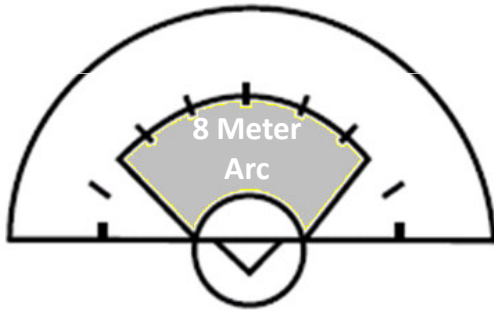


3 Seconds Violation



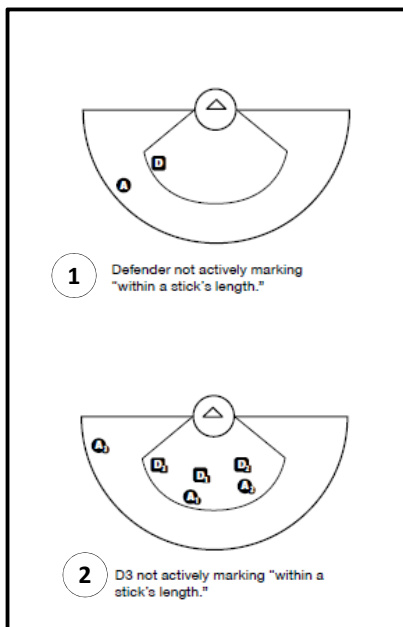
A "3 Seconds Violation" is a major foul and results in an 8m Free Position shot by the attacking team.

The defense may not remain in the 8 meter arc for more than 3 seconds unless she is marking an opponent within a stick's length.

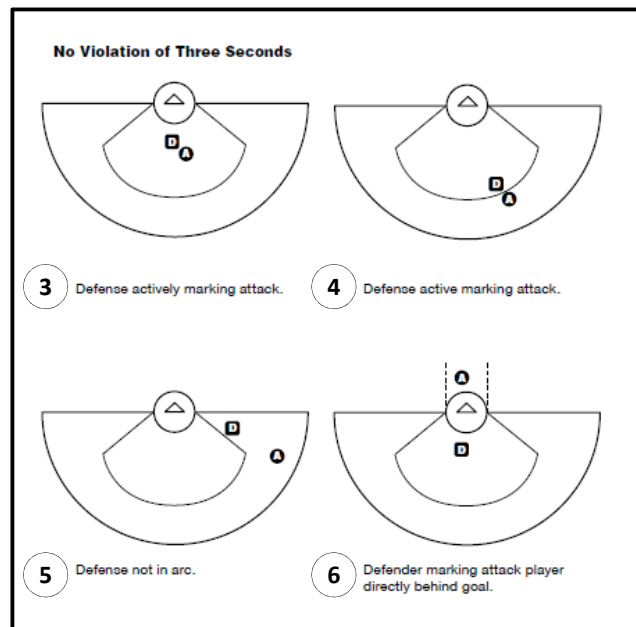
- The intent of this rule is to prevent crowding by the defense in front of the goal.
- "Within a stick's length" is defined as when any part of an opponent's body (torso) is inside a crosse's length. NOT an extended stick's length (arm & crosse)
- The three second rule is in effect when the team in possession of the ball crosses over the Restraining Line in their attacking half of the field.

"3 Seconds Violation" Scenarios

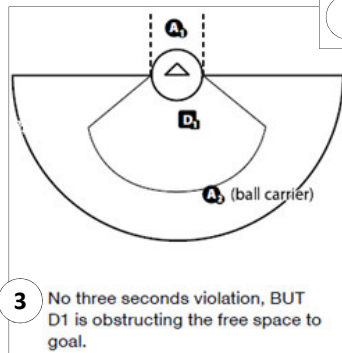
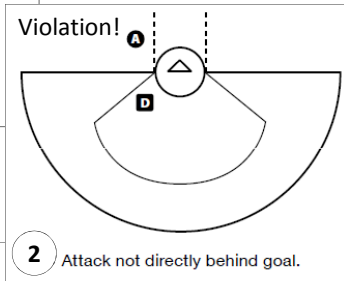
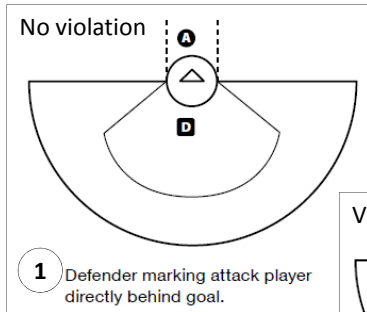
In violation of 3 seconds



NOT in violation of 3 seconds



“3 Seconds Violation” - Marking attack behind goal



A defender marking an attacker standing directly behind the goal circle is exempt from the three second rule.

- The defender may not remain in the arc if one of her teammates moves to mark the attack player behind the goal.
- The defense player marking the attack behind goal does not have to position herself directly opposite the attack player’s position or mirror her movements.
- In order to be considered as the one marking the attack player behind goal, the defender should be in close proximity to the goal circle area.
- A defender who is marking an unmarked opponent directly behind the goal circle can not be penalized for the 3 second rule when drawn into a double or multiple team by attacking non-ball players.