



# 2011 Women's Rule Book



Endorsed by the  
National Federation  
of State High School  
Associations

Official Rules for Girls & Women's Lacrosse

After 1 minute, 45 seconds, a warning horn will sound. At 2 minutes the horn will sound again. If the goalkeeper is being awarded the ball on an out of bounds ball and she was within her goal circle when the ball crossed the boundary line, she may remain in her goal circle for the restart of play. At the discretion of the umpire, no one from the sideline may come onto the field without the permission of the umpire and no sideline personnel may be on the field for the purpose of coaching. Eye protection must meet the most current ASTM Specification Standard F803 for women's lacrosse and must be tested at a PECC approved testing facility, and must be listed on the US Lacrosse website. Protective devices are designed to maintain the "spirit of the game" and to ensure the safety of the players at all levels. The spirit of the game includes the philosophy that: 1) the game should flow as continuously as possible, not burdened by an inordinate number of frequent stops during the game; 2) the outcome of the game should be determined by legal play by the players, not by interpretations of the rules by the umpires or by direction during play by coaches; 3) players, coaches, and umpires should observe the intent of the rules, making a sincere effort to observe them and not attempting to take advantage of them. If the game is played with this spirit and players are well coached in the intent and the word of the rules, it is the hope of the Rules Committee that the game will be a safer one to play and to officiate. If a team refuses to comply with the US Lacrosse rules, the team and its members will not be permitted to participate in any US Lacrosse activity, to hire US Lacrosse officials, or to play against another team allied with US Lacrosse. Officials of US Lacrosse have the authority to suspend or remove players from the field with the rules of US Lacrosse.

Who  
is the fairest  
one of  
all?

BFF. (BE FIERCE + FAIR)

Rules Rule.



## **SAFETY AND RESPONSIBILITY**

Participants in women's lacrosse must be aware of the Official Rules for Girls & Women's Lacrosse and are expected to play, coach, officiate and spectate according to the spirit and intent of the women's game. Emphasis is placed on safety and good sportsmanship. Everyone involved with the women's game must act with consideration for the safety of others. Players must ensure that their behavior, equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules. Coaches must ensure that they are teaching their players to play by the rules of the women's game and should participate in continuing lacrosse-specific education and training that helps them to understand and teach new rules and address safety concerns. Umpires must ensure fair and safe play by consistently enforcing the rules and by participating in continuing lacrosse-specific education and training that helps them to understand and interpret new rules. Spectators must contribute to a safe-play environment by demonstrating positive and sportsmanlike conduct and by understanding and appreciating the unique rules and culture of the women's game.

## **IMPLEMENTATION AND AUTHORITY**

The US Lacrosse Women's Division Rules Subcommittee is responsible for establishing, reviewing, maintaining, and disseminating the rules of women's lacrosse for all levels of play except for NCAA collegiate play. US Lacrosse offers the public the opportunity to suggest rule changes to the Rules Committee through written submission by June 1st each year. Each August, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations to the Women's Game Committee. The Women's Rules are annually voted on in September by the US Lacrosse Board of Directors and are issued under the authority of US Lacrosse as the official rules for women's intercollegiate associate (college club) team play, girls youth (U-15) play and are endorsed by the National Federation of State High School Associations as the official rules for girls' and women's lacrosse.

## **AVAILABILITY OF THE RULES**

Information about the rules and about the purchase of rulebooks can be found on the US Lacrosse web site at [www.uslacrosse.org](http://www.uslacrosse.org)

## US LACROSSE - WOMEN'S DIVISION RULES COMMITTEE (1998-2010)

The Women's Game leadership of US Lacrosse recognizes the members of the Rules Committee for its years of service and commitment to maintaining the integrity of the women's game.

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## US LACROSSE PHILOSOPHICAL STATEMENT

The US Lacrosse rules contained in this booklet are designed to maintain the “spirit of the game” and to ensure the safety of the players at all levels.

The spirit of the game includes the philosophy that:

- 1) the game should flow as continuously as possible, not burdened by an inordinate number of rules requiring frequent stops during the game;
- 2) the outcome of the game should be determined by legal play by the players, not by the interpretations of the rules by the umpires or by direction during play by coaches;
- 3) players, coaches, and umpires should observe the intent of the rules, making a sincere effort to observe them and not attempting to take advantage of them.
- 4) players, coaches, and umpires should be vigilant when playing, teaching and enforcing the rules so that the safety of all players and the integrity of the game are maintained.

If the game is played in this spirit and players are well coached in the intent and the word of the rules, it is the hope of the Rules Committee that the game will be a safer one to play and to officiate.

If a team refuses to comply with US Lacrosse rules, the team and its members will not be permitted to participate in any US Lacrosse activity, to hire US Lacrosse officials, or to play against another team allied with US Lacrosse. Officials of US Lacrosse have the authority to suspend or refuse to officiate any game in which one or both teams refuse to comply with the rules of US Lacrosse.

## RULES CHANGES FOR 2011

A screened background identifies each change or altered area of the rules. Listed below are some of the changes for the 2011 season. Figures to the left indicate the Rule and Section where the change has been made, while the page number is listed on the right. Throughout the book the notation "AR" means Approved Ruling.

<b>Rule(s)</b>	<b>Explanation</b>	<b>Page(s)</b>
3-6a	Visiting team captain to call any coin toss.....	20
3-7	Recommending that only US Lacrosse rated umpires ..... be assigned to games. Added to Youth rules as well.	21
5-NOTE	Providing additional clarification on how to handle any ..... player suspected of having a concussion. Additional information also appears in new Appendix J.	39
7-27	Anyone receiving two yellow cards in a game will sit ..... out the team's next game. Anyone receiving a red card will sit out the next two games.	54
7-28	If a team receives its third card of the game they will ..... play short for the remainder of the game. An additional player will be removed from the field for each subsequent card received by that team.	55
7-33	Head coach is responsible for the actions of anyone ..... officially connected with his/her institution and will receive any card related to bench decorum.	57
9-8	Pockets must be attached using stringing holes along ..... the bottom rail of the stick.	64
9-24	All sticks must be in compliance with shooting string ..... regulations.	67
Youth	Defined what is meant by a Junior Youth Umpire.....	78

## POINTS OF EMPHASIS FOR 2011

This section highlights areas of the game that the US Lacrosse Rules Subcommittee believes warrant continued attention by placing a stronger emphasis on existing rules. The committee requests that players, umpires and coaches concentrate on the following areas:

### **Sphere**

Due to the danger involving play around the head that may jeopardize players' safety, consistent application of the rules regarding the sphere is essential. Umpires are instructed to be vigilant for fouls that may be initiated by the defense or attack.

### **Use of the Stick**

The emphasis continues to be that the use of the stick shall be appropriate. A foul must be called when a stick is used in a malicious, dangerous or intimidating manner and strong consideration should be given for issuing a card.

### **Carding**

With respect to the new comprehensive carding philosophy, the expectation is that umpires continue to allow the penalty situation to dictate whether or not a card is warranted. Umpires need to apply cards without regard to the resulting consequences of the new penalty administration. Umpires must card appropriately to enforce the rules and insure safety for all players and the integrity of the women's game.

# RULE 1

## THE PLAYING AREA and GOALS

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### The Playing Area

#### **Field Dimensions**

Section 1. The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 101m and 128m (110 to 140 yds.) from end line to end line; and between 55m and 64m (60 to 70 yds.) from sideline to sideline. The goals shall be placed no more than 92m (100 yds) and no less than 82m (90 yds) apart, measured from goal line to goal line. There must be a minimum of 9m (10 yds) and a maximum of 18m (20 yds) of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4m (4.4 yds.) of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline and any spectator area. There should be 2m (6'6") of space beyond each end line.

*NOTE: For the foreseeable future no changes to the field dimensions or field markings will be made.*

Section 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the Rules. Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if the visiting team has been notified in writing prior to the day of the game and personnel from both participating teams agree. However, the minimum distance of 9m (10 yds) of space from goal line to end line must be maintained. Soft/flexible cones, pylons or flags must be used to mark the corners of the field. The playing area must be flat and free of glass, stones, and any protruding objects. No additional marks may be added to the field.

Section 3. New field construction: Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. Additional space outside the playing area is required. See Rule 1, Section 1.

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## 6 - RULE 1 - THE PLAYING AREA and GOALS

### **Line Size and Color**

Section 4. All lines are 5cm–10.1cm (2"-4") wide, except the goal line which shall be 5cm (2") wide. It is recommended that all lines be painted white or a single contrasting color.

### **Restraining Line**

Section 5. The restraining line, a solid line 27m (30yd) up field from each goal line, shall extend across the width of the field. It must be clearly distinguishable as the restraining line, for example, the only line on the field, or marked in a different color, or marked with X's. Cones shall not be used for this purpose.

### **Center Circle**

Section 6. There is a circle, radius 9m (30'), in the center of the field and through the center of this a line 3m (9'11") in length, parallel to the goal lines.

### **Arc and Fan**

Section 7. An arc and fan shall be marked 8m (26'4") and 12m (39'4") respectively from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6m (34'10") for the 8 meter mark and 14.6m (47'9") for the 12 meter mark. The 8 meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12 meter fan will end at the goal line extended.

Section 8. The 8 meter arc will be sectioned off by hash marks 30.5cm (1') in length, perpendicular and bisecting the arc. These will be measured 4, 8, and 12 meters respectively from either side of the center hash mark which shall be measured from the center of and perpendicular to the center of the goal line (10.6m/34'10"). Two additional 30.5cm (1') marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

### **Substitution Area**

Section 9. The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yds.) from the centerline of the field.

### **Team Bench Area**

Section 10. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's table extended. Non-playing team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.

### **Scorer's/Timer's Table**

Section 11. A scorer's/timer's table will be set up at midfield, at least 4m (4.4 yds.) from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended.

### **Coaching Area**

Section 12. Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and behind the scorer's table extended. Violation of this rule is misconduct.

*A.R. 1-1 An assistant coach is on the opposite side of the field from the scorer's table coaching his/her team. RULING: ILLEGAL. A coach may move along the bench/table side boundary line from the substitution area to their end line only. Violation is considered misconduct.*

### **Spectator Areas**

Section 13. Spectators must be kept back at least 4m (4.4 yds.) from the sidelines. Spectators are not allowed immediately behind the team bench or table area except in permanent stadium seating. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing.

## DIRECTIONS FOR 8 METER ARC AND 12 METER FAN

### 8 METER ARC (See Diagram 1)

1. The two sidelines are made first. Run string from the point (A) on the back of the goal circle that is perpendicular to the goal line at its center, to the points on goal circle (B), where if the goal line were extended would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 8.58m (28' 3") to point C.
2. To mark the curve of the arc, measure from the center of the goal line (D) 10.6m (34' 10") to G connecting the sidelines. The arc will now be 8 meters from the circle.
3. The center hash mark 30.5cm (1') on the 8 meter arc shall be measured from the center of and perpendicular to the goal line (10.6m/34'10"). The other hash marks will be measured 4, 8, and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

### 12 METER FAN (See Diagram 1)

Inscribe a semi-circle (E) from the center of the goal line (D) 14.6m (47' 9"). The flat side of the semi-circle should be marked from the points on the goal circle (B) to the semi-circle.

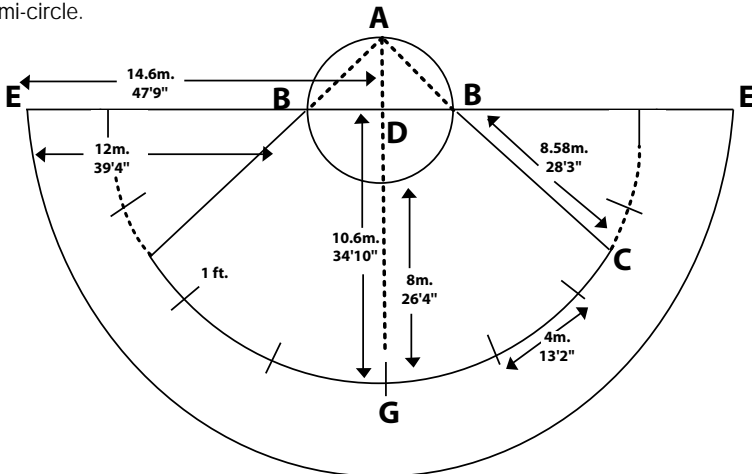
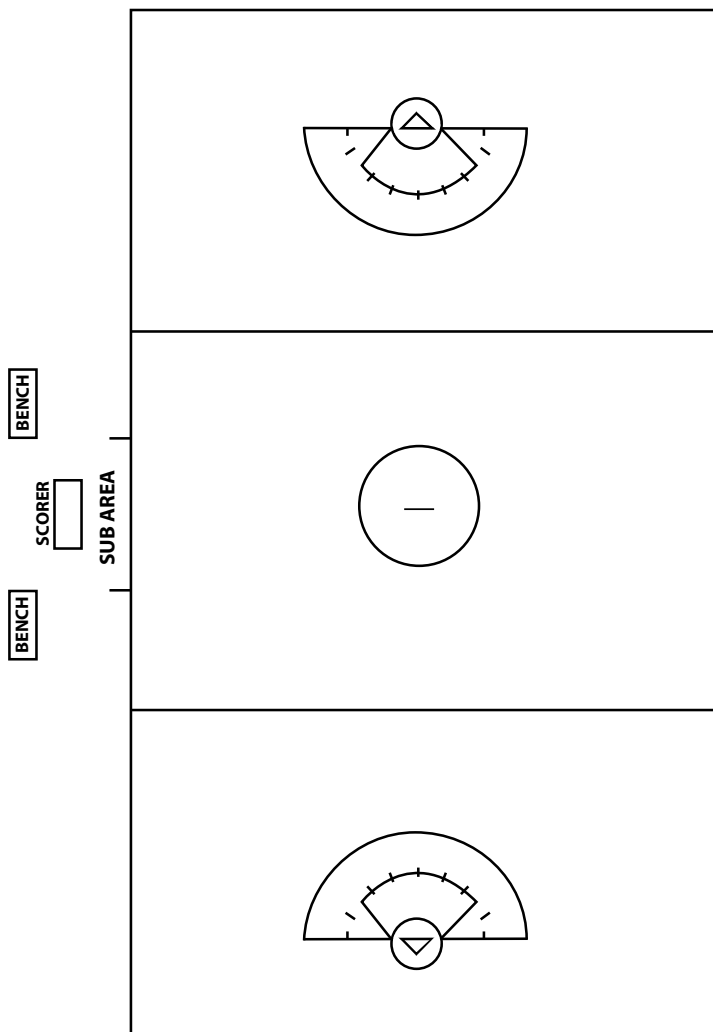
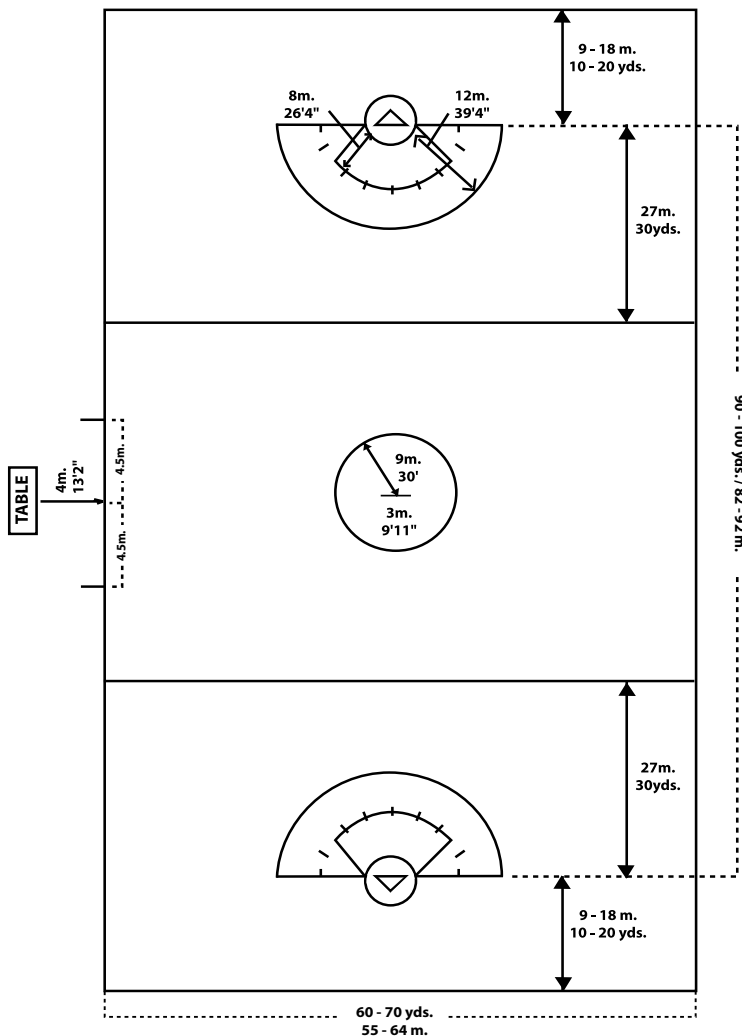


Diagram 1 - 8m arc/12m fan



**Diagram 2 - Field Set Up**  
(Not Drawn to Scale)

10 - RULE 1 - THE PLAYING AREA and GOALS



**Diagram 3 - Measurements**  
(Not Drawn to Scale)

## The Goals

### The Goals

Section 14. Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 1.83m (6') high and 1.83m (6') apart, joined at the top by a cross-bar 1.83m (6') from the ground (inside measurements). The goal posts (pipes) must not extend upwards beyond the cross-bar nor the cross-bar sideways beyond the goal posts. The posts and cross-bar must be a solid white, orange or silver color and be 4-5cm (1.5-2") in diameter. A line called the goal line must be drawn between the two posts, continuous with them and of the same width. The netting, not more than 4cm (1.5") mesh, must be attached to the posts and cross-bar and to a point on the ground 2.1m (7') behind the center of the goal line; it must be firmly pegged down. Whenever possible the net should be strung so as to prevent the rebounding of the ball. Any additional goal supports which are exposed must be padded the entire length with material that limits the rebound of the ball. Goal cages that have "flat" supports or angled ground pipes which prevent the ball from re-entering the playing area after hitting the ground pipe do not have to be padded.

### Goal Circle

Section 15. The goal circle is a circle, radius 2.6m (8 1/2') measured from the center of the goal line to the outer edge of the goal circle line. The goal circle line shall be 5cm-10.1cm (2"- 4") wide.

12 - RULE 1 - THE PLAYING AREA and GOALS

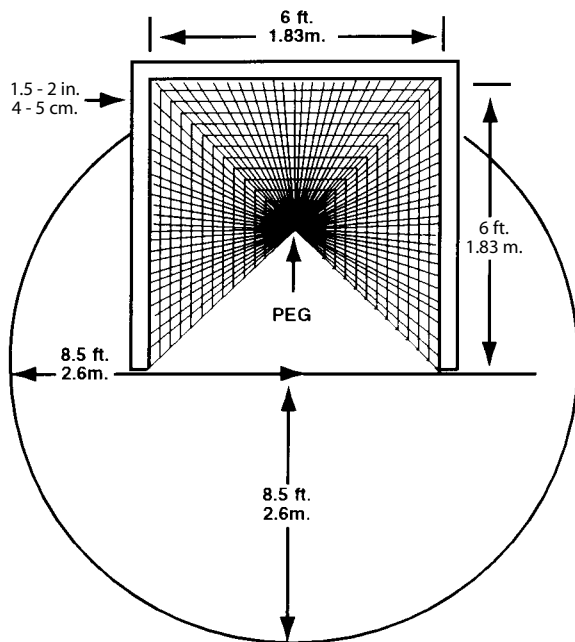


Diagram 4 - The Goal/Goal Circle

# RULE 2

## EQUIPMENT and UNIFORMS

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### Equipment

#### Field Crosse

Section 1. The field crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.)

The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle.

The pocket of the stick shall be strung with four or five longitudinal leather and/or synthetic thongs, 8-12 stitches of cross-lacing and no more than 2 "shooting/throw" strings. Mesh pockets are not allowed.

The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

The crosses overall length shall be no more than .9m (35 1/2") minimum and 1.1 m (43 1/4") maximum.

Section 2. A crosse meets specifications if:

- a. It complies with the criteria in this rule and it meets the Manufacturer's Specifications as approved by US Lacrosse listed in Rule 9.
- b. The top of the ball remains above the top of the wooden or plastic wall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse.
- c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

*AR 2-1 A player has woven the thongs of the crosse back up through the head of her crosse. RULING: ILLEGAL. A crosse may have only 4-5 thongs. Weaving the existing thongs through the head essentially adds extra thongs. Umpires should watch for this during pre-game stick check.*

*AR 2-2 During the pre-game stick check, it is discovered that a field player is using flat shoelaces as her shooting/throw strings. RULING: ILLEGAL. The player may not use this crosse until the shoelaces have been removed. If the shoelaces are discovered on a crosse in play it will be removed from the game and penalized as a minor foul.*

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## 14 - RULE 2 - EQUIPMENT and UNIFORMS

### **Goalkeeper Crosse**

Section 3. The goalkeeper crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic, or any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.)

The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle.

The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs and crosse lacing or be mesh.

The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way. The crosses overall length shall be no more than .9m (35 1/2") minimum and 1.22m (48") maximum.

Section 4. A crosse meets specifications if:

- a. It complies with the criteria in this rule and it meets the Manufacturers Specifications as approved by US Lacrosse listed in Rule 9.
- b. The ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

*AR 2-3 The blue goalkeeper is using 3 shoelaces as her shooting/throw strings, with two across the top of the stick and one forming a "V" down the middle. RULING: LEGAL. The goalkeeper crosse may have more than 2 shooting/throw strings and may use shoelaces as those strings. With the mesh pocket, the goalkeeper crosse may contain some stringing other than at the top of the crosse.*

*AR 2-4 The goalkeeper who is outside the goal circle switches crosses with a field player. RULING: ILLEGAL. The field player is penalized for having a crosse that does not meet specifications.*

### **The Ball**

Section 5. The ball is smooth or slightly textured rubber of solid yellow or bright orange (similar to Pantone #811) color, not less than 20cm (7 3/4") or more than 20.3cm (8") in circumference. It must weigh not less than 142gm (5oz.) not more than 149gm (5 1/4oz.). It must have a bounce of not less than 1.1m (43") nor more than 1.3m (51") when dropped from 1.8m (72") onto concrete at a temperature of approximately 18° C. (65° F.) - 23° C. (75° F.). The home team will provide the game balls. The same type and color ball must be used throughout the game unless both coaches agree to change.

**NOTE:** *NFHS affiliated schools shall use balls with the NFHS approved Authenticating Mark.*

## **Goalkeeper Equipment**

Section 6. The goalkeeper must wear a helmet with face mask, a separate throat protector, padded gloves, a mouthpiece, and a chest protector. In addition, for high school level and below the goalkeeper must wear padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard.

Section 7. It is recommended that the goalkeeper wear padding on arms and shoulders. Leg padding is recommended for goalkeepers above high school level. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping gloves—2.54cm (1") padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

*AR 2-5 A goalkeeper wears football shoulder pads. RULING: LEGAL, if they do not exceed the maximum legal thickness of 1".*

*AR 2-6 A goalkeeper wears canvas field hockey leg pads. RULING: LEGAL, if they are pulled tight or taped around the leg. Bamboo/cane field hockey pads are illegal.*

*AR 2-7 A goalkeeper wears a throat protector that is attached to her helmet using screws. RULING: LEGAL. This is one type of "separate" throat protector.*

## **Mouthpiece**

Section 8. All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. The mouthpiece shall be of any readily visible color other than clear or white. It must not be altered to decrease protection, and there may be no protruding tabs for field players. It is recommended that the mouthpiece be properly fitted, for example, constructed from a model made from an impression of the individual's teeth, constructed and fitted for the individual by impressing the teeth into the mouthpiece, or provided by a dental professional.

*AR 2-8 At the center draw, the umpire notices one of the players without her mouthpiece. The player then reaches into her sock, gets her mouthpiece and puts it in. RULING: ILLEGAL. Minor foul for not wearing her mouthpiece properly. Appropriate delay of game card is issued. Because the player was able to correct the problem immediately she does not have to leave the game unless she is to receive a green/red card. The opposing center is awarded the ball at the spot where the draw was to take place, and the offending player moves 4m away.*

### **Eye Protection**

Section 9. All field players must properly wear eye protection. Eye protection must meet the most current ASTM Specification Standard F803 for women's lacrosse, must be tested at a PECC approved testing facility, and must be listed on the US Lacrosse web site. NOTE: The wearing of ASTM certified/PECC tested eyewear by international teams at US Lacrosse sanctioned events, while highly recommended, will not be mandated. International teams playing at other venues in the United States may find differing requirements and they are urged to check local requirements before traveling to play in the United States.

### **Other Personal Equipment**

Section 10. Close-fitting gloves, nose guards, and soft headgear may be worn by all players. Further protective devices necessitated on genuine medical grounds may be used by players, providing that the umpires agree that they do not endanger other players. All protective devices used should be close-fitting, padded where necessary, and not be of excessive weight.

Players may only wear securely taped Medic-alert jewelry with information visible and close-fitting cloth sweatbands. Any other adornment will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to other players by the officials.

*NOTE: Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.*

*AR 2-9 A field player asks to wear a hard helmet to protect an injury. RULING: ILLEGAL. A player cannot wear a hard helmet that would be dangerous to other players. She could wear a soft helmet made of foam type material.*

*AR 2-10 A player is wearing a soft cloth bracelet. RULING: ILLEGAL, minor foul. This is considered jewelry.*

*AR 2-11 A field player is wearing a hard-brimmed baseball cap. RULING: ILLEGAL. A player may not wear/use any type of equipment that is dangerous to other players. Players may wear soft-brimmed visors or caps.*

## Uniforms

### Footwear/Cleats

Section 11. Players must wear composition or rubber soled shoes. No spikes are allowed. Plastic, leather, or rubber cleats-studs may be worn. Shoes and socks are not required to be identical for team members.

### Uniform Shirts and Kilts/Shorts

Section 12. All team members shall be dressed uniformly with the exception of the goalkeeper whose colors must be of the same corresponding colors as her teammates. Her top (shirt) must be of the same color as her team; the bottom must be in agreement with the team's predominant color or be black or gray. The goalkeeper's shirt must be worn over any chest and shoulder protective equipment.

Section 13. All players must wear numbers, differing from others on the team, on the front and back of the uniform shirt. Numbers on the back must be a minimum of eight inches tall; numbers on the front must be a minimum of six inches tall and must be centered at chest level. If a number appears elsewhere on a player's uniform (such as on a kilt, shorts, or pants or on the sleeves of the shirt), it must match the number on the player's shirt. Numbers must be in a color clearly contrasting to that of the top (i.e. dark shirts must have light numbers and light shirts must have dark numbers). Non-solid colored shirts must have the numbers superimposed on a solid color block background or outlined with a contrasting color. A player's uniform number must be the same as that recorded in the score book. A player not listed on the roster and/or in the score book by name and correct uniform number is an illegal substitute.

Beginning in 2013, all shirts shall be of a single, solid color with the following trim specifications permitted:

- a. Trim around the collar and waistband and at the cuff of the sleeve, or around the arm opening if sleeveless, may be of contrasting color(s), but shall not exceed 1 inch in width.
- b. Side inserts (armpit to waistband) may be of contrasting color(s), but shall not exceed 3 inches in width. The inserts must be centered vertically below the armpit.
- c. Piping of contrasting color is allowed, but only in areas where trim or side inserts are permitted. The combined piping and trim must meet the 1 inch or 3 inch allowable width.
- d. Numbers shall be centered vertically and horizontally and must be a minimum of 8 inches tall on the back and a minimum of 6 inches tall on the front of the shirt.
- e. Numbers must be of a solid color contrasting with the color of the shirt. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width.

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## 18 - RULE 2 - EQUIPMENT and UNIFORMS

*NOTE: The following will apply to all NFHS affiliated schools - An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number. A visible logo/trademark may not exceed 2 1/4 square inches and 2 1/4 inches in any direction on the jersey and/or the pant, short, or kilt. Beginning in 2010, no more than one manufacturer's logo/trademark may appear on the outside of each item.*

*AR 2-12 A team chooses to memorialize a former player by wearing her number on their uniform shirt sleeve. RULING: ILLEGAL. No number other than that of the player may be worn on the player's uniform. (It has been suggested that the memorialized player's initials be used, or that a ribbon or arm band be worn in her memory.)*

*AR 2-13 A red player #00 plays goalkeeper the first half of the game. The second half she plays on the field as number 32. RULING: LEGAL, if both numbers were recorded on the roster that is placed at the scorer's table prior to the start of the game; but it must be noted in the scorebook. All warnings and cards must be carried with her name and recorded in the scorebook.*

Section 14. The coaches/schools shall agree upon contrasting colors prior to the day of the game. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies or vests of a contrasting color.

### **Visible Undergarments**

Section 15. All visible undergarments worn under the kilts/shorts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

Section 16. All visible undergarments worn under the shirts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members who choose to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

# RULE 3

## GAME PERSONNEL

### The Teams

Section 1. A game is played between two teams. Twelve players constitute a full team, one member of whom acts as the speaking captain. Any number up to twelve players of each team may be on the field of play at the same time. One of the twelve players on each team may be a goalkeeper.

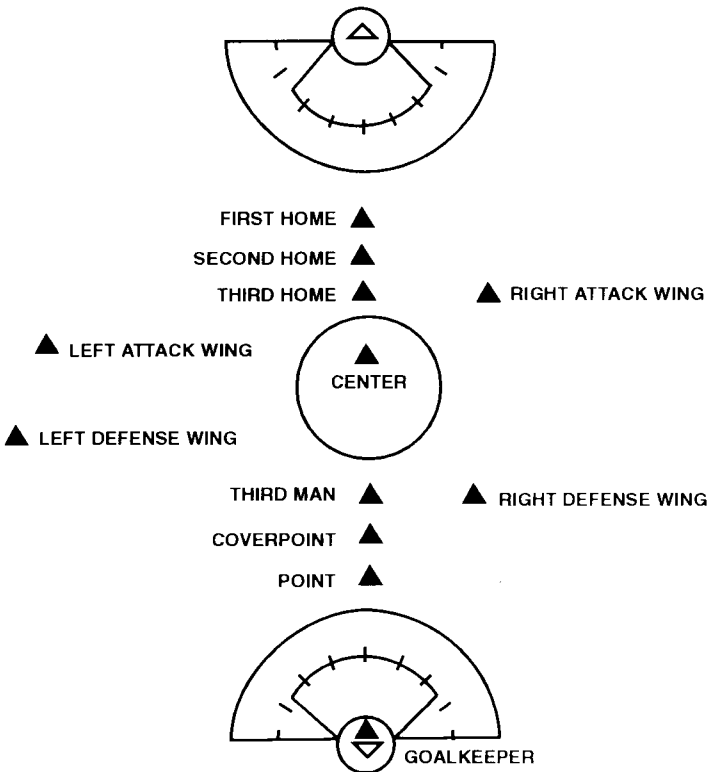


Diagram 5 - The Teams

### **The Coach**

Section 2. The head coach will verbally certify to the umpires that all equipment is legal under these rules including eye protection that meets the most recent ASTM Specification Standard F803, and goalkeeper helmets that meet the NOCSAE standard for lacrosse.

Section 3. The head coach shall be in control of and be responsible for the actions of any and all persons officially connected with his or her institution. Coaches shall assist the officials in keeping the game under control. It shall be their duty, upon the request of an official, to control effectively actions of spectators not in conformity with standards of proper conduct.

Section 4. Other coaching responsibilities include:

- a. designate an acting captain if the captain leaves the field.
- b. indicate a substitute for an injured or suspended player.
- c. approach the umpire pre-game, at half time or during time outs for clarification of rules.
- d. request a time out from the umpire.
- e. communicate with the umpires pre-game regarding procedures if the game ends in a tie.

### **Game Administrator**

Section 5. It is strongly recommended that the host team assign a representative to handle game management issues. When a contest is played at a neutral site, one team must be designated as the home team. The game administrator will ensure that a time keeper and scorer are on hand with all equipment required by these rules to carry out their respective functions, and that the playing field is in proper condition for safe play and meets the specifications outlined in these rules. In the event that an administrator is unavailable these duties will be the responsibility of the home team coach.

### **Team Captain**

Section 6. The captain's responsibilities are:

- a. to call any coin toss (visitors call) for choice of ends with the umpire.
- b. to agree on the playing time and half time with the umpires.
- c. to indicate that her team is ready to play at the beginning of each half.
- d. to approach the umpire for clarification of rules.
- e. to request a time out from the umpire.

## The Umpires

Section 7. The game should be officiated by two US Lacrosse rated umpires. Three umpires are recommended. The umpire's jurisdiction extends from 30 minutes before the game begins until the umpires leave the playing venue. Umpires should be on the field and be in charge of the game 30 minutes prior to game time. The umpires will enforce the rules and umpire the game in accordance with the recommended procedures put forth by these rules. They should refrain from enforcing any rule when it would penalize the non-offending team.

Section 8. Prior to the game the umpires will inspect the grounds, goals, balls, crosses, clothing, shoes, jewelry and protective equipment and see that they are in accord with the rules.

*NOTE: The umpires will obtain verbal certification from the head coach that all equipment is legal under these rules, including eye protection that meets the most current ASTM Specification Standard F803 for Women's Lacrosse at the appropriate level of play (youth or adult), and goalie helmets that meet the NOC-SAE Lacrosse Helmet Standard.*

Section 9. Other umpire responsibilities include:

- a. ensuring that the timers and scorers understand their responsibilities.
- b. informing the timer about the length of half time.
- c. being available for questions from captains or coaches.
- d. after consultation with the game administrator and coaches from each team, make the final decision on whether to continue a game due to weather conditions or any other extenuating circumstances.
- e. make the game official by signing the scorebook.

## Official Scorer

Section 10. The official scorer will be from the home team and will sit at the scorer's/timer's table opposite the center circle. If the official scorer is not seated at field level, the home team is responsible for ensuring that the scorer's table is manned.

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## 22 - RULE 3 - GAME PERSONNEL

Section 11. The official scorer will assume the following duties:

- a. record the starting line-ups of both teams in the score book 10 minutes prior to the game and make sure the numbers of the players on the field correspond to the numbers in the book. Changes to the line-up cannot be made until the game starts. A roster with names and numbers of all players must be at the score table prior to the start of the game.
- b. keep an accurate record of the goals scored in the official home team score book. It is recommended that the visitors have a scorer and book at the table.
- c. display continuously an accurate score, for the players, coaches and umpires.
- d. accept substitutes and enter their names and numbers prior to their entering the game.
- e. notify the umpire on the first ensuing stoppage of play if there has been an illegal substitution.
- f. record any cards next to the player's name in the score book: delay of game (green-"g", green/yellow-"gy", green/red-"gr"); warning (yellow-"y"); ejection (red "r"). Any card issued to a coach or other team personnel must also be recorded in the score book.
- g. notify the umpire immediately when a second warning is given to the same player.
- h. record the delay of game suspensions including the time on the game clock when a player is suspended.
- i. record the time on the game clock when a player is given a yellow or red card.
- j. notify the umpire immediately if a team receives a third card
- k. notify the umpire when a 10 goal differential exists.

*AR 3-1 A coach attempts to change his/her line-up after it has been given to the scorer and 5 minutes prior to game time. RULING: No changes to the line-up will be allowed 10 minutes prior to the game. The only exception is a change due to injury.*

### **Official Timer**

Section 12. The official timer will be from the home team and will sit at the scorer's/timer's table opposite the center circle.

Section 13. If the official timer is not seated at field level, the home team is responsible for ensuring the following duties are performed:

- a. stop the clock at the whistle and arm signal after each goal. If there is a 10 or more goal differential, the timer will not stop the clock except in the last 2 minutes of each half.
- b. start the clock on the whistle at each draw.
- c. sound a horn at the first stoppage of play
  1. to notify the umpire of an illegal substitute.
  2. if a clock has malfunctioned
  3. when a 10 goal differential occurs.
- d. sound a horn for substitution after goals.
- e. notify the umpire when there are 2 minutes remaining in each half of the game.
- f. during the last 2 minutes of each half of the game, stop the clock on every whistle, then restart the clock on the umpire's whistle.
- g. indicate to the nearest umpire when there are 30 seconds remaining in each half.
- h. sound a horn to indicate the end of the half and the end of the game.
- i. stop the clock for any other circumstances only upon the time-out signal and whistle from the umpire.
- j. notify the umpire when a team requests a time-out and use a separate clock to time the time-out.
  1. time 2 minutes
  2. blow the horn at 1 minute, 45 seconds
  3. blow the horn at 2 minutes
- k. note the time on the clock when a player is issued a green/red card for delay of game and time the 3-minute elapsed playing time penalty, and notify the coach when the 3-minute penalty time has ended.
- l. note the time on the clock when a player is issued a yellow or red card and time the 3-minute elapsed playing time penalty, and notify the coach when the 3-minute penalty time has ended.

*NOTE: The home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table if official scoring and/or timing functions are not handled at field level.*

# RULE 4

## TIME FACTORS and SCORING

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### Time Factors

#### **Duration of Play**

Section 1. The maximum regulation playing time is 50 minutes for high school or 60 minutes for adults, divided into two halves, or such time as agreed upon by the captains. Halftime will be 10 minutes, but may be less than 10 minutes if agreed upon by the captains prior to the start of the game. Players must change ends to begin the second half. Play should be continuous, but at the discretion of the umpire time-out is taken for unusual circumstances, e.g., a broken crosse, animal on the field, lost ball, a ball that has gone too far out-of-bounds, spectator interference, delay of game. Time out must be taken in case of illness, accident, or injury, for the issuance of a card, to check a crosse, and anytime the draw must be retaken. **EXCEPTION:** When the 10 goal rule is in effect (See Rule 4-3) no time out should be called for a redraw.

Section 2. In all games, the clock is to be stopped on the umpire's whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last 2 minutes of each half. **EXCEPTION:** Agreement by coaches prior to the game that the clock will run after goals. The clock will still be stopped on every whistle (to stop play) in the last 2 minutes of each half.

Section 3. If a team is leading by 10 or more goals, the clock will continue to run after goals (no stop clock). If the difference becomes less than 10 goals, the stop clock is reinstated. The clock is stopped on every whistle (to stop play) in the last 2 minutes of each half.

*AR 4-1 A foul is called with 2:03 remaining on the clock. Play is not resumed until the clock reads 1:57. A coach argues that the timer should have stopped the clock at 2:00. **RULING:** The timer was correct to let the clock run. The clock stops for every whistle to stop play that occurs within the last 2 minutes of each half.*

*AR 4-2 At halftime of the game, Coach A decides she wants only 5 minutes instead of the ten minutes agreed upon before the game began. **RULING:** ILLEGAL. The halftime will remain as 10 minutes since this was agreed upon before the start of the game.*

### **Team Time Outs**

Section 4. Each team shall be permitted two time outs per game which would include overtime. Time out may be requested by a coach or any player on the field after a goal is scored or during a dead ball situation by the team in possession. If a dead ball possession time out is called, players must leave their crosses in place on the field and return to that same place for the restart of play. No substitutions will be allowed during this stoppage of play. The time out shall be 2 minutes in duration commencing at the time the umpire calls the time out. It is the responsibility of the coaches to gather their teams and to disperse them back onto the playing field. After 1 minute, 45 seconds, a warning horn will sound. At 2 minutes the horn will sound again. A minor foul will be called if a team is not ready to start after 2 minutes. Successive timeouts will not be allowed.

### **Suspended/Interrupted Game**

Section 5. Once play begins the umpires shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The umpire's decision is final. A game is considered legal and complete if 80% of playing time has elapsed. If a suspended game (one in which less than 80% of playing time has elapsed) is replayed on another day, it must be played from the beginning. An interrupted game continued on the same day shall be restarted from its point of interruption. *NOTE: If 80% of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.*

### **Forfeited Game**

Section 6. If a team leaves the field and refuses to play, the score of the game shall stand if the team remaining on the field was ahead at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

If a suspended coach or non-student team personnel refuses to leave the area, the official may declare a forfeit. The score of a forfeited game will be 1-0 in favor of the non-offending team. If the suspended individual is a student that individual may remain in the team bench area.

### **Overtime Procedures**

Section 7. When the score is tied at the end of regular playing time and overtime is to be played, both teams will have a 5-minute rest and toss a coin for choice of ends. Six minutes (two 3-minute periods) of stop clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team which is ahead at the end of six minutes wins the game.

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## 26 - RULE 4 - TIME FACTORS and SCORING

If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. The winner will then be decided on a "sudden victory" stop-clock overtime of no more than six minutes in length with the teams changing ends after 3 minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.

Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length with 3 minutes in between and change of ends until a winning goal is scored.

It is recommended that for a one-day tournament the first six minute overtime be omitted and the teams go immediately into "sudden victory". To eliminate playing off games during the season a scoring system for league standings could be devised, i.e., 2 points for a win, 1 point for a tie, 0 points for a loss. Tournament committees may use any system for deciding a champion.

### Scoring

Section 8. The team scoring the greater number of goals is the winner. In the event of the scores being equal, the result is a draw/tie. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the cross-bar from in front, having been propelled by the legal crosse of an attacking player, or the crosse or person of a defending player. If violation of jewelry, eye protection, or mouth guard is discovered immediately after a goal, the goal counts and the free position is taken at the center circle.

Section 9. A goal is not scored when:

- a. the ball is put through the goal by a non-player.
- b. the ball comes off the person of an attacking player.
- c. the ball enters the goal after the whistle has blown or the horn has sounded.
- d. the player shooting has stepped on or into the goal circle or any other attacking player has entered the goal circle.
- e. the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player.
- f. the field umpire has ruled that the shot or follow through is dangerous.
- g. the ball enters the goal while the attacking team has an illegal player on the field.
- h. the ball enters the goal when the attacking team has more than seven players over the restraining line.
- i. the ball enters the goal from a crosse that does not meet specifications. If the player who shot the goal adjusts her crosse after an umpire's request for a crosse inspection, the goal will not count, and the crosse will be removed from the game.  
*NOTE: The goalkeeper's crosse must meet field crosse specifications in order to score a goal.*
- j. the ball enters the goal when a shot is taken from an indirect free position.

*AR 4-3 During the game a goalkeeper with the goalkeeper's crosse, outside her goal circle, tosses the ball back into her circle. In doing so the ball goes into the goal. RULING: Goal. A goal may score off the crosse or person of a defending player.*

*AR 4-4 The attack shoots and scores a goal. The umpire immediately realizes that the attack is offside. RULING: The umpire should sound her whistle, have everyone stand, and indicate no goal. The closest defense player below the restraining line is awarded a free position 4m ahead of the line. The closest attack player from below the line is placed on the restraining line 4m behind the player taking the free position.*

*AR 4-5 A goalkeeper, with a goalkeeper's crosse, throws the ball from her goal circle, the length of the field and it goes in her opponent's goal. RULING: ILLEGAL, no goal. She may not score, for her team, with the large goalkeeper's crosse. A minor foul is called and a free position is awarded to the opposing goalkeeper in her goal circle. The goalkeeper who shot the ball is allowed to remain in her goal circle.*

# RULE 5

## PLAY of the GAME

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### **Start/Restart of the Game**

Section 1. Each half of the game and overtime period, and after each goal, the game is started by a draw except when a free position or a throw at the center line has been awarded. There must be twelve players on the field before the start unless a team does not have twelve eligible players in uniform or they are playing with fewer than twelve as a result of a card or cards being given. A maximum of five players from each team may be between the restraining lines during the draw until the whistle blows. All other players must be below either restraining line. Players must not enter the circle or cross the restraining lines until the whistle blows. *NOTE: When the game starts/re-starts with a free position or throw at the center line rather than with a draw, player positioning for the draw will apply.*

*AR 5-1 The umpire has the two centers in position for the draw. As she is backing out and blowing the whistle to start, one of the centers fails to draw up and away. The umpire blows her whistle to indicate an illegal draw and awards a free position to the non-fouling center. Must all other players return to their original positions? RULING: No. Players must simply remain where they were when the whistle blew to indicate a foul. The game restarted with a draw, and then a free position was awarded as a result of a foul.*

*AR 5-2 As A1 scored a goal, B1 roughly checks the player to the ground. The umpire signals goal and then requests a time out. She issues a card for dangerous play, either yellow or red, to B1 and sends B1 from the field. How is play restarted? RULING: Player B1 is out of the game for three minutes of elapsed playing time and no substitute may take her place. The game is restarted with a free position for Team A's center at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A's center at a 45 degree angle. No player from Team B is placed 4m behind.*

*AR 5-3 As time expires in the half, B1 checks A1 in the head. The umpire blows her whistle and issues a card to B1. How is play restarted? RULING: Player B1 is out of the game for three minutes of elapsed playing time and no substitute may take her place. The game is restarted with a free position for Team A's center at the centerline. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A's center at a 45 degree angle. No player from Team B is placed 4m behind.*

*AR 5-4 Time-out has been taken and as the teams are walking to their benches B1 on Team B's bench verbally abuses the umpire. The umpire issues a red card to B1. How is play restarted? RULING: After the time-out ends, play is restarted with a free position for Team A's center at the center line. B1 is ejected from the game. No other player for Team B must leave the field because the carded player was in the bench area. The center for Team B is placed 4m behind. Player positioning for the draw will apply.*

## **The Draw**

Section 2. The opponents each stand with one foot toeing the center line. The crosses (shaft and head combined) are held in the air, above hip level with the lower side above the center line and back to back, so that the players' crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the center line. A player's top hand may not contact any part of the sidewall or pocket. The ball is placed between the crosses by the umpire. When setting up the draw, the umpire should be aware of possible height differentials between the centers and place the crosses in such a way that neither player gains an advantage. On the word "ready" the players taking the draw must remain motionless except for head movement until the whistle. On the whistle the two opponents must immediately draw their crosses up and away from one another. The flight of the ball must attain a height higher than the heads of the players taking the draw.

*NOTE: The lower side of the crosse is defined as the right side of the crosse as the player looks at it with the open pocket facing her.*

Section 3. An illegal draw results in a free position for the opponent at the center line. For the free position, a player from the offending team is placed 4m (4.4 yds.) away to either side at an angle of 45 degrees to the center line towards the goal she is defending. If both players draw illegally or it cannot be determined why the draw was illegal the umpire will call time out and a re-draw will occur. EXCEPTION: When the 10 goal rule is in effect (See Rule 4-3) no time out should be called for a redraw.

### **Start/Restart of Play**

Section 4. The whistle is used to stop and start play. When starting play, the umpire will also give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The only exception to this is in the case of a "throw" where the visual arm signal is the actual arm movement forward on the toss of the ball as the umpire blows the whistle. The timer's horn will indicate the end of each half and overtime.

### **Stand**

Section 5. The ball is "dead" when the umpire blows the whistle and no player, except the goalkeeper or her deputy within the goal circle, may move unless directed by the umpire, until the game has been restarted. The umpire directs any player who moves to return to her original position.

### **Restraining Line**

Section 6. A team must not:

- a. have more than 7 players on or over the restraining line in their offensive end.
- b. have more than 8 players on or over the restraining line in their defensive end.

*NOTE: Players may exchange places during play, but a 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.*

### **Out of Bounds**

Section 7. When the ball goes out of bounds, the umpire blows the whistle to stop play and the players must "stand". Except in the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds, or when a player is the last to touch a loose ball before the ball goes out of bounds, the opponents will be awarded the ball when play resumes. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

Section 8. When a player's foot/feet are out of bounds she may not take an active part in the game (Minor foul). During the game players may not run out of bounds and re-enter to a more advantageous position (Minor foul).

Section 9. When a player has possession of the ball and steps on or over the boundary line, or any part of her body or crosse touches the ground on or over the boundary line, the ball is out of bounds and the player will lose possession.

- a. A 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 shoot.
- b. 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. 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.
- c. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes. The opponent will be penalized for a major foul.
- d. If a player deliberately pushes, flicks, or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it will be penalized as a major foul.

Section 10. When a loose ball touches the boundary line or the ground outside the line the ball is out of bounds. The player/team that last touched the ball before it went out of bounds will lose possession of it, unless it was a shot or a deflected shot on goal.

Section 11. To resume play when the ball has gone out of bounds:

- a. The opponent nearest the ball will place the ball in her crosse and stand 4m inside the boundary from the spot where the ball went out of bounds. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play.
- b. Any other player(s) directly involved in the play or in the immediate vicinity of the spot where the ball went out of bounds may also be moved. They must maintain the same relative position to the player with the ball that they occupied when the whistle blew to stop play. Opponents must give the player with the ball at least 1m of free space (stick and feet).
- c. All other players must maintain the field position they had when the whistle blew to stop play. Play is resumed with the whistle.

*NOTE: Players should move only upon the direction of the umpire.*

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## 32 - RULE 5 - PLAY of the GAME

Section 12. When a shot or deflected shot on goal goes out of bounds, the player nearest to the ball when it crosses the boundary will place the ball in her crosse and stand 4m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1m of free space. If two opposing players are equidistant from the ball (stick or body) when it goes out of bounds a throw will be taken. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play.

Section 13. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds. It is the umpire's responsibility to determine if a thrown ball is a shot.

*NOTE: A deflected shot is one that goes directly out of bounds after hitting the goal post or the goalkeeper's crosse or body. A ball that rebounds off the goal post, the goalkeeper, or the goalkeeper's crosse and then off any field player's crosse/body or the umpire's body and directly out of bounds will be considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with her crosse or body and does not gain any distinct/clear advantage or control the ball.*

Section 14. When the ball goes directly out of bounds from a legal draw, the umpire will call time out and the draw will be retaken. EXCEPTION: When the 10 goal rule is in effect (See Rule 4-3) no time out should be called for a redraw.

*AR 5-5 A Red defense player is in pursuit of the Blue attacker with the ball. The Red player runs out of bounds to avoid a legal pick and comes back onto the field in a position where she makes a check on the Blue attacker. RULING: ILLEGAL. A player may not run out of bounds and re-enter to a more advantageous position. A minor foul should be called against the Red defender.*

*AR 5-6 A Red defense player leaves the field during play to talk with her coach near her bench area. As she returns to the field the Blue team has the ball along the opposite sideline boundary. RULING: LEGAL. The Red player did not re-enter the field in a more advantageous position.*

*AR 5-7 A loose ball is rolling towards the sideline boundary. A Red player runs to the ball and is able to stop it from rolling out of bounds. Her momentum then carries her out of bounds as the ball comes to rest still in play. The Red player stops, turns, re-enters the field and picks the ball up to continue with play. RULING: LEGAL. The Red player returned to the position on the field she occupied prior to her momentum carrying her out of bounds, not to a more advantageous position.*

*AR 5-8 A Red player near the sideline attempts to pick up a loose ball but instead kicks the ball out of bounds. RULING: LEGAL. No foul, this is simply a change of possession on a ball out of bounds. The ball is awarded to the nearest Blue player and she is positioned 4m inside the boundary from the spot where the ball went out of bounds. The umpire should reposition any other players if necessary before play is restarted.*

*AR 5-9 A Blue player attempts a pass across the field to her teammate. The teammate misses the pass but plays it off her body to prevent the ball from going out of bounds. RULING: ILLEGAL. A minor foul for a body ball should be called. The Blue player used her body to change the direction of the ball.*

## **Goal Circle Rules**

Section 15. Only one player, either the goalkeeper or the person deputizing for her, is allowed in the goal circle at any one time. With the following exceptions, no other players are allowed to enter or to have their feet, body, or crosse on or over the goal circle at any time:

- a. On a shot, the shooter may follow through with her crosse over the goal circle. Her feet must not touch the goal circle. The attacker's shooting motion must be initiated from outside the goal circle.
- b. On a shot, 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. A defender's feet must not touch the goal circle.

EXCEPTION: Follow through over the goal circle will NOT be allowed for play below the 9th grade level unless part of a Level FC league. Level FC requirements are outlined in the Official Youth Rules.

Section 16. The goalkeeper while within the goal circle:

- a. must clear the ball within ten seconds after it has entered the goal circle.
- b. may stop the ball with either hand and/or body as well as her crosse; if she catches the ball with her hand she must put it in her crosse and proceed with the game.
- c. must remove a ball lodged in her clothing, protective equipment, or goalkeeper's crosse, place it in her crosse, and proceed with the game.

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- d. may reach out her crosse and bring the ball back into the goal circle provided no part of her body is grounded outside the goal circle.

*AR 5-10 The goalie stops a shot and the ball rebounds off her body and is now on the ground outside the goal circle. The goalie reaches out and "rakes" the ball back into her circle. RULING: This is a legal play provided that no player from the other team is within playing distance and is disadvantaged because the goalie covered the ball. If an opponent could have played the ball, the goalie will be called for a minor foul.*

Section 17. The deputy:

- a. may only enter or remain in the goal circle when her team has possession of the ball.
- b. must immediately leave the goal circle when her team loses possession of the ball.
- c. may go into the goal circle to prevent a rolling ball from crossing the goal line.
- d. while within the goal circle must clear the ball within ten seconds after it has entered the goal circle.
- e. while within the goal circle may play the ball with her hand, place it in her crosse, and proceed with the game.

*AR 5-11 A team chooses to have 12 field players on the field with no one wearing the protective equipment mandated for the goalkeeper. RULING: LEGAL. However, no one has the privilege of going into the goal circle to block a shot.*

*AR 5-12 A member of the team with no properly dressed goalkeeper runs into the goal circle to prevent a rolling ball from crossing the goal line. RULING: LEGAL. She has entered the goal circle after the shot has been taken and while the ball is on the ground. The defending team must still clear the ball within 10 seconds and immediately vacate the goal circle if/when her team loses possession of the ball.*

Section 18. 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.

Section 19. When the goalkeeper or anyone deputizing for her is outside the goal circle:

- a. she loses all her goalkeeping privileges.
- b. she may only re-enter the goal circle without the ball.
- c. she may propel the ball into the goal circle and then follow it in.
- d. she must return to the goal circle to play the ball if it is inside the circle.

*AR 5-13 The goalkeeper comes out of the goal circle and obstructs the free space to goal. RULING: ILLEGAL. Free position to the attacking team, and the goalie goes 4m behind. The goalkeeper assumes all responsibilities of a field player when she leaves her goal circle.*

### **The Throw**

Section 20. The two players must stand with feet and crosses at least 1m (1.1 yds) apart and the defender is nearer to the goal she is defending. The umpire stands between 4m and 8m (4.4 yds and 8.8 yds) from the players and on the whistle throws the ball with a short high throw so that the players take it as they move in towards the game. The throw is taken where the incident or foul occurs that caused play to stop except that no throw is taken within 8m (8.8 yds) of the goal circle or 4m (4.4 yds) of the boundaries. No players may be within 4m (4.4 yds) of the players taking the throw. If the throw is inaccurate or is not touched by either player, the throw is taken again. A throw is taken when:

- a. the ball goes into the goal off a non-player, with the throw being taken to the side of the goal by two opposing field players nearest to the goal.
- b. the ball goes out-of-bounds as the result of a shot or deflected shot and 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 equidistant from the ball.
- e. a ball lodges in the clothing of a field player or umpire.
- f. two players commit off-setting fouls, (major and/or minor), or after the attacking team fouls during a slow whistle situation.
- g. the game is restarted after any incident related to the ball when neither team has possession and two opposing players are equally near the ball unless the accident has been caused by a foul.
- h. the game is stopped for any reason not specified in the rules

*AR 5-14 As a draw is to be taken, both teams are found to have jewelry on. RULING: A throw is taken for offsetting fouls. Time is out after a goal. Players must remove the jewelry. If a player cannot remove it without delay a substitute must replace her.*

*AR 5-15 The defense is called for an illegal check. Once play has stopped the umpire discovers that both the attack and the defense are offside. RULING: A throw is awarded for offsetting fouls. A player from each team closest to the restraining line should be moved back onside. The umpire should pick one player from each team closest to the spot where the play ended and below the restraining line to take the throw. The umpire should avoid taking the throw too close to the restraining line.*

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*AR 5-16 The umpire is holding whistle on an offside by the defense because the attack is on a scoring play. The attack charges into the defense player. RULING: A throw is awarded for offsetting fouls. The defense player closest to the restraining line should be placed back onsides. The umpire should pick one player from each team and administer a throw. The throw should not be taken within 8m of the goal circle.*

*AR 5-17 Defense player B1 is called for an illegal check against A1. Play is stopped and A1 is awarded a free position. Before play is restarted, the umpire notices that A1 is wearing jewelry. RULING: A throw is awarded for offsetting fouls. A1 must remove the jewelry before play is resumed.*

*AR 5-18 Attack player A1 is checked in the head by B1. The umpire calls time out, issues a card to B1, and awards A1 a free position. As B1 is leaving the field, she is pushed by A2. The umpire issues a card to A2 and sends both players from the field with no substitutes allowed How is play restarted? RULING: Because Team A committed a subsequent foul before play had restarted, there is a change of possession at the site of the ball. A member of Team B closest to this spot will be moved to take the free position. A1 and all other players should be moved 4m away from the player now taking the free position. Because each team is playing a person down, no player from Team A is placed 4m behind.*

### **Substitution**

Section 21. Each team may substitute an unlimited number of players at any time during play (including overtime), after every goal and at halftime. During a substitution because of injury, or if a player is sent from the field for any reason, no other players may substitute or exchange positions on the field. In these situations the umpire will make sure that any substitute assumes the same location as the player she is replacing and that no advantage is gained. Time-out is not taken for substitution during the normal course of play. Re-entry is permitted.

### **Substitution Procedures**

Section 22. Players may enter the game using the following procedures:

- a. During Play: the player must enter the game through the substitution area and not enter this area until her substitution is imminent. A substitute must not go onto the field until the player she is replacing has entered the substitution area (this includes the goalkeeper). The player exiting the field has the right of way and any players in the substitution area must yield their position and allow her to exit. No other players shall be in this area except those involved in the imminent substitution. Substitutes must not block the view of scorer's table personnel.

*NOTE: A guideline to follow when judging "imminent": When the player wishing to sub has called the name of the player to come off and that player is in the act of running to the substitution area, then a substitution is imminent.*

- b. After a Goal: after reporting to the scorer's table any substitutes may enter the game immediately. A horn will sound to notify the umpires and they will ensure that all replaced players leave the field.
- c. Injury: substitution, not to exceed 30 seconds, must be made in case of injury. EXCEPTION: In the event of an injured goalkeeper, if the backup goalkeeper is in the game as a field player she will be permitted time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace that field player. If a free position is to be taken and a team has no substitute available, the umpire may move the nearest player to assume the position of the player who left the field.
- d. Player Suspension/Ejection: No substitution will be allowed. EXCEPTION: if the player receiving a yellow card is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game and the team's coach must designate another player who must leave the field for three minutes of elapsed playing time. If the goalkeeper receives a second yellow card or a red card, she may not return to the game. The team may substitute another goalkeeper and the team's coach must designate another player who must leave the field for three minutes of elapsed playing time.

*AR 5-19 The goalkeeper is hurt, while in the goal circle, and the back up goalie is on the field in the third man position. The back up goalie leaves the field during the injury time out to put on goalkeeper equipment. When play is to resume, she is in the goal circle. RULING: LEGAL. If the backup goalkeeper is in the game as a field player, she will be allowed to assume the position of the injured goalie when play is to resume.*

### **Illegal Substitution**

Section 23. Should an illegal substitution occur, the umpire will call a time-out and remove the illegal player. The penalty for illegal substitution is a free position for the opposing team at the spot where play was to resume before the illegal substitution occurred. For breach of this rule simultaneously, the umpire will award a throw at the spot where play was to resume. If, before a goal is scored, a team is discovered to have an illegal player(s) on the field, the player(s) will be removed, a free position awarded to the opposing team at the spot where play was to resume before discovery of the illegal player(s). If the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered.

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If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player shall be removed, and a free position shall be awarded to the opposing goalkeeper.

*NOTE: An extra player, suspended player, or a player not listed or incorrectly listed on the roster and/or in the score book at the start of the game is considered an illegal substitute. A player not listed by name and uniform number before the game may be added to the roster and/or scorebook when the error is discovered and a penalty imposed against her team.*

*AR 5-20 A player is found to be wearing jewelry. RULING: ILLEGAL, minor foul. If it can be removed without delay the player may remain on the field. If not, she must leave the game and a substitute must replace her.*

*AR 5-21 Player A is running toward her team substitution area when the whistle blows to stop play. She continues moving and attempts to complete the substitution. RULING: ILLEGAL. She must be directed to return to her original position when the whistle blew. After the whistle is blown to restart play she may move to complete the substitution. Continued violation should be penalized as an intentional delay of game.*

### **Accident, Interference, or Any Other Incident**

Section 24. If the game has to be stopped due to an accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown, the game is re-started in one of the following ways:

- a. If a foul has occurred, a free position is awarded on a spot determined by the umpire. Play shall not be restarted within 8m (8.8 yds) of the goal circle or within 4m (4.4 yds) of the boundaries.
- b. If no foul is involved in the stoppage of play, the ball is given to the player who was in possession, or nearest to it, at the time play was stopped and play is restarted at the spot of the ball. If two players are equidistant from the ball, a throw is taken.

*AR 5-22 An incident off the ball causes play to be stopped. There is no foul and the person in possession of the ball is only 3m from the goal circle. RULING: The player with the ball and all those around her will remain where they are and play will be restarted at the spot of the ball.*

Section 25. Time-out is called at the discretion of the umpire. No one from the sideline may come onto the field without the permission of the umpire and no sideline personnel may come onto the field for the purpose of coaching. No player may leave her area of the

field for the purpose of being coached. If medical personnel or coach comes onto the field to attend an injured player that player must leave the field. A substitute must take her place. If a free position is to be taken and a team has no substitute available, the umpire may move the nearest player to assume the position of the player who left the field. If the injured player is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game.

*NOTE: Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. See Appendix J - Suggested Guidelines for Management of Concussion.*

### **Ball Lodged in Clothing or Crosse**

Section 26. When the ball lodges:

- a. in the clothing of a field player, a throw is taken with the nearest opponent.
- b. in the crosse of a field player, the crosse no longer meets specifications and must be removed from the game immediately. A minor foul is called, and the umpire will take time-out to remove the crosse.
- c. in the goal netting or in the protective equipment or in the clothing or crosse of the goalkeeper while she is within the goal circle, she removes the ball, places it in her crosse and proceeds with the game.
- d. in the clothing of an umpire, a throw is taken by the nearest two opponents.

### **Equipment Inspection**

Section 27. The head coach is required to verbally certify that all her team's equipment is legal under these rules. At any time before or during the game, the umpires may inspect any equipment in use. All the crosses that might be used in the game must be inspected by the umpires before the game begins. At any time during the game, at the umpire's discretion, time out may be called to re-inspect any crosse in use.

- a. Should the crosse meet specifications, the game shall be re-started by the ball being given to the player who was in possession of the ball, or closest to the ball if there was no possession, when time out was called.
- b. Should the crosse not meet specifications, it shall be removed from the game by the umpire and placed at the scorer's table for the remainder of the half. Any crosse not meeting specifications may be re-inspected (at half time or before any overtime period) by the umpire for use in the second half or overtime period. After the removal of a crosse not meeting specifications, the game shall be re-started with a free position to the opponent nearest the ball when play was stopped.

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- c. In the event that a goal was scored with a crosse that does not meet specifications, the goal shall not count, the crosse shall be removed, and play shall be resumed with a free position for the opposing goalkeeper. Once the game is restarted with the draw, the goal shall stand. If after a goal is scored and before the game is restarted with the draw, any player other than the shooter is found to have a crosse not meeting specifications, a free position will be taken at the center by the opposing team.
- d. The umpire shall inspect the pocket of any player's crosse upon request of an opposing coach or player on the field. For any additional requests for inspection of any crosse meeting specifications, a penalty for a minor foul is awarded.
- e. The head coach may request a measurement on any opposing player's crosse. Officials will only measure the overall length of the crosse. In lieu of measuring the head of the crosse, the umpire will place the ball in the pocket and ensure that the ball moves freely within all parts of the head and pocket, and that the ball falls freely from the pocket once the head of the crosse is turned over.

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# RULE 6

## FOULS

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### 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

- 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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#### 44 - RULE 6 - FOULS

*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.

- 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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## 46 - RULE 6 - FOULS

*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.

*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.*

# RULE 7

## PENALTY ADMINISTRATION

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### **General Penalty Administration**

Section 1. The penalty for fouls is a “free position.” In the event of two players committing offsetting fouls, a throw is taken. Repeated or persistent minor fouls must be penalized as major fouls. Repeated or persistent major fouls must be carded. Time out must be taken for the issuance of a card.

Repeated major fouls and any unsportsmanlike act of a violent nature by a player or coach occurring anywhere on the field may be penalized at the 8 meter arc of the offending team. The free position is 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 the whistle.

Section 2. The umpire indicates where the player taking the free position is to stand. No player or her crosse is allowed within 4m (4.4 yds) of the player taking the free position; if anyone is within this distance she must move to a position indicated by the umpire. No free position may be taken closer than 4m (4.4 yds) to a boundary line. No free position may be taken closer than 8m (8.8 yds) to the goal circle except by the goalkeeper who may be awarded a free position inside the goal circle.

Section 3. If any foul prevented an almost certain goal, the umpire can order the goalkeeper from between such a free position and the goal.

*AR 7-1 The goalie is out of the goal circle when a foul is called against the defense. The resulting free position calls for the arc to be cleared with the goalie remaining outside the goal circle. As the whistle blows to start play the attack player prepares to take a shot at the undefended goal. A defender flagrantly obstructs the free space to goal. The umpire blows her whistle immediately thus stopping the shot. RULING: Obstruction of the free space to goal requires an immediate whistle from the umpire. Because the foul prevented an almost certain goal, the umpire must remove the goalkeeper from the goal circle. The umpire must issue a red card to the player who committed the flagrant foul.*

## Free Position - Placement of Players

### Major Fouls

Section 4. For major fouls anywhere on the field, the offending player will stand 4m (4.4 yds) behind the player taking the free position. This also applies to the goalkeeper or her deputy whether she is within or outside the goal circle. A verbal caution or warning may be given. When the goalkeeper is awarded a free position within the goal circle, the player committing a major foul is placed 4m behind the goal circle.

*AR 7-2 An attack player is running down the far side of the field with the ball. The umpire calls time out to warn an attacking teammate who has been mouthing off. RULING: Issue a yellow card for misconduct. Change of possession at the site of the ball.*

### Minor Fouls

Section 5. For minor fouls anywhere on the field, the offending player will stand 4m (4.4 yds) away in the direction from which she approached before committing the foul. This applies to the goalkeeper if she is wholly outside the goal circle. For minor fouls involving jewelry, illegal uniform, or failure to wear a mouthpiece or eye protection, a substitute must replace the offending player unless correction can be made without delay.

### Team Fouls/Offside

Section 6. If the attack fouls the closest defender below the restraining line will take the free position in the center of the field 4m ahead of the line. The closest attack from below the restraining line is placed on the restraining line 4m behind the player taking the free position.

*NOTE: If the attack has possession of the ball, the whistle should sound as soon as the violation occurs.*

*NOTE: If the attack is offside but the defense gains possession of the ball before the foul can be called, the umpire may hold whistle and not penalize the offside if the defense is able to maintain the advantage and clear over the restraining line to go on attack.*

Section 7. If the defense fouls and the ball is outside the critical scoring area or below the goal line extended when the violation is called, the attack will be awarded a free position at that spot (no closer than 8m to the goal circle). Closest defender will go 4m behind; defender closest to the restraining line will move back outside.

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## 50 - RULE 7 - PENALTY ADMINISTRATION

Section 8. If the defense fouls and the ball is inside the critical scoring area and above the goal line extended when the violation is called, the attack will be awarded a free position at the center of the 12m fan. Closest defender will go 4m behind; defender closest to the restraining line will move back outside; penalty lane will be cleared; the goalkeeper may return to the goal circle.

*NOTE: The entire goal circle is considered to be above the goal line extended.*

Section 9. If the defense fouls and the play ends with another major foul by the defense:

- a. inside the 8m arc - penalize this foul, not the offside foul.
- b. outside the 8m arc, but inside the 12m fan - penalize this foul, not the offside foul.
- c. outside the 12m fan/inside the critical scoring area - penalize the offside foul (move the free position up to the top center of the 12m fan, clear lane).

*NOTE: Violation of the restraining line by the defense may be a held whistle - umpire must evaluate if the attack is on a scoring play/maintaining advantage. Umpire may indicate to the defense to move back outside during the held whistle.*

*AR 7-3 The ball is below the restraining line with the attack in possession. Defense causes a turnover but the whistle then sounds for an offside foul by the defense. Where is the free position taken? RULING: If the ball is outside the critical scoring area or below goal line extended the free position is awarded at that spot. If the ball is inside the critical scoring area and above goal line extended, or inside the goal circle, the free position is awarded at the top center of the 12m fan. Attack with the ball to the spot of the free position; nearest defender placed 4m behind; closest defender to the restraining line will move back outside.*

*AR 7-4 The goalkeeper has moved outside her goal circle to play the ball when offside is called on the defense. The free position is being awarded at the top of the 12m fan. Is the goalkeeper allowed to return to the goal circle? RULING: Yes, she may move back into her goal circle.*

### **Goal Circle Fouls**

Section 10. The penalty for goal circle fouls by the defense other than for an illegal deputy shall be an indirect free position taken 12m (13.1 yds) out to either side level with the goal line. The offending player, except the goalkeeper, shall be placed 4m from the player taking the free position. The goalkeeper remains on the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle.

The penalty for goal circle fouls by the attack shall be a free position taken by the goalkeeper, or her deputy, within the goal circle.

The penalty for an illegal deputy shall be treated as a major foul. The free position will be awarded to the attack at the 8 meter center hash mark, the deputy will be put 4 meters behind, and the goalkeeper may NOT clear back into the goal circle.

*AR 7-5 A goalkeeper is grounded, straddling the goal circle, and pulls the ball back into the crease. RULING: ILLEGAL. Goal circle foul. The goalkeeper may return to the goal circle and the indirect free position is taken 12m out to either side level with the goal line.*

### **Resumption of Play**

Section 11. The player awarded the free position takes the ball in her crosse and on the whistle with arm signal from the umpire, the game is restarted and the player may run, pass or shoot. EXCEPTION: The player taking an indirect free position may not shoot until the ball has been played by some other player.

## **Special Situations - Placement of Players**

### **In the critical scoring area, outside the 8 meter arc**

Section 12. For a major foul by a defense player, the free position will be taken on the spot of the most recent foul. All players' bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle. The goalkeeper in the penalty lane may clear back into the goal circle if she did not foul.

### **In the 8 meter arc**

Section 13. For a major foul by a defense player which occurs in the 8 meter arc all players' bodies and crosses must be cleared from the 8 meter arc and penalty lane if necessary. The goalkeeper may clear back into the goal circle if she did not foul. All players must take the shortest route out. The player who was fouled will move to a hash mark nearest the spot of the foul, on the 8 meter arc. The player who fouled moves to the 12 meter fan directly behind the player taking the free position.

*NOTE: In taking the shortest route out of the arc, the arc is cleared relative to one's position inside the arc. The intent of clearing the arc is not to further penalize the defense. In other words, if a defense player is ball-side of an offensive player when the whistle is blown, the defense is entitled to a ball-side position on the arc, not necessarily at a hash mark. If a defensive player is not ball-side when the game is stopped, she is not entitled to that position on the arc.*

Section 14. For a major foul by a defense player which occurs outside the 8 meter arc, and the scoring play ends inside the 8 meter arc without an additional foul occurring, the 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. All players' bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle.

### **Minor field fouls inside the 12 meter fan**

Section 15. For a minor foul by a defense player occurring in the 12 meter fan and the slow whistle rule is not in effect, the player fouled will move to the nearest spot on the 12 meter fan. All other players shall remain in their same positions with the exception of the fouling defense player who shall move 4m from the player taking the free position, relative to their position at the time of the foul. This is an indirect free position and no shot may be made by the player taking this free position until the ball has been played by some other player.

Section 16. For a minor foul by an attack player, the player fouled will take the free position on the spot of the foul, but no closer than 8m from the goal circle, unless the goalkeeper has been fouled within the goal circle.

*NOTE: Umpires are encouraged to hold their whistle in the event that a Minor Foul is committed by a defense player when the attack player may have the opportunity to shoot.*

## **Slow Whistle**

### **Implementation**

Section 17. A slow whistle is a held whistle for a Major Foul by the defense, in the critical scoring area when an attack player is on a scoring play. The umpire will indicate this slow whistle by raising a yellow flag vertically above her head.

Section 18. A slow whistle is in effect when an attack player in the critical scoring area is on a scoring play and is fouled by the defense committing a Major Foul but retains possession of the ball or when an attack player in the critical scoring area is on a scoring play and a Major Foul is committed against an attack teammate without the ball.

Section 19. The umpire immediately blows the whistle when there is an obstruction of the free space to goal. The umpire may, at any time following the flag, blow the whistle to halt potentially dangerous play.

### **Scoring Play**

Section 20. A scoring play is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

- a. a shot is taken.
- b. the attacking team loses possession of the ball. A bounce pass is not considered loss of possession.
- c. the attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
- d. the attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose her forward momentum.
- e. the attacking team fouls.

### **Enforcement of the slow whistle**

Section 21. If the attacking team chooses to shoot the advantage indicated by the flag is complete, the umpire lowers the flag, and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded to the player fouled or to the attack player nearest the spot of the foul if:

- a. the attacking team does not shoot and the scoring play ends.
- b. the shot is affected by the foul so that no advantage is gained.
- c. a cardable foul is committed by the defense.

Section 22. The offending or nearest defense player is penalized according to Major Foul conditions. The next nearest defense player may move to 4m (4.4 yds) relative to the player with the ball. All players and their crosses must move out of the penalty lane until play is restarted.

Section 23. During a slow whistle situation, if there are additional Major or Minor Fouls by the defense, the attack will be awarded the ball at the 8 meter hash mark nearest to the most recent foul at the end of the unsuccessful scoring play.

*AR 7-6 On a slow whistle (flag has been raised), the goalkeeper commits the next foul ending the scoring play. RULING: Free position to the attacking team, arc is cleared and the goalkeeper is placed 4m behind the 8m free position.*

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## 54 - RULE 7 - PENALTY ADMINISTRATION

Section 24. The goalkeeper may return to her goal circle if:

- a. she has moved outside and made an interception or any legal play on a slow whistle thus causing the end to the scoring play.
- b. she has moved outside the goal circle and gained possession of the ball on an out-of-bounds slow whistle, thus ending the scoring play.
- c. she has moved outside the goal circle on a slow whistle and is fouled by the attack ending the scoring play.
- d. she is in the arc when the whistle blows and has not fouled and the arc is to be cleared.
- e. she is in the penalty lane when the whistle blows and has not fouled and the penalty lane is to be cleared.

Section 25. If during a slow whistle situation, the attack player or one of her teammates commits a foul, it will be treated as an off-setting foul and a throw will be taken out to the side of the field and nearest to the spot of the foul that caused play to stop, but no closer than 8m (8.8 yds) from the goal.

### Issuance of Cards

#### **Delay of Game**

Section 26. Time out must be called to administer a delay of game card. The first violation should be followed by a green card given to the team captain. A change of possession takes place if applicable for the minor foul.

On the next delay of game the umpire will show a green and yellow card to the offending player and award the appropriate penalty (major foul). The offending player may remain in the game.

Any subsequent delay of game offenses will result in a green and red card being given to the offending player and award the appropriate penalty (major foul). The player receiving the green/red card must leave the field for 3 minutes of elapsed playing time, which will carry over to the second half or overtime if necessary. A substitute must take her place. The official timer will be responsible for timing the 3 minutes and indicating to the scorer when the player may return. If the player receiving the green/red card attempts to return before the penalty time has elapsed, it will be considered misconduct.

#### **Misconduct and Suspension**

Section 27. The penalty for misconduct shall be the same as for all major fouls. In addition to awarding a free position, the umpire will issue a yellow or red card. Issuance of cards should be considered a warning to all players. Time out must be

called to administer warnings, suspensions, and ejections. A player who receives a yellow or red card will serve the penalty time in their team bench area. Anyone receiving two yellow cards in the game will be suspended from further participation in that game and will be prohibited from participating in the team's next game. Anyone receiving a red card will be suspended from further participation in that game and will be prohibited from participating in the team's next two games.

*NOTE: Any player or coach serving a next game suspension shall not be allowed in attendance at the site of the game, either on the field, in the team bench area, or in the spectator areas of the site. Violation of this policy will result in the game being forfeited and a red card being issued to the offending player or coach.*

Section 28. Should a team receive its third card of the game they will play short for the remainder of that game, including overtime, and an additional player will be removed from the game for **each** subsequent card received. Any card given to a player or head coach will count toward their team's cumulative total. The carded player will serve the three-minute penalty time and she may return to the game only if she has not been suspended (second yellow card) or ejected (red card) and only if another player leaves the field using normal substitution procedures. If the coach is carded, the coach must designate a player who will serve the three-minute penalty time, and this designated player may return to the game only if another player leaves the field using normal substitution procedures.

*AR 7-7 Player #21 on the Blue team receives her first yellow card. The official scorer informs the umpires that this is the Blue team's third card. Blue #21 leaves the field and no substitute takes her place. After serving her three-minute penalty, Blue #21 re-enters the game as a substitute, replacing a player on the field. RULING: LEGAL. Blue #21 may return to the game since she has received only one yellow card. She may only return if another player leaves the field because the Blue team has received its third card and must play short for the remainder of the game and any overtime periods.*

*AR 7-8 Later in the same game Blue #7 receives the team's fourth card, a red card, and is ejected. She leaves the game, may not reenter, and no substitute may take her place for the remainder of the game. RULING: LEGAL. The blue team has received a fourth card and will now play with ten players on the field for the remainder of the game and any overtime periods. If they receive a fifth card they will play with nine players for the remainder of the game and any overtime period. Any subsequent cards will result in additional players being removed.*

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## 56 - RULE 7 - PENALTY ADMINISTRATION

Section 29. The umpire may warn the offending player by issuing a yellow card. The player receiving the yellow card must leave the field for 3 minutes of elapsed playing time and no substitute may take her place during the three minute period. If the carded player or any player replacing her enters the game before the penalty time has elapsed, it will be considered misconduct.

*NOTE: When administering a free position after a card has been issued and a team is playing a person down, no player on the penalized team must be moved 4m behind. EXCEPTION: If the goalkeeper is carded, either she or the second dressed goalkeeper who enters the game will be placed 4m behind the player with the ball on the restart of play. This exception will apply no matter where the goalkeeper is when she commits the foul, either inside or outside her goal circle. However, if a goal is scored and a free position as a result of the card will take place at the center the goalkeeper or her substitute may remain in the goal circle for the restart of play.*

Section 30. If the player receiving the yellow card is the goalkeeper and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game and the team's coach must designate another player who must leave the field for the three minute period. If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team may substitute another goalkeeper, and the team's coach must designate another player who must leave the field for three minutes of elapsed playing time.

Section 31. The umpire has the power to eject without any previous warning any player guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. This immediate ejection will be noted by issuing a red card and no substitute for the carded player is allowed for three minutes of elapsed playing time. If the team has received three or more cards no substitute for the carded player is allowed for the remainder of the game.

Section 32. If the carded player or any player replacing her enters the game before the penalty time has elapsed, it will be considered misconduct and the head coach will be assessed a yellow card. If the player entering early is the player who received the original card she will be removed from the field of play for the remainder of the penalty time. If the player entering is not the player who received the original card the officials will send a player from the offending team who is closest to her team bench area off the field for the remainder of the penalty time. 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.

Section 33. The head coach is responsible for the actions of any and all persons officially connected with his or her institution, including assistant coaches, and shall receive any card assessed related to bench decorum. If the coach is carded she/he must designate a player who must leave the field for three minutes of elapsed playing time. In the event the head coach is warned, suspended or ejected, play is restarted within one minute with a free position to the opponent nearest the ball when play was stopped.

Section 34. Any head coach who is suspended (two yellow cards) or ejected (red card) must leave the area, including the spectator area, of the game, and an interim head coach must be specifically designated. In the event the head coach does not effectively control the actions of their spectators, the head coach may be assessed a card.

Section 35. If a situation occurs after the game ends and before the umpires leave the playing venue where conduct occurs that would warrant a red card during play, the umpire(s) can issue a post-game ejection to the offending player or coach to be served in the team's next two games.

Section 36. If a team's season ends before any next game suspension has been served the suspension will carry over to the team's next regular season game or games. Exhibition or scrimmage games do not satisfy the next game suspension requirement.

*AR 7-9 The umpires have carded the green team a number of times for excessively rough fouls (check to the head, cross-check, etc.). A player who has not previously been issued a yellow card then commits a slash. The umpire calls time out and issues a red card to the offending player. RULING: LEGAL. The umpires are not required to issue a verbal caution before issuing a yellow card or a yellow card before issuing a red card. Issuance of a card is considered a warning to all players.*

# RULE 8

## 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 the ball, a "blind side" defense player must give her enough time and/or space to change her direction.

**BODY CHECKING** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosses with her body and causing her to slow down, change direction, or pass off.

**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** is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact.

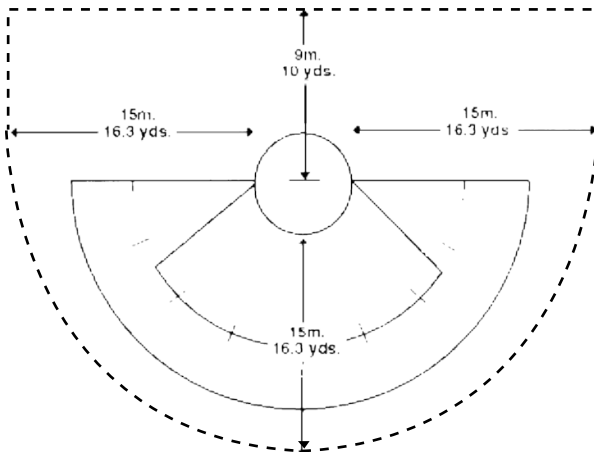
**CLEAR** is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

**CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.

**COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and behind the level of the scorer's table extended.

**CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are approximately 15m (16.3 yds) in front of the goal circle, to 9m (10 yds) behind the goal line extended and 15m (16.3 yds) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the umpire.

**DEPUTY** is a player on the defensive goalkeeper's team who may only enter or remain in the goal circle when her team is in possession of the ball and the goalkeeper is out of the goal circle.

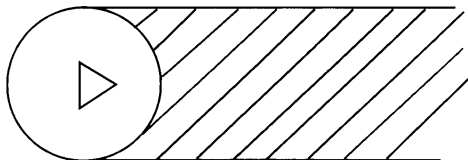


**Diagram 6 - Critical Scoring Area**

DIRECTLY BEHIND THE GOAL CIRCLE is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.

8 METER ARC is the area in front of each goal circle inscribed by 2 lines drawn at 45 degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.

FIELD PLAYER is any player other than the goalkeeper. It is a defense or attack player whose primary responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

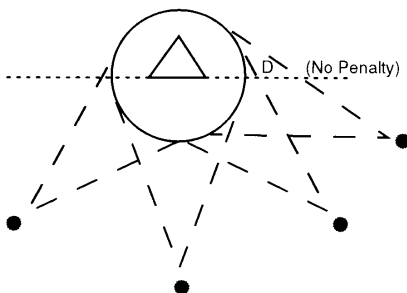


**Diagram 7 - Directly Behind the Goal Circle**

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## 60 - RULE 8 - DEFINITION OF TERMS

FREE SPACE TO GOAL is a path to goal within the critical scoring area 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 extension of the goal line.



**Diagram 8 - Free Space to Goal**

GREEN CARD is presented to the captain indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.

GROUNDED refers to any part of the goalkeeper's (or her deputy's) body touching the ground outside the goal circle while she attempts to play the ball from inside the goal circle.

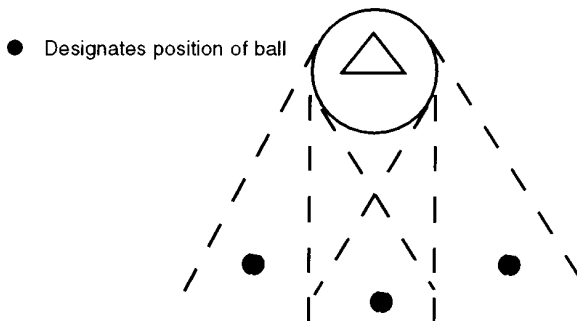
INDIRECT FREE POSITION is the penalty awarded for a minor field foul by the defense inside the 12 meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

LOWER SIDE OF CROSSE refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player.

MARKING is guarding an opponent within a stick's length.

OFFSIDE refers to a team with more players over the restraining line than is allowed by the rules.

PENALTY LANE is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the 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.



**Diagram 9 - Penalty Lane**

PICK is a technique in which a 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.

PLAYED 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. The ball does not have to be successfully dislodged from the crosse.

RED CARD is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next two games.

RESTRAINING LINE is a solid line at each end of the field 27m (30 yds.) up field from the goal line which extends fully from one side of the field to the other side.

SCORING PLAY is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

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## 62 - RULE 8 - DEFINITION OF TERMS

- a. a shot is taken.
- b. the attacking team loses possession of the ball.
- c. the attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
- d. the attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
- e. the attacking team fouls.

SLASHING is the swinging of a crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not the opponent's crosse or body is struck.

SLOW WHISTLE is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.

SPHERE is an imaginary area of 18cm (7") (average crosse width) surrounding the head.

SUBSTITUTION AREA is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each 4.5m (5 yds.) from the centerline of the field.

TEAM BENCH AREA is the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's table extended.

TOEING THE LINE refers to the placement of the foot up to, but not on, the center line.

12 METER FAN is a semi-circle area in front of each goal circle bounded by an arc 12m (39'4") from the goal circles.

WITHIN A STICK'S LENGTH is when any part of the opponent's body is inside a crosses' length. It is the distance a player must be to her opponent to be actively marking this opponent.

YELLOW CARD is given as a warning to an 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. In addition, that person shall be prohibited from participating in the team's next game.

# RULE 9

## MANUFACTURER'S SPECIFICATIONS

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### All Field Crosses

Section 1. The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications if, in the opinion of the Rules Committee, its design is an obvious attempt to circumvent the intent of the rules. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

Section 2. The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5cm from the ball stop when the handle is mounted in the head. Recessed metal screws may be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

Section 3. The overall length of the crosse shall be 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a crosse.

Section 4. To determine crosse compliance with the linear measurement specifications in Rule 9, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.

*NOTE: If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.19cm is legal, but 5.20cm is not legal. If the minimum specified length for a particular measurement is 5.1cm, then a measurement of 5.01cm is legal, but 5.00cm is not legal.*

Section 5. The unstrung head and the handle of a field crosse must lie within a 6.55cm horizontal plane (Diagram 10):

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## 64 - RULE 9 - MANUFACTURER'S SPECIFICATIONS

- a. At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the centerline of the handle.
- b. The top edge of the sidewall must not be more than 0.6cm below the centerline of the handle.
- c. The top edge of the sidewall must not drop below the centerline of the handle prior to 5.7cm as measured from the center of the bridge or ball stop.

*NOTE: To determine the 6.55cm horizontal plane of the head, place the crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head as defined from the ball stop to the outside edge of the scoop shall be more than 6.55 cm above the table.*

Section 6. The overall length of the head, as measured from the center of the bridge or ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4cm minimum to 30.5cm maximum. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

Section 7. The overall outside width of the head of the crosse when measured at the widest point at the top of the head shall be 18cm minimum to 23cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the handle.

Section 8. Sidewall stringing holes: Pockets must be attached to/anchored along the bottom rail of the head through stringing holes. The top of the stringing hole shall not be more than 1.0 cm from the bottom of the sidewall.

Section 9. The entire crosse (strung head and handle) shall not weigh more than 567g.

### **Wooden Field Crosse**

Section 10. The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop. (Diagram 11)

- a. The bridge is the woven ball stop of a wooden crosse. The height of the bridge shall be 5.1cm maximum to 3.2cm minimum.

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## RULE 9 – MANUFACTURER'S SPECIFICATIONS - 65

- b. As measured from the bridge to the midpoint of the head, the height of the wooden sidewall shall be 4.5cm maximum to 3.2cm minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
- c. The guard is the soft woven wall of the head. The height of the guard shall be 7cm maximum to 3.2cm minimum.

Section 11. The head shall be triangular. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.

- a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the bridge, shall be 6.7cm to 7.6cm and the outside width of the head shall be 7.6cm to 10.1 cm.
- b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the bridge, shall be 7cm minimum.
- c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the bridge, shall be 8cm minimum.
- d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the bridge, shall be 9cm minimum.
- e. The inside width between the walls at the widest point at the top of the head shall be 15cm to 16cm.

### **Plastic/Molded Head Field Crosse**

Section 12. The head of the plastic/molded head field crosse is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop. (Diagram 11)

Section 13. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7 degrees from perpendicular to the long axis of the handle. The height of the ball stop shall be 6.55cm maximum to 3.2cm minimum.

*NOTE: To determine crosse compliance with the angular measurement specifications in Rule 9, all measurements and calculations will be made to the nearest 0.01 degree. The allowed deviation from the standard is 0.44 degrees. If the maximum specified angle is 7 degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.*

Section 14. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the

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perceived goal is artistic design/advertising. The surface of the stop pad may not, in any way, interfere with the free movement of the ball within the pocket or affect ball retention.

Section 15. The stop area ends and the sidewall begins at 3.4cm as measured from the center of the ball stop. The sidewall ends and the scoop area begins at the widest point at the top of the head. (See 9-18-f)

Section 16. From the beginning of the sidewall at 3.4cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall be 4.7cm maximum to 2.8cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop. (See 9-5-b)

Section 17. There may be no protrusions or outcroppings on the inside surface of the sidewalls that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be allowed. The legality of these protrusions/outcroppings will be determined by the Rules Committee upon submission of the crosse by the manufacturer.

*NOTE: If the testing lab determines that a crosse contains outcroppings or protrusions on the sidewalls, the crosse must be submitted to the Rules Committee. The committee will issue rulings on crosse legality in January and August of each year.*

Section 18. The head of the crosse shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measurements outlined in other sections of Rule 9. (Diagram 12)

- a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the ball stop, shall be 6.7cm minimum to 8.0cm maximum. The radius of the ball is 3.2cm. (See 9-18-f)
- b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the ball stop, shall be 6.8cm minimum. (See 9-18-f)
- c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the ball stop, shall be 7.4cm minimum. (See 9-18-f)
- d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the ball stop, shall be 8.7cm minimum. (See 9-18-f)
- e. The inside width between the walls at the widest point at the top of the head shall be 16.0cm minimum. (See 9-15)

- f. The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.

Section 19. At all points along the sidewall, the formula outlined below shall be used to determine the maximum slant/angle that the sidewalls of the head may deviate from vertical. (Diagram 14)

- a. With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and the bottom edges of the sidewalls at that point.
- b. At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall must be 0.65 or less.

### **The Pockets (Field Crosses)**

Section 20. The pockets of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs. Mesh pockets are not allowed. Longitudinal leather or synthetic thongs shall be 0.3cm to 1.0cm wide. The loose ends of the thongs may not be woven back up through the pocket of the crosse.

Section 21. The pockets of all field crosses shall be strung with 8 to 12 stitches of cross lacing. Cross-lacing in a traditionally strung pocket is defined as 8-12 knots/stitches, where two pocket nylon laces intertwine at a common place on a thong.

Section 22. Cross-lacing in a pre-manufactured detachable pocket is defined as 8-12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. (See 9-20)

Section 23. The nominal diameter of the shooting/throw string nylon cord and sidewall nylon cord shall be 0.3cm maximum. The nominal diameter of pocket nylon must be less than 0.3cm.

Section 24. Field crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting/throw strings.

Section 25. Both shooting/throw strings must be attached in the upper third of the head, or, the top shooting/throw string must be attached in the upper third in the head and the bottom shooting/throw string may be an inverted "U" in shape and must be attached in the upper two thirds of the head, as measured from the top outside edge of the scoop. (Diagram 15)

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Section 26. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing or similar items on any part of the pocket.

Section 27. The combined height of the sidewall and the depth of the pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible/seen above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from the ball.

Section 28. The ball must move freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down.

*NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket; thongs made from a sticky/tacky substance or this type of substance added to the thongs.*

### **Goalkeeper's Crosse**

Section 29. The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be straight and may be constructed of wood, metal alloy or other composite material. Recessed metal screws may be used to attach the head of a plastic/molded head goalkeeper's crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

Section 30. The overall length of the crosse shall be 90cm minimum to 122cm maximum. The end cap is included when measuring the overall length of the crosse.

Section 31. To determine crosse compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm (See 9-4)

Section 32. The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6cm horizontal plane. (See 9-4, Note)

- a. No part of the head shall pass beyond a plane 2.5cm above the centerline of the handle and/or 5.1cm below the centerline of the handle.
- b. The top edge of the sidewall shall not be more than 0.6cm below the centerline of the handle.

Section 33. The head shall have a maximum length of 42cm. The length of the head is measured from the center of the bridge or ball stop (where the top back edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

Section 34. The height of the bridge or ball stop of a goalkeeper's crosse shall be 5.4cm maximum to 3.2cm minimum. The bridge or plastic wall of the ball stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.

Section 35. The height of the woven wall of a wooden goalkeeper's crosse shall be 7cm maximum. As measured 3.4cm from the top center of the bridge or the ball stop, the sidewall begins. The height of the sidewall shall be 5.1cm maximum to 2.54cm minimum. The sidewall ends at the widest point at the top of the head.

Section 36. The entire head of the crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the centerline of the handle.

- a. When measured 5.1cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 13cm to 17cm. The maximum outside width of the head shall be 20cm.
- b. When measured 10.2cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 18.5cm to 22.5cm. The maximum outside width of the head shall be 26cm.
- c. When measured 15.3cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head crosse shall be 23cm to 26cm. The maximum outside width of the head shall be 30cm.
- d. At the widest point of the head, the inside width between the sidewalls of a plastic/molded head crosse shall be 28.5cm to 30.5cm. The maximum outside width of the head shall be 33cm.

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Section 37. The pocket of the crosse may be strung with 6 or 7 longitudinal leather or synthetic thongs and cross-lacing (See 9-20 to 22) or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

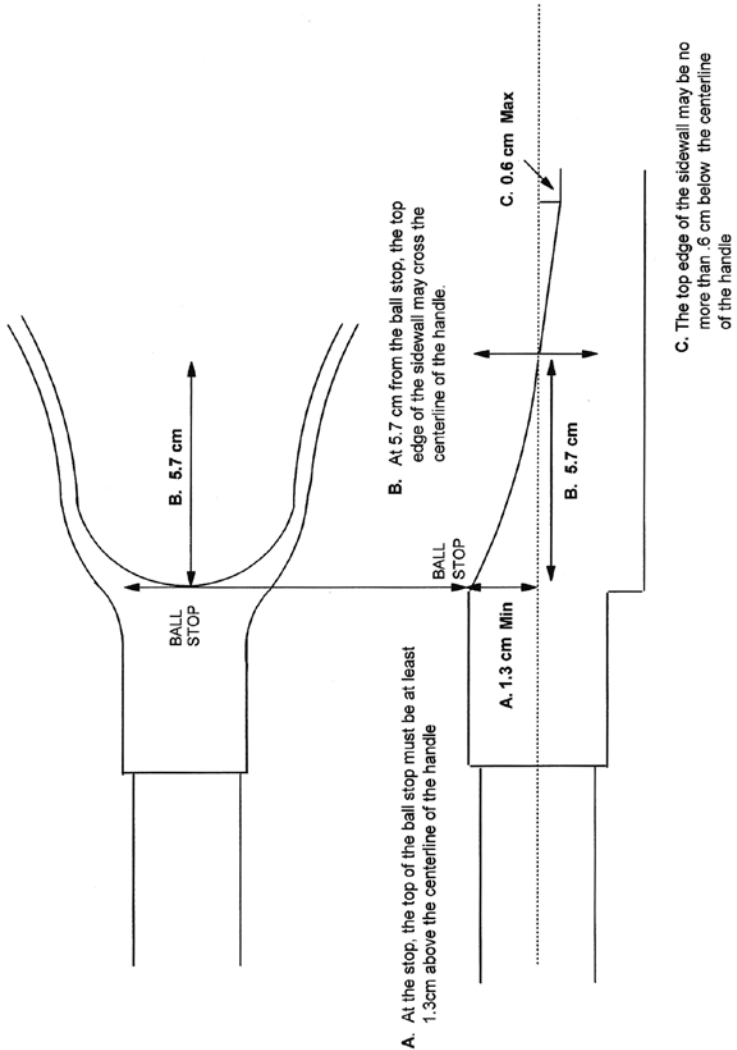
Section 38. The goalkeeper's crosse may have more than two shooting/throw strings. Flat laces or nylon cord may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw strings in the pocket of a goalkeeper's crosse.

Section 39. The entire crosse (strung head and handle) shall not weigh more than 773g.

*NOTE: The intent of the rule governing the design of the goalkeeper's crosse is to disallow any crosse where excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.*

Stick Testing Procedures: Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in Rule 9, a report noting this compliance will be sent to the Rules Committee Chair. The stick will then be listed on the US Lacrosse web site as legal for use in the United States. If a stick has been submitted to the testing lab and it is determined that it meets all Federation of International Lacrosse (FIL) specifications, it will automatically be considered legal for use in the United States. These sticks will also be listed on the US Lacrosse web site. For more information about the testing procedures please contact the Rules Committee Chair.

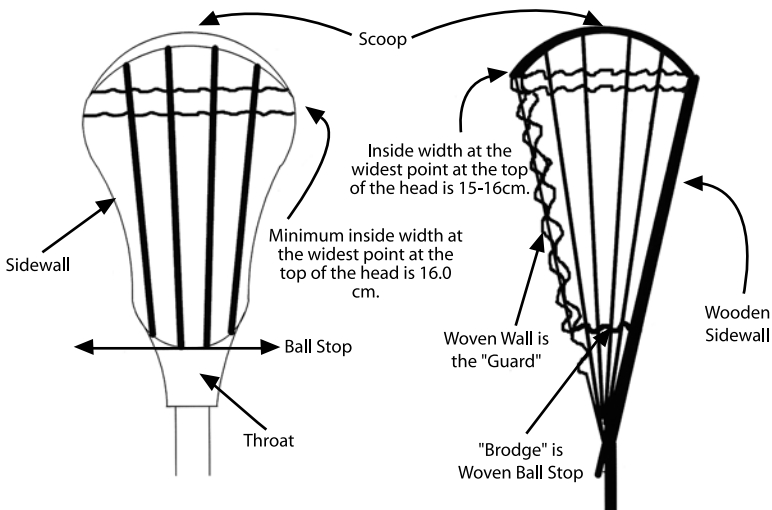
The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing, however only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the US Lacrosse web site will be contingent on the submission to the testing lab of a final production model that meets all specifications.



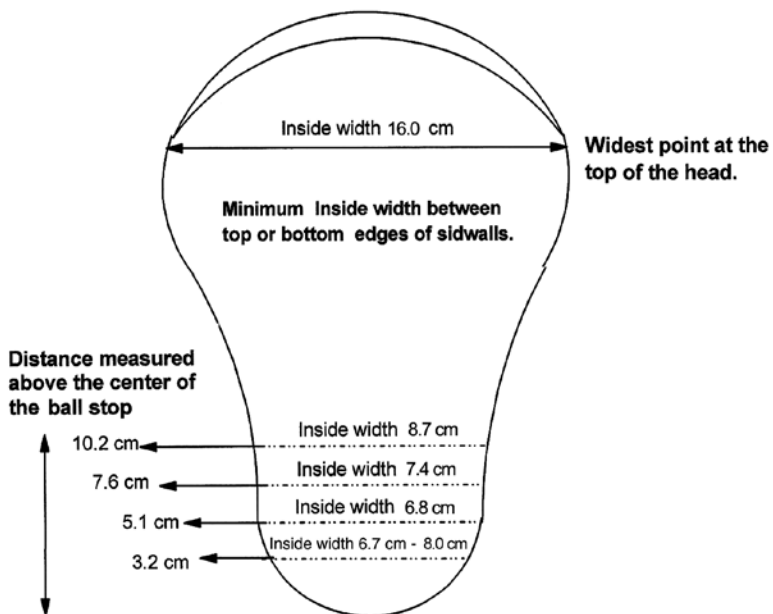
**Diagram 10 - Offset Specifications within 6.55 cm Horizontal Plane**

**PLASTIC/MOLDED HEAD CROSSE**

**WOODEN CROSSE**



**Diagram 11 - The Field Crosse**



**Diagram 12 - Triangular in Concept**

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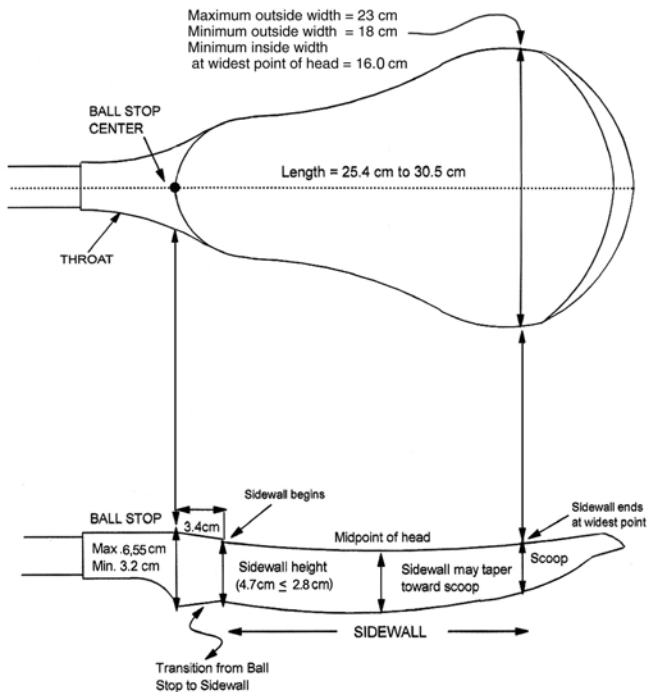


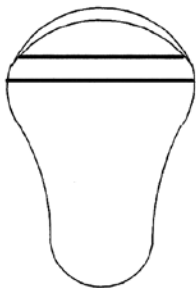
Diagram 13 - Plastic/Molded Head Specifications



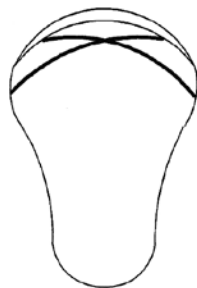
$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} < 0.65$$

**Diagram 14 - Cross Section of Unstrung Head**

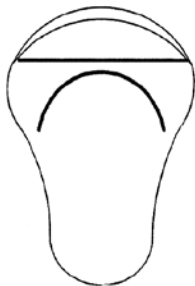
Two separate horizontal throw strings; both attached in upper third of the head.



Two separate curved throw strings; both attached in upper third of the head; may not be thick/rolled at point where they cross.



Two separate throw strings; One horizontal across upper third of the head; one inverted "U" in upper two-thirds of head.



**Diagram 15 - Shooting/Throw Strings**

### **Eye Protection**

Section 40. All eye protection must meet the most current version of the ASTM Specification Standard for women's lacrosse, either at the adult or youth level.

Section 41. All eye protection must be tested at a PECC approved testing facility, and test results must be sent to the Women's Division Director, US Lacrosse. Only eye protection that has been tested by a PECC approved testing facility will be listed on the US Lacrosse web site and considered legal for use in women's lacrosse play.

### **Ball**

For information on lacrosse ball specifications please refer to Rule 2, Section 5.

### **Goals**

For information on lacrosse goal specifications please refer to Rule 1, Section 12.

### **Nets**

For information on lacrosse goal net specifications please refer to Rule 1, Section 12.

*NOTE: Specifications for all equipment are modified periodically by the US Lacrosse Women's Rules Committee. Although the Committee will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to the Committee, the Committee expressly reserves the right to change any specification at any time if, in its sole discretion, the Committee deems the change to be in the best interest of the sport of women's lacrosse. US Lacrosse does not test or approve equipment to determine compliance with specifications. US Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacture.*

# OFFICIAL RULES FOR GIRLS YOUTH LACROSSE

The purpose of the Official Girls Youth rules is to familiarize young players with the sport of women's lacrosse by introducing them to the terms, the field, the playing positions, the concept of teamwork and the skills required to play the game safely and fairly. These rules were written by the US Lacrosse Women's Division and ratified by the US Lacrosse Youth Council in an effort to standardize youth rules for girls throughout the United States.

US Lacrosse recommends age based divisions be used when forming or organizing teams (See Appendix F). We suggest the following guidelines: 6-8 year olds (Under 9), 9-10 year olds (Under 11), 11-12 year olds (Under 13), 13-14 year olds (Under 15). If interscholastic leagues used grade based divisions, we suggest the following guidelines: grades 1 & 2, grades 3 & 4, grades 5 & 6, grades 7 & 8. Individual grade teams or using a player's year of graduation from high school is also acceptable.

The girl youth rules are divided by levels (FC, A, B, and C). Level B and Level C rules do not allow checking and do allow certain stick modifications to make throwing and catching easier for the beginning or younger player. Level A rules allow for modified checking and require the use of a regulation crosse and pocket. Level FC rules allow for full checking for leagues meeting stringent requirements. Details are outlined in Level FC specifics. Leagues, tournaments and programs with players below the U13 (5th grade) level must use either Level B or Level C rules. Players in U13 and U15 divisions (5th grade through the 8th grade) should progress from Level B or C to Level A rules.

Any tournament play should follow an age/grade division and rule level format and announce to participants prior to the tournament which rule level (A,B,C) will be used at their event to avoid any confusion. The US Lacrosse Youth Festivals will use age divisions (U-13 and U15) and will follow Level A rules. Level FC rules may only be used if all teams in the tournament or separate tournament division qualify to use full checking.

It is strongly recommended that at least one US Lacrosse rated umpire be assigned to Level C games, and two US Lacrosse rated umpires be assigned to Level A and B games. Two Local (or higher) rated umpires must be assigned to Level FC games. A Junior Youth Umpire is under 18 years of age or in High School and is qualified to umpire Youth Level games. The Junior Youth Umpire should be at least two years older than the participants. For example, if the umpire is 16, the participants should be no older than 14 years of age.

## **EQUIPMENT**

Goals - regulation lacrosse goal cages; smaller (street hockey type) cages may be used for indoor play and for Level C playing outdoors.

Ball - may use a regulation ball, or a "soft" ball. It is highly recommended that new or beginner programs use the soft ball until players have developed their throwing and catching skills. If a soft ball is used, it should be approximately the same size as a regulation ball. A regulation ball may be used for indoor play, however a "no bounce" ball is recommended.

Sticks - Level C may use a youth stick with mesh or traditional stringing or regulation women's crosse and may have a modified pocket. With a modified pocket, only half the ball may fall below the bottom of the sidewall. Level B must use a regulation women's crosse with either a regular or modified pocket. Level A must use a regulation women's crosse with regular pocket.

Protective equipment - a mouthpiece and eye protection are mandatory at all levels. These equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie. Goalie must wear helmet with face mask, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shins and thighs and a mouthpiece. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

## **PLAYING AREA**

The field should be marked according to US Lacrosse Women's Rules including a restraining line. (See Rule 1). Team benches should be placed opposite spectators where possible.

Level A and FC - desirable field length is 100 yds. between goal lines, 10 yds. behind each goal, and 70 yds. wide.

Level B - desirable field length is 90 yds. between goal lines, 10 yds. behind each goal, and 50 yds. wide.

Level C - desirable field length is 50 yds. between goal lines, 10 yds. behind each goal, and 25 yds. wide. Field markings should include two goal circles (radius 2m) with a goal line in each, two 8m arcs around each goal circle and a center line.

### **COACHING AREA**

Level FC, A and B - Coaches may move along the full boundary line on the bench/table side of the field only, except for the area directly in front of the opposing team and either team's substitution area. Coaches may not stand near or walk in front of the opposing team area. Coaches must remain behind the level of the scorer's table extended. Violation of this rule is a misconduct foul.

Level C - Coaches are permitted on the field for the purpose of instructing players.

### **SIDELINE MANAGER**

Each team (home and away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators not in conformity with the standards of proper conduct.

### **START OF THE GAME**

The procedure for the start of the game/draw shall be the same as outlined in Rule 5-1, 5-2 of the US Lacrosse Women's Rules with the following modification: for all levels, if score is kept, possession will be taken at the center by the team with fewer goals if a four or more goal differential exists unless waived by the coach of the trailing team. When this occurs positioning for the draw will apply with the defender standing 4m away at a 45 degree angle and all other players must stand. The player taking possession may run or pass, but may not shoot until another player has played the ball.

### **START/STOP PLAY**

All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

### **SCORING**

A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.

### **SUBSTITUTION**

Substitution is unlimited and the substitution procedure should be the same as outlined in Rule 5-20 and 5-21 of the US Lacrosse Women's Rules, i.e. substitute any time during play, after goals, and at halftime.

## **DURATION OF PLAY**

Level FC, A, B - 25-minutes running time per half (maximum)

Level C - 20-minutes running time per half (maximum)

At all levels, the clock will be stopped on every whistle (to stop play) in the last two minutes of each half. Teams may choose to play four quarters, but total playing time should not exceed the maximum time for each level. The clock will stop on every whistle (to stop play) in the last minute of each quarter.

## **FOULS**

Fouls shall be the same as those outlined in Rule 6 of the US Lacrosse Women's Rules with the following modifications:

1. No shooting on free positions, unless using a goalkeeper or modified goal opening (Level C). (Major Foul)
2. No checking (Level B and C). (Major Foul)
3. Modified checking only (see definitions) (Level A). (Major Foul)
4. Any check to the head is a mandatory red card (Level FC). Player must also sit out her team's next game.
5. A field player must not enter or have any part of her body or crosse on or in the goal circle at any time unless she is deputizing for the goalkeeper.
6. No holding the ball for more than 3 seconds when closely guarded/checked (see definitions) and the defense has both hands on her stick and is in position to legally check were checking allowed. (All levels). (Minor Foul)

*Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, the count starts again. If another teammate joins the defender and that second defender is in good position to check, the count starts again. The umpire will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count number three without saying three-one thousand.*

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*The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and, if she does not she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass. This will give her team a chance for a play on the ball either by interception, by blocking the attempted pass, or by forcing a bad pass and causing a ground ball.*

### **PENALTIES FOR FOULS**

The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, and goal circle fouls and carding, see Rule 7 in the US Lacrosse Women's Rules. A 3-second count violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball. The only modification for these youth rules is in Level C, where all free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).

### **DEFINITION OF TERMS**

Closely Guarded - player with the ball has an opponent within a stick's length.

Free Position - penalty awarded for a foul. Player who has been fouled gets the ball and all others must move 4m away.

Indirect Free Position - no shot on goal may be made until the player with the ball passes the ball to another player.

Modified Checking - checking the crosse only if the entire crosse is below shoulder level. The check must be in a downward direction and away from the body.

Pass - exchange of the ball through the air from one teammate's crosse to another.

Possession - a player has the ball in their crosse.

Position to Check - player has an opportunity to legally check the crosse without fouling (the 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.)

### **LEVEL FC SPECIFICS**

1. Will play regular US Lacrosse Women's Rules with the following modifications:
  - a. any check to the head is a mandatory red card. Player must sit out her team's next game only.
  - b. 25 minute halves (max), running time.
2. Leagues must meet ALL the following criteria to use Level FC rules:
  - a. The league/program must be in existence for at least 5 years, and must progress players through from Level B or C to Level A before playing Level FC.
  - b. All players on the team must be in 7th or 8th grade, or on U15/U13 teams. No U12 players allowed. Players must average at least 3 years of playing experience.
  - c. All coaches of participating team must have US Lacrosse Level 1 coaching certification.
  - d. Games must be officiated by two US Lacrosse rated officials, both of whom must have held a Local rating for a minimum of 2 years.
  - e. The league/program must receive approval from the local umpiring board chair that there are sufficient numbers of qualified umpires to adequately cover the games.

### **LEVEL A SPECIFICS**

1. Eleven field players, one goal keeper.
2. Field size: 100 yds. X 70 yds. is recommended.
3. Regular field markings, including restraining line.
4. Regular women's crosse, regulation pocket.
5. Modified checking only.
6. 25-minute halves (max.), running time.
7. May shoot from direct free positions.

### **LEVEL B SPECIFICS**

1. Eleven field players, one goal keeper.
2. Field size: 90 yds. X 50 yds. is recommended.
3. Regular field markings, including restraining line.
4. Regular women's crosse, modified pocket allowed.
5. No checking.
6. 25-minute halves (max.), running time.
7. May shoot from direct free positions.

**LEVEL C SPECIFICS**

1. Seven field players, use of a goal keeper is optional.
2. Field size: 50 yds. x 25 yds. is recommended.
3. 8m arc, no 12m fan, no restraining line, center line (no circle).
4. Youth sticks (mesh allowed) or regular women's crosse, modified pocket.
5. No checking.
6. 20-minute halves (max.), running time.
7. May not shoot from any free position, unless using a goalkeeper or modified goal opening.

These rules were written with the safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging and safe. To that end, the umpires shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.

# APPENDIX A

## ARM SIGNALS FOR UMPIRES

---

BLOCKING: Place open hands on the hips and move them to touch hips with in-and-out motion.

CHECKING INTO THE SPHERE: Make a chopping motion with the hand close to the head.

COVER: Arms extended downward in front of body with the right palm held on top of the left palm.

DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. (fist of lower hand down, fist of upper hand up like a crosse would be held).

DANGEROUS SHOT ON GOALKEEPER: Open palm in front of face moving in an in/out motion.

DETAINING: Place fists (one up, one down) in horizontal position in front of hips.

DIRECTION OF POSSESSION: Point with open hand in the direction of play.

EMPTY CROSSE CHECK: Use the right hand with clapping motion on the left hand.

GOAL: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.

GOAL CIRCLE FOUL: Simultaneous directional signal with one arm, and chopping motion toward the GC with the other arm.

HELD WHISTLE: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.

ILLEGAL BALL OFF THE BODY: Indicate by pointing to the body part that touched the ball.

ILLEGAL CRADLE IN SPHERE: Make a cradling motion using the hand pulled in close to the face.

ILLEGAL STICK TO BODY CONTACT: Place fists (one up, one down) in horizontal position in front of hips. Then extend arms outward in a pushing motion.

NO GOAL: With the arms extended toward the ground, swing them out and in so that they cross each other.

OBSTRUCTION OF FREE SPACE TO GOAL: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.

OFFENSIVE FOUL: Place right hand behind head.

OFFSIDES: Raise an open hand above the head to indicate the foul. Close the fist when making the call.

PUSHING OR BODY CONTACT: Make a pushing motion with two arms out in front of the body.

RE-DRAW: Place crossed palms in front of body, begin with hands together, and then extend them up and out with a quick motion.

ROUGH CHECK/ILLEGAL CHECK ON BODY: Use the arm to make a large chop motion against the wrist of the opposite arm.

SLASH: Long swiping motion of the extended arm from high to low across the body.

THREE SECOND RULE: Three fingers raised, palm away.






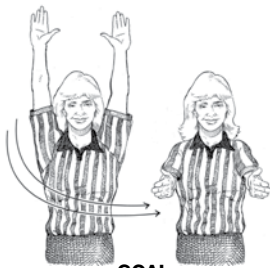


TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.

TIME OUT: Turn towards the timer and cross fully extended arms at the wrist above the head.







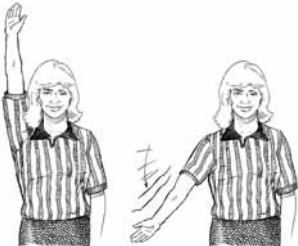







WARDING OFF: Use the forearm in an upward motion away from the body.

10 SECOND GC COUNT: One arm, shoulder high, moving from chest (90 degree bend) to full extension.

THROW: One hand, in an underhand motion, moving back and forth.

 <p><b>BLOCKING</b></p>	 <p><b>CHECKING INTO THE SPHERE</b></p>	 <p><b>DANGEROUS FOLLOW THROUGH &amp; DANGEROUS PROPELLING</b></p>	
 <p><b>DANGEROUS SHOT ON GOALKEEPER</b></p>	 <p><b>DETAINING</b></p>	 <p><b>EMPTY CROSSE CHECK</b></p>	 <p><b>HELD WHISTLE DIRECTION OF POSSESSION</b></p>
 <p><b>GOAL</b></p>		 <p><b>GOAL CIRCLE FOUL</b></p>	 <p><b>ILLEGAL BALL OFF THE BODY</b></p>
 <p><b>ILLEGAL CRADLE IN SPHERE</b></p>	 <p><b>ILLEGAL STICK TO BODY CONTACT</b></p>	 <p><b>NO GOAL</b></p>	

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<p><b>COVER</b></p>	<p><b>OBSTRUCTION OF FREE SPACE TO GOAL</b></p>	<p><b>OFFENSIVE FOUL</b></p>	<p><b>OFFSIDES</b></p>
			
<p><b>PUSHING OR BODY CONTACT</b></p>	<p><b>RE-DRAW</b></p>	<p><b>ROUGH CHECK/ ILLEGAL CHECK ON BODY</b></p>	<p><b>SLASH</b></p>
		<p><b>THREE SECOND RULE</b></p>	<p><b>TIME IN</b></p>
<p><b>TIMEOUT</b></p>		<p><b>TEN SECOND GC COUNT</b></p>	
	<p><b>WARDING OFF</b></p>		<p><b>THROW</b></p>

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## APPENDIX B

# METRIC CONVERSIONS

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$2.54\text{cm} = 1 \text{ in}$

$3.2\text{cm} = 1 \frac{1}{4} \text{ in}$

$4\text{cm} = 1 \frac{1}{2} \text{ in}$

$4.5\text{cm} = 1 \frac{4}{5} \text{ in}$

$5\text{cm} = 2 \text{ in}$

$6.3\text{cm} = 2 \frac{1}{2} \text{ in}$

$7\text{cm} = 2 \frac{3}{4} \text{ in}$

$7.6\text{cm} = 3 \text{ in}$

$10.1\text{cm} = 4 \text{ in}$

$18\text{cm} = 7 \text{ in}$

$20.3\text{cm} = 8 \text{ in}$

$23\text{cm} = 9 \text{ in}$

$25.4\text{cm} = 10 \text{ in}$

$30.5\text{cm} = 12 \text{ in}$

$40\text{cm} = 16 \text{ in}$

$.9\text{m} = 35 \frac{1}{2} \text{ in}$

$1.1\text{m} = 43 \frac{1}{4} \text{ in}$

$1.22\text{m} = 48 \text{ in}$

$1.83\text{m} = 72 \text{ in (2 yd)}$

$2.6\text{m} = 8 \text{ ft } 6 \text{ in}$

$3\text{m} = 9 \text{ ft } 11 \text{ in}$

$4\text{m} = 13 \text{ ft } 2 \text{ in}$

$8\text{m} = 26 \text{ ft } 4 \text{ in}$

$9\text{m} = 30 \text{ ft}$

$12\text{m} = 39 \text{ ft } 4 \text{ in}$

$64\text{m} = 70 \text{ yd}$

$82\text{m} = 90 \text{ yd}$

$92\text{m} = 100 \text{ yd}$

$110\text{m} = 120 \text{ yd}$

$142\text{g} = 5 \text{ oz}$

$149\text{g} = 5 \frac{1}{4} \text{ oz}$

$567\text{g} = 20 \text{ oz}$

$773\text{g} = 26 \text{ oz}$

***Any measurement conversions provided are approximate and for informational purposes only.***

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## APPENDIX C

# INTRODUCING RULE CHANGES

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The official Federation of International Lacrosse (FIL) Rules shall be the basis for the rules that govern US Lacrosse. Experience in other sport areas has shown that using different sets of rules and variations adds confusion and misinterpretation to the game, thus it is deemed advisable to follow FIL Rules as closely as possible for girls and women's lacrosse in the United States.

- A. Rule changes may be suggested or proposed:
- 1) at the request of the FIL Rules Committee.
  - 2) upon review by the US Lacrosse Rules Committee.
  - 3) at the request of groups, associations or individuals in the following manner:
    - a) Suggestions for changes must be requested by June 1st for consideration at the summer Rules Committee meeting.
    - b) Suggestions must be made in writing using the Rule Change Request Form, available from US Lacrosse ([www.uslacrosse.org](http://www.uslacrosse.org))

The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the rules put forth by the Rules Committee must be presented at the fall meeting of the US Lacrosse Board of Directors for final approval.

B. Experimental Rules

A group or association may request permission from the Rules Committee to try a rule on an experimental basis for a specified period of time. The request must be made in writing to the Rules Committee Chair or through a groups official representative to the Rules Committee. Any request must be made by June 1st for consideration at the summer Rules Committee meeting. If permission to use an experimental rule is granted, the group requesting permission will be asked to present an evaluation to the Rules Committee before any request for a permanent change will be considered.

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## APPENDIX D

# US LACROSSE POLICY BLOOD ON UNIFORMS

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Outlined below is the official US Lacrosse policy regarding the handling of blood/bleeding situations during games. This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

When a player suffers a laceration or wound where oozing or bleeding occurs, the game should be stopped at the earliest practical time, and the player should be given appropriate medical treatment. The player may return to the game with the approval of medical personnel (team doctor, trainer, or other designated person with medical training). She may re-enter the game in the same half.

If the umpire stops the game because a player is discovered to be bleeding, the player must leave the game and a substitute may enter. If the umpire stops the game because an injury has occurred, the regular injury time out procedure is followed. If an injury time out has been called and it is then determined that it is a bleeding problem, the player must leave the game, even if medical personnel/coach have not come onto the field, and a substitute may enter.

In cases where a goalkeeper is discovered to be bleeding, and she is the only dressed goalkeeper for her team, the game should be stopped at the earliest practical time, she should be given appropriate medical treatment, and she may remain in the game.

If there is blood on any part of a player's uniform/personal equipment, medical personnel should determine whether the blood has saturated the uniform/equipment enough to require a change. In the absence of medical personnel, the umpire(s) will make this determination. A uniform is considered saturated when blood has soaked through the uniform to the player's skin or is capable of being transferred to another player. The same saturation criteria should be applied to a player's personal equipment (stick, gloves, knee brace, etc.). If a uniform shirt is changed, the player's new number must be recorded in the score book before she re-enters the game.

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**92 - APPENDIX D • US LACROSSE POLICY BLOOD ON UNIFORMS**

Any playing surface contaminated with blood must be cleaned by appropriate medical personnel before the game is restarted. In the absence of medical personnel, the home team is responsible for properly cleaning the affected area.

The umpires will not make medical evaluations. Their responsibility is to keep the playing field clear of players who are bleeding, who have open wounds, or who have uniforms which may be saturated with blood.

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## APPENDIX E

# GUIDANCE - NO OR MODIFIED CHECKING

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US Lacrosse is attempting to send a consistent message regarding checking to youth players. It is the hope of the Rules Committee that mandating no full checking for beginning players will allow them to work on the basic fundamentals of the game - passing, catching, footwork, proper positioning, and marking - before they are introduced to the more advanced skill of stick checking.

Once players have mastered the basic fundamentals, programs will want to introduce modified stick checking. Players on U13 and U15 (5th through 8th grade) teams will be allowed to use modified checking as an intermediate step towards full checking. Modified checking is defined as checking the stick if it is below shoulder level, using a downward motion away from the other player's body. Use of modified checking will allow the older youth player to learn proper checking skills, while at the same time encouraging good cradling and stick handling skills for the attack player. Umpires and coaches should strictly enforce this rule, never allowing checks near a player's head or face.

It should be noted that stick-to-stick contact is not necessarily a violation of the no checking/modified checking rule. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball.

Please note that it will be left to individual school districts, counties, and leagues to determine appropriate age level or grade level groupings. For summer leagues and tournaments, 8th graders may be considered rising 9th graders as of June 1.

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## APPENDIX F

# AGE AND ELIGIBILITY GUIDELINES

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US Lacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. US Lacrosse believes that this goal can be best achieved by facilitating playing opportunities that seek to establish a “level playing field” among players of similar age, size and ability.

Age and Eligibility Guidelines are not considered “game-day rules” and are not enforced as game-day rules by officials. Specific age and eligibility requirements are established by the lacrosse league or association in which a team participates.

**League and Association Play.** US Lacrosse recommends that leagues should be organized by age. Existing leagues or associations may maintain their current groupings. Physical and cognitive maturity should be considered when grouping players. US Lacrosse also recommends that players that have participated in any high-school level program as a member of a high school freshman, JV-B, junior varsity, or varsity team should not be considered eligible for U-15 competition.

The following are suggested groupings, with ages determined as of December 31st in the year preceding competition:

Middle School:

Senior Div.: 15 and Under. May have competitive divisions grouped by ability.

Junior Div.: 13 and Under. May have competitive divisions grouped by ability.

*NOTE: Players 13 years old may have difficulty playing with 15 year old players.*

Elementary School:

Lightning Division: 11 and Under. Non-competitive.

Bantam Division: 9 and Under. Non-competitive

Examples, using the U-13 category:

- 1) A player is 12 years old on 12/31/09 and turns 13 on May 15, 2010. This player is qualified to participate.
- 2) A player is 13 years old on 12/31/09 and turns 14 on May 15, 2010. This player is NOT qualified to participate.

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# APPENDIX G

## GUIDELINES FOR LIGHTNING DISTURBANCES

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The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

### **Proactive Planning**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

*For more detailed information, refer to the "Position Statement: Lightning Policy" on the US Lacrosse web site and the "Guidelines for Lightning Safety" section contained in the NFHS Sports Medicine Handbook.*

# APPENDIX H

## NFHS CODE OF ETHICS

### COACHES CODE OF ETHICS



### NFHS COACHES ASSOCIATION

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Coaches Association.

**The coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

**The coach** shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

**The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.

**The coach** shall avoid the use of alcohol and tobacco products when in contact with players.

**The coach** shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

**The coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

**The coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

**The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

**Before and after contests**, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

**A coach** shall not exert pressure on faculty members to give student-athletes special consideration.

**A coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

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# APPENDIX I

## US LACROSSE CODE OF ETHICS

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### **US LACROSSE CODE OF ETHICS**

*Updated – September 13, 2008*

The mission of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation, while preserving the integrity of the game. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) and organizations committed to the tenets of its mission.

Inherent within all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical behavior. Through the establishment of an organizational Code of Ethics, US Lacrosse has defined a set of guidelines to promote and protect the spirit of the game, safeguard the best interest of the participants, and establish and maintain standards of behavior. The Code is not intended to serve as a set of rules, but rather to outline general principles and guidelines of aspirational virtues and proper ethical standards for all members, volunteers, staff, and any other individuals and organizations that choose to affiliate with US Lacrosse.

The definition of ethical behavior is having an understanding of the difference between right and wrong, and at all times choosing to do what is right. This definition should be applied at the individual level to those within the US Lacrosse umbrella: employees, volunteers or individuals who represent US Lacrosse within the community at large, as well as at the corporate level, pertaining to the actions of US Lacrosse and other affiliated organizations. Ethical considerations are integral, not optional, elements of all sports activities and apply to all levels of participation.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development, by teaching the values of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

### **Respect**

A key component of ethical behavior is respect, which is defined at individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse in an effort to further the growth and development of the sport.

### **Fairness**

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sports. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

### **Teamwork**

Teamwork is a cooperative and coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every aspect of the sport. All members of US Lacrosse, its staff, volunteers, and other affiliated individuals and organizations should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team the lacrosse community.

### **Communication**

Communication is the process whereby individuals create shared understanding. It is an active "two way street," requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing and evaluating. Communication may be verbal, nonverbal or written. It can be sent through various media and transmits a thought provoking idea, gesture, or action.

US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations should communicate with clarity, honesty, timeliness and openness. Communication should include all pertinent information shared

transparently with all appropriate recipients. Clear, honest and timely communication allows for collaboration and cooperation, building a stronger game and community for the sport.

### **Conflict of Interest**

A conflict of interest is present in any instance in which the actions or activities of an individual, including members, volunteers, staff and affiliates representing or acting on behalf of US Lacrosse, could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels, have a duty to disclose any financial interest or personal obligation that may actually or perceptually affect the independence of their judgment.

### **Legality**

All members of US Lacrosse, its staff, volunteers, and affiliated individuals and organizations are obligated to comply with all applicable laws. Violation of the law is not tolerated.

Representing the fastest growing national sport as an emerging force in sports organizations and leadership, US Lacrosse has a duty to provide positive influence over athletic administrators, programs, officials, coaches, players, and affiliated individuals and organizations. The goal of US Lacrosse is to promote sportsmanship and character by teaching, advocating, modeling and enforcing ethical principles, while preserving the integrity of the game.

By affiliating with US Lacrosse, individuals and organizations agree to comply with the aspirational guidelines set forth in the Code of Ethics. Failure to adhere to this Code may result in revocation of membership or affiliation. US Lacrosse encourages others involved with the sport of lacrosse to adopt and follow these important guidelines

## APPENDIX J

# SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### **Common Symptoms of Concussion Include:**

- headache
- difficulty concentrating
- slowed thought processes
- nausea
- dizziness, poor balance
- sensitive to light and sounds
- fogginess
- easily confused
- difficulty with memory
- lack of energy, tiredness
- blurred vision
- mood changes- irritable, anxious, or tearful

### **Suggested Concussion Management:**

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

*For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at [www.nfhs.org](http://www.nfhs.org).*

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offside .....	7	6-9	49,50	duties prior to the game .....	3	8	21
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Restraining line .....	1	5	6	other responsibilities .....	3	9	21
Scorer, Official – duties of .....	3	10-11	21	Undergarments, Visible .....	2	15-16	18
Scorer/Timer’s table .....	1	11	7	Uniforms			
Scoring play .....	7	20	53	goalkeeper .....	2	12	17
				kilt/shorts .....	2	12	17
				numbers .....	2	13	17
				shirt .....	2	14	18
				shoes .....	2	11	17



