

Rule 1 Playing Area and Goals

Section 1 Field and Markings

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| Area | <p>Rectangular, marked with solid boundaries 2inch or 4 inch lines Goal line must be 2 inches 110-140 long x 60-70 wide Goals 90-100yds apart 10-20 yds behind each goal 2M space beyond each endline Scorer table 4M setback Spectators 4M setback</p> |
| Center Circle | <p>30 foot radius (20 yard diameter) Center line 9ft 11inches parallel to goal lines</p> |
| Restraining Line | <p>Must be 30 yards from each goal line Must be marked as solid line or with x's – no cones</p> |
| Goal Circle | <p>Radius 8.5 feet (diameter 17 feet)</p> |
| Arc | <p>8M (26ft 4 inc) from Goal Circle</p> |
| Fan | <p>12M (39ft 4in) from Goal Circle</p> |
| Critical Scoring Area | <p>Where attacking team shoots 12M in front of the goal Circle To the End Line 12M to each side of the Goal Circle No extra lines drawn – subject to officials judgment</p> |
| 8 Meter Hash Marks | <p>1 foot in length Perpendicular and bisecting the Arc 4,8,12(hanging)M either side from the Center Hash Mark 2 additional 1 ft marks 8M from goal circle perpendicular to GLE</p> |
| Below Goal Markings | <p>DOTS 4-6 inches in diameter 5 yards behinds GLE hashes May be temporary (chalk)</p> |
| Scorer's Table | <p>At midfield – on Team Bench side 4M from playing boundary Accurate visible score must be displayed Visible clock is recommended Visible possession indicator is required (small cone or other object) Officials may choose to have arrow point in direction the team is attacking or be on the side of the table closest to the bench area of the team</p> |
| Substitution Area | <p>In front of scorers table and centered at midfield Sectioned off by two hash marks each 5 yards from the center line of the field 10 yards wide</p> |
| Penalty Area | <p>Directly in front of the Scorer's table At the rear of the substitution area Player serving penalty must sit or kneel in this area</p> |

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| Team Bench Area | From end of substitution area to team's restraining line Even with level of scorer's table extended (at least 4M set back from sideline) Does not extend behind scorers table Non playing personnel must remain in this area or Misconduct assessed |
| Coaching Area | Team side of Substitution Area to their end line at least 4M from the sideline (even with scorers table extended) Does not extend behind scorer's table Violation is Misconduct |
| Spectator Area | 4M from sideline Not allowed behind team bench, behind scorer table or behind end lines Exception for permanent stadium seating with netting or fencing |
| Corners of Field | Must be marked with soft flexible cones, pylons or flags |
| Responsibilities | Host team is responsible Play may take place if written notice given to visitor prior to day of game Both teams agree Min 10YD distance GOAL LINE to ENDLINE must be maintained |
| Section 2 Goals | |
| Goals | 6x6 metal with 6 foot crossbar at top Goal posts = pipes Posts and crossbars must be solid white, orange or silver 1.5-2in in diameter 1.5inch mesh Netting should be pegged down Goal line must be drawn between the 2 posts |

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| Rule 2 Equipment and Uniforms | |
| Section 1 The Ball | |
| Ball | Yellow, lime green or bright orange NOCSAE label Provided by home team Same type and color throughout duration of game unless coaches agree to change |
| Section 2 Field Crosse | |
| Materials | Composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material No sharp or protruding parts or edges |
| Head | Triangular in concept Attached in same plane as the handle Recessed screws to affix head to handle "Bent" handles must be used with heads designed to receive them |
| Length | 35.5in – 43.25in |

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| Pocket | 4-5 longitudinal leather or synthetic thongs 8-12 stitches of cross lacing No more than 2 shooting strings Shooting strings must be attached directly to both sidewalls No mesh pockets Pockets must be attached along bottom rail of the head through stringing holes |
| Legality Test | <ol style="list-style-type: none"> 1. Must comply with criteria of Rule 2 Section 2 2. Must meet manufacturer's specifications (appendix B) 3. The top of the ball remains above the wall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse 4. The ball moves freely within all parts of the head (length and laterally) |
| Section 3 Goalkeeper Crosse | |
| Materials | Composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material |
| Head | Triangular in concept Attached in same plane as the handle Recessed screws to affix head to handle |
| Length | 35.5in – 52in |
| Pocket | 6-7 longitudinal leather or synthetic thongs and crosse lacing or may be mesh |
| Legality Test | <ol style="list-style-type: none"> 1. Must comply with criteria of Rule 2 Section 3 2. Must meet manufacturer's specifications (appendix B) 3. The ball moves freely within all parts of the head (length and laterally) |
| Section 4 Crosse Inspection | |
| Crosses | All that may be used in the game, including extra crosses Those not meeting specifications may be reinspected prior to first draw Any crosse not meeting specifications will be placed at scorer's table |
| Official TO to inspect | At anytime during the game at officials discretion an officials time out for inspection may be called |
| Stick Checks per game | 2 per team At request of head coach or any player on the field Must specify player to be checked by number Does not include players on sideline or in substitution box Steps 3 and 4 of Field Crosse Legality Test procedure followed May be requested at anytime in a game during a clock stoppage including immediately following goals in regulation and overtime periods in which players are still on the field |
| Stick Measurement request | Head coach request of specific opponent Officials only measure overall length Counts as 1 of 2 allowable requests |

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| Restart | <p>If Legal – player who had possession or closest to the ball if there was no possession</p> <p>If Illegal – Crosse removed from game to Scorer table for remainder of half Player can go to bench, secure replacement and immediately return to her place on the field No substitutes allowed during stoppage for stick check Team personnel may adjust crosse at scorer table but not remove the stick Reinspection at half time or before overtime No reinspection during end change break between overtime periods Team requesting check does not lose allowable request if crosse is illegal</p> |
| Penalties | <p>After illegal crosse removed free position (minor) restart awarded to opponent nearest to ball</p> <p>If illegal crosse is offsetting foul – alternate possession awarded</p> <p>If goal had been scored it does not count, crosse is removed, play is restarted with free position at center line</p> <p>If a game is restarted with a draw after a goal with an illegal crosse is scored the goal stands</p> <p>If after a goal is scored and before game is restarted with a draw, any player other than the shooter is found to have an illegal crosse, the goal stands and free position awarded to opposing team at center</p> |
| Section 5 Crosse Failure | |
| Ball lodged in field crosse | <p>Crosse must be removed from field immediately</p> <p>Free position for Minor foul is awarded to opponent</p> |
| Head disconnect | <p>During throwing, shooting or draw motion</p> <p>Remove from game and place at scorers table</p> <p>If ball entered goal – no score</p> <p>Player is allowed to enter bench obtain another crosse and immediately return to her place on the field</p> <p>No subs allowed during stoppage</p> <p>Play restarted with alternate possession unless it occurs during a draw in which case redraw</p> <p>Reinspection at half time or before overtime</p> <p>No reinspection during end change break between overtime periods</p> <p>Head Disconnect player without possession</p> <p>Crosse removed to scorer table</p> <p>No change in possession</p> <p>Alternate possession procedure does not apply</p> <p>Time out may be taken for replacement and removal to scorer table</p> |
| Section 6 Goalkeeper Equipment | |
| Required | <p>Helmet (NOCSAE cpecs) with facemask and properly secured chin strap</p> <p>Separate throat protector</p> <p>Padded gloves</p> <p>Mouth guard</p> <p>Chest protector</p> <p>Padding on shins and thighs</p> |
| Recommended | <p>Padding on arms and shoulders</p> |
| Prohibited | <p>Padding that excessively increase size of body</p> <p>Padding that exceeds 1inch thickness (thickness of legal goalkeeping gloves)</p> <p>Webbing in gloves</p> <p>Any padding that excessively increases hand size when presented to the ball</p> |

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| Adornments | Paint, decals or tape only allowable adornments |
| Section 7 Personal Equipment | |
| Mouthpiece | Professionally manufactured – fully covers teeth Any color except clear or white Must not have graphics of white teeth No protruding tabs Model from impression of players teeth recommended Impression formed Provided by a dental professional |
| Eye Protection | All field players subject to ASTM F3077 standard SEI mark required for all ASTM eye protection manufactured after 01/01/2018 |
| Close Fitting gloves | Permitted for all field players |
| Headgear | Permitted for all field players 01/01/2017 ASTM standard F3137 only SEI mark required for all ASTM headgear manufactured after 01/01/2018 |
| Facemasks | Not allowed |
| Medically needed protective device | If officials agree players are not endangered Hard unyielding items on hands wrists forearm, elbow upper arm or shoulder arr prohibited unless padded with closed cell slow recovery foam no less than ½ inch Unaltered knee and ankle braces do not require additional padding |
| Medic Alert Jewelry | If securely taped with medical info visible |
| Gages | Prohibited |
| Jewelry | Prohibited – includes soft cloth bracelet |
| Barrettes | Legal as long as they do not endanger other players |
| Eye Black | Worn on face must be one solid stroke No logos / numbers / letters Must not extend beyond width of eye socket or below the cheekbone |
| Special needs / Religious considerations | Given as long as opponents are not endangered |
| Penalties | Players may not play if non compliant If non compliance after game begins, player is removed and free position, minor foul awarded to opponent Substitute must replace the offender unless immediate correction can be made |
| Section 8 Electronic Equipment | |
| Acceptable | Between coaches on sideline or within coaches area, non playing team members athletic trainers or individuals connected to the team |
| Unacceptable | to communicate with 12 players on the field to communicate with coaches not present on team sideline or in coaches area (ie in a press box by phone or headset etc) |
| Voice Amplifier | Prohibited |
| Penalty | Coach misconduct penalties apply |

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| Camera | Acceptable in goal if padded, inside goal only with official approval prior to game Must not interfere with warm up or play of the game Defensive play of ball into circle resulting in rebound off camera out of goal circle results in time out called and ball returned to circle to restart play |
| Section 9 Uniforms | |
| Shoes | Composition or rubber sole only No spikes Plastic leather or rubber cleats-studs may be worn Shoes and socks do not have to be identical for team members |
| Jerseys | Must be worn by field players Same single dominant color Kilts or shorts of same dominant color (do not have to be solid) Jerseys do not have to be same color as Kilts/shorts Goalkeeper colors must correspond with teammates Goalkeeper jersey must be same color as teammates Goalkeeper bottoms must be in agreement with team's predominant color, or black or gray Goalkeeper jersey must be worn over chest and shoulder protective equipment |
| Numbers | Front and back of all players jerseys 0-99 is legal Double digit numbers 0-9 are illegal (01,02,03) No duplicate numbers on same team Numbers centered vertically and horizontally 6 in minimum on front 8 in minimum on back Must be solid contrasting color to body of jersey May be trimmed in contrasting color (not to exceed 1 in) If number appears elsewhere on uniform it must match Jersey Player's number must match what is recorded in scorebook Player not rostered or in the scorebook by name and number is an illegal substitute A player may be rostered in the scorebook on the scorers table prior to start of the game with two numbers (ie 50 as goalie and 32 as field player) All warnings and cards go to the player name in this case |
| Opposing Team Jerseys | Contrasting colors, agreed to prior to day of game Home team obligated to change or wear numbered pinnies of contrasting color Effective 01/1/2018 Home = light and Visitor = dark |
| Uniform Trim | Permitted on collar, cuff and waistband, may contrast, no more than 1 inch wide |
| Side Inserts | Armpit or waistband – may contrast, multiple colors, no more than 3 inches wide |
| Manufacturers logo | Limit 1 – not to exceed 2 ¼ by 2 ¼ inch on each item Includes any company reference |
| American Flag / Patches | NFHS affiliated schools not to exceed 2 in x 3 in Or commemorative patch not to exceed 4 square inches Written state association approval required Must not interfere with visibility of number |
| Visible Undergarments | Must be solid color White, gray, black or team uniform color All team members must wear same undergarment color if visible Does not apply to medical sleeves 01/01/2018 visible long or short sleeve undergarments must match team predominant Jersey color or be light with light / dark with dark |

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| Penalties | <p>Uncorrectable illegal team uniforms result in free position for minor foul for the opponent at the center to begin the game</p> <p>If both teams are illegally dressed alternate possession at center as determined by captains meeting</p> <p>Noncompliance discovered during game results in player removal with free position for a minor foul awarded to opponent</p> |
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Rule 3 Game Personnel

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| Section 1 The Teams | |
| Teams | <p>2 teams</p> <p>12 players is a full team</p> <p>Any number up to 12 may be on the field at the same time</p> <p>One of the 12 MAY be a goalkeeper</p> |
| Section 2 Head Coach Responsibilities | |
| Primary | <p>In control of and responsible for actions of any and all persons connected with institution</p> <p>Assist the officials in keeping game under control</p> <p>Upon official request, their duty to control spectators</p> |
| Other | <p>Verbally certify all team equipment is legal</p> <p>Indicate starting lineup to scorer 10 minutes prior to game (no changes allowed prior to game start other than for injury once submitted)</p> <p>Indicate substitute for injured or suspended player</p> <p>Approach officials pregame, at halftime, or during timeouts for clarification of rules</p> <p>Request a time out from official (only captains and Head coaches can request)</p> |
| Communication with Officials | <p>Only the head coach or captains will communicate with officials during the play of the game</p> |
| Section 3 Game Administrator | |
| Recommendation | <p>Host team (or home if neutral site) assign admin to handle game management</p> <p>Timekeeper and scorer on hand with required equipment</p> <p>Playing field condition</p> <p>If no game administrator, Home team coach assumes responsibilities</p> |
| Section 4 Captains | |
| Responsibilities | <p>Call coin toss for choice of ends or initial alternate possession</p> <p>Indicate team is ready to play at beginning of each half</p> <p>Approach official for clarification of rules</p> |
| Section 5 Officials | |
| Number | <p>At least 2 US Lacrosse rated officials</p> <p>01/01/2017 game requires at least 2 certified officials</p> <p>3 officials are recommended</p> |
| Jurisdiction | <p>30 minutes prior to game until officials leave the field together</p> |
| Refrain | <p>From enforcing any rule that would penalize the non offending team</p> |
| Prior to game | <p>Inspect grounds, goals, balls, crosses, clothing, shoes, jewelry and protective equipment</p> |

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| Coach Captain Meeting | <p>Introductions Coin toss – called by visiting captain Review ground conditions Review appropriate rule interpretations Verify with each coach that all players uniforms and equipment are legal Agree upon length of halftime (5,7,10)</p> |
| Other Responsibilities | <p>Ensure timers and scorers understand responsibilities Inform timer about length of halftime Available to coaches and captains during timeouts and halftime Head coach from both teams must be invited to meetings with officials with either team (they may decline to participate) Weather decisions after consultation with coaches / administrator</p> |
| Clerical | Completion of any reports (including those imposing disqualifications) |
| Alternate official | See Appendix C in rule book |
| Section 6 Scorer | |
| Scorer | <p>From home team – sits at scorer table If official scorer is not seated at field level home team must ensure scorers table is manned Record starting lineups 10 minutes prior to game Match numbers to players to scorebook Changes to lineup can not be made until the game starts Ensure possession of roster with all players and numbers is at the table prior to start of play Accurate recording of goals scored (recommended that visiting team provides a scorer and book at the table as well) Continuous display of an accurate score for players coaches and officials Notify official on first stoppage of play if there has been an illegal substitution Record cards in book Notify official immediately if a second warning is given to any player Record delay of game suspension including time on the clock when a player is suspended Notify official immediately if team receives 4th card Notify official of 10 goal differential Record time outs taken by each team Maintain accurate record of alternate possession</p> |
| Section 7 Timer | |

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| Timer | <p>From home team, seated at scorer's table Home team is responsible following duties are met by timer Stop the clock at the whistle and arm signal after each goal 10 goal differential – clock runs after goals and during last 2 minutes of play in each half except for official time outs or differential becomes less than 10 Start the clock on the whistle for each draw Sound a horn at the first stoppage of play to notify officials of illegal sub or clock malfunction indicate TO by team in possession during dead ball situation end of half end of game Notify official 2 mins remain in each half Stop clock on every whistle in last 2 minutes of each half and restart on official whistle (10 goal differential would apply) Stop the clock upon TO signal and whistle from official Maintain separate clock for time outs 2 minutes Horn at 1 min 45 seconds Horn at 2 minutes Note time of cards Monitor penalty duration and notify coaches when time has elapsed</p> <p>If not seated at field level home team must ensure direct two way communication is available at all times</p> <p>Running clocks due to 10 goal differentials are still stopped for Timeouts Running clock games stop on every whistle in last 2 minutes in each half</p> |
| Rule 4 Time Factors Substitution and Scoring | |
| Section 1 Duration of Play | |
| Maximum | 50 minutes high school 60 minutes adult Divided in 2 halves |
| Halftime | 10 minutes (may be less 5,7,10 if agreed by coaches prior to game) Players must switch ends at half |
| Clock Stops | Officials whistle and arm signal after each goal during entire game On every whistle stopping play in last 2 minutes of the half |
| 10 Goal Difference | No stop clock after goals or within last 2 minutes of each half If time runs out prior to free position administration then foul will not be administered Stop clock reinstated if goal differential becomes less than 10 |
| Section 2 Official Time Outs | |
| Discretion | Play should be continuous but official may call timeout for unusual circumstances Broker crosse Animal on the field Lost ball A ball that has gone too far out of bounds Spectator interference Delay of game |

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| Mandatory | Case of illness Accident or injury Issuance of a card Check a crosse Anytime draw must be retaken (except under 10 goal differential) |
| TO for player injury | Actual or suspected Player must leave field (whether or not personnel or coach comes onto field) Substitute must take her place During injury TO No one may come onto the field from sideline without official permission No personnel may enter the field for purpose of coaching No player may leave her area of the field to be coached If free position is to be taken and no sub available, official choses closest player If goalkeeper with no “dressed” sub available, goalkeeper may stay in game No other player substitutions or position changes Substitution, not to exceed 30 seconds, must be made in case of injury Unless on the field field player is replacing GK then reasonable time given and field player may be replaced by sub from the bench |
| Concussion | Any player demonstrating symptoms must leave the field Health care official clearance required to return to play Officials may not diagnose concussion If no Health Care professional is present default is NO Return to Play |
| Section 3 Team Time Outs | |
| Number | 2 during game 1 during entire duration of overtime No carryover between game and overtime |
| Who Requests | Head coach Any player on the field after a goal is scored Any time the requestors team is in clear possession |
| Duration | 2 minutes 1min 45 sec signal given At 2 mins whistle will restart play |
| Successive Time Outs | Prohibited |
| Possession Timeout | Players leave crosses in place on the field Return to same position at start of play Play resumes with a free position Official should set up the free position BEFORE signaling the time out and allowing teams to leave the field NO substitutions allowed during possession time out |
| Minor Fouls | Team is not ready to restart after 2 minutes Team requests a third time out Team illegally substitutes |
| Section 4 Suspended / Interrupted Game | |
| Legal completion | 80% |
| Final Call | Officials May be due to weather or field conditions |
| Restart on same day | From point of interruption All cards, points, stats carryover |

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| Suspended game restart another day | Less than 80% completed – played from point of interruption All cards, points and stats carryover |
| Suspended Game | May be terminated and deemed complete with coach agreement Score at termination will become official score |
| Suspended with over 80% complete and tie score | League determines tie break procedures |
| Section 5 Forfeited Game | |
| Losing Team leaves field | Score stands |
| Leading team leaves the field | Score recorded as 1-0 in favor of team remaining on field |
| Official declares forfeit | Suspended or ejected coach or non student team personnel refuses to leave area Score will be recorded as 1-0 in favor of non offending team (suspended students may remain in team bench area) |
| Coach removal | Becomes a forfeit if assistant coach or authorized team personnel is not available |
| Section 6 Overtime Procedures | |
| Procedures | 5 minute rest period before overtime starts Coin toss called by visiting captain for choice of ends Alternate possession continues from regulation Game restarts with Center draw Winner decided by “Sudden Victory” – first team to score wins |
| 1 st 6 minute Overtime period (two 3min halves) | No more than 6 minutes of stop clock time (clock stops on every whistle) Teams switch ends after 3 minutes with clock stopped No delay for coaching during end change No substitution during clock stop to switch ends Game restarted with center draw after end change |
| If tied after 6 minutes | 3 minute rest Switch ends Substitutions may occur during this 3 minute rest Play continues with “Sudden Victory” stop clock overtime periods of 6 mins (2 3min halves) with 3 mins in between and change of halves until a winning goal is scored |
| Section 7 – Substitution | |
| Unlimited | Any time during play After every goal At halftime (including halftime between 6min overtime periods / not end change) |
| Timeout required to sub | Not during normal course of play |
| Re Entry allowed | Yes |
| Re Entry – during play | Through Substitution area only All players including GK must exit through cones before sub can enter Player exiting field has right of way Only imminent subs allowed in the substitution area \subs must not block the view of the scorers table |

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| Imminent (judgment call by official) | when sub has called field player by name and field player is in act of running to substitution area |
| Re Entry - after a goal | Subs may enter field immediately without waiting for teammates All entrance and exit through substitution area Prohibited once officials hands are in contact with centers sticks at draw Officials responsible to make sure replaced players leave field |
| Substitutions on ReDraw | Prohibited |
| Substitution Area | No coaches or team personnel allowed No players that are not imminent subs allowed in area |
| Illegal Substitution | Scorer notifies nearest official immediately Player enters without going through substitution area Player enters prior to teammate exiting the field Player enters during possession timeout Player entering during injury or misconduct timeout who is not replacing injured or suspended player Player not rostered correctly in scorebook Extra player Player entry after officials hands are on sticks for the draw Suspended player reentry (after 2 yellow cards) (misconduct) Ejected player return (after 1 red card) (misconduct) |
| Player suspension / Ejection | No substitution allowed (except goalkeeper misconduct – see rule 12) |
| Penalties | Official calls Timeout Removes illegal substitute Free Position for opposing team where play was to resume before illegal sub or spot where error was discovered if spot cannot be determined Simultaneous breach (illegal sub on both teams) = alternate possession at spot where play was to resume |
| Adding players to roster | If omitted at start of game, team can add player and number when error discovered and accept penalty imposed against team (penalty type?? Assuming minor) |
| Section 8 Scoring | |
| Winner | Scores most goals |
| Tie | Same number of goals scored by each team |
| Goal | Scored by whole ball passing completely over the goal line Between the posts Under the crossbar from in front Propelled by a legal crosse of an attacking player Or the crosse or person of a defender (including goalie on own goal) Before time expires If violation of jewelry, eye protection or mouthguard is discovered immediately after a goal, goal counts and free position is taken at the center circle |

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| No Goal | <p>Ball put through goal by a non player</p> <p>Ball comes off the person of an attacker</p> <p>Whole ball enters the goal after the whistle blows or horn sounds</p> <p>Player shooting steps on or into the goal circle or any other attacking player has entered the goal circle</p> <p>Goalkeeper, while inside the goal circle, is interfered with in anyway by an attacking player</p> <p>Field official rules shot or follow through is dangerous</p> <p>Ball enters goal while attacking team has an illegal player on the field</p> <p>Ball enters the goal while attacking team is offside</p> <p>Ball enters the goal from a crosse that does not meet specifications</p> <p>Player adjustment of crosse after official request for inspection, goal does not count and crosse is removed from the game</p> <p>Ball enters the goal from the attacking teams goalkeeper or her stick</p> <p>Ball enters the goal when a shot is taken from an indirect free position</p> |
| Penalties | <p>Free position for opponent at spot designated by official</p> <p>Illegal sub on attacking team after a score before play is restarted – goal does not count, illegal player removed, play resumes with free position at center by opposing team with player positioning for a draw</p> <p>Goal by Crosse not to specification – goal shall not count, crosse removed, play resumed with free position at center by opposing team with player positioning for draw.</p> <p>If game is restarted by draw before illegal crosse determined – goal stands</p> <p>Non shooting player has illegal crosse – before play restarted – goal stands – free position at center by opposing team – player positioning for draw applies</p> |

| Rule 5 Starting and Restarting Play | |
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| Section 1 Stopping and Starting Play | |
| Whistle | Used to start and stop play When starting play a visual arm signal by official joins the whistle |
| Dead Ball | The ball is dead when the official blows the whistle to stop play |
| Stand | All players must stand when an official blows the whistle Exception for Goalie or Deputy in the circle Players who move are returned to their original position |
| Restart | Player with ball may run, pass or shoot unless an indirect free position |
| Certain Restarts | <p>Stoppage due to accident, injury, illness, inadvertent whistle by official interference or incident related to or unrelated to the ball requires</p> <ol style="list-style-type: none"> a. If a foul occurred, free position determined by official not within 8M of the goal circle or 4m of the boundaries b. If no foul involved in stoppage of play, ball given to player in possession, or nearest to it at the time play was stopped at the spot of the ball. If two players are equidistant, alternate possession is awarded. |
| Penalties | <ol style="list-style-type: none"> 1. Delay of game if players fail to Stand 2. False start if a player moves prior to whistle and a free position for a major foul is awarded |

Section 2 Starting Play - Draw

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| Starting Play – Draw | Each half of the game Overtime After each goal Except when a free position or alternate possession at the center line is awarded |
| Players required for Draw | There must be 12 players on the field prior to the draw unless a team does not have 12 eligible players in uniform or they are playing with fewer than 12 players as a result of card or cards |
| Players and Draw | Maximum of three players between restraining All other players, including GK must be below restraining line <ol style="list-style-type: none">Dressed GK may not drawPlayers outside the center circle and below the restraining line are not required to “stand” during the drawPlayers must not step over the center circle until the whistle blowsPlayers must not step over the restraining lines if doing so would exceed the allowed number of players between the lines on drawSticks may be over the center circle or restraining lines provided they are not groundedOn the whistle, all players below the restraining lines may not cross until:<ol style="list-style-type: none">A player from either team gains possessionThe ball goes out of bounds off a playerThe ball crosses the restraining lineA whistle stops play for a foulWhen any of 1-4 occurs the draw is completeA 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 shootIf a player causes the ball to go out of bounds prior to possession being established, this is a change of possession for boundary ballWhen the ball goes directly out of bounds from a legal draw, the draw will be retaken. No substitutions during a re-draw. |
| Center positioning of players | Opponents stand with 1 foot toeing the center line and both feet on same side of center line with feet behind crosse Crosses held above each player’s hip level Lower right side of crosse down and back to back to each other Crosse is open to goal being defended Entire length of both crosses must be contained within the vertical plane of the center line Players top hand may not contact any part of the sidewall or pocket |
| Positioning of ball and the Draw | Ball placed by official in upper third of each head at its widest point Crosses will be adjusted by official to eliminate height differential advantages On the word “Ready” the players taking the draw must remain motionless except for head movement until the whistle On the whistle two opponents must draw crosses up from the starting position Flight of ball must attain a height higher than the heads of the players taking the draw |

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| Penalty | <p>Illegal Draw results in free position for the opponent at the center line Player from offending team is placed 4M away to either side at a 45degree angle to the center line toward the goal she is defending</p> <p>If both players draw illegal or it cannot be determined why the draw was illegal the official will call timeout and a redraw will occur.</p> <p>Any offsetting violations of the draw rules will result in a redraw</p> <p>There shall be no substitutions during a redraw</p> |
| Exception | When there is a 10 goal differential in effect no timeout called for redraws |
| Section 3 Restarting Play – Free Position | |
| Free Position | <p>Violation of any rule is a foul Penalty for a foul is a free position 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 GK awarded free position within the goal circle)</p> |
| Free Position Procedure | <ol style="list-style-type: none"> a. Official indicates where player taking free position is to stand b. Free position at spot offoul unless specifically directed by rules or the spot would disadvantage the non offending team in which case it would be at the spot of the ball c. Free positions below GLE and in the Critical scoring area shall be taken at the dot d. No player or her crosse is allowed within 4m of player taking free position; anyone within this distance must be moved by the official e. Player committing foul moves 4m away from the free position <ol style="list-style-type: none"> a. Except for GK committing goal circle violation or minor foul while partially or completely in goal circle |
| Major Fouls | <p>For major fouls anywhere on the field offending player stands 4m behind player taking free position (applicable to GK and deputy whether inside or outside goal circle)</p> <p>When GK awarded free position within goal circle, player committing major foul is placed 4M behind goal circle</p> |
| Minor Fouls | <p>For minor fouls anywhere on the field the offending player will stand 4m away in the direction from which see approached before committing the foul Applicable to GK if outside the goal circle</p> |
| Start / restart with Free position or Alternate possession | <p>Player positioning for draw applies except for player awarded possession at center line and player serving foul All players must STAND</p> |
| Section 4 Restarting Play – Alternate Possession | |

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| Alternate Possession Awarded When | <ul style="list-style-type: none"> a. The ball goes into goal off a non player b. The ball goes out of bounds as the result of a shot or deflected shot and the 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 equidistance 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) <u>or after the attacking team fouls during a slow whistle situation</u> g. Restart after any incident related to the ball when neither team has possession and two opposing players are equally near the ball unless the incident was caused by a foul h. The game is stopped for any reason not specified in the rules |
| Determination | <p>Initial Alternate possession determined at the captain's meeting</p> <p>Possession then alternates</p> <p>Continuous throughout any overtime periods</p> <p>Record of possession kept at the scorer's table</p> |
| Who takes | <p>Alternate possession taken taken by opponent closest to the foul / incident</p> <p>Outside CSA Taken where the foul/incident occurs No AP within 4m boundary Opponent stands 4m away and nearer the goal she is defending No other players may be within 4m</p> <p>Inside CSA and below GLE Awarded at closest dot Opponent stands 4m away and nearer to the goal she is defending No other players may be within 4m</p> <p>Inside CSA and above GLE (includes the goal circle) Awarded at closest 8m mark on the GLE Opponent will stand 4m away on GLE on either side of the ball No other player within 4m of player taking possession Lane above GLE is cleared GK may return to the goal circle if she is above GLE unless: <ul style="list-style-type: none"> 1. She fouled the opponent 2. She is closest to the incident that stopped play </p> |
| Foul by team awarded AP before FP administered | Team loses possession and its right to call timeout |

Rule 6 Boundaries

Section 1 - Ball in and out of Play

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| Ball is Out of bounds when | <p>A player is in possession of the ball and steps on or over the boundary line</p> <p>Any part of her body or crosse touches the ground on or outside the boundary while she is in possession of the ball</p> <p>A loose ball touches the boundary line or the ground outside the line</p> |
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| Possession | <p>Team last touching the ball loses possession on boundary ball (unless a shot or deflected shot on goal)</p> <p>Opponent awarded ball when play resumes</p> <p>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</p> |
| Section 2 – Boundary Play | |
| Checking ball | 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. |
| Major Foul | Deliberately pushing or flicking the ball into an opponents feet or body in order to cause the ball to go out of bounds |
| Minor Foul | Any player taking an active part in the game with her foot or feet out of bounds |
| Minor Foul | Running out of bounds and reentering to a more advantageous position |
| Section 3 – Resuming Play | |
| After ball goes out of bounds | <ol style="list-style-type: none"> 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 goalkeeper in her circle was nearest when ball went out of bounds, she will remain in her circle to start play) Carrying or throwing the ball out of bounds is a change in possession, not a foul. Player positions relative to the player with the ball at the time of the whistle that stopped play must be maintained. Give the player with the ball 1M of space including feet and sticks. All other players must maintain field position they had when the whistle blew stopping the play. Players should only move up[on direction of official <p>Play resumes on the officials whistle</p> |
| Shot or deflected shot on goal goes out of bounds | <p>Player who is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball</p> <ol style="list-style-type: none"> Player places ball in her crosse and stands 2m inside boundary line spot where the ball crossed . opponents must give player 1M space. (GK in circle stays in circle for possession if she is closest player) Equidistant opposing players results in alternate possession |
| Shot or deflected shot remains a shot until | <ol style="list-style-type: none"> The ball goes out of bounds The ball comes to rest on the field of play A player gains possession of the ball A player otherwise causes the ball to go out of bound |
| Thrown ball | Officials responsibility to determine if a thrown ball is a shot |
| On the Draw | A ball going directly out of bounds on a legal draw results in redraw |

Rule 7 Goal Circle

Section 1 Goal Circle Rules

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| Number in Goal Circle | Only 1 player, either the goalkeeper or deputy |
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| Ball on Goal Line | Ball resting on any part of the Goal Line belongs to the Goalkeeper or deputy |
| Players allowed to enter or have their feet, body or crosse on or over the Goal Circle if | <ol style="list-style-type: none"> The attackers shooting motion is initiated from outside the goal circle, she may follow through with her crosse over the goal circle on a shot. Her feet must not touch the goal circle. The player is directly defending the shooter on a shot, the defender may reach into the goal circle with her crosse to block the shot or check the shooter's crosse. A defenders feet must not touch the goal circle They propel the ball into the goal circle and then follow it in They enter the goal circle without the ball They are wholly inside the goal circle playing a ball that is inside the circle |
| A cleared ball | 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 its goal circle until the ball has been played by another player |
| Cleared (defined) | Any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle |
| Played (defined) | 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 her opponent. The ball does not have to be dislodged from the crosse. |
| Section 2 – Goalkeeper Rules | |
| GK inside Goal circle | <ol style="list-style-type: none"> Must clear the ball within 0 seconds of it entering the goal circle May stop the ball with either hand and or body as well as crosse. If she catches the ball with her hand, she must put it in her crosse and proceed with the game. GK may not reach beyond the goal circle to play the ball in the air or on the ground with her hand. Must remove a ball lodged in her clothing, protective equipment, or goal keeper's crosse and place it in her crosse, and proceed with the game. GK may not throw the ball with her hand. GK may reach out her crosse and bring the ball back into the goal circle provided no part of GK body is grounded outside the goal circle. |
| GK outside Goal Circle | <ol style="list-style-type: none"> Loses all GK privileges Must not throw any part of equipment to a deputy |
| Section 3 – Deputy Rules | |
| The deputy | <ol style="list-style-type: none"> May only enter or remain in the goal circle when her team has ball possession Must immediately leave the goal circle when her team loses ball possession May go into the goal circle to prevent a rolling ball from crossing the goal line Must clear the ball within 10 seconds – same as GK While within the goal circle may play the ball with her hand, place it in her crosse and proceed with the game. She may not throw the ball with her hand. |
| Penalties | |
| GC fouls by Defense | <p>Free position awarded 8m out either side level with Goal Line</p> <ol style="list-style-type: none"> Offending player (except G or deputy within GC) placed 4m behind player taking free position GK remains on spot of the foul or inside the GC if she was in or partially in the GC Penalty lane above GL is cleared <ul style="list-style-type: none"> - GK in penalty lane may clear back into GC if she did not foul - Deputy in GC must clear the GC |

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| Illegal Deputy | Treated as a major foul <ul style="list-style-type: none"> a. Free position awarded to the attack at 8M center hash b. Deputy 4m behind and GK may NOT clear back into GC |
| GC Fouls by Attack | Free position awarded to GK or deputy within the GC <ul style="list-style-type: none"> a. Offending player placed 4M behind GC b. If the ball is in the GC and the GK is out of the GC, official designates closest defensive player to enter the GC for the free position |

| Rule 8 Restraining Line | |
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| Section 1 Restraining Line | |
| Offensive end | A team must not have more than 7 players below the restraining line |
| Defensive end | A team must not have more than 8 players below the restraining line |
| Exchanging places | Players may exchange places but both feet must be out before teammate can enter Any part of the foot on or over the line is considered a violation A player may reach over with her stick (which may be grounded) to play the ball as long as no part of her foot is over the line |
| Fewer than 12 players | Due to injury or other circumstances not related to carding Team may have fewer players behind restraining line |
| Penalties | |
| If the attack fouls | Closest defender to the spot of the ball awarded free position at that spot (no closer than 8M to the GC). If ball in CSA below GLE – penalty administered at closest dot. <ul style="list-style-type: none"> a. Attack player with the ball goes 4M behind b. Attack player closest to restraining line moves back onside c. If attack player with ball is closest to the line, the next closest attack player will move back onside <p>If attack has possession of the ball when violation occurs whistle should sound immediately</p> <p>If attack is offside but defense has possession before the foul can be called the official may hold the whistle and not penalize the offside if defense maintains the advantage and clear over the restraining line to go on attack</p> |
| Defense fouls and ball is outside CSA | Attack awarded free position at that spot <ul style="list-style-type: none"> a. Closest defender goes 4M behind b. Defender closest to restraining line moves back onside |
| Defense fouls and ball in CSA above GLE (or in GC) | Attack awarded free position at the center of the 12M fan <ul style="list-style-type: none"> a. Closest defender goes 4M behind b. Defender closest to restraining line moves back onside c. Penalty lane cleared d. GK (above the GLE) may return to GC even if she is NOT in the penalty lane |
| Defense fouls and ball in CSA below GLE | Attack awarded free position at closest dot <ul style="list-style-type: none"> a. Closest defender goes 4M behind b. Defender closest to restraining line moves back onside |

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| Defense fouls and play ends with another major foul against defense inside 8M Arc | Penalize the second major foul, not the offside |
| Defense fouls and play ends with another major foul against defense outside 8M Arc but inside 12M Fan | Penalize the second major foul, not the offside |
| Violation restraining line by defense | May be held whistle – official must evaluate if attack is on scoring play or maintaining advantage |
| Goal scored while defense offside | Goal counts Play resumed with draw |
| Both teams are offside | Alternate Possession awarded below the restraining line at or near the spot of the ball Players nearest the restraining line from both teams moved back onside |

| Rule 9 Minor Fouls | |
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| Section 1 Minor Fouls | |
| Covering | Guard a ground ball with her foot or crosse preventing an opponent from playing the ball |
| 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. Incidental contact while making a play for the ball is not a check. |
| 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. |
| Hand Ball | Touch the ball with her hand, except GK or deputy within GC |
| Squeeze the Head of the Crosse | Use of hand or body to keep the ball in the crosse |
| Body Ball | Allow any part of the body to deliberately impede, accelerate or change the direction of the ball. Players may kick the ball on a non shooting attempt. May not stop the ball with feet (ie soccer style stop) <i>If GK blatantly attempts to stop a shot on goal by playing the ball off her body while outside the GC it is a Major Foul</i> |
| Improper Use of Crosse | Throwing a crosse in any circumstance Taking part in a game without holding a crosse |

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| Illegal Draw | <ol style="list-style-type: none"> 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 7. Cross the restraining line before possession is established, the ball goes out of bounds, the ball crosses the restraining line or a whistle stops play for a foul |
| Illegal Crosse | <p>Playing with a crosse that does not meet specifications</p> <ol style="list-style-type: none"> 1. Score a goal with crosse that is illegal 2. Adjust the strings or thongs after an official inspection has been requested during the game. The crosse must be removed. |
| Resumption of Play | Failure to be ready after a 2 minute team time out or following half time |
| Improper Equipment | <ol style="list-style-type: none"> 1. Wearing jewelry while taking part in the game 2. Failure to properly wear mouth guard 3. Failure to properly wear eye protection 4. Taking part in a game if her uniform does not meet specifications |
| Illegal Substitution | Substitute illegally |
| Play From Out of Bounds | Take an active part in the game when her foot or feet are out of bounds |
| Illegal Re-Entry | Run out of bounds and re-enter to a more advantageous position |
| Illegal Time Out | A team requesting more than 2 time outs |
| Illegal Stick Request | Requesting any additional crosse inspections beyond the 2 allowed per team |
| Delay of Game | <p>Intentionally delaying the game</p> <ol style="list-style-type: none"> 1. Failure to stand when the whistle is blown to stop play (creeping) 2. Failure to move 4M away on free position 3. Any type of behavior which in officials opinion amounts to delay of game |
| Penalties for Minor Fouls except Delay of Game | <p>Change of possession</p> <p>Free position at place of foul (at least 8M from GC and 4M from boundary)</p> <p>Offending player stands 4M away in the direction from which she approached in committing the foul</p> |
| Minor foul by attacking player | <p>Player fouled takes free position on spot of foul, no closer than 8M from GC</p> <p>Unless GK fouled in GC</p> |
| Minor foul by defender including GK outside GC, inside 12M Fan – with no slow whistle in effect | <p>Player fouled moves to nearest spot on 12M fan</p> <ol style="list-style-type: none"> a. All other players remain in same position b. Fouling defender moves 4m from player taking the free position, relative to their position at the time of the foul c. This is an INDIRECT free position and no shot may be made until the ball has been played by another player d. If GK is partially or completely inside GC she remains in the GC for the free position. No other player is required to move within 4m of the free position <p>Note: Free Space to Goal cannot be called against defense on an indirect free position until the ball has been played</p> |

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| Penalty for Delay of Game | <ol style="list-style-type: none"> 1. Time out must be called to administer a delay of game card 2. 1st violation – green card to offending team. Change of possession takes place if applicable for the minor foul. 3. 2nd violation – green or yellow card issued against offending player and Major foul administered. Offending player must leave the field and enter penalty area for 2 minutes which carries over to 2nd half or overtime. Offending team plays short below offensive and defensive restraining lines for entire penalty. Card is not included in player or team card count. 4. Subsequent violations yellow card for misconduct and included in team and players card count <p>Officials are encouraged to hold their whistle in the event of Minor foul by Defense when attack has the opportunity to shoot</p> |
| Penalties for repeated or persistent minor fouls | <ol style="list-style-type: none"> 1. Must be penalized as major fouls 2. Any minor foul done in a dangerous manner may be penalized as a major |

| Rule 10 Major Fouls | |
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| Section 1 Major Fouls | |
| Crosse in the sphere | <p>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 waive the crosse near an opponent's face</p> <p>Offense – (illegal cradle) hold, with or without cradling, the head of her crosse in front of her face or her teammates face, within the sphere or close to her body, or her teammate's body, making a legal / safe check impossible</p> |
| Dangerous Contact MANDATORY CARD | Any action that thrusts or shoves any player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air or out of balance, especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head |
| Check to the Head MANDATORY CARD | No players crosse may hit or cause her opponents crosse to hit the opponents head |
| Slash MANDATORY CARD | Reckless and or dangerous swing of the crosse at an opponents crosse or body. A slash will be called regardless of whether or not contact is made with an opponent's crosse or body. |
| Dangerous Propelling MANDATORY CARD | <p>Propel the ball with crosse in a dangerous or uncontrolled manner at anytime</p> <p>Note – a shot, throw, bat or flick of the ball without regard to the positioning of a field player is dangerous propelling</p> |
| Dangerous Follow-Through MANDATORY CARD | Follow through with crosse in dangerous or uncontrolled manner at anytime |
| Rough Check | <p>Roughly or recklessly check another player's crosse or use of crosse in an intimidating manner for example</p> <ol style="list-style-type: none"> 1. Check toward the body or making a sweeping check from behind that contacts opponents body 2. Use of crosse to make opponents crosse hit opponents body 3. Any action with crosse that in officials opinion amounts to intimidating play |

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| Illegal Stick to Body Contact | <p>Crosse to the body</p> <ol style="list-style-type: none"> 1. Stick held in the horizontal position that makes contact with an opponent's body. Horizontal position is defined as head of the stick dropping below the 10 O'clock or 2 O'clock position 2. Cross-check – using shaft of the crosse to hit, push or displace an opponent whether or not the stick is horizontal. Includes but not limited to thrusting, jabbing, pushing, displacing any part of an opponents body. |
| Three Seconds | <p>While defending within the 8M arc – remain in that area more than 3 seconds unless marking an opponent within a stick's length. Rule is in effect when team in possession of the ball crosses the ball over restraining line into attacking end of the field.</p> <ol style="list-style-type: none"> 1. Defense is not exempt from 3 second rule by virtue of double teaming a non ball attacking player in the Arc. The 3 second count continues against the original non marking defender within the arc until there is again only 1 defender on the non ball attacker 2. Defender marking unmarked opponent who is standing directly behind the GC is exempt from 3 seconds but may be called for Obstruction of Free Space to Goal (this defender can not be drawn into a 3 second violation by attacking non ball players) |
| 3 Second Penalty Administration | <p>Free position awarded at position of ball to restart play</p> <ol style="list-style-type: none"> 1. Offender goes 4M behind player with ball 2. If flag has been raised and scoring play ends without additional fouls or shot on goal, free position will be awarded at the position of the ball when the flag was raised (referee mental picture of this position) |
| Obstruction of Free Space to Goal <i>Shooting Space</i> | <p>Guarding the goal outside the goal circle with any part of player's body as to obstruct the free space to goal, between the ball and the GC , denying the attach the opportunity to shoot safely and encourages shooting at a player. Rule is in effect when the ball is within the CSA and above GLE</p> <ol style="list-style-type: none"> 1. Applies only if initiated by the defender and not of defender is drawn through free space to goal by an attacker 2. Applies to a defender not marking an attack player within a stick's length <p>Notes:</p> <ul style="list-style-type: none"> - CSA defined as area from 12M fan to end line - Defenders double teaming non ball player within a sticks length are exempt from shooting space but may be called for 3 seconds |
| Dangerous Shot | <p>Shoot dangerously or without control at the GK</p> <ol style="list-style-type: none"> 1. Judged on distance, force, placement 2. Shots should not be directed at GK body, particularly head or neck. This will not apply if GK moves into path of the ball. 3. A shot may be uncontrolled even if it misses the goal |
| Forcing Through | While in possession of the ball, trying to force your crosse through opponent's crosse |
| Pushing | Push the opponent with hand or body |
| Reach Across the Body | Reach across the opponent to check the crosse when she is level with or behind her |
| Blocking | <p>Block opponent by moving into path without giving the opponent the opportunity to stop or change direction and contact occurs. When a player is running to receive a ball a "blindside" defender must give the running player enough time and space to change direction.</p> |

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| Charging | Charge, barge, shoulder, or back into an opponent including a player pushing into an opponent's crosse. Notes: Body to body contact may be charging, blocking or no call Body to body contact in attempt to alter direction (outside the frame of the body) should be called Crosse to Crosse contact is either a legal or illegal check |
| Illegal Pick | Set a moving or stationary pick out of the visual field of an opponent which does not allow enough time or space to stop or change direction and contact occurs |
| Hooking | Using webbed area of crosse to hook bottom end of an opponents crosse |
| False Start | Prior to whistle, step or make any movement simulating the beginning of play designed to gain an advantage over an opponent <i>False start is a major foul requiring change of possession</i> |
| Tripping | Trip an opponent deliberate or otherwise |
| Holding | Hold an opponent at anytime by holding, detaining, restraining, tagging, pressing, pushing against her body, clothing or crosse with an arm, leg, body or crosse |
| Playing the Ball Off an Opponent | Push, flick or bat the ball into an opponents feet or body causing the ball to go out of bounds |
| Illegal Shot | Shooting from a Free Position |
| Illegal Deputy | An unprotected field player may not remain in the goal circle when her team is not in possession of the ball |
| Goalkeeper Fouls | GK may not line up between the restraining lines during the draw GK may not take the draw GK may not shoot or score for her team |
| Dangerous Play | Player actions that are rough, threatening and or without regard for player safety. May be carded. |
| Penalties | Free position at spot of foul unless directed otherwise by rule or placement would disadvantage non offending team – then at spot of ball no closer than 8M of GC of 4M boundaries |
| Major fouls anywhere on field | Offending player stands 4M behind player taking Free position Also applies to GK or deputy When GK awarded Free Position within GC player committing foul is placed 4M behind GC |
| Major Foul by Attack | Player fouled takes free position on spot of foul, no closer than 8M from GC (unless GK fouled within GC) Note: dangerous shots and illegal shots occur outside the GC |
| Major Foul by Defense in 8M Arc | <ol style="list-style-type: none"> a. Fouled player moves to hash mark nearest spot of foul on 8M Arc. Player with ball may have crosse in Arc but feet must be behind the Arc b. Player who fouled moves to 12M fan behind player taking free position c. All players bodies and crosses must be cleared from the 8M arc and penalty lane if necessary d. GK in 8M may clear back into GC if she did not foul e. Player with ball may have her crosse in the arc but feet must be behind the arc f. All players remaining in he Arc must take shortest route out. (maintaining relative position to position in the arc) |

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| Major foul by Defense between Arc and Fan | Free position taken on the spot of the most recent foul <ul style="list-style-type: none"> a. If the foul occurs within the “pie shaped” area between 8M arc and GLE penalty will be administered on the hanging hash. b. All players bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle c. GK in penalty lane may clear back into GC if she did not foul |
| Ball in CSA below GLE | Penalty administered at closest dot |
| If Foul prevents almost certain goal | Official can order the GK from between such a free position and the goal |
| Game start/restart at center line with free position or Alternate possession instead of Draw | Player positioning for the draw applies <ul style="list-style-type: none"> a. Max 3 players from each team between the restraining lines b. All other players including dressed GK must be below either restraining line and must not violate restraining line rule c. 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 d. All players will stand |
| Unsportsmanlike acts | Or violent act by coach or player occurring anywhere on the field may be penalized at the 8M arc of the offending team Free position 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 whistle |
| Foul committed during act of shooting or after goal is scored and before play has restarted | Will be penalized <ul style="list-style-type: none"> a. All defensive fouls and certain attack fouls will result in free position at center to restart play b. Attack fouls in act of shooting (charging, dangerous propelling, dangerous shot, dangerous follow through or off ball attack fouls) result in free position awarded to defense no closer than 8M to the GC <ul style="list-style-type: none"> i. GC violation by attack = free position for GK ii. Goal does not count iii. Alternate possession awarded if slow whistle |

Rule 11 Slow Whistle

Section 1 Implementation

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| Definition | A held whistle in effect when an attack player in the CSA is on a scoring play and is fouled by a defender committing a major foul but the attacker retains possession of the ball or When an attack player in the CSA is on a scoring play and a major foul is committed against an attacking teammate without the ball. Indicated by official raising a yellow flag above her head |
| Immediate whistle requirement | When there is obstruction of free space to goal Note – official may blow whistle at anytime following a flag to halt potentially dangerous play |

Section 2 Scoring Play

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| Definition | A continuous effort by the attacking team within the CSA to move the ball toward the goal and to complete a shot on goal. |
| Scoring Play ends when | <ul style="list-style-type: none"> a. A shot is taken b. Attacking team loses possession of the ball. (bounce pass is not change of possession) c. Attacking team passes or carries the ball behind the level of the Goal Line and stops the continuous attempt to score d. Attacking team stops the continuous effort to score or the attacking player is forced by the defense to lose forward momentum e. Attacking team fouls |
| Penalties | |
| If attacking team shoots | <p>Advantage indicated by flag is complete, official lowers flag and play continues If shot on goal is successful the goal counts</p> <p>Free Position awarded to fouled player or attack player nearest the spot of the foul if:</p> <ul style="list-style-type: none"> a. Attacking team does not shoot and scoring play ends b. Shot is affected by the foul so no advantage is gained c. Cardable foul is committed by defense |
| Offending player | Offending or nearest player is penalized according to Major foul conditions Next nearest defensive player may move to 4M relative to the player with the ball |
| Additional Major or Minor fouls by defense during slow whistle | Attack awarded ball at the 8M hash mark nearest the <u>most recent</u> foul at the end of the unsuccessful scoring play |
| GK outside GC after flag raised | If GK commits no foul, she may return to the GC |
| GK outside GC when flag raised | GK remains outside GC when Free Position is set up EXCEPT: <ul style="list-style-type: none"> a. GK has not fouled and is inside 8M arc when scoring play ended and arc is to be cleared b. GK has not fouled and was in the penalty lane when scoring play ended and penalty lane is to be cleared |
| Foul by Attack during slow whistle | Player with ball or attack teammate commits foul during slow whistle Treated as an offsetting foul Alternate possession awarded at designated spot nearest the spot of the foul that caused play to stop |
| Major foul by Defense outside the 8M arc and scoring play ends inside 8M arc without any additional fouls | 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 |

Rule 12 Misconduct

Section 1 Misconduct

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| Mandatory cards | <ul style="list-style-type: none"> a. Excessively rough, dangerous or unsportsmanlike play b. Persistent or flagrant violation of the rules c. Deliberate endangerment of any player d. Baiting or taunting which is intended to embarrass ridicule or demean others e. Excessive dissent or abusive language f. Non playing team member leaving her team bench during the game g. Coach leaving the coaching area h. Any behavior which in official's opinion amounts to misconduct i. Illegal re-entry of a suspended or ejected player j. Repeated or persistent major fouls k. Coaching from outside the coaching area l. Non team personnel leaving the team area m. Improper use of electronic equipment |
| Cards | Officials may issue Yellow (warning) or Red (Eject) for misconduct Issuance of cards under misconduct are a warning to all players |
| Section 2 Goalkeeper Misconduct | |
| GK misconduct | If a GK commits any misconduct fouls whether or not she is in the GC, she must be carded |
| Section 3 Team Cards | |
| Recording | Each player, coach and bench misconduct card shall be recorded and tallied |
| 4 th card | If a team receives a 4 th card it will play short for remainder of the game |
| Section 4 Early Re-Entry | |
| Early Re-entry | If a 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 |
| Section 5 Suspension | |
| Suspension | Any player receiving 2 yellow cards is suspended from further participation in that game |
| Section 6 Ejection | |
| Ejection – no previous warning | Officials can eject with no previous warning for flagrant or repeated violation of rules, dissent, misconduct or abusive language |
| Red Card | Ejection noted by Red Card Issuance Any player receiving a red card is prohibited from further participation in the game |
| Section 7 Coach Misconduct | |
| Coach Responsibilities | For any and all persons officially connected with her institution including assistant coaches, and shall receive any card assessed related to bench decorum. In the event the head coach does not control team's spectators – head coach may be assessed a card |
| Team Cards | Any card issued to the head coach will count toward the team cumulative total |
| Section 8 – Duration of Suspension | |
| End of Season | If season ends before next game suspension served, suspension carries over to next regular season game (excluding exhibition or preseason scrimmage) |

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| <p>Misconduct Penalties</p> | <ol style="list-style-type: none"> 1. Same as for all major fouls, In addition to awarding Free Position, the official will issue a Yellow or Red Card. 2. Time Outs must be called to administer warnings, suspensions and ejections 3. Player receiving the card must leave the field and enter the penalty area for 2 minutes (yellow) or 4 minutes (red) of elapsed playing time and no substitute may replace her <ol style="list-style-type: none"> a. No player on penalized team is moved 4M behind (except GK misconduct) b. If goal is scored, free position will take place at the draw with opposing center 4M away at 45 degrees c. Penalized team must play shorthanded below restraining lines for entire duration of penalty (penalty carries over into halves and overtime) d. Player receiving yellow card may return after 2 minutes 4. If half or game (going to overtime) ends prior to administration of the Free Position the second half or overtime will begin with Free Position at center for the non offending team. Player position for the draw will apply. 5. If misconduct occurs during a possession time out, play shall be restarted at the spot of the ball. Penalty administration for a major foul will apply. No player from the offending team is placed 4M behind. |
| <p>Goal Keeper Misconduct Penalties</p> | <ol style="list-style-type: none"> 1. Yellow card to GK with no dressed GK to replace then GK stays in the game and coach designates a field player to serve the 2 minutes 2. If there is a second dressed GK – she must substitute and the carded GK must serve the penalty in the penalty area and the coach must designate a field player to serve 2 minutes with the carded GK in the penalty area as well 3. The carded GK (if no sub) or the sub GK (if dressed) entering the game will be placed 4M behind the player with the ball on the restart of play. This applies no matter where the GK is when she commits the foul, either inside or outside the GC. 4. If a goal is scored and Free Position will take place at center, the GK or sub GK may remain in GC for restart of play 5. GK suspended (2nd Yellow) or Ejected (Red) team must substitute another GK if available and team’s coach must designate a field player to leave the field and join the GK for the duration of the penalty time in the penalty area. If there is a second dressed GK she must substitute. 6. If there is no dressed GK time will be permitted to dress a field player. However if no option exists to dress a GK, no field player may substitute for the suspended GK for 2 minutes (under Yellow) or 4 minutes (under Red) |
| <p>Team Card Penalties</p> | <p>4th Card (yellow or red) = playing short below restraining lines for remainder of game, including overtime</p> <ol style="list-style-type: none"> 1. Additional player will be removed from the game and enter penalty area for each subsequent card 2. The carded player will serve the entire 2 minute or 4 minute penalty 3. When penalty time expires she may return only if she has not been suspended (2nd yellow) or Ejected (red) and only if another player leaves the field using normal substitution procedures |

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| Early Re-Entry Penalties | <p>If carded player or any player replacing her enters the game before penalty time has elapsed, the player originally receiving the card will serve an additional penalty and no substitute may take her place.</p> <ol style="list-style-type: none"> a. If player entering early is player that received the original card, she will be removed from the field of play for the remainder of the penalty time and then serve an additional 2 minutes for Yellow or 4 minutes for red b. If the player entering early is not the player who received the original card, officials will send a player from the offending team who is closest to the team bench area off of the field, player who received original card will serve remainder of penalty time and then serve an additional 2 minute penalty for a yellow card or 4 minute penalty for red card c. 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 <p>This is an extension of the penalty time and NOT an additional card</p> |
| Suspension Penalties | |
| 2 nd Yellow | <p>Suspended from further participation in that game. Must leave the field and enter penalty area for 2 minutes of elapsed playing time No substitute may take her place during that 2 minute penalty time Once penalty time has elapsed team may substitute player</p> |
| Ejection Penalties | |
| Red Card | <p>Prohibited from further participation in that game Must leave field and enter penalty area for 4 minutes No substitute may enter until 4 minutes has elapsed Once full penalty time has elapsed substitute may enter the field Player receiving Red card is prohibited from playing in next game Ejected player must serve entire game suspension in team bench area, including during pregame, game and post game activities Ejected player may not dress in game uniform while serving game suspension</p> |
| Post Game Ejections | <p>In situations after the game ends and before officials leave the playing venue where conduct occurs that would warrant a Red card during play, the officials can issue a post game ejection to the offending player or coach to be served in the team's next game</p> |
| Coach Misconduct Penalties | <ol style="list-style-type: none"> 1. If coach is carded she must designate a player to leave the field and enter the penalty area. Play is restarted within one minute with a free position to the opponent nearest the ball when play was stopped 2. Any head coach who is suspended (2 yellow cards) or Ejected (Red card) must leave the area, including the spectator area and an interim head coach must be designated. If Red card is issued to head coach due to personnel, then the head coach and the personnel must leave the area. If no interim head coach is available the team forfeits. Any coach receiving a red card is prohibited from participating in the team's next game. 3. Any coach serving a suspension shall not be allowed in attendance at the game site. Violations = game forfeiture and a red card being issued to the offending coach. |

| Rule 13 Definition of Terms | |
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| 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 a ball, a “blind side” defense player must give her enough time or space to change direction. |
| Body Checking | Technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponents body and crosse with her body and causing her to slow down, change direction, or pass |
| 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 | An attempt to dislodge the ball from an opponent’s crosse by using controlled crosse to crosse contact |
| Clear | Any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the GC |
| Clear Space | Indicates the space between players which is free of crosses or any parts of the body |
| Coaching Area | 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 CSA | Area at the end of the field where the attacking team is shooting for a goal. 12M from the Goal Circle to the End Line and 12M to each side of the GC. No extra lines are marked and it is subject to official’s judgment. |
| Cross-Check | Use of the shat to hit push or displace an opponent |
| Dangerous Play | Actions that are rough, threatening or without regard to player safety. May be carded. |
| Deputy | Player on defensive goalkeepers team who may only enter or remain in the goal circle when her team is in possession of the ball and the GK is out of the GC |
| Directly Behind the GC | Area between two lines extending perpendicular and back from the GLE tangent to the Goal Circle |
| 8 Meter Arc | Area in front of each goal circle inscribed by two lines drawn at 45 degree angles extending from the intersection of the GC and the GLE. Connected by an ARC marked 8M from the goal circle. |
| Ejected Player | A player receiving a Red card – being disqualified from remainder of current game and ineligible to play in her team’s next game. |
| Field Player | Any player other than GK. Defense or attack player whose primary responsibility encompasses an area outside the GC and to whom no special privileges have been awarded according to the rules |
| Free Position | The penalty awarded for any foul The player taking the Free Position may run, pass or shoot Exception: Player taking Indirect Free Position may not shoot until the ball has been played by another player. |
| Free Space to Goal | A path to goal within the CSA 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 GLE. |

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| Green Card | Recorded in scorebook against the offending team , indicating team cautionfor delay of game and that the next team offense results in a green or yellow card to the offending player |
| Grounded | Refers to any part of the GK (or her Deputy’s) body touching the ground outside the circle while she attempts to play the ball from inside the goal circle. |
| Held Whistle | When the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the no offending team |
| Illegal Player | An extra player, suspended player, ejected player or player not listed or incorrectly listed on the roster or in the scorebook at the start of the game |
| Illegal Procedure | Fouls that are procedural in nature (ie false start, illegal substitution, too many players) |
| Indirect Free Position | 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 | Wood on a wooden crosse or right side of a plastic crosse as one looks at the crosse with the pocket facing the player. |
| Marking | Guarding an opponent within a sticks length |
| Offsetting | When a player from each team commits a foul during the same play, or When an 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 | Area directly in front of the scorer’s table and at the rear of the substitution area Any player that has been carded will sit or kneel while serving penalty time |
| Penalty Lane | Path to the goal that is cleared when a free position is awarded to the attacking team inside the CSA in an area in front of the Goal Line. Defined by 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. |
| Pick | Technique in which 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. May be moving or Stationary. |
| Played | Refers to an action whereby the ball leaves the players 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 an opposing player The ball does not have to be dislodged from the crosse to be “played” |
| Player Possession | 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 |
| Red Card | Given to an offending player coach or team personnel Immediate ejection from the game Prohibited from participating in team’s next game |
| Restraining Line | Solid line at each end of the field, 30 yards up field from the Goal Line, extending fully from one side of the field to the other side. Must be marked – no cones |

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| Scoring Play | <p>Continuous effort by attacking team to move the ball toward the goal and to complete a shot on goal.</p> <p>Scoring play ends when:</p> <ol style="list-style-type: none"> Shot is taken Attacking team loses possession of the ball Attacking team passes or carries the ball behind the level of the Goal Line and stops the continuous attempt to score Attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose forward momentum Attacking team fouls |
| Slash | Reckless 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 | A held whistle, with flag raised, once the attack has entered the CSA and is on a scoring play |
| Sphere | Imaginary area of 7 inches (average Crosse Width) surrounding the head |
| 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 |
| Subsequent Foul | A foul that occurs after the initial foul has been called |
| Substitute | Any player who has not been disqualified and whose name and correct number have been recorded in the scorebook |
| Suspended Player | Player who has received 2 yellow cards in a game and is ineligible for the remainder of the game |
| Substitution Area | Area in front of the scorer's table, centered at Midfield Sectioned off by 2 hash marks that are each 5 yards from the center line of the field (ie 10 yards across) |
| Team Bench Area | 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 | Semicircle area in front of each goal circle bounded by an Arc 12M from the Goal Circles |
| Within a Stick's Length | When any part of the opponent's body is inside a crosse's length. The distance a player must be to her opponent to be actively marking the opponent. |
| Yellow Card | Given as a warning to the 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. |