFSIDE: Raise an open hand above the head to indicate the foul. Close the fist when making the call.
PUSHING OR BODY CONTACT: Make a pushing motion with two arms out in front of the body.
RE-DRAW: Place crossed palms in front of body, begin with hands together, and then extend them up and out with a quick motion.
ROUGH CHECK/ILLEGAL CHECK ON BODY: Use the arm to make a large chop motion against the wrist of the opposite arm.
SLASH: Long swiping motion of the extended arm from high to low across the body.
THREE SECOND RULE: Three fingers raised, palm away.
TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.
TIME OUT: Turn towards the timer and cross fully extended arms at the wrist above the head.
TRIP: Point to ankle while performing a kicking motion.

WARDING: Use the forearm in an upward motion away from the body.
10 SECOND GC COUNT: One arm, shoulder high, moving from chest (90 degree bend) to full extension.
THROW: One hand, in an underhand motion, moving back and forth.

BLOCKING

CHECK TO THE HEAD

COVER



CROSSE INTO/ THROUGH SPHERE

DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING

DANGEROUS SHOT ON GOALKEEPER

DETAINING

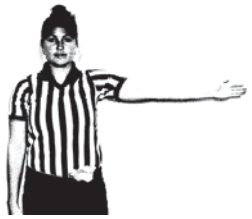
EARLY ENTRY ON DRAW

EMPTY CROSSE CHECK

FORCING THROUGH

GOAL

GOAL CIRCLE FOUL



HELD WHISTLE

HOLDING

ILLEGAL BALL OFF THE BODY

ILLEGAL CRADLE IN SPHERE

ILLEGAL DRAW

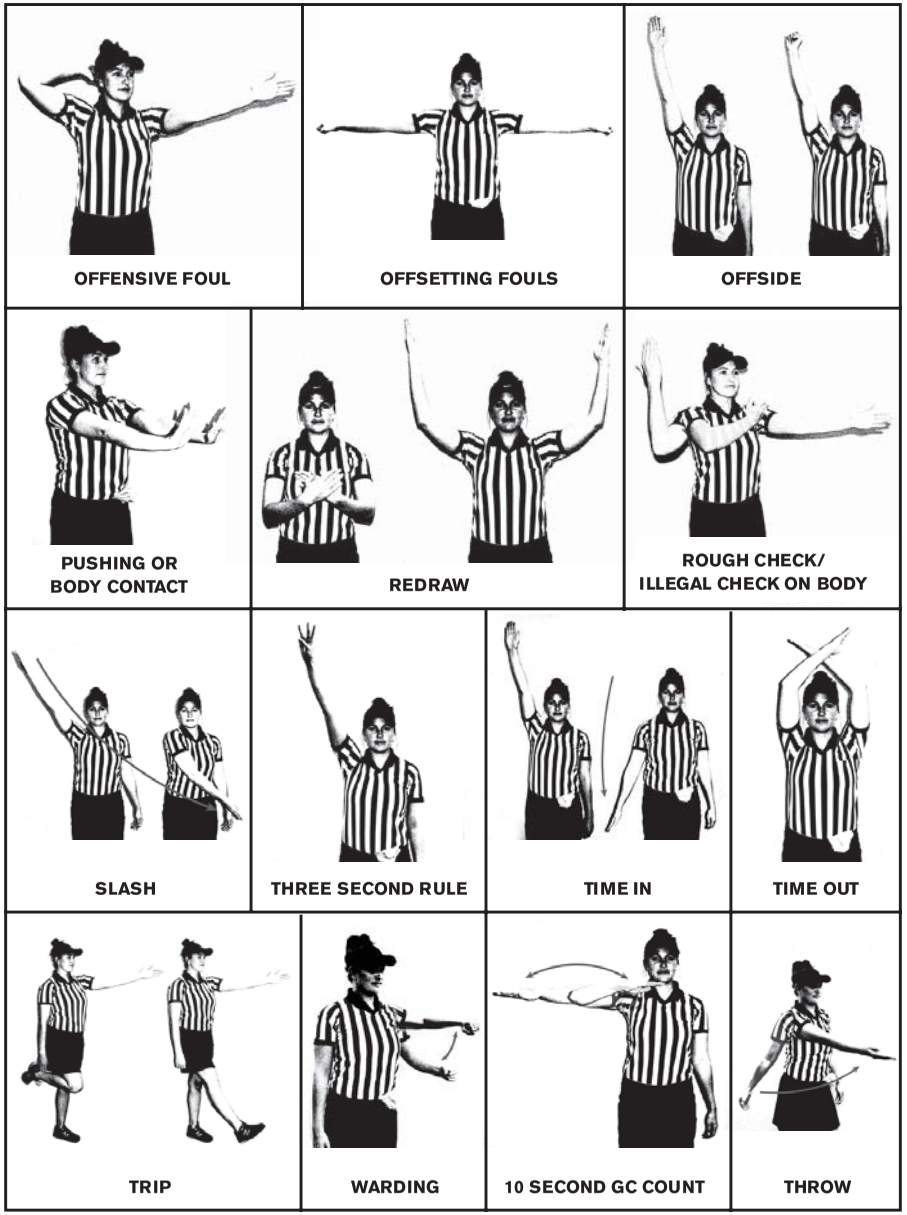
ILLEGAL PICK

ILLEGAL PROCEDURE

ILLEGAL STICK TO BODY CONTACT

NO GOAL

OBSTRUCTION OF FREE SPACE TO GOAL



APPENDIX B
METRIC CONVERSIONS

2.54cm = 1 in	1.22m = 48 in
3.2cm = 1 1/4 in	1.83m = 72 in (2 yd)
4cm = 1 1/2 in	2.6m = 8 ft 6 in
4.5cm = 1 4/5 in	3m = 9 ft 11 in
5cm = 2 in	4m = 13 ft 2 in
6.3cm = 2 1/2 in	8m = 26 ft 4 in
7cm = 2 3/4 in	9m = 30 ft
7.6cm = 3 in	12m = 39 ft 4 in
10.1cm = 4 in	64m = 70 yd
18cm = 7 in	82m = 90 yd
20.3cm = 8 in	92m = 100 yd
23cm = 9 in	110m = 120 yd
25.4cm = 10 in	142g = 5 oz
30.5cm = 12 in	149g = 5 1/4 oz
40cm = 16 in	567g = 20 oz
.9m = 35 1/2 in	773g = 26 oz
1.1m = 43 1/4 in	

Any measurement conversions provided are approximate and for informational purposes only.

APPENDIX C
INTRODUCING RULE CHANGES

The official Federation of International Lacrosse (FIL) Rules shall be the basis for the rules that govern US Lacrosse. Experience in other sport areas has shown that using different sets of rules and variations adds confusion and misinterpretation to the game, thus it is deemed advisable to follow FIL Rules as closely as possible for girls and women's lacrosse in the United States.

A. Rule changes may be suggested or proposed:
   1) at the request of the FIL Rules Committee.
   2) upon review by the US Lacrosse Rules Sub-Committee.
   3) at the request of groups, associations or individuals in the following manner:
      a) Suggestions for changes must be requested by June 1st for consideration at the summer Rules Sub-Committee meeting.
      b) Suggestions must be made in writing using the Rule Change Request Form, available from US Lacrosse (www.uslacrosse.org)

   The Rules Sub-Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the rules put forth by the Rules Sub-Committee must be presented at the fall meeting of the US Lacrosse Board of Directors for final approval.

B. Experimental Rules

   A group or association may request permission from the Rules Sub-Committee to try a rule on an experimental basis for a specified period of time. The request must be made in writing to the Rules Sub-Committee Chair or through a group's official representative to the Rules Sub-Committee. Any request must be made by June 1st for consideration at the summer Rules Sub-Committee meeting. If permission to use an experimental rule is granted, the group requesting permission will be asked to present an evaluation to the Rules Sub-Committee before any request for a permanent change will be considered.

APPENDIX D
US LACROSSE POLICY BLOOD ON UNIFORMS

Outlined below is the official US Lacrosse policy regarding the handling of blood/bleeding situations during games. This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

When a player suffers a laceration or wound where oozing or bleeding occurs, the game should be stopped at the earliest practical time, and the player should be given appropriate medical treatment. The player may return to the game with the approval of medical personnel (team doctor, trainer, or other designated person with medical training). She may re-enter the game in the same half.

If the Official stops the game because a player is discovered to be bleeding, the player must leave the game and a substitute may enter. If the Official stops the game because an injury has occurred, the regular injury time out procedure is followed. If an injury time out has been called and it is then determined that it is a bleeding problem, the player must leave the game, even if medical personnel/coach have not come onto the field, and a substitute may enter.

In cases where a goalkeeper is discovered to be bleeding, and she is the only dressed goalkeeper for her team, the game should be stopped at the earliest practical time, she should be given appropriate medical treatment, and she may remain in the game.

If there is blood on any part of a player's uniform/personal equipment, medical personnel should determine whether the blood has saturated the uniform/equipment enough to require a change. In the absence of medical personnel, the official(s) will make this determination. A uniform is considered saturated when blood has soaked through the uniform to the player's skin or is capable of being transferred to another player. The same saturation criteria should be applied to a player's personal equipment (stick, gloves, knee brace, etc.). If a uniform shirt is changed, the player's new number must be recorded in the score book before she re-enters the game.

Any playing surface contaminated with blood must be cleaned by appropriate medical personnel before the game is restarted. In the absence of medical personnel, the home team is responsible for properly cleaning the affected area.

The Officials will not make medical evaluations. Their responsibility is to keep the playing field clear of players who are bleeding, who have open wounds, or who have uniforms which may be saturated with blood.

APPENDIX E
GUIDELINES FOR LIGHTNING DISTURBANCES

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.

2. Develop an evacuation plan, including identification of appropriate nearby shelters.

3. Develop criteria for suspension and resumption of play:
    a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
    b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
    c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.

4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Position Statement: Lightning Policy" on the US Lacrosse web site and the "Guidelines for Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

APPENDIX F
NFHS Officials CODE OF ETHICS

National Federation of State
High School Associations

Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

APPENDIX G
NFHS COACHES CODE OF ETHICS

National Federation of State
High School Associations

Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

APPENDIX H
US LACROSSE CODE OF ETHICS

US LACROSSE CODE OF ETHICS

Updated – September 13, 2008

Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting 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. All members of US Lacrosse, its staff, volunteers, 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 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
All members of US Lacrosse, its staff, volunteers, and 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

APPENDIX I

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Symptoms of Concussion Include:

- headache
- difficulty concentrating
- slowed thought processes
- nausea
- dizziness, poor balance
- sensitive to light and sounds
- fogginess
- easily confused
- difficulty with memory
- lack of energy, tiredness
- blurred vision
- mood changes- irritable, anxious, or tearful

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.

2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.

3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.

4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

APPENDIX J

WOMEN'S COLLEGIATE LACROSSE ASSOCIATES (WCLA) Official RULES

(for use by college club lacrosse teams)

PLAYING RULES

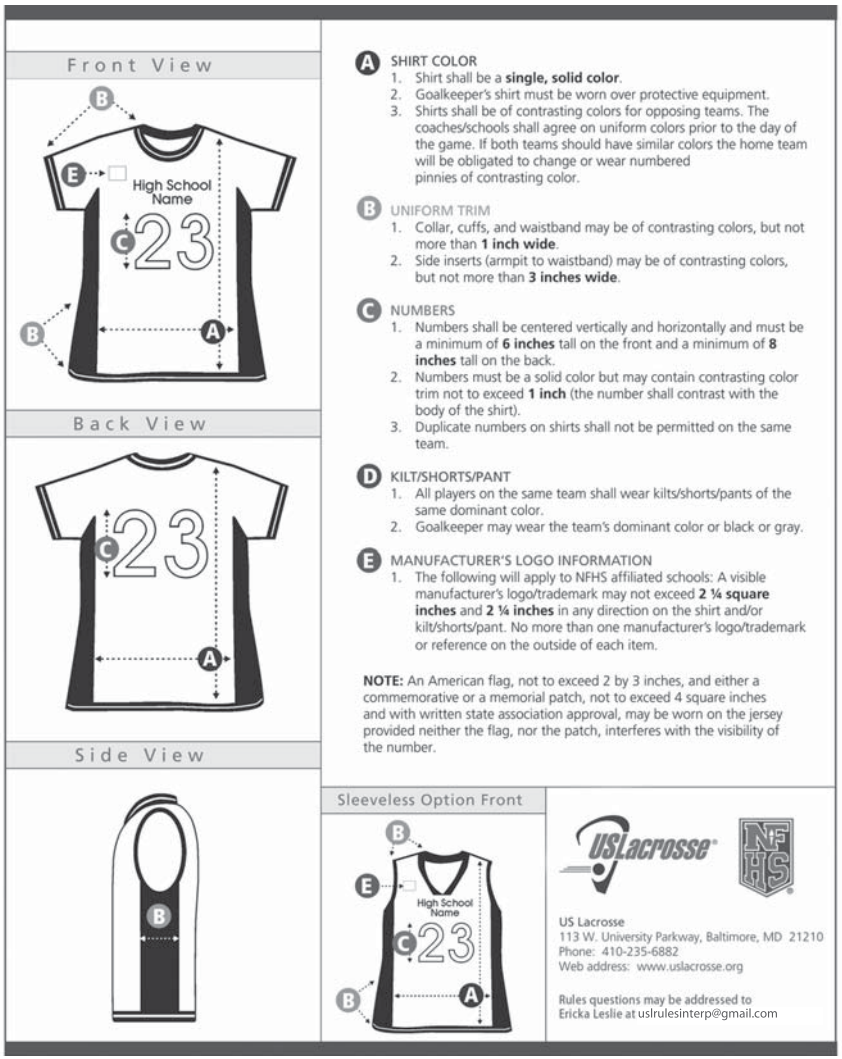
All contests between WCLA member teams shall be played according to US Lacrosse Women's Rules with these exceptions and notations:

(1) Games between DI teams must be played with 30-minute stop clock halves. All other games shall be 30-minute running clock halves with a stop clock on whistles in the last two minutes of each half. (Unless there is a 10-goal differential). All games may be played with 30-minute stop clock.
(2) Each team must be allowed timeouts per USL rules.
(3) All tie games at the end of regulation shall be resolved using USL overtime procedures.
(4) The WCLA National Tournament will be played with 30-minute stop clock halves.

For operational guidelines, player eligibility rules, or specific questions regarding the WCLA, please email: wcla@uslacrosse.org or visit the WCLA website at uslacrosse.org/wcla

WCLA Mission Statement
The mission of the USL Women's Collegiate Lacrosse Associates is to promote the growth of women's lacrosse nationwide. Specifically, the WCLA strives to provide an infrastructure in which collegiate clubs will compete and eventually crown a national champion. Leadership opportunities exist on the local, regional and national levels as WCLA is a representation of teams at all levels. WCLA members are then encouraged to give back to the lacrosse community by joining the umpiring, coaching and post-collegiate club communities.

APPENDIX K
UNIFORM SPECIFICATIONS



APPENDIX L
NFHS GUIDE TO COMMUNICABLE DISEASES

National Federation of State
High School Associations

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports
- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:
- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:
- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:
- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in 2010

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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MISSION STATEMENT

The mission of the National Federation of State High School Associations is to serve its members and its related professional groups by providing leadership and national coordination for the administration of interscholastic activities which will enhance the educational experiences of high school students and reduce risks of their participation. The NFHS will promote participation and sportsmanship to develop good citizens through interscholastic activities which provide equitable opportunities, positive recognition and learning experiences to students while maximizing the achievement of educational goals.

The NFHS writes the rules for boys high school lacrosse and endorses the use of US Lacrosse rules for girls high school competition.

US Lacrosse members are rewarded.

As a member of the US Lacrosse, you can save with special discounts on Nationwide® auto insurance. In addition, when you add rewards like **Vanishing Deductible**®,* you can take $100 off your deductible for every year of safe driving, for up to $500 in savings.

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