

Women's Lacrosse Rules – Abbreviated

These are the basic women's lacrosse rules broken down by Major and Minor fouls.

Each boldface item is a mandatory card.

<i>MAJOR Fouls – Rule 6 – Section 1</i>	<i>MINOR Fouls – Rule 6 – Section 2</i>
<ul style="list-style-type: none"> A. Rough/Dangerous Check B. Check to the Head C. Slash D. Holding when opponent has possession of the ball E. Crosse in the Sphere F. Illegal Contact (crosse to body) G. Illegal Use of the Crosse H. Hooking the crosse I. Reach Across the Body J. Illegal Cradle K. Blocking L. Charging M. Pushing N. Obstruction of Free Space to Goal O. Three seconds (defense) P. Illegal Pick Q. Tripping R. Detaining S. Forcing Through T. False Start U. Playing the Ball off an Opponent (to make it go OB) V. Dangerous Propelling W. Dangerous Follow-through X. Dangerous Shot (only applies to shots on goalie) Y. Illegal Shot (from an indirect free position) Z. Check the Crosse of an Opponent when the stick is above the shoulders (Youth only) <ul style="list-style-type: none"> a. Offside b. Illegal Deputy 	<ul style="list-style-type: none"> A. Covering B. Empty Stick Check C. Warding D. Hand Ball E. Squeeze the Head of Crosse F. Body Ball (deliberate action) G. Throw her crosse H. Take part in the game without a crosse I. Draw Illegally J. Step on or into the center circle to early on a draw K. Illegal Crosse L. Score a goal without a field crosse M. Adjust the stick after a request for stick check N. Request a second check for any stick meeting specifications O. Fail to be ready to start play P. Jewlery Q. Illegal Uniform R. Illegal Substitution S. Delay of Game (mouthpiece, moving on a whistle) T. Play from OB U. Illegal entry From OB V. Illegal Timeout (a request for TO after two have been used)
	<i>MISCONDUCT – Rule 6 – Section 8</i>
<p style="text-align: center;"><i>GOAL CIRCLE Fouls – Rule 6 – Section 3</i></p> <ul style="list-style-type: none"> A. Field player not allowed in to the goal circle unless she is the deputy B. Must clear the ball in 10 seconds C. When inside the goal circle, play the ball outside the goal circle in the air or on the ground with her hand D. When grounded outside, draw the ball back into the goal circle E. Step back into the goal circle when she has possession F. Throw any part of her equipment to the deputy 	<ul style="list-style-type: none"> A. Excessively rough or dangerous play B. Persistent or flagrant violation of the rules C. Deliberately endangering the safety of an opponent D. Baiting or taunting E. Excessive dissent or abusive language F. Non-playing team member leaving the bench area G. Coach leaving the coaching area H. Re-entering the game before a yellow card has expired I. Any type of behavior which the umpire deems as misconduct (All of the misconduct fouls are cardable.)
<i>Youth Rules</i>	<i>NCAA Rules</i>
<ul style="list-style-type: none"> Level A – Modified checking (check below shoulders) Level B & C – No checking allowed & FC – Full Checking Free position at center if 4 goal differential Not allowed to follow through into goal circle Goalie must have std. equipment plus pelvic protector Defensive 3 seconds 	<ul style="list-style-type: none"> Timeout – can be called during play when in clear possession of the ball. Timeout – when free position for attack on 8 M Arc Coaches – remain in area up to sideline OB – resume play 2 M inside boundary

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The following are the different free position setups based on the foul and the field position.

CSA = Critical Scoring Area

OUTSIDE THE CSA		
MAJOR FOULS	MINOR FOULS	
Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away. Play is restarted	Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted	
INSIDE THE CSA BUT OUTSIDE THE FAN		
MAJOR FOULS	MINOR FOULS	
Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The penalty lane is cleared. IF the goalie did not foul and is in the lane, she may go back to the goal circle Play is restarted	Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted	
INSIDE THE CSA AND INSIDE THE FAN, OUTSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The penalty lane is cleared. IF the goalie did not foul and is in the lane, she may go back to the goal circle Play is restarted	Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says INDIRECT Play is restarted	
INSIDE THE CSA AND INSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
Free position is at the closest hash mark to the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The arc and penalty lane are cleared If the goalie did not foul and is in the lane or arc, she may go back to the goal circle Play is restarted	Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says INDIRECT Play is restarted	
OFFENSIVE RESTRAINING LINE		
For offense offside, ball is always 4 meters above the restraining line, at midfield Correct the offside Bring the closest defender from below the line to get the ball Play is restarted	DEFENSIVE RESTRAINING LINE	
	Correct the offside If ball is outside the CSA, setup major foul at the spot of the ball. If ball is inside CSA and above the goal line extended, setup major foul at the top of the fan. Clear the lane. Play is restarted	