

2013 CONNY/US Lacrosse Girls Youth Rules

Abbreviated from US Lacrosse Women's and Youth Rules, 2012.

Used with permission from USL and CWLOA

Guidelines for Coaches:

Primary Responsibility:

- Player Safety.
- Enforce the rules in a constructive teaching method.
- Coaches and teams set up on the same side of field. Fans are on the opposite side.
- 🕒 Coaches must stay on their side of the 50-yard line & out of the substitution box
- Coaches are required to stay on their side of the 50-yard line.
- Coaches are not allowed on the field except in U-9 play where only ONE Coach may be on the field *to instruct players only*.
- Before the start of the game, review rules with referee and both coaches.
 - Also certify to the umpires that all equipment is legal under USL rules, including eye protection that meets the most recent ASTM Specification Standard and that the goalkeeper helmets meet the NOCSAE standards for Lacrosse.
- It is the home team's responsibility to wear a light colored numbered pinney/jersey if for some reason both team's jersey's are the same or very similar colors.
- If field is not properly marked, coaches should make every effort to designate set boundaries, restraining lines and creases.
- CONNY does not support "running up the score." US Lacrosse official rules call for a mercy rule at a 4-goal differential. If your team has a sizable lead (6 or more goals) please consider using one of the following strategies:
 - Shooting with their non-dominant hand.
 - Shoot off a settled offense. No fast breaks.
 - Pass a required number of times before taking a shot on net.
 - Put less experienced players on attack, more experienced players on defense.
 - Only allow 5 to cross the offensive restraining line, instead of 7.
 - All teams should be able to demonstrate good sportsmanship, regardless of the score.

USL Age and Eligibility Guidelines for 2013

U15:

All players must be 14 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U13:

All players must be 12 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U11:

All players must be 10 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

Spring 2013 Age Grouping Quick Reference Table

Birthdate	Age Bracket
Born on or after 9/1/1997	U15
Born on or after 9/1/1999	U13
Born on or after 9/1/2001	U11

NOTE: CONNY programs may continue to create grade-based teams. It is strongly encouraged to recognize and understand team composition based upon age based bracket as well for scheduling purposes.

NOTE: It is encouraged that ONLY players with a birthdate up to 3 months after the cutoff date, play-up if appropriate to stay with their grade.

PART I

US Lacrosse Rules Including CONNY Specifics

The following applies to ALL

Age Levels

(U15, U13, U11 and U9)

No Deputies – No player other than the goaltender may enter the goal circle unless a team is playing without a goalie. Officials will direct a field player to enter goal circle to pick up a stopped ball.

3 Second Closely Guarded - (Minor Foul)

No holding the ball for more than 3 seconds when

- One or more defender is within marking distance
- The defense has both hands on her stick for the full 3 seconds
- Can legally check if full checking were allowed (As per USL rules)
- Umpires will give an audible 3-second count and hand shop “Thousand one, thousand two, thousand tweet”. Foul is committed if umpire says “Three”
- The 3-second count stops if the player in possession of the ball moves her stick out of a checkable position.

Timer/Score Keeper

Home team is responsible for keeping game time and score. Timer should be located in center between teams

Age Level Specific Rules

U15 (includes 7th and 8th grade or Senior teams):

- Regulation size field 100yds x 70yds, with 10 yds behind each goal
- Regular field markings, including restraining line
- Regulation field stick (35.5” minimum and 43.25” maximum) and pocket – ball above top wall
- Modified checking only
 - Defense is allowed to check the opponent’s stick when it is entirely below the shoulder and the check is down and away from the body
- 25-minute halves, running time, clock stops on every whistle in last 2 minutes unless one team leads by 10 or more goals
 - 2 time-outs. One per half. Team in possession may call a time-out

on a dead or live ball. Players drop sticks prior to moving.

• Suggested 5-minute half time.

- Sub on the fly – any time during play, after goals, and at halftime – through designated substitution area at the midfield. Players coming on the field cannot do so until players coming off are completely off the field. (Injury substitution: no other players may substitute or exchange positions on the field).
- May shoot from direct free positions
- U15- Any player receiving a yellow or red card must leave the field for 2 minutes. No substitution is allowed. Team must play man down below both restraining lines

U15/Full Checking requirements:

- CONNY requires the following:
 - Each team must have 1 USL Level 1 certified coach
 - 2 Adult officials, one with a Local or higher rating.
 - Both coaches must agree to a Full Checking game. If both coaches DO NOT agree to FULL Checking, then the game will be played as modified checking according to CONNY rules.
- A check to the head is a mandatory Red Card – player is immediately ejected and prohibited from playing in the team’s next game.

U13 (includes 5th and 6th grade or Junior teams)

Same rules as U15 except

Mercy Rule

• When a team is down by 4 or more goals, team has option to take possession instead of drawing. All players stand, opposing center is placed 4M in front at 45 degree angle. Player with ball may run or pass but may not shoot until ball has been passed to a teammate.

No Full Checking

U11 & U9 (includes 4th grade & below Lightning and Bantam)

- Regulation field 90yds x 50yds with 10 yards behind each goal and regular field markings including restraining line
 - 11 field players, one goalkeeper, except when agreed upon by both coaches prior to the game.
- Smaller field, suggested field size is 60-70 yds x 30-40 yds with the following field markings:
 - 8m arc; no 12m fan, no restraining line, center line – no circle
 - Suggest 7v7 with goalie or modified goal opening
 - All players allowed to move entire field length
- Regulation field stick with or without modified pocket. May be cut to fit comfortably along the length of the player’s arm. Modified pocket: only half the ball may fall below bottom of the sidewall.

- No checking (major foul)
- 20-minute halves, running time
 - 2 time-outs. Team in clear possession may call a time-out on a dead or live ball. Players drop sticks prior to moving.
 - Suggested 5-minute half time.
 - Clock will stop on whistle during the last 2 minutes of each half.
- Sub on the fly – any time during play, after goals, and at halftime – through designated substitution area at the midfield. Players coming on the field cannot do so until players coming off are completely off the field. (Injury substitution: no other players may substitute or exchange positions on the field).
- 2 Pass Rule – after Midfield
 - Teams must have two attempted passes after the team crosses the midfield line in order to take a shot.
 - The ball could be dropped and re-scooped by receiver but opposing team cannot touch ball.
 - Goalie clear does not count as a pass.
 - After a shot is taken, team does not need to start pass count again. They can rebound the ball and taken second shot.

UMPIRES ARE NOT RESPONSIBLE FOR COUNTING PASSES

- May not shoot from any free positions, **unless** using a Goal Keeper or modified goal opening
- U9/U11- Any player receiving a yellow or red card must leave the field for 2 minutes of elapsed playing time and a substitute will take her place.

Clarification of Modified Checking and Stick to Stick Contact

Stick-to-stick contact is not necessarily a violation of the no checking / modified checking rule. A defender who holds her stick in good defensive position may force the attack players to cradle into her stick causing contact. If the attack player initiates contact with the defender's stick, ie swings her stick into a defender legally holding her stick, this is not considered a stick check. Conversely when the defender initiates contact, even if small, this can be considered a check.

Clarification of Checking/No Checking for CONNY Teams

U15 and U13 CONNY Teams will play **modified checking**.
U11 and U9 Teams will play with no checking.

Official/Umpire/Referee Guidelines for CONNY Games

**USL Women's Rulebook -Official Rules for Girls Youth Lacrosse - pg 82*

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

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

1. CONNY Girls will continue with centralized referee assigning for Spring 2013. CONNY will Assign 1 Adult ref per game.
2. To comply with USL guidelines* and insure the safety and integrity of the girls game, CONNY recommends 2 US Lacrosse certified officials per game.
3. U15 and U13 can be staffed as follows
 - 2 Adult HS/College officials
 - 2 Adult Youth officials
 - 1 Adult and 1 Junior official (Programs may request 2 adults for competitive games but it can not be guaranteed)
4. U11 and U9 games may be staffed as follows
 - 2 Junior officials
 - 1 Adult official at any level (HS/College/Youth)

Umpires should be on the field and be in charge of the game 15 minutes prior to game time. Prior to the game the umpires will inspect the grounds, goals, balls, crosses, clothing, shoes, jewelry and protective equipment and see that they are in accord with the rules.

Lightning Policy (same as USL)

- 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.
- 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.
- Any subsequent thunder or lightning after the beginning of the 30 minute count will reset the clock and another 30 minute count should begin.

PART II Official Rules for Girls and Women's Lacrosse

(Abbreviated from the 2012 US Lacrosse Official Rulebook of Girls and Women's Lacrosse. A complete copy can be ordered or downloaded from the US Lacrosse website www.uslacrosse.org)
Used with permission from USL and CWLOA

Rule 1 – Playing Area

Field dimensions: (See recommended guidelines on pages 1-2 for CONNY play)

- 10yds (min) of space behind each goal line.
- 2m space beyond each end line.
- 4m space between sideline and scorer's table
- 4m space between sideline and spectator area.
- Restraining line – solid line 30yds from each goal line.
- Center circle – center of field with radius of 9m (30')
- 8 meter arc – 8m (26'4") from goal circle; 7 hash marks
- 12 meter fan – 12m (39'4") from goal circle
- Team substitution area – 5m each side of center line; common area, no coaches allowed.
- Cones, pylons or flag should mark the corners of the field
- 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.

Rule 2 – Equipment and Uniforms

Field Player

- Mandatory: ASTM approved eye protection at ALL levels
- **Mandatory: visible mouth guard with no tab, may not be clear/white**
- May be worn: gloves, nose guards and soft headgear
- All team members shall be dressed uniformly with the exception of the goalkeeper, whose colors should be in correspondence with her teammates. It is the home team's responsibility to wear a light colored numbered pinney/jersey if for some reason both team's jersey's are the same or very similar colors.
- NO JEWELRY (not even small earrings)
- No baseball caps
- Legal: medic alert, barrettes but no hard objects in hair

- 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.

Field Crosse:

- 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 crosses overall length shall be no more than 35.5" minimum and 43.25" maximum.
- The ball must move freely within all parts of the head of the stick, both laterally and along its full length.

Regulation pocket: top of ball remains above the top or the sidewall after pressure has been applied.

Modified pocket: only half the ball may fall below the bottom sidewall.

Goalkeeper Equipment – Mandatory:

- Helmet with facemask
- Mouth guard
- Separate throat protector: wrap around or attached
- Chest protector – worn under uniform
- Padded gloves
- Padding for abdominal & pelvic area
- Padding on shins & thighs
- Bottom half of the GK uniform may be gray, black or team's main color.
- Goalkeepers jersey must be of the same color as her teammates.
- Stick length must be between 35.5" and 52" with unlimited shooting strings
- Numbered Uniform Jersey must be worn on top of Goalkeeper padding

Goalkeeper Crosse:

- 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 ball must freely within all parts of the head of the crosse, both laterally and along its full length.

All equipment, including crosses, must be inspected prior to the game. Coach must verbally certify to the umpires that all equipment is legal ASTM eye protection, NOCSAE GK helmet.

Note: Beginning in 2013, all shirts shall be of a single, solid color with some trim specifications permitted. Please refer to the US Lacrosse rulebook for more information.

Rule 4 – Time Factors and Scoring

- The home team will designate a timer.
- All time is running time unless tournament rules dictate otherwise.

Team Time Outs

- At all levels, all timeouts stop the game clock
- Each team shall be permitted two time outs per game which would include overtime.
- Time out may be requested by a coach or any player on the field after a goal is scored or during a dead ball situation by the team in possession or at any time the requestor's team is in clear possession of the ball.
- If a possession time out is called, players must leave their crosses in place on the field and return to that same place for the restart of play.
- No substitutions will be allowed during this stoppage of play.
- The time out shall be 2 minutes in duration.
- A minor foul will be called if a team is not ready to start after 2 minutes. Successive timeouts will not be allowed.
- No team outs may be called in the last 5 minutes of the game if the clock cannot be stopped during "time out" (ie central clock at event)

Scoring

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.

A goal is not scored when:

- the ball is put through the goal by a non-player.
- the ball comes off the person of an attacking player.
- the ball enters the goal after the whistle has blown or the horn has sounded.
- the player shooting has stepped on or into the goal circle or any other attacking player has entered the goal circle.
- the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player.
- the field umpire has ruled that the shot or follow through is dangerous.
- the ball enters the goal while the attacking team has an illegal player on the field.
- the ball enters the goal when the attacking team has more than seven players over the restraining line.
- 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 umpire'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.
- the ball enters the goal when a shot is taken from an indirect free position.

Tie Scores

At all levels, games may end in a tie.

Overtime Procedures:

U15 and U13

When the score is ties at the end of regular play and overtime is to be played, both teams will have a 5 minute rest and a coin toss 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.

Overtime Procedures U11 and U9

No overtime (even if there is a tie score)

Rule 5 – Play of Game

Concussions

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.

Start/Restart of the Game

- Draw starts play for each half and after goals except when a throw or free possession 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 five 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 possession or throw at the centerline rather than with a draw, player positioning for the draw will apply.

The Draw

The opponents each stand with one foot toeing the centerline. The crosses (shaft and head combined) are held in the air, above hip level with the lower side above the centerline 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 centerline.
- A player's top hand may not contact any part of the sidewall or pocket.
- The ball is placed in the top 1/3 of the crosses by the umpire. 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. The ball may be directed up, forward or behind the center players.
- The flight of the ball must attain a height higher than the heads of the players taking the draw.
- NOTE: The lower side of the crosse is defined as the right side of the crosse as the player looks at it with the open pocket facing her.

- When setting up the draw the umpire should be aware of possible height differentials between the centers and place the crosses in such a way that neither player gains an advantage.

An illegal draw results in a free position for the opponent at the centerline.

- Player from the offending team is placed 4m (4.4yds.) away to either side at an angle of 45 degrees to the centerline towards the goal she is defending.
- If both players draw illegally or it cannot be determined why the draw was illegal the umpire will call time out and a redraw will occur.

Four Goal/Mercy Rule: *Note: U15- No Mercy Rule For U13, U11 and U9 Level only:* when a team is losing by 4 or more goals, they have the option of receiving a free possession at the center instead of drawing after a goal or to start the 2nd half.

- The opposing player is placed 4m away at a 45 degree angle in front.
- All other players take regular draw positions.
- One foot must toe the centerline and player must remain motionless except to turn her head until after the whistle is blown. Hand may not contact any part of the sidewall or pocket.
- The player taking the free position may run or pass but may not shoot until she passes or another player has played the ball.

Coaching Area

U15, U13 and U11: coaches may go from substitution area to end line on their own half of field.

U-9: *ONE* coach from each team is permitted on the field for the purpose of instructing players.

Start/Restart of 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.

Restraining Line

A team must:

- On attack have 5 players behind the restraining line (Major Foul)
- On defense have 4 players behind the restraining line (Major Foul)

NOTE: Players may exchange places during play, but a player should have both feet out before 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 the foot is on or over the line.

Out of Bounds

- Ball is out of bounds when it touches the boundary line or the ground beyond.
- The team that last touches the ball before it goes out of bounds will lose possession, except on a shot or deflected shot.
- If a player in possession of the ball steps on or over the line, she is out of bounds. She may hang her stick over the line.
- If 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.
- 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.
- On a shot or deflected shot, the player closest to the spot where the ball when out will get possession.
- 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 umpire'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.
- When the ball has gone out of bounds it will be brought in 2M from the boundary line except when a foul occurred which is then 4M from boundary line.

Rule 6 – Fouls

Youth Fouls are the same as outlined in Rule 6 – US Lacrosse Women's Rules

Major Fouls

Team committing foul is noted at end of definition (*OFF = offense, DEF = defense, Both = offense and defense*)

MANDATORY CARDS ISSUED FOR THE FOLLOWING MAJOR FOULS:

Check to the Head (MANDATORY CARD) No player's crosse may hit or cause her opponent's crosse to hit the opponent's head. **DEF\BOTH**

Slash (MANDATORY CARD) A wild or uncontrolled swing towards an opponent that has potential for injury. Does not have to hit an opponent. **BOTH**

Dangerous Propelling (MANDATORY CARD): propel the ball with her crosse in a dangerous or uncontrolled manner at any time. **OFF**

- Any shot directed at or taken without regard to the positioning of a field player is dangerous propelling.

Dangerous Follow-Through (MANDATORY CARD): follow through with her crosse in a dangerous or uncontrolled manner at any time **OFF**

- Goal will not count.

Other Major Fouls:

Blocking: Block her opponent by moving into her path without giving her a chance to stop or change direction. **BOTH**

Charging: Charge, barge, shoulder, or back into an opponent. **BOTH**

- *NOTE: Body to body contact may be called charging, blocking or no call (incidental contact). Crosse to crosse contact is either a legal or illegal check*

Crosse in the Sphere: 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 **DEF**

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 **OFF**

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 **BOTH**

Dangerous Shot: shoot dangerously or without control. **OFF**

- A dangerous shot is judged on the basis of the combination of distance, force and placement.
- 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.
- A shot may be uncontrolled even if it misses the goal.

Detaining: detain an opponent at anytime by holding or pushing against her body, clothing, or crosse with an arm, leg, body or crosse. A player may not hold her crosse in such a manner as to restrain or hold back a player. **BOTH**

False Start: Before the whistle, step or make any movement simulating the start of play to gain advantage over an opponent. **BOTH**

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. **OFF**

Holding: Hold an opponent's crosse when the opponent is in possession of the ball. **DEF**

Hooking: Use the webbed area of her crosse to hook the bottom end of an opponent's crosse. **BOTH**

Illegal Contact: initiate crosse to body, or body to crosse contact. **BOTH**

Illegal Deputy: No field player may enter the goal circle. Exception is when team is playing without a goalkeeper and the ball comes to rest in the goal circle. Referees will direct a defensive player to enter and pick up the ball.

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. **OFF**

Illegal Shot: shoot from an indirect free position. Youth – Must pass before shot **OFF**

Illegal Use of the Crosse: using the crosse in a dangerous and/or intimidating manner, for example: **DEF**

- directly poke or wave the crosse near an opponent's face
- lowering the head of the crosse below the shoulder and initiating crosse to body contact; or
- Any other action with the crosse that in the umpire's opinion amounts to dangerous or intimidating play.

Obstruction of the Free Space to Goal (shooting space): No defender may guard the goal with any part of her body so as to obstruct the free space to goal. **DEF**

- May not stand between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player.
- 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.
- Three conditions must apply:
 - Player with ball must be looking to shoot
 - Have opportunity to shoot
 - Defender is not marking / within a stick's length of an attack player.
- If attack is being double or triple teamed and she has no opportunity to shoot for goal, the call should not be made.
- **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.*

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. **BOTH**

Pushing: push the opponent with the hand or body. **BOTH**

Reach across the body: Reach across an opponent to check the crosse when she is level with or behind her. **DEF**

Rough/Dangerous Check: Roughly or recklessly check another player's crosse. **DEF**

- A player may not check toward the body
- Make a sweeping check from behind that contacts the opponents body or head.

- No player's crosse may hit or cause her opponent's crosse to hit the opponent's body

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. **DEF**

- 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.
- 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.
- 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 not from Obstruction of Free Space
- 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.

Tripping: trip an opponent, deliberately or otherwise **BOTH**

Minor Fouls

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.

Covering: Guard a ground ball with her foot or crosse

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 that in the umpire's opinion amounts to delay.
4. Fail to be ready to start play after a 2-minute team time out or following half time.

Empty stick check: Check/tackle or hold 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.

Hand Ball: touch the ball with her hand, except the goalkeeper or deputy within the goal circle.

Illegal crosse: Play with a crosse that does not meet specifications.

- Score a goal with a crosse that does not meet field crosse specs
- 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.
- Request, for a second time, the inspection of any crosse meeting specifications.

Illegal Draw: draw illegally.

1. Either player draws too soon.
2. No attempt is made to draw up and away.
3. Movement of the crosse is not up and away.
4. Player taking the draw moves after the umpire says "ready" & before the whistle.
5. Ball does not go higher than the heads of the players taking the draw.
6. On the center draw, step on or into the center circle or across the restraining line before the whistle. Violation should be called immediately by officials.

Illegal re-entry: run out of bounds and re-enter to a more advantageous position.

Illegal Substitution: substitute illegally.

Illegal Timeout: a team requesting more than two timeouts.

Illegal Uniform: take part in the game if her uniform does not meet specifications

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

Play from out of bounds: take an active part in the game when her foot/feet are out of bounds.

Resumption of Play: Failure to be ready to start play after 2 minute timeout or half-time

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.

Illegal Use of the crosse:

- Throw her crosse in any circumstance
- Take part in the game without holding her crosse.

Warding Off: 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.

Repeated minor fouls can be penalized as a major foul, i.e. repeated Goal Circle violations by Defense

Goal Circle (GC) Fouls

Goal circle line belongs solely to the Goal Keeper

Youth players may not follow through into Goal Circle on shot

GK (or deputy as deemed by official) must clear ball from GC within 10 seconds on the ball entering the goal circle

- Officials use visual hand & audible signals

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:

- When a team is playing without a goalkeeper and the ball comes to rest in the goal circle, Referees will direct a defensive player to enter and pick up the ball. Player must step into GC first before picking up the ball.

Goalkeeper may not:

- When inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with her hand.
- when any part of her is grounded outside the goal circle, draw the ball into her goal circle.
- Step back into the goal circle when she has possession of the ball.

- Clear the ball by throwing it with her hand
- 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 another player has PLAYED the ball.
- Goalie/field player cannot roll the ball back into her crease for another 10 seconds until a ball has been “played”.

Goalie is “**grounded**” when her foot is entirely outside the GC. If any part of her foot is on the line, the GK is not grounded and is considered to be inside the GC.

Misconduct Fouls

1. Excessively rough, dangerous or unsportsmanlike play
2. Persistent or flagrant violation of the rules
3. Deliberately endangering the safety of an opposing player
4. Baiting or taunting to embarrass, ridicule or demean others
5. Excessive dissent or abusive language (includes profanity)
6. Non-playing team member leaving team area during the game
7. Coach leaving the coaching area (i.e. charging onto the field)
8. Player re-entering the game before yellow card penalty time has elapsed
9. Any type of behavior which in umpire’s opinion amounts to misconduct

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

Rule 7 – Penalty Administration

Administering Minor Fouls

Outside the Fan / below the goal line extended

- Award a Free Position on the spot of the foul*
- Place the offending player 4m AWAY in the direction of approach
- Move all other players 4m away in the direction of approach

Inside the 12m Fan - Defense Fouls – “Indirect” (Youth - must pass before a shot on goal)

- Award a FP to the attack out to the nearest spot on the 12m fan
- Place offending player 4m away. If GK out of GC stays out
- Move all players 4m away. Announce “Indirect”
- **Penalty Lane NOT cleared for minor fouls**

Placement of Goal Keeper when foul occurred

- if in or partially in GC – may remain in GC
- if outside the GC – remains where she is

Placement of GK if commits the Minor foul

- if in or partially in GC – may remain in GC
- if outside the GC – she is placed 4m away from player taking the FP

*No free position may be taken within 8m of the goal circle

Administering the Goal Circle Fouls

Goal circle line belongs to GK

Grounded refers to any part of the GK’s body touching the ground for support outside the GC while attempting to play the ball from inside the GC

By Attack

Award a FP to GK or deputy within the GC

Move all players 4m away from the goal circle in the direction of approach.

By Defense

Award a FP to the attack player closest to the spot of the foul. She is moved to a position 8m out to either side of the goal line extended.

Place the offending player 4m behind (12M from goal), exception the GK remains on the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle. If goalkeeper committed the GC foul, no other player is put behind the ball

- All other players should be 4m away
- Announce “Direct” Player may go directly to goal

Penalty Lane NOT cleared for Goal Circle Fouls

Administering Major Fouls

Administering the Major Fouls by defense

Mid-field

- Award a FP on the spot of the foul*
- Place the offending player 4m BEHIND the player taking the FP
- Move all other players 4m away in the direction of approach

Inside the Critical Scoring Area but Outside the 8m arc

- Award a FP on the spot of the foul*
- Place the offending player 4m BEHIND the player taking the FP
- Move all other players from the penalty lane (path to goal), body and crosse. If the GK is in the penalty lane, she may clear back into GC if she did not commit the foul.

Inside the 8m arc

- Award a FP at the 8m hash closest to the spot of the foul
- Place the offending player 4m behind on the 12 m fan.
- All other players are cleared from the 8m arc, and if necessary, the penalty lane. The GK may clear back into her goal circle if she is within the 8m and did not foul. If there is not a goalkeeper or a modified goal, then the 8m free position shall be *indirect*.

Administering the Major Fouls by Attack

- Award a FP on the spot of the foul*
- Place the offending player 4m BEHIND the player taking the FP
- Move all other players 4m away in the direction of approach

Dangerous Shot

- GK has FP inside GC
- Place the offending player 4m behind GC
- Move all other players 4m away from GC in the direction of approach

Offsetting Fouls

Administer a throw

Restraining Line Violation – Major Foul

A team must have:

- Five players behind the restraining line when the ball is in their offensive end
- Four players behind the restraining line when the ball is in their defensive end.

NOTES:

- Players may exchange places during play, but player should have both feet out before 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 the foot is on or over the line.

Administering the Offsides by defense

Defense Offside - Ball inside the CSA, above the goal line extended or in Goal circle

- Put defense player back onside
- Move the nearest attack to the top of the 12m fan
- Move the nearest defender 4m behind the player with the ball
- Clear the lane, allow GK to return to GC if she out, all other 4m

Defense Offside - Ball outside the CSA, below the goal line extended

- Put defense player back onside
- Nearest attack with ball maintains possession, never closer than 8m to GC
- move the nearest defender 4m behind the player with the ball all others 4m

Administering the Offsides by attack

Attack Offside

- Free position to closest defense player to the spot of the ball (no closer than 8m to the goal circle).
- Attack player with the ball will go 4m behind;
- 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.

Administering Both Attack and Defense Offsides

- Correct offside each team
- Throw closest to the spot of the ball (well away from restraining line)

Administering Cards at the Youth Level

MANDATORY YELLOW CARD for:

- Check to head
- Slash
- Dangerous propelling
- Dangerous Follow Through

Notes:

- No player's crosse may hit or cause her opponent's crosse to hit

the opponent's head. Not all contact with an opponent's head is a card. A player picking up a ground ball who contacts an opponent's head does not commit a check to the head, but may be whistled for a dangerous play. This could be a major foul, not a yellow card.

- Check to the head in a Full Checking Game is a mandatory Red Card.
- Card may also be given for Misconduct such as repeat major fouls, either by a single or multiple players on the same team.

• **YELLOW CARDS:**

- If a player receives a yellow card, her team is man down for 2 minutes at BOTH ends of the field and she MAY reenter the game after the full 2 minutes are served.
- If a player receives a second yellow card, her team is man down for 2 minutes at BOTH ends of the and she MAY NOT reenter the game; however, a teammate may sub for her after the full 2 minutes are served.
- **BOTH ends of the field means that the carded team must play short on offense and defense; you must keep four players behind the restraining line at all times.**

• **RED CARDS:**

- Player or coach receiving red card is ejected from game
- Team will play down a player for 2 minutes.
- The team must play man-down on BOTH ends of the field
- **BOTH ends of the field means that the carded team must play short on offense and defense; you must keep four players behind the restraining line at all times..**
- A teammate may sub for her after 2 minutes is served but player with red card may not re-enter the game or the following game
- Player or coach will be prohibited from participating in the team's next game.

- **2 yellow** = out for the current game only; player is eligible for the team's next game
- **1 red** = out for the current game and the team's next game

• **TEAM CARDS:**

- On the 4th card for a team (regardless of how many per player), the team plays man down at BOTH ends of the field for the remainder of the game.

U15 – A RED CARD MUST BE GIVEN FOR AN INITIATED CHECK TO THE HEAD.

U-13, U11 AND U9 – A YELLOW CARDS MUST BE GIVEN FOR A CHECK TO THE HEAD

- Notes on Cards:
 - Stop the Clock on All Cards
 - No sub may take her place before the 2 minutes have elapsed, other subs may enter for other players after play has started.
 - Same player, 2nd yellow - suspended for rest of game - sub after 2 minutes. Indicate this by holding 2 fingers up and a yellow card.
 - If goalkeeper gets yellow card and there is no dressed goalkeeper to take her place, a field player must leave the field for the 2 minutes. The coach decides who leaves
 - Flagrant, repeated violation of rules, dissent, misconduct, abusive language, taunting, fighting are grounds for a red card

Coach Misconduct

The head coach is responsible for the actions of all team members and adults associated with her team. She 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 to serve the entire 2 minutes of elapsed playing time.

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.

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.

CLEAR is any action taken by a player within the goal circle to pass or carry the ball 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 behind the level of the scorer's table extended.

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 umpire.

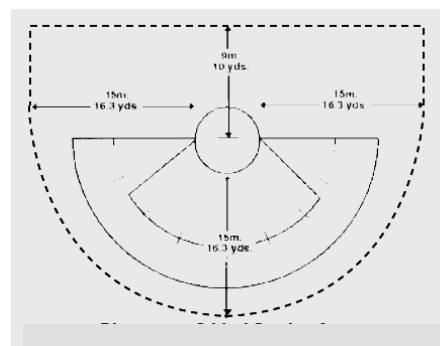


Diagram 1 - Critical Scoring Area

DEPUTY There is no deputy allowed for youth play, at any level. Penalty administration is same as defensive goal circle foul.

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.

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.

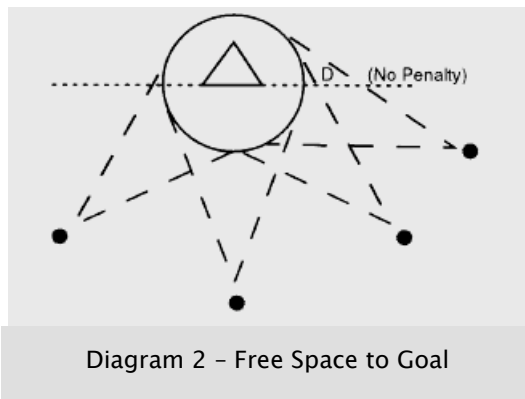


Diagram 2 - Free Space to Goal

GREEN CARD is presented to the captain 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.

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.

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

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.

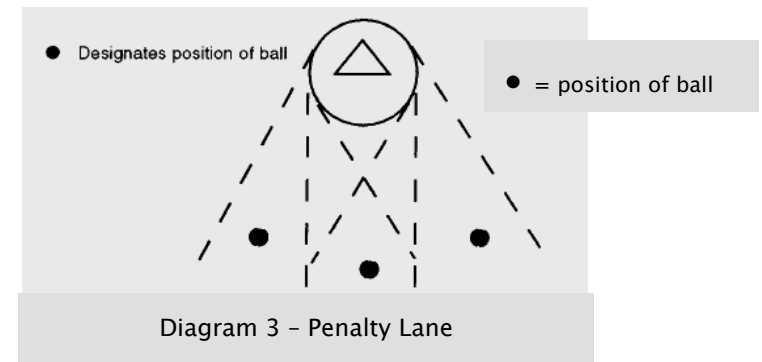


Diagram 3 - Penalty Lane

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 See page 12

RESTRAINING LINE is a solid line at each end of the field 27m (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.

SLASHING is the swinging of a crosse at an opponent's crosse or body with deliberate viciousness or recklessness, 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 18cm (7") (average crosse width) surrounding the head.

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 4.5m (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 behind the level of the scorer's table extended.

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 (39'4") from the goal circles.

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

YELLOW CARD See page 12