

RULE 6 FOULS

Major Fouls

Section 1. The following are major fouls:

- a. Rough/Dangerous Check: roughly or recklessly check/tackle another player's crosse. (The direction of the check must be away from a seven-inch sphere around the head.) A crosse may be checked, in a direction toward the body, as long as the check/tackle is controlled, and the crosse or ball does not go into the sphere. A player may reach into the sphere to make a safe check/tackle. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body.
- b. Check to the Head (MANDATORY CARD): no player's crosse may hit or cause her opponent's crosse to hit the opponent's head.
- c. Slash (MANDATORY CARD)
- d. Holding: hold an opponent's crosse when the opponent is in possession of the ball.
- e. Crosse in the sphere: hold her crosse within the sphere around the face or throat of an opponent.
- f. Illegal Contact: initiate crosse to body, or body to crosse contact.
- g. Illegal Use of the Crosse: using the crosse in a dangerous and/or intimidating manner, for example:
 1. directly poke or wave the crosse near an opponent's face
 2. make a sweeping check from behind that contacts the opponent's body
 3. lowering the head of the crosse below the shoulder and initiating crosse to body contact
 4. cross-check: use the shaft of the crosse to hit, push or displace an opponent
 5. any other action with the crosse which in the umpire's opinion amounts to dangerous or intimidating play.
- h. Hooking: use the webbed area of her crosse to hook the bottom end of an opponent's crosse.
- i. Reach across the body: reach across an opponent to check the crosse when she is level with or behind her.
- j. Illegal cradle: hold, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere or close to her body, or her teammate's body, making a legal/safe check impossible
- k. Blocking: block her opponent by moving into her path without giving her a chance to stop or change direction.
- l. Charging: charge, barge, shoulder, or back into an opponent.

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

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

NOTE: This call should be made only if the player with the ball is looking to shoot. If she is being double or triple teamed and she has no opportunity to shoot for goal, the call should not be made.

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

- o. Three Seconds: while defending within the 8 meter arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick's length. The 3-second rule is in effect when the team in possession of the ball crosses the ball over the restraining line into their attacking end of the field.

The defense is not exempt from the 3 second rule by virtue of double teaming/multiple teaming a non-ball attack player in the arc. The 3-second count will continue against the original non-marking defense player within the arc, until there is again only one defender on the non-ball attacker.

A defensive player, who is marking an unmarked opponent who is standing directly behind the goal circle is exempt from the 3-second rule, but is responsible to simultaneously abide by Rule 6-1n. A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle cannot be penalized for the 3-second rule when drawn into a double or multiple team by the attacking non-ball players.
- p. Illegal Pick: set a moving or stationary pick out of the visual field of an opposing player which does not allow enough time or space to stop or change direction and contact occurs.
- q. Tripping: trip an opponent, deliberately or otherwise

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- r. Detaining: detain an opponent at anytime by holding or pushing against her body, clothing, or crosse with an arm, leg, body or crosse. A player may not hold her crosse in such a manner as to restrain or hold back a player.
- s. Forcing Through: while in possession of the ball, try to force her crosse through an opposing crosse(s) in such a way as to cause her own crosse to contact her body.
- t. False Start: before the whistle, step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent.
- u. Playing the ball off an opponent: push, flick, or bat the ball into an opponent's feet or body causing the ball to go out of bounds.
- v. Dangerous Propelling (MANDATORY CARD): propel the ball with her crosse in a dangerous or uncontrolled manner at any time.
NOTE: Any shot directed at or taken without regard to the positioning of a field player is dangerous propelling.
- w. Dangerous Follow-Through (MANDATORY CARD): follow through with her crosse in a dangerous or uncontrolled manner at any time
- x. Dangerous Shot: shoot dangerously or without control.
 - 1. A dangerous shot is judged on the basis of the combination of distance, force and placement.
 - 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. This would not apply if she moves into the path of the ball.
 - 3. A shot may be uncontrolled even if it misses the goal.
- y. Illegal Shot: shoot from an indirect free position.
- z. Check the crosse of an opponent using other than modified checking, if not in high school or above or if not part of a Level FC league. Crosse to crosse contact is not necessarily a violation of the no checking/modified checking rules. See the Official Rules for Girls' Youth Lacrosse for Level FC requirements and for rules governing play in 8th grade and below; and Appendix E for Guidance - No Checking/Modified Checking.

NOTE: Repeated violations of minor fouls should be penalized as major fouls. Any minor foul done in a dangerous manner may be penalized as a major foul.

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

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

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

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

Minor Field Fouls

Section 2. The following are minor field fouls:

- a. Covering: guard a ground ball with her foot or crosse.
- b. Empty stick check: check/tackle or hold an opponent's crosse when her crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball.
- c. Warding Off: guard the crosse with an arm. If one hand is removed from the crosse, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the crosse.
- d. Hand Ball: touch the ball with her hand, except the goalkeeper or deputy within the goal circle.
- e. Squeeze the Head of the Crosse: use her hand or body to keep the ball in the crosse, i.e. squeezing the head of the crosse.
- f. Body Ball: allow any part of her body to deliberately impede, accelerate or change the direction of the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off her body while outside the goal circle, it shall be called a Major Foul.
- g. throw her crosse in any circumstance.
- h. take part in the game if she is not holding her crosse.

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- i. Illegal Draw: draw illegally.
 - 1. either player draws too soon.
 - 2. no attempt is made to draw up and away.
 - 3. movement of the crosse is not up and away.
 - 4. player taking the draw moves after the umpire says "ready" and before the umpire'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.
- j. Illegal crosse: play with a crosse that does not meet specifications.
- k. score a goal with a crosse that does not meet the field crosse specifications.
- l. adjust the strings/thongs of her crosse after an official inspection of her crosse has been requested during the game. The crosse must be removed.
- m. request, for a second time, the inspection of any crosse meeting specifications.
- n. fail to be ready to start play after a 2-minute team time out or following half time.
- o. Jewelry: take part in the game if she is wearing jewelry.
- p. Illegal Uniform: take part in the game if her uniform does not meet specifications
- q. Illegal Substitution: substitute illegally.
- r. Delay of Game: intentionally delay the game
 - 1. failure to stand when the whistle is blown to stop play (creeping)
 - 2. failure to move 4 meters away on a free position.
 - 3. failure to properly wear a mouthpiece.
 - 4. failure to properly wear eye protection.
 - 5. any type of behavior which in the umpire's opinion amounts to delay.
- s. Play from out of bounds: take an active part in the game when her foot/feet are out of bounds.
- t. Illegal re-entry: run out of bounds and re-enter to a more advantageous position.
- u. Illegal Timeout: a team requesting more than two timeouts.

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

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

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AR 6-7 A1 attempts a pass across the field to her teammate A2 who is standing alone near the sideline. As the ball approaches, A2 realizes she won't be able to stop it with her stick. She uses her leg and makes contact with the ball to slow the ball and prevent it from going out of bounds. RULING: ILLEGAL. A2 used her leg to deliberately impede or change the direction of the ball.

Goal Circle Fouls

Section 3. A field player must not enter or have any part of her body or crosse on or in the goal circle at any time except in the following circumstances:

- a. She is deputizing for the goalkeeper.
- b. The shooter may follow through with her crosse over the goal circle, however, her feet must not touch the goal circle, and her shooting motion must be initiated from outside the goal circle.
- c. The player(s) directly defending the shooter may reach into the goal circle with her crosse(s) to block the shot or check the shooter's crosse, however, the defender's feet must not touch the goal circle.

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

Section 5. The goalkeeper or her deputy must not:

- a. allow the ball to remain in the goal circle longer than 10 seconds.
- b. when inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with her hand.
- c. when any part of her is grounded outside the goal circle, draw the ball into her goal circle.
- d. step back into the goal circle when she has possession of the ball.
- e. when outside the goal circle, throw any part of her equipment to her deputy.

Section 6. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not intentionally return the ball to their goal circle until the ball has been played by another player.

Team Fouls/Offside

Section 7. A team must not have more than 7 players on or over the restraining line in their offensive end or have more than 8 players on or over the restraining line in their defensive end.

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

Misconduct

Section 8. The following are misconduct fouls:

- a. excessively rough, dangerous, or unsportsmanlike play.
- b. persistent or flagrant violation of the rules.
- c. deliberately endangering the safety of an opposing player.
- d. baiting or taunting which is intended or designed to embarrass, ridicule, or demean others.
- e. excessive dissent or abusive language.
- f. non-playing team member leaving their team bench area during the game.
- g. coach leaving their coaching area.
- h. re-entering the game before yellow card or green/red card penalty time has elapsed
- i. any type of behavior which in the umpire's opinion amounts to misconduct.

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