



US LACROSSE COACHING EDUCATION PROGRAM

Boys Restart and Out of Bounds

Restart

Restarts occur under 3 circumstances.

1. After a loose ball goes out of bounds or a player in possession steps out of bounds on the sideline or endline, the play is restarted on the field of play, 1 yard laterally from the out-of-bounds spot, but at least 5 yards from the table area.



2. If the player in possession steps out of bounds (or if an out-of-bounds player touches an in-bounds loose ball), the restart point is determined by the location of the ball when it is declared out of bounds.



3. When a loose ball goes out of bounds, the restart point is determined by the ball's location—where the ball last broke the plane of the boundary line before going out of bounds.





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Play of the Game

On a Shot

When a shot goes past the goal and out of bounds, the ball is awarded to the player closest to the ball at the point and time it goes out of bounds. The player closest to the ball where and when it goes out is awarded the ball 1 yard from the out-of-bounds spot and 5 yards from any defender.



Note: A shot or deflected shot remains a shot until (1) the ball comes to rest on the field of play, (2) a player gains possession of the ball, (3) the ball goes out of bounds or (4) a player causes the ball to go out of bounds.



Fouls

If a technical or personal foul is called while the ball is inside the attack area, the ball must be moved laterally outside the attack area before restarting the play. This applies to all live-ball and dead-ball fouls, whether they are time-serving or not.





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Time Out

A live-ball timeout taken while the ball is in the attack area results in the restart being at the closest point laterally outside the attack area. A dead-ball timeout does not change the location of the restart.

End of Period

When a period ends with possession carrying over, the restart location is the same relative position on the field: the ball inside the attack area is moved laterally outside the attack area.

