



2022 NFHS

GIRLS LACROSSE RULES BOOK

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NFHS Publications



To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities.

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2022 Girls Lacrosse Rules Changes

(For comments on the 2022 rules changes, see page 78)

2-4-8b, 2-5-2d, 4-2-3e, 4-6, 4-7-1, 4-7-5b, 4-7-6, 4-7-7c, 5-2 PENALTIES 2 EXCEPTION — Allows for substitutions to occur more fluidly throughout the game including between overtime periods, during an injury time-out, during a re-draw and during the administration of a player suspension/ejection matching the flow created by free movement.

2-6-1, 2-6-1a (NEW) — Removes the requirement of shin protection for the goalkeeper while maintaining the option to wear shin protection, creating consistency between girls and boys lacrosse.

2-6-1b, c, NOTE (NEW) — Allows goalkeepers to wear a clear, molded and non-rigid helmet eye shield in combination with tinted or clear eyeglasses, and aligns eye shield and eyewear permissiveness and requirements to those of other NFHS rules codes.

2-7-3 — Allows face masks that are soft and non-abrasive to be worn for health and/or religious reasons while maintaining that protective molded face masks are not permitted.

2-7-5 — Allows players to wear hair ties and other soft, non-rigid items on the arm and clarifies that hair adornments such as beads can be worn in the hair as long as they are secured and do not endanger other players.

2-7-7 (NEW) — Allows the wearing of religious and/or cosmetic headwear during competition that fits securely and is made of non-abrasive or soft materials, eliminating the requirement for prior authorization from the state association. Maintains the requirement for approval of protective head coverings worn for medical reasons.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

2-8-5 (NEW) — Allows the use of personal audible wireless communication devices by officials during competition to aid in communication as the pace of play has increased due to self-starts and free movement.

3-7-2f, 4-1-2, 4-1-3, 4-2-2, 4-6 — Eliminates the requirement to stop the clock on every whistle during the last two minutes of each half and overtime while requiring the clock to stop on all fouls in the critical scoring area during the last two minutes of each half and overtime (unless playing with a running clock). Official's time-outs now include alternating possession, inadvertent whistle and offsides.

4-3-3d, e, f and g (NEW) — Establishes that when play is restarted for a possession time-out and the goalkeeper has possession of the ball in the goal circle, play will resume from the goal circle and clarifies that if play resumes with a free position it will begin at the spot of the free position.

4-7-5b, 9-1h (NEW) — Establishes that a player on the field of play must enter and exit the field through the substitution area to switch sticks with a stick from the bench area.

4-8 PENALTIES 2, 3 and 4; 5-2 PENALTY 1; 5-3e(3); 10-1 PENALTIES 9 and 11; 12-8 MISCONDUCT PENALTIES 3b and 4 — Simplifies management of the free position and aligns with the principles of free movement by eliminating the requirement for player positioning for the draw after scoring penalties.

5-1-3b — Clarifies player positioning if no foul is involved in the stoppage of play when the game is stopped due to an accident, injury or illness, inadvertent whistle by an official, interference or an incident either related or unrelated to the ball at the time the whistle is blown.

5-5-3, 5-5-3b — Allows the goalkeeper to return to goal circle unless the goalkeeper committed the foul, eliminating the advantage to the opponent with free movement if the goalkeeper is required to stay out when closest to the incident.

6-3-1a, b and c; 6-3-2a, b, c and d; 9-1o(2) — Allows the opponent to commence play with a self-start once the ball has gone out of bounds when self-starts are allowed, eliminates the whistle start and establishes defensive positioning and engagement guidelines while clarifying the penalty for passing from out of bounds.

7-1-2e, 7-2-1d, 7-2-2 — Allows the goalkeeper to bring a ball back into the goal circle provided one foot is inside the goal circle, creating more clarity for officials.

9-1c(1) — Eliminates failure to stand as a delay of game. A delay of game may be enforced if repetitive violations occur.

10-1 PENALTIES 1 and 5 (NEW) — Changes the penalty for a false start by a goalkeeper in the goal circle, allowing the goalkeeper to stay in the goal circle for the free position by the opposing team at the closest dot.

Rule 13 — Removes the definition of “Body Checking” from the rules book as it is an outdated term and not referenced in the rules book.

2022 Girls Lacrosse Major Editorial Changes

(For comments on the 2022 rules changes, see page 78)

5-4-4 (NEW) — Adds and aligns language that self-starting when self-starts are not permitted is a false start already established under major fouls.

Appendix B – Manufacturer’s Specifications [2-2-4, 2-2-5b, 2-3-5b, 2-4-1, 2-4-4, 2-4-7, 2-4-8, 2-4 PENALTIES, 2-5-1, 2-5-2, 2-5-3, 2-7-2, 2-7-3, 4-8-3i, 4-8 PENALTIES 3 and 4, 9-1g, 9-1g(1)] — Removes the guidance for manufacturers from the rules book while ensuring all equipment-related rules essential for the administration of the game are within Rule 2.

2022 Girls Lacrosse Editorial Changes

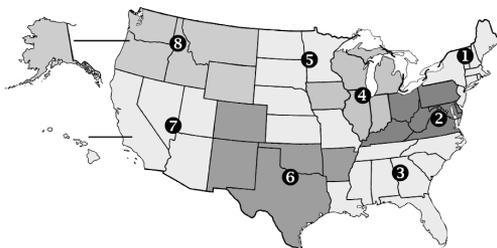
1-1-4h; 1-1-4i; 2-6-1; 2-7-5; 3-5-1; 3-7-3; 4-7-5a; 5-1-3b; 5-5-3b; 8-1-2 NOTE; 8-1 PENALTIES 1; 8-1 PENALTIES 3d; 8-1 PENALTIES NOTE; 10-1y(2); 10-1y PENALTIES; 11-2 PENALTIES 4 and 5; 13-GROUNDED

2022 Girls Lacrosse Points of Emphasis

(For comments on the 2022 Points of Emphasis, see page 8)

1. Sportsmanship
2. Rough & Dangerous Play
3. Shooting Space

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Implementation and Authority

The NFHS/USAL Girls Lacrosse Rules Committee is responsible for establishing, reviewing, maintaining and disseminating the rules of girls lacrosse for scholastic play. Each summer, the rules committee meets to review and discuss rule change proposals and any relevant injury surveillance data before making its recommendations. The recommendations are then voted on by the NFHS Rules Review Committee, the USA Lacrosse rules review task group, USA Lacrosse Board of Directors and the NFHS Board of Directors and are issued under the authority of USA Lacrosse and endorsed by the National Federation of State High School Associations as the official rules for high school girls lacrosse.

Safety and Responsibility

Participants in girls lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girl's game and in compliance with the USAL/NFHS Girls Lacrosse Rules. Emphasis is placed on safety and good sportsmanship. Players are responsible for their behavior, equipment and uniform to conform to all required and allowable standards, as defined by USA Lacrosse/NFHS rules. Coaches must ensure that they are teaching their players to play by the rules of the game. Officials establish fair and safe play by consistently enforcing the rules. Spectators contribute to a safe-play environment by demonstrating positive and sportsmanlike conduct.

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 92-95 for these position statements.

FACILITIES

Because facilities used for high school athletics come in many shapes, sizes and conditions, on-site event management may on occasion conclude that compliance with NFHS directives about event configuration is not feasible. Under all circumstances, on-site event management should utilize set-ups that minimize risk. If a given facility cannot be made reasonably hazard-free, the event should be relocated.

2022 Points of Emphasis

Sportsmanship

Sportsmanship includes a commitment to fair and ethical play as well as respect for one's opponent, and an attitude of goodwill toward all participants. Coaches, players, officials, administrators and spectators are expected to demonstrate behavior that creates a positive and encouraging atmosphere. As a member of this interscholastic experience, it is important to set the example and tone for everyone watching. Good sportsmanship brings integrity to the game by showing respect; building self-confidence, self-discipline, teamwork and focus. Whether a team is winning or losing, the focus should be on supporting the athletes and the game by respecting one another. The passion for interscholastic competition may create an emotional response and officials must provide effective communication and game management to help deter acts of unsportsmanlike conduct. When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards. Event management can serve as an asset in creating an expectation of respect within the playing facility and creating a positive and competitive atmosphere, rooted in good sporting behavior. Sportsmanship is a team effort. Winning at all costs can never be placed as a higher priority than great sportsmanship.

Rough and Dangerous Play

Minimizing the risk of the student-athlete is a priority of the NFHS/USAL Girls Lacrosse Rules Committee. With the introduction of free movement, rough and dangerous play needs to be effectively managed and eliminated. Disruptive actions jeopardize the safety of players, impede the flow of the game, and negatively affect the integrity of the sport. Rough and dangerous play consists of forceful contact of a player(s) with the body or the crosse; reckless, dangerous or intimidating checks within playing distance of an opposing player; and any other action with the body or the crosse that an official deems unsafe. Managing dangerous and rough play in the midfield should consistently be a focus. This year, the rules committee intends to bring more attention to recognizing these fouls as they continue into the Critical Scoring Area by encouraging officials to apply the appropriate rules and utilize card administration discouraging rough and dangerous play from continuing. Consistent officiating of repetitive fouling decreases the risk of injury, improves game management, and upholds the integrity of the game.

Shooting Space

Shooting Space continues to be one of the most difficult rules to understand in girls lacrosse. It is important officials know and recognize the criteria for making the call which includes:

1. The ball must be in the Critical Scoring Area and above the goal line extended.
2. The ball carrier must be within 12 meters of the goal and have the opportunity to shoot.
3. The defensive player must be positioned in the free space between the ball carrier and the goal circle.
4. The defensive player is not within a stick's length of an attack player.

Shooting Space is an immediate call and must be made to minimize the risk of injury. The attacking player is ALWAYS responsible for not shooting if there is a Shooting Space violation.

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Rule 1 The Playing Area and Goals

SECTION 1 THE FIELD AND MARKINGS

ART. 1 . . . The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 110 to 140 yards from end line to end line; and between 60 to 70 yards from sideline to sideline. The goals shall be placed no more than 100 yards and no less than 90 yards apart, measured from goal line to goal line. There must be a minimum of 10 yards and a maximum of 20 yards of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4 meters of space between the sideline boundary and the scorer's table. There should be at least 4 meters of space between the other sideline and any spectator area. There should be 2 meters of space beyond each end line. The playing area must be flat and free of glass, stones and any protruding objects.

ART. 2 . . . 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. (1-1-1)

NOTE: A 120-yard boys and girls field is permitted. Markings and measurements must follow Diagram 4 on page 14.

ART. 3 . . . All lines are 2 inches to 4 inches wide, except the goal line which shall be 2 inches wide. It is recommended that all lines be painted white or a single contrasting color.

ART. 4 . . . In addition to the boundary lines, the following lines and marks shall be placed in accordance with the accompanying Diagrams 1-3:

- Center Circle** – There is a circle, radius 30 feet, in the center of the field and through the center of this a line 9 feet, 11 inches in length, parallel to the goal lines.
- Restraining Line** – The restraining line, a solid line 30 yards 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.
- Goal Circle** – The goal circle is a circle, radius 8½ feet measured from the center of the goal line to the outer edge of the goal circle line. The goal circle line shall be 2 inches to 4 inches wide.

NOTE: The goal circle radius is 9 feet on the Unified field.

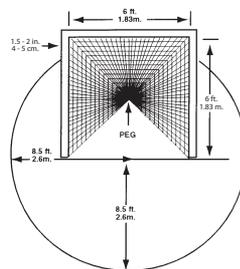


Diagram 1

The Goal/Goal Circle

- d. **Arc and Fan** – An arc and fan shall be marked 8 meters (26 feet, 4 inches) and 12 meters (39 feet, 4 inches) respectively from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6 meters (34 feet, 10 inches) for the 8-meter mark and 14.6 meters (47 feet, 9 inches) 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.
- e. **Critical Scoring Area** – An area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters in front of the goal circle to the end line and 12 meters 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 official. (See Diagram 5, page 74)
- f. **8-Meter Hash Marks** – The 8-meter arc will be sectioned off by hash marks 1 foot 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 (34 feet, 10 inches). Two additional 1-foot marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.
- g. **Below Goal Markings** – Two small circles (dots) 4-6 inches in diameter must be added to the field behind each goal. The circles shall mirror each other, 5 yards from the marks on the goal line extended. They shall be marked in the direction toward the end line and measured in a line perpendicular to the goal line extended. It is recommended that they be painted white or a single contrasting color. They may be marked in a temporary substance – i.e., spray paint, chalk, etc.
- h. **Scorer's/Timer's Table** – A scorer's/timer's table will be set up at midfield, at least 4 meters from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended. A visible possession indicator is required. This may be a small cone or other object moved from side to side on the scorer's table to indicate team's possession. The officials may choose to have the indicator point in the direction the team is attacking or be on the side of the table closest to the bench area of the team. It is recommended that an additional clock be used for time-outs. A portable horn or access to the game clock/horn shall be available. If the official timer is not seated at field level, the home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table.
- i. **Substitution Area** – 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, 2 meters to 4 meters in length or may be marked with cones. The hash marks will be placed perpendicular to and touching the sideline with each one placed 5 yards from the center line of the field.
- j. **Penalty Area** – The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

- k. **Team Bench Area** – The team bench area is defined as the area from the end of the substitution area to the team’s restraining line, and even with the level of the scorer’s table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer’s table. Non-playing team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.
- l. **Coaching Area** – 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 even with the scorer’s table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer’s table. Violation of this rule is misconduct.
- m. **Spectator Areas** – Spectators must be kept back at least 4 meters from the sidelines. Spectators are not permitted immediately behind the team bench or table area except in permanent stadium seating. No spectators are permitted behind the end lines except in permanent stadium seating positioned behind protective netting or fencing.

ART. 5 . . . No additional marks may be added to the field.

ART. 6 . . . Soft/flexible cones, pylons or flags must be used to mark the corners of the field.

ART. 7 . . . 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 10 yards of space from goal line to end line must be maintained.

SECTION 2 THE GOALS

ART. 1 . . . Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 6 feet high and 6 feet apart, joined at the top by a crossbar 6 feet from the ground (inside measurements). The goal posts (pipes) must not extend upwards beyond the crossbar nor the crossbar sideways beyond the goal posts. The posts and crossbar must be a solid white, orange or silver color and be 1½-2 inches in diameter. 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. (See Diagram 1, page 10)

ART. 2 . . . The netting, not more than 1.5 inches mesh, must be attached to the posts and crossbar and to a point on the ground 7 feet 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.

ART. 3 . . . The goal line must be drawn between the two posts, continuous with them and of the same width as the goal posts.

SITUATIONS AND RULINGS

RULE 1 – THE PLAYING AREA AND GOALS

FIELD AND MARKINGS

1.1.4f SITUATION: An official arrives at the field and the 8-meter arc is incorrectly lined on one end of the field. **RULING:** The game shall be played and the home team and appropriate association shall be notified that the field does not meet the recommended specifications.

1.1.4i SITUATION: An assistant coach is on the opposite side of the field from the scorer's table coaching their team. Officials issue a card to the head coach for misconduct. **RULING:** Correct procedure. **COMMENT:** A coach may move along the bench/table side boundary line from the substitution area to their end line only.

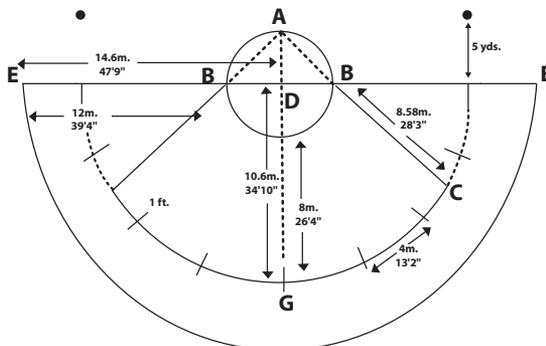


Diagram 2 – 8-Meter Arc/12-Meter Fan

DIRECTIONS FOR 8-METER ARC AND 12-METER FAN

8-METER ARC (Diagram 2)

1. The goal circle is made first. The goal circle is a circle, radius $8\frac{1}{2}$ feet (2.6 meters) measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2 inches to 4 inches (5 centimeters to 10.1 centimeters) wide.
2. 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) 28 feet, 3 inches (8.58 meters) to point C.
3. To mark the curve of the arc, measure from the center of the goal line (D) 34 feet, 10 inches (10.6 meters) to G connecting the sidelines. The arc will now be 8 meters from the circle.

- The center hash mark 1 foot (30.5 centimeters) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34 feet, 10 inches/10.6 meters). 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 (Diagram 2)

Inscribe a semicircle (E) from the center of the goal line (D) 47 feet, 9 inches (14.6 meters). The flat side of the semicircle should be marked from the points on the goal circle (B) to the semicircle.

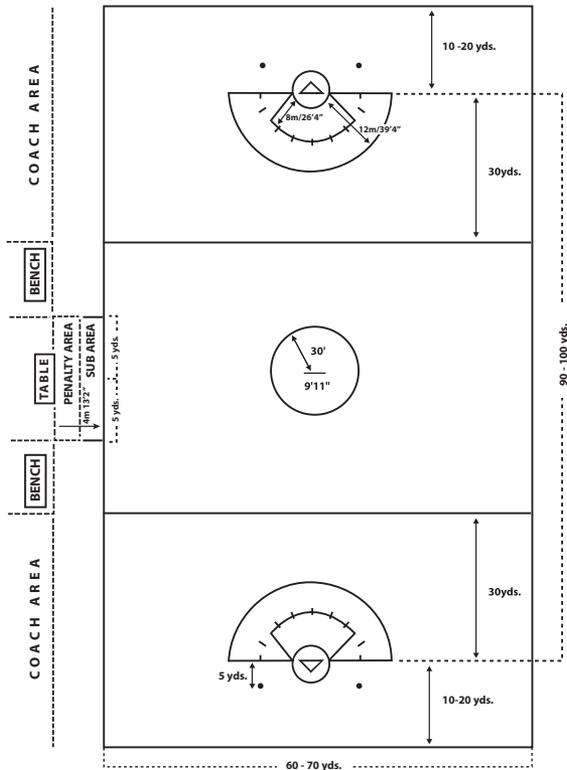


Diagram 3 – Field Diagram (Not Drawn to Scale)

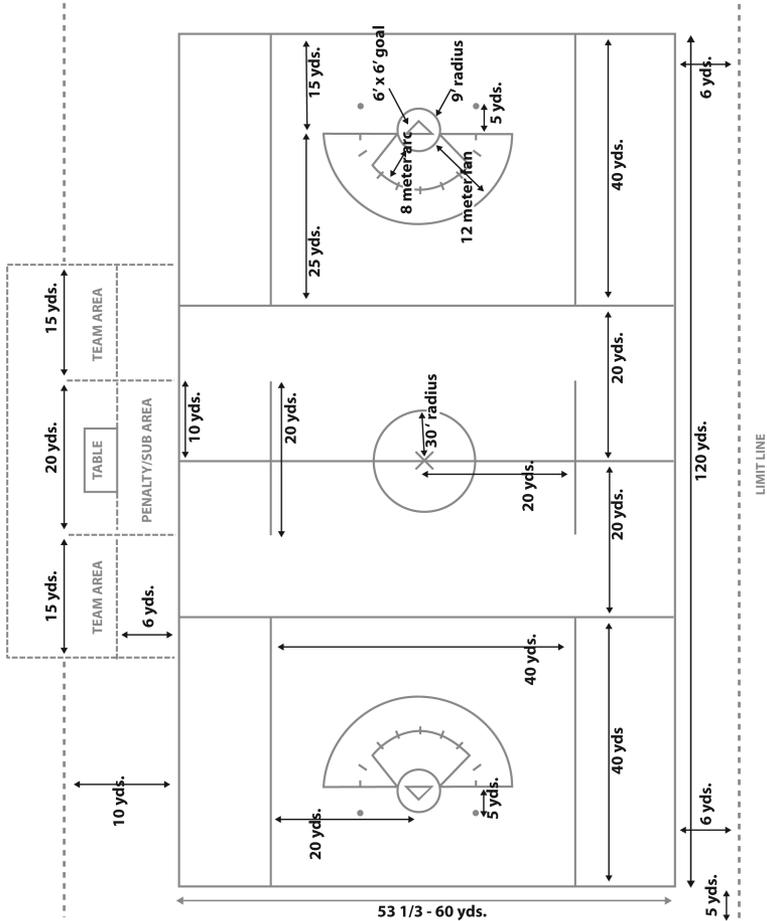


Diagram 4 – Unified Boys/Girls Field Diagram (Not Drawn to Scale)

Rule 2 Equipment and Uniforms

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 THE BALL

The ball shall be yellow, lime green or bright orange color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture. 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.

SECTION 2 FIELD CROSSE

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

ART. 2 . . . The head of the crosse shall be triangular in concept and shall be affixed securely to the handle in such a way that it shall basically be in the same plane as the handle. The head of the crosse shall be affixed as intended by the manufacturer. A “bent” handle may only be used with the heads that are specifically designed to accommodate them; “Bent” handles are head and manufacturer specific. Heads designed for use with a “bent” handle are not legal when mounted/attached to a straight handle. Heads designed for use with a straight handle are not legal when attached to a bent handle.

ART. 3 . . . The crosse’s overall length shall be between 35½ inches minimum and 43¼ inches maximum.

ART. 4 . . . Pockets must be attached to the head of the crosse. Mesh pockets are permitted. If strung with shooting strings, the pocket of the crosse must have no more than two shooting strings, which must be attached directly to the side-walls. The shooting strings do not need to be attached through stringing holes. The top shooting strings should be attached in the top 1/3 of the head of the crosse; the second, or lower, shooting string may be attached in the top 1/3 or be an inverted U and attached in the top 2/3 of the head. Shooting strings also cannot be coiled more than once per mesh gap or twice between thongs if traditionally strung. Shooting strings are not required.

ART. 5 . . . A crosse is legal for play if:

- It complies with the criteria in this rule.
- It meets the Manufacturer’s Specifications at the time it was manufactured and is listed on the USA Lacrosse website.

- c. The top of the ball remains visible above the top of the wooden or plastic wall after pressure has been applied to and released from a ball dropped into the front and back of the pocket of a horizontally held crosse.
- d. The ball moves freely within all parts of the head of the crosse, both laterally and along the full length of the front of the pocket. To ensure the ball rolls freely, the official will tilt the crosse in both directions so that the ball moves freely from the ball stop to the scoop and out of the crosse. The ball shall move freely when the stick and head are tilted 90 degrees.
- e. The ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees.
- f. No holes or gaps in the pocket are larger than 1.68 inches (42.2 millimeters) in diameter as measured by a spherical-shaped object that is equivalent in diameter (i.e., an American golf ball).

SECTION 3 GOALKEEPER CROSSE

ART. 1 . . . The goalkeeper 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. The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

ART. 2 . . . The head of the crosse shall be triangular in concept and shall be affixed securely to the handle in such a way that it shall basically be in the same plane as the handle. The head of the crosse shall be affixed as intended by the manufacturer.

ART. 3 . . . The crosse's overall length shall be between 35½ inches minimum and 52 inches maximum.

ART. 4 . . . The pocket of the crosse shall be strung with six or seven longitudinal leather and/or synthetic thongs and crosse lacing or be mesh. "Shooting" strings are not required in the pocket of the crosse. A goalkeeper's crosse may have more than two "shooting" strings.

ART. 5 . . . A crosse is legal for play if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer's Specifications at the time it was manufactured and is listed on the USA Lacrosse website.
- c. The ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

SECTION 4 CROSSE INSPECTION

ART. 1 . . . All the crosses that might be used in the game must be inspected by the officials before the game begins. Any crosse or pocket not meeting the criteria of this rule shall be re-inspected by the official for use in the game prior to the first draw. Should any crosse not meet the criteria, it shall be placed at the scorer's table.

ART. 2 . . . At any time during the game, at the official's discretion, a time-out may be called to inspect any crosse in use on the field.

ART. 3 . . . The official shall also inspect the pocket of any player's crosse upon request of the opposing head coach or any opposing player on the field. This does not include the crosses of players standing in the substitution box or on the sideline. The request must include the player's number. Each team will be permitted two stick check requests per game.

ART. 4 . . . The official will inspect crosses before the game begins, at any time during the game at the official's discretion, or upon request of an opposing coach or opposing player to:

- a. Observe that the top of the ball remains above the top of the wooden or plastic wall after pressure has been applied one time to the ball by the official and released on both the front and back face of the pocket; and
- b. Ensure that the ball moves freely within all parts of the head and pocket on the front of the pocket, including when the stick and head are tilted 90 degrees; and
- c. Ensure that the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted at 90 degrees.

ART. 5 . . . Stick checks may be requested at any time in a game during a stoppage of the game clock and shall include immediately following goals in regulation and overtime periods in which players are still on the field. Stick checks are not permitted during an injury time-out.

ART. 6 . . . The head coach may request a measurement on any opposing player's crosse. Officials will only measure the overall length of the crosse. This request will count as one of the team's two allowable requests.

ART. 7 . . . Should the crosse meet the criteria of a legal crosse, 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 was called.

ART. 8 . . . Should the crosse not meet the criteria of a legal crosse, it shall be removed from the game by the official and placed at the scorer's table for the remainder of the half.

- a. The player found to have an illegal crosse will be permitted to enter the bench area to obtain another crosse and immediately return to the field.
- b. Personnel from the team may come to the table to fix/adjust the crosse but the crosse may not be removed from that area.
- c. It may be re-inspected at halftime or before any overtime period. It may not be re-inspected during the time period after a three-minute half of overtime play when teams change ends and play is restarted with a draw.
- d. The team requesting the stick check will not lose any of its two allowable requests if the crosse is found to be illegal.

PENALTIES:

1. **After the removal of a crosse not meeting the criteria for a legal crosse, the game shall be re-started with a free position (minor) to the opponent nearest the ball when play was stopped.**

2. If the illegal crosse is an offsetting foul, alternate possession will be awarded.
3. In the event that a goal was scored with a crosse that does not meet the criteria for a legal crosse, the goal shall not count, the crosse shall be removed, and play shall be resumed with a free position at the center line. Once the game is restarted with the draw, the goal shall stand.
4. 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 the criteria for a legal crosse, the goal shall stand, and a free position will be taken at the center by the opposing team.

SECTION 5 CROSSE FAILURE

ART. 1 . . . When the ball lodges in the crosse of a field player, the crosse is not legal and must be removed from the game immediately.

PENALTY: A free position for a minor foul is awarded to the opponent.

ART. 2 . . . If the shaft breaks or the head of the crosse becomes disconnected from the shaft due to throwing/shooting, cradling motion or during a draw, the crosse is not legal.

- a. It shall be removed from the game by the official and placed at the scorer's table.
- b. If the ball has entered the goal, the goal shall not count.
- c. The player will be permitted to enter the bench area to obtain another crosse and immediately return to the field.
- d. Play shall be started with an alternate possession unless it occurs during a draw. If it occurs during a draw, the draw will be retaken.
- e. It may be re-inspected at half-time or before any overtime period. It may not be re-inspected during the time period after a three-minute half of overtime play when teams change ends and play is restarted with a draw.

ART. 3 . . . Should the head of the crosse fall off or the shaft break at any other time, the crosse is not legal. However, since that player is not in possession of the ball, there is no change of possession and alternate possession procedure does not apply. Time-out may be taken for a replacement and to take this broken crosse to the table.

SECTION 6 GOALKEEPER EQUIPMENT

ART. 1 . . . The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector and padding on the thighs. The protective helmet, designed for lacrosse, must have met the NOCSAE test standard at the time of manufacture. Paint, decals or tape are the only adornments permitted to be added to the helmet. A chest protector, designed for lacrosse, must have met the NOCSAE ND200 lacrosse standard at the time of manufacture. Equipment shall not be modified from

its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

A goalkeeper may wear:

- a. Shin protection that complies with padding requirements not to exceed 1 inch in thickness.
- b. A clear, molded and non-rigid helmet eye shield.
- c. Eyeglasses, either tinted or clear.

NOTE: Tinted eyewear worn on the face and under a compliant eye shield is legal.

ART. 2 . . . It is recommended that the goalkeeper wear padding on arms and shoulders. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 1-inch padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

SECTION 7 PERSONAL EQUIPMENT

ART. 1 . . . All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of white teeth. It shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. There may be no protruding tabs for field players. It is recommended that the mouthpiece be:

- a. Properly fitted, protecting the anterior (leading) dental arch; and
- b. Constructed from a model made from an impression of the individual's teeth;
- c. Constructed and fitted for the individual by impressing the teeth into the mouthpiece; or
- d. Provided by a dental professional.

ART. 2 . . . All field players must properly wear eye protection that meets the current ASTM standard (F3077) for women's lacrosse. All eyewear on the playing field must be SEI certified and will be listed on the SEI website. All eyewear must bear the SEI mark for certification by January 1, 2025.

ART. 3 . . . Close-fitting gloves and headgear may be worn by all field players. Any field player choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard (F3137) for women's lacrosse and is labeled accordingly. All headgear must be properly worn and securely fixed with the chin-strap in place as intended for use. All headgear must be permanently labeled with the SEI certification mark. Face masks that are soft and non-abrasive are permitted. Protective molded face masks are not permitted.

NOTE: All ASTM women's lacrosse headgear that is legal for play will be listed on the SEI website.

ART. 4 . . . 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. Equipment shall not be modified from

its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

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 ½" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 5 . . . Jewelry shall not be worn by players during warm-ups and/or competition.

- a. Medic-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible.
- b. Close-fitting cloth sweatbands, hair ties, and other soft, non-rigid materials may be worn on the arm.
- c. Barrettes and other hair adornments that are securely fastened are legal as long as they do not endanger other players.

ART. 6 . . . Eye black worn on the face must be one solid stroke with no logos/numbers/letters and shall not extend further than the width of the eye socket or below the cheekbone.

ART. 7 . . . Head coverings may be worn for religious or cosmetic reasons; must be made of non-abrasive and soft materials; and must fit securely. Head coverings worn for medical reasons require state association approval.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, religious considerations as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

PENALTIES:

1. **Players may not play if they cannot comply with player equipment rules.**
2. **Should the non-compliance be discovered after the game has begun, the player shall be removed, and free position for a minor foul shall be awarded.**
3. **For minor fouls for improper equipment, a substitute must replace the offending player unless correction can be made without delay, such as jewelry, mouthguard or eyewear.**

SECTION 8 ELECTRONIC EQUIPMENT

ART. 1 . . . Electronic equipment may be used during play by coaches on the sideline or within the coaches' area, and non-playing team members, athletic trainers and /or other individuals connected with the team. However such electronic equipment shall not be used to communicate with the 12 on-field players or any other coach not present on the team sideline or coaches' area.

ART. 2 . . . The use of artificial, voice amplifiers by coaches from the sidelines is prohibited.

PENALTY: For violation of Articles 1 and 2, Coach Misconduct penalties will be applied.

ART. 3 . . . A camera may be placed in the goal provided:

- a. It is padded, sits well inside the goal only, and is checked by officials prior to the game; and
- b. It does not interfere with warm up or play of the game.

NOTE: If the ball rebounds off of it and goes out of the circle due to a defensive play of the ball into the circle, play shall be stopped, time-out called and the ball returned to the circle to restart play.

ART. 4 . . . Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision.

ART. 5 . . . The use of personal audible wireless communication devices for officiating purposes during the game shall be permitted.

SECTION 9 UNIFORMS

ART. 1 . . . Players must wear composition or rubber-soled shoes. No spikes are permitted. Plastic, leather or rubber cleats-studs may be worn. Shoes and socks are not required to be identical for team members.

ART. 2 . . . Field players must wear jerseys that are the same single solid color and kilts/shorts/pants of the same dominant color. Kilts/shorts/pants do not have to be solid. The jerseys do not need to be the same color as the kilts/shorts/pants worn by the team (i.e., light-colored jerseys may be worn with light or dark kilts/shorts/pants; dark-colored jerseys may be worn with light or dark kilts/shorts/pants). A goalkeeper's colors must be of the same corresponding colors as teammates. The goalkeeper's jersey must be of the same color as the team; the bottom must be in agreement with the team's predominant color, white, black or gray. The goalkeeper's jersey must be worn over any chest and shoulder protective equipment.

ART. 3 . . . All players must wear numbers on the front and back of the uniform jersey. Any number 0 through 99 is legal. Double-digit numbers from zero through 9 (00, 01, 02, etc.) are not legal. Duplicate numbers on jerseys are not permitted on the same team. Numbers shall be centered vertically and horizontally and must be a minimum of 6 inches tall on the front and a minimum of 8 inches tall on the back. Numbers must be of a solid color contrasting with the body of the jersey. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width. If a number appears elsewhere on a player's uniform (such as on a kilt, shorts or pants or on the sleeves of the jersey), it must match the number on the player's jersey. A player's uniform number must be the same as that recorded in the scorebook. A player not listed on the roster and/or in the scorebook by name and correct uniform number is an illegal substitute.

ART. 4 . . . Jerseys shall be of contrasting colors for opposing teams. The coaches/schools shall agree upon uniform colors prior to the day of the game. If both teams have uniform jerseys of the same or similar color, the home team shall

be obligated to change or wear numbered pinnies of a contrasting color. Home team jerseys shall be light and visitor jerseys shall be dark.

The following jersey requirements apply:

- a. Uniform trim is permitted on the collar, cuffs and waistband that may be of contrasting colors, but not more than 1 inch wide;
- b. Side inserts (armpit to waistband) may be of contrasting, multiple colors, but not more than 3 inches wide;
- c. One manufacturer's logo/trademark or reference, not to exceed 2¼ square inches or 2¼ inches in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference; and
- d. 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. (See Appendix D)

ART. 5 . . . All visible undergarments worn under the kilts/shorts/jerseys 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. Visible long- or short-sleeve undergarments must correspond to the team's predominant jersey color or be light with light jersey and dark with a dark jersey.

PENALTIES:

1. **A team with illegal uniforms that cannot be corrected prior to beginning the game shall be penalized with a free position for a minor foul for the opponent at the center to begin the game.**
2. **If both teams are illegally dressed, the game shall begin with an alternate possession at the center to the team determined at the captains' meeting to have the first possession.**
3. **This does not preclude additional penalties during the game should a player(s) illegally modify a uniform or the violation is discovered by the official(s) after the start of the game. Should the non-compliance be discovered after the game has begun, the player shall be removed, and free position for a minor foul shall be awarded.**

SITUATIONS AND RULINGS

RULE 2 – EQUIPMENT AND UNIFORMS

THE BALL

2.1 SITUATION A: Prior to the start of the game, it is determined that the balls the home team has provided for the game do not include the labeling "meets NOCSAE standard." They do not have NOCSAE balls available. **RULINGS:** (1) If the visiting team has NOCSAE balls which may be used, or NOCSAE balls are

otherwise available, the game is played. The home team shall be penalized with free position for a minor foul for the opponent at the center to begin the game. The noncompliance shall be reported to the sponsoring authority; (2) If the visiting team does not have NOCSAE balls which may be used, and NOCSAE balls are not otherwise available, the game cannot be played. The matter shall be referred to the sponsoring authority. The standards are established to minimize risk and if no NOCSAE balls are available, the game cannot be played.

2.1 SITUATION B: During the course of the game it is determined that a ball in play, or which has been used or is about to be used, does not include the labeling “meets NOCSAE standard.” **RULING:** The ball shall be removed from the game and no penalty assessed. If a goal has been scored using the ball, the goal is permitted, and the ball is removed from the game.

FIELD CROSSE

2.2.5 SITUATION A: During the pregame stick check, it is discovered that a field player is using flat shoelaces as shooting strings. **RULING:** Illegal. **COMMENT:** 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.

2.2.5 SITUATION B: 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 is not legal.

2.2.5 SITUATION C: During pregame stick check the ball gets stuck in a player’s crosse when the crosse is at a 90-degree angle. **RULING:** If the player can fix the crosse, it may be used in the game. If not, the crosse will be placed at the table and cannot be used in the game. **COMMENT:** If this is discovered during play, the crosse will be removed from the game, placed on the table and penalized as a minor foul.

GOALKEEPER CROSSE

2.3.4 SITUATION: The blue goalkeeper is using three shoelaces as shooting strings, with two across the top of the crosse and one forming a “V” down the middle. **RULING:** Legal. **COMMENT:** The goalkeeper crosse may have more than two shooting 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.

GOALKEEPER EQUIPMENT

2.6.1 SITUATION A: A goalkeeper fastens a Mohawk adornment on the goalkeeper helmet. **RULING:** Illegal. **COMMENT:** Paint, decals or tape are the only adornments permitted.

2.6.1 SITUATION B: A goalkeeper wears a throat protector that is attached to the helmet using screws. **RULING:** Legal. **COMMENT:** This is one type of “separate” throat protector.

2.6.1 SITUATION C: During pregame check, the official notices that the goalkeeper is wearing sunglasses under the goalkeeper helmet. **RULING:** Legal. **COMMENT:** A player may wear eyeglasses, either tinted or clear under the goalkeeper helmet.

2.6.2 SITUATION: A goalkeeper wears football shoulder pads. **RULING:** Legal, if they do not exceed the maximum legal thickness of 1 inch.

PERSONAL EQUIPMENT

2.7.1 SITUATION: At the center draw, the official notices one of the players without a mouthpiece. The player then reaches into a sock, gets a mouthpiece and puts it in. **RULING:** Illegal. Minor foul for not wearing a mouthpiece properly. **COMMENT:** Because the player was able to correct the problem immediately the player does not have to leave the game. If not, the player must leave the game and be replaced by a substitute.

2.7.3 SITUATION A: A field player asks to wear a goalkeeper helmet to protect an injury. **RULING:** Illegal. **COMMENT:** A player cannot wear a goalkeeper helmet. A field player may wear headgear which meets the ASTM standard for Women's Lacrosse headgear. Headgear must allow for the integration of required legal eye protection and is to be worn as directed.

2.7.3 SITUATION B: During play, the official notices a player wearing headgear that does not have a fastened chin strap as the manufacturer intended. **RULING:** Illegal. A minor foul is assessed for equipment non-compliance. **COMMENT:** A substitution must replace the offending player unless correction can be made without delay. A free position for a minor foul shall be awarded.

2.7.5 SITUATION: A player is wearing a hair tie on a wrist. **RULING:** Legal. **COMMENT:** Close-fitting cloth sweatbands, hair ties, and other soft, non-rigid materials may be worn on the arm.

ELECTRONIC EQUIPMENT

2.8.1 SITUATION: An assistant coach is in the press box and is communicating to the head coach by phone or headset. **RULING:** Illegal. **COMMENT:** Coach misconduct penalties will apply.

UNIFORMS

2.9.3 SITUATION: A red player, No. 50, plays goalkeeper the first half of the game. The second half the same player plays on the field as No. 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 the player's name and recorded in the scorebook.

2.9.4 SITUATION: A team chooses to memorialize a former player by wearing the player's number on their uniform jersey sleeve. **RULING:** Illegal. **COMMENT:** 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 memory.)

Rule **3** Game Personnel

SECTION 1 THE TEAMS

A game is played between two teams. Twelve players constitute a full team. Any number up to 12 players of each team may be on the field of play at the same time. One of the 12 players on each team may be a goalkeeper.

SECTION 2 HEAD COACH RESPONSIBILITIES

ART. 1 . . . The head coach shall be in control of and responsible for the actions of any and all persons officially connected with their 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.

ART. 2 . . . Other coaching responsibilities include:

- Verbally certify that all team equipment (crosses, eye protection, balls, goalkeeper helmet, etc.) is legal under these rules.
- Indicate the starting lineup to the scorer 10 minutes prior to the game.
- Indicate a substitute for an injured or suspended player.
- Approach the official pregame, at half time or during time-outs for clarification of rules.
- Request a time-out from the official.

ART. 3 . . . Only the head coach or captain(s) will communicate with the officials during the play of the game.

SECTION 3 GAME ADMINISTRATOR

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 timekeeper 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.

SECTION 4 CAPTAINS

The captain's responsibilities are:

- To call any coin toss for choice of ends or initial alternate possession;
- To indicate that the captain's team is ready to play at the beginning of each half; and
- To approach the official for clarification of rules.

SECTION 5 OFFICIALS

ART. 1 . . . The game shall be officiated by two officials who are certified for the girls game by the authority having jurisdiction; three officials are recommended.

NOTE: State associations may consider extenuating circumstances on a case-by-case basis. The official's jurisdiction extends from 30 minutes before the game begins until the officials leave the playing venue. Officials should be on the field and be in charge of the game 30 minutes prior to game time. The officials will enforce the rules and officiate 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.

ART. 2 . . . Prior to the game the officials will inspect the grounds, goals, balls, crosses, clothing, shoes, jewelry and protective equipment and see that they are in accord with the rules.

ART. 3 . . . Prior to the game the officials will meet with the head coach and captains of each team and shall:

- a. Conduct introductions;
- b. Conduct coin toss (called by visiting captain);
- c. Review ground conditions;
- d. Review appropriate rule interpretations;
- e. Verify with each coach that all players' uniforms and equipment are legal (Rule 2); and
- f. Agree upon the length of halftime.

ART. 4 . . . Other official 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 the head coach during time-outs and halftime. The head coach from the opposing team must be given the opportunity to be present during any meeting with the officials by either team.
- 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.

ART. 5 . . . Officials retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the officials had jurisdiction. State associations may intercede in the event of unusual incidents before, during and after the official's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

ART. 6 . . . In games for which an alternate or table official is assigned, the alternate official will follow the duties outlined in Appendix B of these rules.

SECTION 6 SCORER

ART. 1 . . . 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.

ART. 2 . . . The official scorer will assume the following duties:

- a. Record the starting lineups of both teams 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 lineup cannot be made until the game starts. A roster with names and numbers of all players must be at the scorer's table prior to the start of the game;
- b. Keep an accurate record of the goals scored in the official home team scorebook.

COMMENT: 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 officials;
- d. Notify the official on the first ensuing stoppage of play if there has been an illegal substitution;
- e. Record any cards next to the player's name in the scorebook: delay of game (green/yellow-"gy"); warning (yellow-"y"); ejection (red "r"). A green card "g" for delay of game or any card issued to a coach or other team personnel must also be recorded in the scorebook;
- f. Notify the official immediately when a second warning is given to the same player;
- g. Record the delay of game suspension including the time on the game clock when a player is suspended;
- h. Record the time on the game clock when a player or coach is given a yellow or red card;
- i. Notify the official immediately if a team receives a fourth card;
- j. Notify the official when a 10-goal differential exists;
- k. Record time-outs taken by each team; and
- l. Maintain an accurate record for alternate possession.

SECTION 7 TIMER

ART. 1 . . . The official timer will be from the home team and will sit at the scorer's/timer's table opposite the center circle.

ART. 2 . . . 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 clock will continue to run after goals and within the last two minutes of play in each half (no stop clock), except when the official signals time-out. If the difference becomes less than 10 goals, the stop clock procedure is reinstated;
- b. Start the clock on the whistle at each draw;
- c. Sound a horn at the first stoppage of play:
 1. To notify the official of an illegal substitute; and
 2. If a clock has malfunctioned.
- d. Sound the horn twice to indicate a time-out request by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball;

- e. Notify the official when there are two minutes remaining in each half of the game;
- f. During the last two minutes of each half of the game, stop the clock when there is a foul in the critical scoring area, then restart the clock on the official's whistle unless there is a 10 or more goal differential. If the difference becomes less than 10 goals, the stop clock procedure is reinstated;
- g. Sound a horn to indicate the end of the half and the end of the game;
- h. Stop the clock for any other circumstances only upon the time-out signal and whistle from the official;
- i. Notify the official when a team requests a time-out and use a separate clock to time the time-out;
 1. Time two minutes;
 2. Blow the horn at 1 minute, 45 seconds; and
 3. Blow the horn at two minutes.
- j. Note the time on the clock when a player is issued a green/yellow card for delay of game and time the two-minute elapsed playing time penalty, and notify the coach when the two-minute penalty time has ended; and
- k. Note the time on the clock when a player or coach is issued a yellow (two-minute) or red card (four-minute) and time the elapsed playing time penalty, and notify the coach when the penalty time has ended.

NOTES:

1. The clock shall be stopped during time-outs even if the game is being played with running clock due to the 10-goal differential. A running clock means that the clock is NOT being stopped after goals or on whistles in the last two minutes in each half. If time runs out prior to the complete administration of a free position, then it shall not be administered.
2. Leagues may elect to play with modified timing.

SITUATIONS AND RULINGS

RULE 3 – GAME PERSONNEL

THE TEAMS

3.1.1 SITUATION: 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. **COMMENT:** See personnel restrictions for goalkeeper misconduct. (Rule 12)

HEAD COACH RESPONSIBILITIES

3.2.2 SITUATION: Five minutes prior to game time, a coach attempts to change the team lineup after it has been given to the scorer. **RULING:** No changes to the lineup will be permitted 10 minutes prior to the game. The only exception is a change due to injury.

3.2.3 SITUATION: An assistant coach approaches the officials for a time-out. The official grants one. **RULING:** Incorrect. Only the head coach or a player on the

field may request a time-out. **COMMENT:** No foul; however, repeated offenses by assistant coach(es) may be considered misconduct and a card issued.

TIMER

3.7.2 SITUATION: During play while a team is in possession of the ball, the coach goes to the table to request a possession time-out. The timer sounds the horn twice. The official blows the whistle to stop play for the team time-out. **RULING:** Correct procedure. **COMMENT:** The possession time-out is signaled by the timer sounding the horn twice.

Rule 4 Time Factors, Substitution and Scoring

SECTION 1 DURATION OF PLAY

ART. 1 . . . The maximum regulation playing time is 50 minutes divided into two halves, or such time as agreed upon by the coaches. Halftime will be 10 minutes, but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game. Players must change ends to begin the second half.

ART. 2 . . . In all games, the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game, and when there is a foul called in the critical scoring area during the last two minutes of each half.

ART. 3 . . . If a team is leading by 10 or more goals, the clock will continue to run after goals and when there is a foul called in the critical scoring area during the last two minutes of each half. If time runs out prior to the complete administration of a free position, then it shall not be administered. If the difference becomes less than 10 goals, the clock will resume stopping for fouls in the critical scoring area.

SECTION 2 OFFICIAL TIME-OUTS

ART. 1 . . . Play should be continuous, but at the discretion of the official, 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.

ART. 2 . . . Time-out must be taken in case of illness, accident or injury, for the issuance of a card, to check a crosse, for offside, inadvertent whistle, alternate possession, anytime the draw must be retaken and when there is a foul in the critical scoring area during the last two minutes of each half (unless there is a 10-goal differential).

EXCEPTION: When the 10-goal rule is in effect, no time-out should be called for a redraw or when there is a foul in the critical scoring area during the last two minutes of each half.

ART. 3 . . . A time-out shall be taken due to player injury or suspected injury. Whether or not medical personnel or a coach comes onto the field to attend to a player, that player(s) must leave the field. A substitute must take the injured player's place. During an injury time-out:

- a. No one from the sideline may come onto the field without the permission of the official;
- b. Coaching is prohibited;
- c. If a free position is to be taken and a team has no substitute available, the official may move the nearest player to assume the position of the player who left the field;
- d. If the injured player is the goalkeeper and there is no other "dressed" goalkeeper for that team, the goalkeeper may remain in the game;
- e. Substitution, not to exceed 30 seconds, must be made in case of injury; and
- f. No stick checks will be permitted during this stoppage of play.

EXCEPTION: In the event of an injured goalkeeper, the injured goalkeeper must be replaced by a dressed goalkeeper, if one is available. If the backup goalkeeper is in the game as a field player, time will be permitted to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace that field player.

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 G, Suggested Guidelines for Management of Concussion)

Officials must not attempt to diagnose a concussion, as they are not qualified to do so. The officials and coaches need to practice due diligence to ensure the safety of all players. If there is not an appropriate health-care professional available for evaluation, then the default is that the player may not return to play (RTP).

SECTION 3 TEAM TIME-OUTS

ART 1 . . . Each team shall be permitted two time-outs during regulation game time that do not carry over into overtime. Each team is permitted one time-out during the entire duration of overtime.

ART. 2 . . . Time-out may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.

- a. The time-out shall be two minutes in duration commencing at the time the official 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/whistle will sound. At two minutes, the horn/whistle will sound again; and
- b. Successive time-outs will not be permitted.

ART. 3 . . . If a possession time-out is called:

- a. Play will be started at the spot of the ball;
- b. When play will resume with a free position, the official should set up the free position, signal for the time-out and then allow the teams to leave the field;

- c. Substitutions will be permitted during this stoppage of play, with exception to the player being awarded the ball and the offender; and
- d. When the ball is in the critical scoring area, the play will start on the closest dot unless the goalkeeper has possession of the ball in the goal circle or play will resume with a free position.
- e. When the goalkeeper has possession of the ball in the goal circle, play will start in the goal circle and the 10-second count will continue from the point of interruption to restart play.
- f. When play resumes with a free position, the play will start at the location of the free position.
- g. No player is permitted within 4 meters of the player with the ball when play resumes.

PENALTY: A minor foul will be called if a team is not ready to start after two minutes, a team requests a third time-out or a team illegally substitutes.

SECTION 4 SUSPENDED/INTERRUPTED GAME

ART. 1 . . . Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The official's decision is final. A game is considered legal and complete if 80 percent of playing time has elapsed. An interrupted game continued on the same day shall be restarted from its point of interruption.

ART. 2 . . . If a suspended game (one in which less than 80 percent of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.

ART. 3 . . . All stats from a suspended game (goals, team cards, etc.) should carry over from one part of a game to another even if it is played on a separate day. Cards should be recorded in the official book.

NOTE: If 80 percent of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.

SECTION 5 FORFEITED GAME

ART. 1 . . . 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.

ART. 2 . . . If a suspended/ejected 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/ejected individual is a student, that individual may remain in the team bench area.

ART. 3 . . . In the case of a coach being removed from the field and an assistant coach or other authorized team personnel not being available, the team shall forfeit the game.

SECTION 6 OVERTIME PROCEDURES

When the score is tied at the end of regular playing time and overtime is to be played, both teams will have a five-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by “sudden victory.” The team scoring the first goal wins the game. Each overtime period shall be two three-minute halves. The clock stops on official time-outs or fouls in the critical scoring area. After the first half of the overtime period, teams shall change ends with no delay for coaching. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a three-minute rest and change ends. Play will continue with “sudden victory” until a winning goal is scored. Each overtime period shall be two three-minute halves. After the first half of the overtime period, teams shall change ends with no delay for coaching.

SECTION 7 SUBSTITUTION

ART. 1 . . . Each team may substitute an unlimited number of players at any time during play, after every goal and at halftime.

ART. 2 . . . Time-out is not taken for substitution during the normal course of play. Re-entry is permitted.

ART. 3 . . . All substitutions must be made through the substitution area, and during play, all players, including the goalkeeper, must come off the field and exit between the cones/markers before a substitute may go on to the field.

ART. 4 . . . During play, the player must enter the game through the substitution area and not enter this area until the substitution is imminent.

- a. A substitute must not go onto the field until the player being replaced has entered the substitution area (this includes the goalkeeper);
- b. The player exiting the field has the right of way and any players in the substitution area must yield their position and allow the player to exit;
- c. No other players shall be in this area except those involved in the imminent substitution; and
- d. Substitutes must not block the view of scorer’s table personnel.

NOTE: A guideline to follow when judging “imminent” is that when the player wishing to substitute 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.

ART. 5 . . . After a goal, players substituting may immediately enter the game and do not have to wait for the teammates they are replacing to come completely off the field. All players must enter and exit the field through the substitution area.

- a. Substitutions may not take place after the official’s hand is in contact with both centers’ sticks at the draw. The officials will ensure that there are no more than 12 players on the field before the game restarts;
- b. No other players or coaches are permitted in the substitution area except those players waiting to immediately enter the game or a player or coach imminently exchanging a crosse with a player on the field; and

- c. When an illegal substitution occurs, the scorer/timer will immediately notify the nearest official.

ART. 6 . . . Player Suspension/Ejection: Substitutions will be permitted.

ART. 7 . . . Illegal substitutes are:

- a. A player who enters without going through the substitution area;
- b. A player who enters prior to a teammate leaving the field;
- c. A player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game;
- d. An extra player;
- e. A player who enters after the official's hand is on the sticks for the draw;
- f. A suspended player who returns to the game (second yellow); or
- g. An ejected player who returns to the game (red).

PENALTIES:

1. The official will call a time-out and remove the illegal substitute.
2. The penalty for (a-e) is a free position for the opposing team at the spot where play was to resume before the illegal substitution occurred. If the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered. For breach of this rule simultaneously, the official will award an alternate possession at the spot where play was to resume.
3. The penalty for (f-g), shall be coach misconduct. (Rule 12 – Misconduct)

NOTE: 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 the offending team.

SECTION 8 SCORING

ART. 1 . . . 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 crossbar from in front, having been propelled by the legal crosse of an attacking player, or the crosse or person of a defending player. The shot or propelled action must release the ball before time expires. If violation of jewelry, eye protection or mouthguard is discovered immediately after a goal, the goal counts and the free position is taken at the center circle.

ART. 2 . . . The shot is deemed complete when:

- a. The ball enters the goal;
- b. Any player gains possession;
- c. The ball goes out of bounds;
- d. The ball comes to rest on the field of play or inside goal circle; or
- e. The ball touches the ground below the goal line extended.

ART. 3 . . . 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 has been released 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 official 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 is offside;
- i. The ball enters the goal from a crosse that is **not legal**. If the player who shot the goal adjusts their crosse after an official's request for a crosse inspection, the goal will not count, and the crosse will be removed from the game;
- j. The ball enters the goal from the attacking team's goalkeeper or the goalkeeper's crosse; or
- k. The ball enters the goal when a shot is taken from an indirect free position.

PENALTIES:

1. **Free position for opponent at spot designated by the official.**
2. **If an illegal substitute 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 play shall be resumed with a free position at the center by the opposing team. Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position and play will commence on the official's whistle.**
3. **In the event that a goal was scored with a crosse that is not legal before play is restarted, the goal shall not count, the crosse shall be removed and play shall be resumed with a free position at the center by the opposing team. Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position and play will commence on the official's whistle.**
4. **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 that is not legal, the goal shall stand, and a free position will be taken at the center by the opposing team. Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position and play will commence on the official's whistle.**

SITUATIONS AND RULINGS

RULE 4 – TIME FACTORS, SUBSTITUTION AND SCORING

DURATION OF PLAY

4.1.1 SITUATION: At halftime of the game, Coach A wants only five minutes instead of the 10 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.

4.1.2 SITUATION: A foul is called inside the critical scoring area 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 to administer the free position. **RULING:** Correct procedure. **COMMENT:** The timer was correct to let the clock run. The clock stops on every whistle for fouls called within the critical scoring area within the last two minutes of each half.

OFFICIAL TIME-OUTS

4.2.3 SITUATION: The goalkeeper is hurt, while in the goal circle, and the back-up goalkeeper is on the field in an attack position. The back-up goalkeeper leaves the field during the injury time-out to put on goalkeeper equipment. When play is to resume, the back-up goalkeeper is in the goal circle. **RULING:** Legal. If the back-up goalkeeper is in the game as a field player, time will be given to assume the position of the injured goalkeeper when play is to resume.

SUBSTITUTION

4.7.4 SITUATION A: Player A is running toward the team substitution area when the whistle blows to stop play. Player A continues moving and attempts to complete the substitution. **RULING:** Legal. **COMMENT:** Player A may move to complete the substitution.

4.7.4 SITUATION B: Player A on the White team is injured, and an injury time-out is called. While Player A's substitute is coming onto the field, Blue team coach sends a substitute in for a Blue team player. The official blows the whistle for an illegal substitute. **RULING:** Legal. **COMMENT:** Substitutions from either team are legal during an injury time-out and should NOT be considered an illegal substitute.

SCORING

4.8.1 SITUATION A: During the game a goalkeeper with the goalkeeper's crosse, outside the goal circle, tosses the ball back into the goalkeeper's 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.

4.8.1 SITUATION B: The shooter releases the ball from the shooter's crosse in a shot on goal. The game horn then sounds (either for the half or the end of the game). The ball goes into the net after the horn sounds. **RULING:** Goal. The shooter released the ball prior to the horn sounding. The goal is counted. **COMMENT:**

The release of the ball from the shooter's crosse prior to the horn is considered a legal shot.

4.8.3 SITUATION A: The attack shoots and scores a goal. The official immediately realizes that the attack is offside. **RULING:** No goal. The official should sound the whistle and indicate no goal. The goalkeeper will be awarded a free position. The attack player who shot the ball will go 4 meters behind; the attack player closest to the restraining line will move back onside.

4.8.3 SITUATION B: Team A's goalkeeper throws the ball from the goal circle the length of the field and it goes in Team B's goal. **RULING:** Illegal, no goal. The goalkeeper may not score for Team A. A major foul is called and a free position is awarded to the opposing goalkeeper in Team B's goal circle. The goalkeeper who shot the ball is permitted to remain in Team A's goal circle. No other player is placed behind the opposing goalkeeper.

Rule 5 Starting and Restarting Play

SECTION 1 STOPPING AND STARTING PLAY

ART. 1 . . . The whistle is used to stop and start play with the exception of self-start. When starting play, the official 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.

ART. 2 . . . Upon the restart whistle or self-start when permitted, the player with the ball may run, shoot or pass.

EXCEPTION: The player taking an indirect free position may not shoot until the ball has been played by another player.

ART. 3 . . . If the game has to be stopped due to an accident, injury or illness, inadvertent whistle by an official, 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 official. Play shall not be restarted within 8 meters of the goal circle or within 4 meters of the boundaries; or
- 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 the ball is within the critical scoring area, the play will be restarted at the closest dot. If two players are equidistant from the ball, alternate possession is awarded. No player is permitted within 4 meters of the player with the ball when play resumes.

SECTION 2 STARTING PLAY – DRAW

ART. 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 alternate possession at the center line has been awarded.

ART. 2 . . . Any number up to 12 players of each team may be on the field before the start of each draw.

NOTE: Players may not enter the field after the official's hand is on the sticks for the draw until a player has gained possession of the ball, the ball goes out of bounds or crosses the restraining line, or a whistle stops play for a foul.

ART. 3 . . . Draw Positioning

- a. The opponents each stand with one foot toeing the center line and each opponent must have both feet on the same side of the center line behind their crosse.
- b. The crosses (shaft and head combined) are held in the air, above each player's 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. Players' crosses must be parallel to and above the center line. The entire length of both crosses must be contained within the vertical plane of the center line. When setting up the draw, the official should be aware of possible height differentials between the centers and place the crosses in such a way that neither player gains an advantage.

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 the player's goalkeeper.

- c. A player's top hand may not contact any part of the sidewall or pocket.
- d. The ball is placed between the crosses by the official and must be placed in the upper third of each head at its widest point.
- e. On the word "ready" the players taking the draw must remain motionless except for head movement until the whistle.
- f. On the whistle the two opponents must immediately draw their crosses up from the starting position. The flight of the ball must attain a height higher than the heads of the players taking the draw.

ART. 4 . . . An Illegal Draw occurs when:

- a. Either player draws too soon.
- b. No attempt is made to draw up.
- c. Movement of the crosse is not up.
- d. Player taking the draw moves after the official says "ready" and before the official's whistle.
- e. Ball does not go higher than the heads of the players taking the draw.

NOTE: If the ball goes directly out of bounds from a legal draw, the draw will be retaken.

ART. 5 . . . Player positioning

- a. A maximum of three players from each team may be between the restraining lines during the draw until the restraining line is released. All other players must be below either restraining line.
- b. The team's dressed goalkeeper may not draw or be between the restraining lines. (Major foul)

- c. Players must not step on or over the center circle until the whistle blows.
- d. Players must not step on or over the restraining lines if doing so exceeds the permitted number of players between the restraining lines on the draw.
- e. Sticks may be over the center circle or restraining lines. The stick can be touching the ground prior to/during the draw. Players may reach over the restraining or center circle line and touch the ground with their stick to play the ball, as long as no part of the player's foot or body is touching the ground on or over the line.

ART. 6 . . . Release of restraining line

- a. The restraining line is released when any of these events occur:
 1. A player of either team has gained possession of the ball.
 2. The ball goes out of bounds off of a player or the player's crosse.
 3. The ball crosses the restraining line.
 4. A whistle stops play for a foul.
- b. A player is in possession of the ball when the ball is in the player's crosse and the player can perform any of the normal functions of control such as cradle, carry, pass or shoot.
- c. If a player causes the ball to go out of bounds prior to possession being established, this is a change of possession for a boundary ball.

PENALTIES:

1. **When an illegal draw occurs, a free position for the opponent is awarded at the center line. Self-start is permitted for the free position unless the game clock is stopped. Player positioning for the draw shall not apply. No player or the player's crosse is permitted within 4 meters of the player taking the free position.**
2. **If both players draw illegally or it cannot be determined why the draw was illegal, the official will call time-out and a re-draw will occur.**

EXCEPTION: When the 10-goal rule is in effect, no time-out should be called for a re-draw.

3. **Violations of player positioning (except for illegal positioning by the goalkeeper) results in a free position for the opponent at the spot of the ball at the time of the foul. For the free position, a player from the offending team is placed 4 meters away toward the goal the player is defending. Illegal positioning by the goalkeeper is a major foul and shall be administered according to major foul penalties.**

NOTE: Offsetting violations of the draw and player positioning will result in an alternate possession at the spot of the ball.

SECTION 3 RESTARTING PLAY – FREE POSITION

Violation of any rule is a foul. The penalty for a foul is a free position. No free position may be taken closer than 4 meters to a boundary line. No free position may be taken closer than 8 meters to the goal circle except by the goalkeeper who may be awarded a free position inside the goal circle.

- a. The official indicates where the player taking the free position is to stand.

- b. The free position shall be at the spot of the foul unless specifically directed by the rules or the spot of the foul would disadvantage the non-offending team in which case the free position shall be at the spot of the ball.
- c. Free positions below the goal line extended and in the critical scoring area shall be taken at the closest dot marked on the field.
- d. No player or the player's crosse is permitted within 4 meters of the player taking the free position; if anyone is within this distance they must move to a position indicated by the official.
- e. The player who committed the foul shall move 4 meters away from the free position, except for the goalkeeper who commits a goal circle violation or a minor foul while partially or completely in the goal circle.
 1. For major fouls anywhere on the field, the offending player will move 4 meters behind the player taking the free position. This also applies to the goalkeeper or deputy whether within or outside the goal circle. When the goalkeeper is awarded a free position within the goal circle, the player committing a major foul is placed 4 meters behind the goal circle.
 2. For minor fouls anywhere on the field, the offending player will move 4 meters away in the direction from which the offending player approached before committing the foul. This applies to the goalkeeper if wholly outside the goal circle.
 3. When the game starts/restarts with a free position or alternate possession at the center line rather than a draw, player positioning for the draw shall not apply. No player or the player's crosse is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle.

SECTION 4 RESTARTING PLAY – SELF-START

ART. 1 . . . Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse). The player fouled must take the free position within playing distance of the spot of the foul. The offending player shall move 4 meters from the player taking the free position as directed by the official. All players must move 4 meters away from the free position.

ART. 2 . . . Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage in play with the ball carrier. A player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials' whistle.

ART. 3 . . . If the player who is awarded the free position attempts to self-start from a position farther from a playing distance from the spot of the foul or before settled, the official shall blow the whistle, set the free position up at the spot of the foul, and play may commence with self-start. Repeated attempts to self-start from a position farther than a playing distance from the spot of the foul, or without settling may result in a delay-of-game card. Repeated failure to move away from

the free position, move behind the ball carrier, or self-start from beyond the playing distance may result in the official stopping play, warning the offenders and restarting play on the whistle. This may result in a delay of game penalty.

ART. 4 . . . If a player self-starts when self-starts are not permitted, this is a false start. The opponent shall be awarded the ball and start play on a whistle.

ART. 5 . . . Self-start is not an option when:

- a. The game clock is stopped;
- b. There is an offside foul;
- c. The foul is in the critical scoring area;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or
- f. A goal is scored.

SECTION 5 RESTARTING PLAY – ALTERNATE POSSESSION

ART. 1 . . . Alternate possession is awarded when:

- a. The ball goes into the goal off a non-player.
- 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 equidistance from the ball.
- e. A ball lodges in the clothing of a field player or official.
- f. Two players commit offsetting 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.

ART. 2 . . . The initial alternate possession shall be determined at the captain's meeting. After the initial possession is awarded, the possession will then alternate. Alternate possession is continuous through any overtime period(s). The record of the possession shall be kept at the table.

ART. 3 . . . The alternate possession shall be taken by the two opponents closest to the foul/ incident (except the goalkeeper who may clear into the goal circle unless the goalkeeper fouled).

- a. Alternate possession awarded outside of the critical scoring area is taken where the incident or foul occurs that caused play to stop except that no alternate possession is taken within 4 meters of the boundaries. The opponent will move 4 meters away and nearer to the goal the opponent is defending. No other players may be within 4 meters.
- b. Alternate possession awarded inside of the critical scoring area shall be awarded at the closest dot. The opponent will move 4 meters away and nearer to the goal the opponent is defending. No other players may be within 4 meters. The goalkeeper may clear back into the goal circle unless the goalkeeper fouled the opponent.

ART. 4 . . . If the team awarded the alternate possession commits a subsequent foul before the free position has been administered, that team will lose possession and its right to call time-out.

SITUATIONS AND RULINGS

RULE 5 – STARTING AND RESTARTING PLAY

STOPPING AND STARTING PLAY

5.1.3 SITUATION: An incident off the ball causes play to be stopped. There is no foul and the player in possession of the ball is only 3 meters from the goal circle. The official restarts play at the spot of the ball when play was stopped. **RULING:** Incorrect procedure. **COMMENT:** The player with the ball will move to the dot closest to the spot of the ball when play was stopped. All other players may move freely to position themselves prior to the restart, and no closer than 4 meters to the ball carrier.

DRAW

5.2.2 SITUATION A: The game is ready to begin, and the center official is ready to start the draw. The tableside official notices that the Blue team has 12 players on field and the White team has only 10 players on field. Both teams are in the correct position for the draw. The tableside official tells the White coach two more players are required on the field. **RULING:** Incorrect procedure. **COMMENT:** While the tableside official may preventively inform the White coach that only 10 players are on the field, the coach is not required to have 12 at the draw.

5.2.2 SITUATION B: Team A has 11 players on the field to start the game. While the official has a hand on the sticks, the 12th player runs onto the field. The official will call a time-out, remove the player and assess a minor foul for an illegal substitute on the draw. **RULING:** Correct procedure. **COMMENT:** A player may not enter while the official's hand is on the stick for the draw even if the team has fewer than 12 players on the field.

5.2.5 SITUATION: Before the ball crosses the restraining line, a Blue player touches the stick to the ground while reaching across to play the ball. **RULING:** Legal.

5.2.6 SITUATION A: After a draw, and before possession is established, the ball touches a White player and goes out of bounds in the area between the restraining lines. **RULING:** Boundary Ball. The ball is given to the Blue team.

5.2.6 SITUATION B: After a draw, the ball touches a player or players and goes out of bounds in the area between the restraining lines. Officials do not know who touched it last. **RULING:** Alternate possession 4 meters from the boundary per Rule 5-5-1c.

5.2.6 SITUATION C: After a draw, a Blue player crosses the restraining line on the whistle, and before possession has been established, four Blue players are

now between the restraining lines. **RULING:** Free position for White at the spot of the ball at the time of the foul.

5.2 PEN SITUATION A: The White center draws illegally while a player on the Blue team crosses the restraining line before the whistle. Four Blue players are now between the restraining lines. **RULING:** Illegal. Since these actions are a violation by each team, the official will administer an alternate possession at the spot of the ball.

5.2 PEN SITUATION B: The official has the two centers in position for the draw. As the official is backing out and blowing the whistle to start play and the game clock, one of the centers fails to draw up. The official blows the whistle to indicate an illegal draw and awards a free position to the non-offending center. Must all other players return to their original positions? **RULING:** No. A self-start is permitted for the free position. Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position.

5.2 PEN SITUATION C: On the center draw, the ball does not go above the heads of the players taking the draw. White and Blue have equal opportunity to play the ball so the official allows play to continue. **RULING:** Incorrect. Since the ball did not go high enough to meet the criteria for a legal draw, the official should call timeout and administer a re-draw.

EXCEPTION: No timeout is called if there is a 10-goal differential.

5.2 PEN SITUATION D: The White center moves after the official says “ready” and before the official’s whistle. **RULING:** Illegal. The official blows the whistle to indicate an illegal draw and awards a free position for Blue at the center line. Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position. Play will commence on the official’s whistle since the game clock is stopped.

RESTARTING PLAY – SELF-START

5.4.2 SITUATION: A Blue player pushes a White player outside of the critical scoring area. The White player picks the ball up in the player’s crosse and commences play from a settled stance within playing distance of the foul. The White player engages the Blue player after the self-start, but prior to moving 4 meters behind. **RULING:** Legal. **COMMENT:** Defenders may engage in play once the ball carrier commences play.

5.4.5 SITUATION: A White player empty stick checks a Blue player. The penalty is administered at the dot. The Blue player self-starts. **RULING:** Illegal. **COMMENT:** Self-starts are not permitted for fouls inside the critical scoring area.

ALTERNATE POSSESSION

5.5.1 SITUATION A: 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 official notices that A1 is wearing jewelry. **RULING:** Alternate possession is

awarded for offsetting fouls. A1 must remove the jewelry without delay before play is resumed or a substitute takes A1's place.

5.5.1 SITUATION B: On a slow whistle, the scoring play has ended and the attack has been awarded a free position. The official notices that an attack player is not wearing a mouthguard. **RULING:** Illegal. Minor foul. Alternate possession is awarded for offsetting fouls.

Rule 6 Boundaries

SECTION 1 BALL IN AND OUT OF PLAY

ART. 1 . . . The ball is out of bounds when:

- A player is in possession of the ball and steps on or over the boundary line;
- Any part of a player's body or crosse touches the ground on or outside the boundary while in possession of the ball; or
- A loose ball touches the boundary line or the ground outside the line.

ART. 2 . . . The player/team that last touched the ball before it went out of bounds will lose possession unless it was a shot or a deflected shot on goal. The opposing team will be awarded the ball when play resumes.

ART. 3 . . . A player in possession of the ball may hold the crosse outside the boundary as long as the player's foot/feet are not on or over the boundary line.

SECTION 2 BOUNDARY PLAY

ART. 1 . . . 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.

ART. 2 . . . 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.

ART. 3 . . . 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.

ART. 4 . . . A player whose foot/feet are out of bounds may not take an active part in the game. This will be penalized as a minor foul.

ART. 5 . . . Players may not run out of bounds and re-enter to a more advantageous position. This will be penalized as a minor foul.

SECTION 3 RESUMING PLAY

ART. 1 . . . To resume play when the ball has gone out of bounds:

- Any opponent will place the ball in their crosse and shall commence play with a self-start unless the game clock is stopped. A player may not com-

mence play with a pass from out of bounds. Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds. If the player commences play from out of bounds with a pass, the official shall blow the whistle and the opposing team will be awarded possession.

- b. When play is resumed, all other players (crosse and feet) shall move at least 2 meters from the restart position and shall not engage the player with the ball until that player self-starts.
- c. When the game clock is stopped, the official will bring the player with the ball 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be within 2 meters of the player with the ball.

ART. 2 . . . When a shot or deflected shot on goal goes out of bounds, the team of the player whose body or crosse is inbounds and nearest to the ball when it crosses the boundary is awarded possession of the ball.

- a. The player will place the ball in their crosse and shall commence play with a self-start unless the game clock is stopped. A player may not commence play with a pass from out of bounds. Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds. If the player commences play from out of bounds with a pass, the official shall blow the whistle and the opposing team will be awarded possession.
- b. If two opposing players are equidistance from the ball (stick or body) when it goes out of bounds alternate possession will be awarded.
- c. When play is resumed, all other players (crosse and feet) shall move at least 2 meters from the restart position and shall not engage the player with the ball until that player self-starts.
- d. When the game clock is stopped, the official will bring the player with the ball 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be within 2 meters of the player with the ball.

ART. 3 . . . A shot or deflected shot remains a shot until:

- a. The ball goes out of bounds;
- b. The ball comes to rest on the field of play;
- c. A player gains possession of the ball; or
- d. A player otherwise causes the ball to go out of bounds.

ART. 4 . . . It is the official's responsibility to determine if a thrown ball is a shot.

ART. 5 . . . When the ball goes directly out of bounds from a legal draw, the draw will be retaken.

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 official'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 the player's crosse or body and does not gain any distinct/clear advantage or control the ball.

SITUATIONS AND RULINGS

RULE 6 – BOUNDARIES

BALL IN AND OUT OF PLAY

6.1.2 SITUATION: A Red player near the sideline attempts to pick up a loose ball but instead kicks the ball out of bounds. **RULING:** Change of possession. This is not a free position for a foul, but simply a change of possession on a ball out of bounds. The ball is awarded to the nearest Blue player.

BOUNDARY PLAY

6.2.4 SITUATION: 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. The player's momentum then carries the player 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 the player occupied prior to stepping out of bounds, not to a more advantageous position.

6.2.5 SITUATION A: 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 and 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.

6.2.5 SITUATION B: A Red defense player leaves the field during play to talk to the Red team's coach near the bench area. As the player 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.

RESUMING PLAY

6.3.1 SITUATION A: A Blue player is awarded a boundary ball. The game clock is running. The Blue player comes onto the field and continues play by running down the field without breaking stride. **RULING:** Legal. **COMMENT:** Play will resume with a self-start as soon as the player comes inbounds if the game clock is running.

6.3.1 SITUATION B: A Red player is awarded a boundary ball with the game clock running. The opponents are at least 2 meters from the restart position. The ball carrier comes onto the field and is immediately engaged by defense. **RULING:** Legal. Play will commence as soon as the player comes inbounds. **COMMENT:** If the game clock is stopped, the official will bring the player with the ball 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be within 2 meters of the player with the ball.

6.3.1 SITUATION C: When the ball goes out of bounds, the player awarded possession of the ball places the ball in their crosse, then throws the ball to a

teammate from out of bounds. **RULING:** Illegal. **COMMENT:** A player may not commence play with a pass from out of bounds. This is a minor foul and change of possession. A free position is awarded to an opponent 4 meters inside the boundary line and all players shall move at least 4 meters from the free position. Self-start allowed unless the game clock is stopped.

6.3.1 SITUATION D: A Blue player with the ball steps on the boundary line. The official blows their whistle and signals direction of possession. The Blue player drops the ball on the field. A player from the opposing team picks up the ball and self-starts. **RULING:** Legal. **COMMENT:** Any player from the team awarded possession may self-start inbounds if the restart position is within 2 meters of the boundary line, relative to the spot where the ball went out of bounds, and the game clock is not stopped. All other players shall move at least 2 meters from the restart position and shall not engage the player with the ball until that player self-starts.

6.3.1 SITUATION E: The Red team goes out of bounds. The Blue goalkeeper is closest to the ball when it goes out of bounds. A field player from the Blue team picks up the ball and restarts play. **RULING:** Legal. **COMMENT:** Any player from the Blue team may restart play. If the goalkeeper restarts play, they shall commence play relative to the spot where the ball went out of bounds. Play shall not commence from the goal circle.

6.3.2 SITUATION: Following the ball on a deflected shot, two opposing players race to gain possession. Blue and White players' bodies are equal distance from the ball as it approaches the end line. Blue extends their crosse nearer to the ball as it goes out of bounds. The official blows the whistle and signals Alternating Possession as both players' bodies were equal distance from the ball. **RULING:** Incorrect procedure. **COMMENT:** When a shot or deflected shot goes out of bounds, the team of the player whose body or crosse is nearest to the ball when it crosses the boundary line will gain possession.

Rule **7** Goal Circle

SECTION 1 GOAL CIRCLE RULES

ART. 1 . . . Only one player, either the goalkeeper or the deputy, is permitted in the goal circle at any one time. A ball resting on any part of the goal line belongs to the goalkeeper or deputy.

ART. 2 . . . Players are permitted to enter or to have their feet, body or crosse on or over the goal circle if:

- a. The attacker's shooting motion is initiated from outside the goal circle, the shooter's crosse may follow-through over the goal circle on a shot. The shooter's feet must not touch the goal circle.
- b. Any player(s) is directly defending the shooter on a shot, the defender(s) may reach into the goal circle with their crosse(s) to block the shot or check the shooter's crosse. A defender's feet must not touch the goal circle.
- c. The goalkeeper or deputy propel the ball into the goal circle and then follow it in.
- d. The goalkeeper or deputy enter the goal circle without the ball.
- e. The goalkeeper or deputy has at least one foot inside the goal circle playing a ball that is inside or outside the circle.

ART. 3 . . . 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 its goal circle until the ball has been played by another player. (Rule 13 Definitions for "clear" and "played")

SECTION 2 GOALKEEPER RULES

ART. 1 . . . The goalkeeper, while within the goal circle:

- a. Must clear the ball within 10 seconds after it has entered the goal circle.
- b. May stop the ball with their hand, body or crosse; if the goalkeeper catches the ball with a hand the goalkeeper must put it in the crosse and proceed with the game. The goalkeeper may not reach beyond the goal circle to play the ball in the air or on the ground with a hand.
- c. Must remove a ball lodged in clothing, protective equipment or crosse, place it in the crosse, and proceed with the game. The goalkeeper may not throw the ball by hand.
- d. May reach out the crosse and bring the ball back into the goal circle provided one foot is inside the goal circle.

ART. 2 . . . When the goalkeeper is completely outside the goal circle:

- a. The goalkeeper loses all goalkeeping privileges.
- b. The goalkeeper must not throw any part of the goalkeeper equipment to a deputy.

SECTION 3 DEPUTY RULES

ART. 1 . . . The deputy:

- a. May only enter or remain in the goal circle when their team has possession of the ball.
- b. Must immediately leave the goal circle when their 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 10 seconds after it has entered the goal circle.
- e. While within the goal circle may play the ball with their hand, place it in their crosse and proceed with the game. The deputy may not throw it by hand.

PENALTIES:

1. For goal circle fouls by the defense, other than for an illegal deputy, a free position is awarded at the closest dot.
 - a. The offending player, except the goalkeeper or deputy within the goal circle, shall be placed 4 meters behind the player taking the free position.
 - b. The deputy within the goal circle must clear the goal circle.
2. The penalty for an illegal deputy shall be treated as a major foul.
 - a. The free position will be awarded to the attack at the 8-meter center hash mark.
 - b. The deputy will be put 4 meters behind, and the goalkeeper may NOT clear back into the goal circle.
3. For goal circle fouls by the attack, a free position is awarded to the goalkeeper, or deputy, within the goal circle.
 - a. The offending player shall be placed 4 meters behind the goal circle.

SITUATIONS AND RULINGS**RULE 7 – GOAL CIRCLE****GOAL CIRCLE**

7.1.3 SITUATION: The goalkeeper (or deputy) gains possession of the ball in the goal circle and runs out of the goal circle with the ball in the crosse. The goalkeeper/deputy turns and rolls the ball back into the goal circle. **RULING:** Illegal. The ball must be played by another player before it may return to the goal circle. (Rule 13 Played)

GOALKEEPER

7.2.1 SITUATION A: A goalkeeper is straddling the goal circle, and pulls the ball back into the goal circle. **RULING:** Legal. **COMMENT:** The goalkeeper may reach out of the goal circle and retrieve the ball as long as one foot has remained in the goal circle. The foot is considered inside the goal circle if any portion remains inside the plane of the goal circle.

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

7.2.1 SITUATION C: The Blue goalkeeper has the ball within the goal circle and the official has begun the 10-second count. The Blue team then calls a possession time-out. What happens when play resumes? **RULING:** The official will continue

the count from where the count stopped before play was stopped. **COMMENT:** If the opposing team commits a foul, the original 10-second count is ended. A new 10-second count will begin.

7.2.2 SITUATION: 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 goalkeeper goes 4 meters behind. The goalkeeper loses goalkeeper privileges when the goalkeeper leaves the goal circle, except the right to clear back into the goal circle as indicated above in penalties.

DEPUTY

7.3.1 SITUATION A: A deputy goalkeeper from the Blue team runs into the goal circle to prevent a rolling ball from crossing the goal line. **RULING:** Legal. The Blue player has entered the goal circle after the shot has been taken and while the ball is on the ground. The Blue team must still clear the ball within 10 seconds and the Blue player must immediately vacate the goal circle if/when the Blue team loses possession of the ball.

7.3.1 SITUATION B: The goalkeeper is out of the goal circle when an attack player takes a bounce shot at the undefended goal. A defender reaches their stick into the goal circle and knocks the ball down. **RULING:** Illegal Deputy. The attack is awarded an 8 meters free position at the center hash mark. The illegal deputy is placed 4 meters behind the attack player taking the free position. The goalkeeper is not permitted to clear back into the circle. A yellow or red card may be issued.

7.3.1 SITUATION C: A Red deputy has replaced the Red goalkeeper in the goal circle while a Red teammate has possession of the ball. The player in possession of the ball drops it and the other team gains possession. The deputy fails to leave the goal circle. **RULING:** Immediate whistle for illegal deputy. The official sets up a free position at the center hash; the illegal deputy will be placed 4 meters behind the player taking the free position and the penalty zone is cleared. The goalkeeper may not clear back into the goal circle. A yellow or red card may be issued.

Rule 8 Offside Fouls

SECTION 1 OFFSIDE FOULS

ART. 1 . . . A team must not:

- Have more than seven players below the restraining line in its offensive end of the field; or
- Have more than eight players below the restraining line in its defensive end of the field.

ART. 2 . . . Players may exchange places during play, but a player **must** have both feet out before the player's teammate can enter. Any part of the foot on or over the line is considered a violation. A player may reach over with their crosse to play the ball, as long as no part of the player's foot is on or over the line.

PENALTIES:

- 1. If the attack is offsides, the closest defense player to the spot of the ball will be awarded a free position at that spot (no closer than 8 meters to the goal circle). If the ball is in the critical scoring area below the goal line extended, the penalty shall be administered at the closest dot.**
 - a. The attack player with the ball will go 4 meters behind.**
 - b. The attack player closest to the restraining line will move back outside.**
 - c. If the attack player with the ball is closest to the line, the next closest attack player will move back outside.**

NOTES:

1. If the attack has possession of the ball, the whistle should sound as soon as the violation occurs.
2. If the attack is offside but the defense gains possession of the ball before the foul can be called, the official 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.
- 2. If the defense is offsides and the ball is outside the critical scoring area when the violation is called, the attack will be awarded a free position at that spot.**
 - a. Closest defense player will go 4 meters behind.**
 - b. Defense player closest to the restraining line will move back outside.**
- 3. If the defense is offsides and the ball is inside the critical scoring area and above the goal line extended (including the goal circle) when the violation is called, the attack will be awarded a free position at the center of the 12-meter fan.**
 - a. Closest defense player will go 4 meters behind.**
 - b. Defense player closest to the restraining line will move back outside.**
 - c. Penalty lane will be cleared.**
 - d. The goalkeeper may return to the goal circle.**
- 4. If the defense is offsides and the ball is inside the critical scoring area below the goal line extended when the violation is called, the attack will be awarded a free position at the closest dot.**
 - a. Closest defense player will go 4 meters behind.**
 - b. Defense player closest to the restraining line will move back outside;**
- 5. If the defense is offsides and the play ends with another major foul by the defense:**
 - a. Inside the 8-meter arc – penalize this foul, not the offside foul.**

- b. **Outside the 8-meter arc, but inside the 12-meter fan – penalize this foul, not the offside foul.**

NOTE: Any offside violation by the defense may be a held whistle – official must evaluate if the attack is on a scoring play/maintaining advantage. A goal scored while the defense is offside shall count and play is resumed with a draw.

6. **If players from both teams are offside, alternate possession will be awarded below the restraining line at or near the spot of the ball when play stopped as per Rule 5-5-3. The players nearest to the restraining line from both teams will move back onside.**

SITUATIONS AND RULINGS

RULE 8 – OFFSIDE FOULS

8.1 PEN SITUATION A: The defense is called for an illegal check. Once play has stopped the official discovers that both the attack and the defense are offside.

RULING: Alternate possession is awarded for offsetting fouls. A player from each team closest to the restraining line should be moved back onside. The ball will be awarded to the player whose team has the alternate possession that is closest to the spot below the restraining line where the play was stopped.

8.1 PEN SITUATION B: The official 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:** Alternate possession is awarded for offsetting fouls. The defense player closest to the restraining line should be placed back onside. The ball will be awarded to the player whose team has the alternate possession that is closest to the spot below the restraining line where the play was stopped.

8.1 PEN SITUATION C: 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, the free position is awarded at that spot. If the ball is in the critical scoring area below the goal line extended, the penalty shall be administered at the closest dot. 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 12-meter fan. Attack player with the ball to the spot of the free position; nearest defense player placed 4 meters behind; closest defense player to the restraining line will move back onside.

8.1 PEN SITUATION D: The goalkeeper has moved outside the goal circle and is above the goal line to play the ball when offside is called on the defense. The free position is being awarded at the top of the 12-meter fan. Is the goalkeeper permitted to return to the goal circle? **RULING:** Yes, the goalkeeper may move back into the goal circle.

8.1 PEN SITUATION E: Blue attack has the ball below the restraining line in their attacking end of the field. The official realizes that Blue is offside and blows the

whistle to stop play. The officials then discover that Blue has too many players on the field, thus committing an illegal substitution foul. **RULING:** Call time-out. Correct the offside. Remove the Blue illegal substitution who is closest to and below the restraining line from the field. Award the ball to the closest defender at the spot of the ball and move the attack player, who had possession, 4 meters directly behind.

Rule 9 Minor Fouls

SECTION 1 MINOR FOULS

The following are minor field fouls:

- a. **Body Ball:** allow any part of a player's body to deliberately impede, accelerate or change the direction of the ball. Players may kick the ball on a non-shooting attempt. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off the body while outside the goal circle, it shall be called a Major Foul.
- b. **Covering:** cover a ground ball with the foot, body or crosse preventing an opponent from playing the ball.
- c. **Delay of Game:** intentionally delay the game
 1. Failure to move 4 meters away on a free position.
 2. Repeated self-start from beyond the playing distance or when self-start is not allowed.
 3. Any type of behavior which in the official's opinion amounts to delay.
- d. **Early Entry on the Draw:**
 1. Step on/into the center circle or illegally cross the restraining line before the whistle.
 2. Cross the restraining line before possession is established, the ball goes out of bounds off a player or the player's crosse, the ball crosses the restraining line or a whistle stops play for a foul.
- e. **Empty Stick Check:** check or impede an opponent's crosse when the player's crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball. Incidental contact while making a play for the ball is not a check.
- f. **Hand Ball:** touch the ball with the hand, except the goalkeeper or deputy within the goal circle.
- g. **Illegal Crosse:** play with a crosse that does not meet the criteria for a legal crosse;
 1. Score a goal with a crosse that does not meet the criteria for a field crosse.
 2. Adjust the strings/thongs of the crosse after an official inspection of the crosse has been requested during the game. The crosse must be removed.
- h. **Illegal Exchange of the Crosse:** failure to exchange a field crosse with a

crosses from the bench area without the crosse entering and exiting the field through the substitution area.

- i. **Illegal Re-entry:** run out of bounds and re-enter to a more advantageous position.
- j. **Illegal Stick Request:** requesting any additional crosse inspections beyond the two permitted per team.
- k. **Illegal Substitution:** substitute illegally.
- l. **Illegal Time-out:** a team requesting more than two time-outs.
- m. **Improper Equipment:**
 - 1. Take part in the game if wearing jewelry.
 - 2. Failure to properly wear a mouthpiece.
 - 3. Failure to properly wear eye protection.
 - 4. Take part in the game if a player's uniform does not meet specifications.
 - 5. If worn, failure to properly wear headgear.
- n. **Improper Use of Crosse:**
 - 1. Throw a crosse in any circumstance; or
 - 2. Take part in the game if not holding a crosse.
- o. **Play From Out of Bounds:**
 - 1. Take an active part in the game when a player's foot/feet are out of bounds.
 - 2. Pass from out of bounds.
- p. **Resumption of Play:** failure to be ready to start play after a two-minute team time-out or following half time.
- q. **Squeeze the Head of the Crosse:** use the hand or body to keep the ball in the crosse, i.e., squeezing the head of the crosse.
- r. **Warding:** 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.

PENALTIES for Violation of 9-1-1a, b and e-r:

- 1. **Change of possession and a free position is awarded to the opponent where the foul occurred at least 8 meters from the goal circle and 4 meters inside the boundary. The offending player will move 4 meters away in the direction from which the offending player approached before committing the foul. All other players shall be 4 meters away from the free position.**
- 2. **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 8 meters from the goal circle, unless the goalkeeper has been fouled within the goal circle.**
- 3. **For a minor foul by a defense player (including a goalkeeper who is wholly outside the goal circle) 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.**

- a. The fouling defense player shall move 4 meters from the player taking the free position, relative to their position at the time of the foul.
 - b. 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.
 - c. If the goalkeeper is partially or completely inside the goal circle, the goalkeeper may remain in the goal circle for the free position. No other player is required to move within 4 meters of the free position.
4. If the ball is in the critical scoring area below the goal line extended, the penalty shall be administered at the closest dot.

PENALTIES for Violation of 9-1-1c – Delay of Game:

1. Time-out must be called to administer a delay of game card.
2. 1st violation – a green card shall be issued against the offending team. A change of possession takes place if applicable for the minor foul.
3. 2nd violation – a green/yellow card shall be issued against the offending player and award the appropriate penalty for a major foul. The offending player must leave the field and enter the penalty area for two minutes of elapsed playing time which will carry over to the second half or overtime if necessary. The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time. This card is not included in the team or player's card count. Any subsequent delay of game offenses will result in a yellow card for misconduct and will be included in the team and player's card count.

NOTE: Officials 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.

PENALTIES for Violation of 9-1-1d – Early Entry on the Draw: Change of possession and a free position is awarded to the opponent at the spot of the ball at least 4 meters inside the boundary at the time of the foul. The offending player will move 4 meters away toward the goal the offending team is defending.

PENALTIES for repeated or persistent minor fouls:

1. Must be penalized as major fouls.
2. Any minor foul done in a dangerous manner may be penalized as a major foul.

SITUATIONS AND RULINGS

RULE 9 – MINOR FOULS

MINOR FOULS

9.1a SITUATION A: 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 a teammate B2. **RULING:** Legal. B1 did nothing deliberate to the ball in this instance and no foul should be called.

9.1a SITUATION B: A Blue player attempts a pass across the field to a teammate. The teammate misses the pass but plays it off the 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 their body to change the direction of the ball.

9.1b SITUATION: As players from both teams are attempting to play the ball that is on the ground, a player steps on the ball. The official calls Covering. **RULING:** Correct procedure.

9.1m SITUATION: During play, the official notices a Blue player's headgear strap dangling loosely while the player is running toward the goal with possession of the ball. The official blows the whistle, tells the Blue player to tighten the strap and gives the ball to the closest White player. **RULING:** Correct procedure.

COMMENT: Failure to properly wear headgear is a minor foul.

9.1 PEN SITUATION A: White attack player looks to pass to a teammate on an indirect free position and is pushed by a Blue defense player. The official blows the whistle and sets up a White free position no closer than 8 meters from the goal circle with the Blue defense player behind. The White attack player shoots and scores. The official indicates a goal. **RULING:** Correct. Since the defense player fouled the attack player and play stopped, the indirect free position is over.

9.1 PEN SITUATION B: Immediately following an indirect restart, the ball carrier is running in the direction of the goal as a defense player jumps into the free space to goal. The official whistles for Shooting Space. **RULING:** Incorrect. The conditions for a shot to be taken have not been met, therefore, Shooting Space may not be called.

Rule 10 Major Fouls

SECTION 1 MAJOR FOULS

The following are major fouls:

- Blocking:** block an opponent by moving into the opponent's path without giving the opponent a chance to stop or change direction and contact occurs. When a player is running to receive the ball, a "blind side" defense player must give the player enough time and/or space to change directions.
- Charging:** charge, barge, shoulder or back into an opponent, including a player pushing into an opponent's stick.

NOTE: Body-to-body contact may be called charging, blocking or no call (incidental contact). Body-to-body contact made in an effort to change the direction of the opponent (such as shouldering, leaning or using elbows and knees outside of the frame of the body

that make contact) should be called. Crosse-to-crosse contact is either a legal or illegal check.

- c. **Check to the Head (MANDATORY CARD):** no player's crosse may hit or cause an opponent's crosse to hit the opponent's head or neck.
- d. **Crosse in the Sphere:**
 - 1. Defense – A player may not reach into or through the sphere or hold the crosse around the throat of an opponent. A player may not directly poke or wave the crosse near an opponent's face.
 - 2. Offense – (Illegal cradle): hold, with or without cradling, the head of the crosse in front of own face or a teammate's face, within the sphere or close to own body, or a teammate's body, making a legal/safe check impossible.
- e. **Dangerous Contact (MANDATORY CARD):** any action that thrusts or shoves any player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air, or out of balance, especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head.
- f. **Dangerous Follow-Through (MANDATORY CARD):** follow through with the crosse in a dangerous or uncontrolled manner at any time.
- g. **Dangerous Play:** Player actions that are rough, threatening and/or are without regard to player safety. May be carded.
- h. **Dangerous Propelling (MANDATORY CARD):** propel the ball with the crosse in a dangerous or uncontrolled manner at any time.

NOTE: A shot, throw, bat or flick of the ball without regard to the positioning of a field player is dangerous propelling.

- i. **Dangerous Shot:** shoot dangerously or without control at the goalkeeper.
 - 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 the goalkeeper's head or neck. This would not apply if a goalkeeper has time to react and/or moves into a shot.
- j. **False Start:** before the whistle, step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent.
 - 1. Self-start when self-start is not an option.
- k. **Forcing Through:** while in possession of the ball, try to force the crosse through an opposing crosse(s).
- l. **Goalkeeper Fouls:** Goalkeeper may not line up between the restraining line during the draw, take the draw, shoot and/or score for the goalkeeper's team.
- m. **Holding:** hold an opponent at anytime by holding, detaining, restraining, tagging or pressing/pushing against the opponent's body, clothing or crosse with an arm, leg, body or crosse.
- n. **Hooking:** use the webbed area of the crosse to hook the bottom end of an opponent's crosse.
- o. **Illegal Deputy:** An unprotected field player may not remain in the goal circle when the player's team is not in possession of the ball.

- 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. **Illegal Shot:** shoot from an indirect free position.
- r. **Illegal Stick to Body Contact:** crosse to body, for example;
 - 1. A stick held in a horizontal position that makes contact with an opponent's body.

NOTE: Horizontal position is defined as the head of the stick dropping below the 10 o'clock or 2 o'clock position.

- 2. **Cross-Check:** Use the shaft of the crosse to hit, push or displace an opponent whether or not the stick is horizontal. This includes, but is not limited to, thrusting, jabbing, pushing or displacing any part of an opponent's body.
- s. **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.
- t. **Pushing:** push the opponent with the hand or body.
- u. **Reach Across the Body:** reach across an opponent to check the crosse when level with or behind the opponent.
- v. **Rough/Dangerous Check:** roughly or recklessly check another player's crosse or use the crosse in a dangerous and/or intimidating manner, for example.
 - 1. A player may not check toward the body or make a sweeping check from behind that contacts the opponent's body.
 - 2. No player's crosse may hit or cause an opponent's crosse to hit the opponent's body.
 - 3. Any other action with the crosse which in the official's opinion amounts to dangerous or intimidating play.
- w. **Shooting Space:** with any part of the player's 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. Shooting Space is in effect when the ball is within the critical scoring area and above the goal line extended. The Critical Scoring Area is defined as the area from the 12-meter fan to the end line.
 - 1. This positioning applies only if initiated by the defender and not if the defender is drawn into the free space to goal by an attacking player.
 - 2. This positioning applies to a defender not marking an attack player within a stick's length.

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.

- x. **Slash (MANDATORY CARD):** reckless and/or dangerous swing of the crosse at an opponent's crosse or body. A slash will be called regardless of whether or not contact is made with an opponent's crosse or body.
- y. **Three Seconds:** while defending within the 8-meter arc, remain in that area more than three seconds unless one is marking an opponent within a stick's length. The three-second rule is in effect when the team in possession of the ball crosses the ball over the restraining line into its attacking end of the field.

1. The defense is not exempt from the three-second rule by virtue of double teaming/multiple teaming a non-ball attack player in the arc. The three-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.
2. A defensive player, who is marking an unmarked opponent who is standing directly behind the goal circle is exempt from the three-second rule, but is responsible to simultaneously abide by Rule 10-1w. A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle cannot be penalized for the three-second rule when drawn into a double or multiple team by the attacking non-ball players.

PENALTIES: When the defense is called for a three-second violation, the free position will be awarded at the spot of the ball to restart play.

1. The offender shall go 4 meters behind the player with the ball.
2. If a flag has been raised and the scoring play ends without additional foul(s) or a shot on goal, the free position will be awarded at the position of the ball when the flag was raised.
- z. **Tripping:** trip an opponent, deliberately or otherwise.

PENALTIES: The free position shall be at the spot of the foul unless specifically directed by the rules or the spot of the foul would disadvantage the non-offending team in which case the free position shall be at the spot of the ball. Play shall not be restarted within 8 meters of the goal circle or within 4 meters of the boundaries.

1. For major fouls anywhere on the field, the offending player will move 4 meters behind the player taking the free position. This also applies to the goalkeeper or deputy whether the goalkeeper is within or outside the goal circle except for a false start by the goalkeeper or the deputy while in the goal circle. When the goalkeeper is awarded a free position within the goal circle, the player committing a major foul is placed 4 meters behind the goal circle.
2. For a major foul by an attack player, the player fouled will take the free position on the spot of the foul, but no closer than 8 meters from the goal circle, unless the goalkeeper has been fouled within the goal circle.

NOTE: A dangerous shot and an illegal shot shall be considered to have occurred outside the goal circle.

3. All other players shall be 4 meters away.
4. For a major foul by a defense player which occurs within 8 meters of the goal circle and above the goal line extended:
 - a. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc. The player with the ball may have the crosse in the arc but both feet must be behind the arc.

- b. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
 - c. All players and crosses must be out of the penalty zone.
 - d. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul.
 - e. Defending players are entitled the adjacent hash marks.
 - f. If the foul occurs within the “pie shape area” between the 8-meter arc and goal line extended, the penalty will be administered on the hanging hash mark.
5. For a false start by the goalkeeper or the deputy, while in the goal circle, the free position will be taken at the closest dot. The goalkeeper may remain in the goal circle. A defensive player is not placed behind the free position.
 6. For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.
 - a. All players’ bodies and crosses must clear the penalty lane.
 7. If the ball is in the critical scoring area below the goal line extended, the penalty shall be administered at the closest dot.
 8. If any foul prevented an almost certain goal, the official can order the goalkeeper from between such a free position and the goal.
 9. When the game starts/restarts with a free position or alternate possession at the center line rather than a draw, player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position. All other players must not be offside.
 10. 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. Clear the penalty zone. Play is resumed with the whistle.
 11. Any foul committed during the act of shooting or after the goal has scored and before play has restarted will be penalized.
 - a. All defensive fouls and certain attack fouls will result in a free position at center to restart play. Player positioning for the draw shall not apply.
 - b. Attack fouls in the act of shooting, such as charging, dangerous propelling, dangerous shot and dangerous follow-through or off-ball attack fouls will result in a free position awarded to the defense no closer than 8 meters to the goal circle.
 - (i) A goal circle violation by the attack will result in a free position for the goalkeeper.

(ii) The goal will not count.

(iii) Alternate possession will be awarded if there was a slow whistle.

SITUATIONS AND RULINGS

RULE 10 – MAJOR FOULS

MAJOR FOULS

10.1a, b, u SITUATION: 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.

10.1c SITUATION: A White attack player is moving toward the goal looking to shoot inside the critical scoring area; a Blue defensive player creates contact and the Blue player's crosse moves from shoulder to neck area of the White attacking player. The official pulls the flag while the White player shoots and scores. The official puts flag away, signals goal followed by time-out and cards the Blue defensive player for Check to the Head. The Blue player goes out for two minutes, and the White team gets possession of the ball at center to restart play. **RULING:** Correct procedure. **COMMENT:** Check to the Head now includes neck area. (10-1 PEN 11a)

10.1g SITUATION: A defender B1 is marking an attack player A1 in front of goal, and the attack player with the ball (A2) shoots at goal; at the last second A1 ducks out of the way. **RULING:** This can be dangerous play and a free position can be awarded to the defensive player and a card given to the shooter.

10.1j SITUATION A: An attack player false starts when taking a free position at an 8-meter hash mark. The player is warned and given a second chance. **RULING:** Incorrect procedure. False start is a major foul with a change of possession.

10.1j SITUATION B: A White player has possession of the ball in midfield; a Blue player commits a cardable foul. The official blows the whistle and signals time-out and administers the card. The Blue player goes off the field and the White player self-starts. The official allows play to continue. **RULING:** Incorrect procedure. **COMMENT:** The White player may not self-start when the clock is stopped. The official must blow the whistle, give the nearest Blue player possession, then blow the whistle to restart play.

10.1r SITUATION: Attack (A1) shoots on goal and the ball goes into the goal as A1 hits the defender (B1) on the shoulder with the follow-through. **RULING:** Illegal. No goal; free position for B1 8 meters from the goal. A card (yellow or red) must be given to A1. No substitute is permitted for the carded player and no player from Team A is placed 4 meters behind B1.

10.1w SITUATION A: Attack player A1 has the ball in front of goal between 12 and 8 meters, and A1's 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 A2's defense (D2) player decides to stop and tries to play the attack (A1) player, moving straight on to A1, more than a stick's length away. **RULING:** Illegal. Major Foul, Shooting Space. **COMMENT:** Because the defender was within the arc, the free position shall be at the 8-meter hash closest to the foul and the penalty zone is cleared. The defense player must approach from an angle. The defense player cannot run directly at A1, (body to body), in the free space to goal. The defense player would be legal if running at an angle with the body out of the free space to goal. The defender is permitted to hold the crosse in the free space to goal.

10.1w SITUATION B: An attack player is being double or triple teamed. **RULING:** Shooting Space should not be called. The attacking player does not have the opportunity to shoot. If the attacking player shoots, strong consideration should be given to calling dangerous propelling.

10.1w SITUATION C: An attack player is looking to pass to a teammate on the left while between the 12 meter and 8 meter. **RULING:** Shooting Space should not be called. The attack player has relinquished the opportunity to shoot.

10.1w SITUATION D: An attack player at the 12 meter has received and controlled the ball and turns towards goal with the opportunity to shoot. A defender is playing zone defense outside the 8 meter (not within a stick's length of any attackers and within the free space to goal). **RULING:** Shooting Space should be called. The free position will be taken on the 12-meter fan closest to the spot of the foul and the lane is cleared.

10.1w SITUATION E: The White team is passing the ball around outside of the Critical Scoring Area as it stalls. **RULING:** Shooting Space should not be called. The ball is outside of the Critical Scoring Area. Additionally, White is not creating an opportunity to shoot.

10.1 PEN SITUATION A: Green attacker has just scored a goal. As the Green player moves up the field toward the center circle, the Green player pushes a White team defense player. **RULING:** Because the pushing foul occurred well after the goal had scored, the goal will count. The foul is called and the White team will be awarded a free position at center to restart play. Positioning for the draw shall not apply. (10-1u)

10.1 PEN SITUATION B: Green attacker is on the way to goal. As the Green attacker shoots and scores, the attacker charges into the White team defender who had established legal position. **RULING:** No goal. The charging foul was committed during the act of shooting. The White team defense player is moved 8 meters from the goal and awarded a free position to restart play. (10-1b)

10.1 PEN SITUATION C: The Blue attack player moves towards goal, shoots and scores. As the teams are moving back toward the center to restart play, the official discovers that the Blue attack player who scored is not wearing a mouthguard. **RULING:** Per Rule 4-8-1, if this violation is discovered immediately after a goal, the

goal counts and the free position is taken at the center circle to restart play. The official should call time-out, indicate the foul and then administer the free position.

10.1 PEN SITUATION D: A White attacker is pushed by a Blue defender while in the act of shooting and the shot goes into the goal. **RULING:** Signal the goal, call time-out and indicate the pushing foul on Blue and administer a free position at center to the White team center to restart play. (10-1u)

10.1 PEN SITUATION E: A Blue attack player charges while in the 8-meter arc. The White defense is awarded a free position on the arc with the ball going out. The White player with the ball then false starts. **RULING:** While the defending team did commit a major foul, the player with the ball is considered to be outside the 8-meter arc. The ball is given to the Blue team player on the 12-meter fan closest to the spot of the foul, the lane is cleared and the White team player who committed the foul is placed 4 meters behind. (10-1b)

10.1 PEN SITUATION F: The ball is outside the critical scoring area when Blue No. 3 is called for a three-second violation. **RULING:** The penalty is administered at the spot of the ball. Blue No. 3 is placed 4 meters behind. All others may not be closer than 4 meters. (10-1y)

10.1 PEN SITUATION G: The ball is inside the critical scoring area and below goal line extended when Blue No. 15 is called for a three-second violation. **RULING:** The penalty shall be administered at the closest dot, with all other players 4 meters away. Blue No. 15 is placed 4 meters behind. (10-1y)

10.1 PEN SITUATION H: The ball is inside the critical scoring area, outside the arc and above the goal line extended, when Red No. 10 is called for a three-second violation. **RULING:** The free position shall be administered on the 12-meter fan closest to where the ball was when three seconds was called. Red No. 10 placed 4 meters behind and the lane is cleared. (10-1y)

10.1 PEN SITUATION I: The ball is in the arc when Red No. 5 is called for three seconds. **RULING:** The free position shall be administered at the hash mark closest to the spot of the ball and Red No. 5 will go 4 meters behind and the penalty zone is cleared. (10-1y)

Rule 11 Slow Whistle

SECTION 1 IMPLEMENTATION

ART. 1 . . . A slow whistle is a held whistle and is in effect when an attack player in the critical scoring area is on a scoring play and is fouled by a defense player 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. The official will indicate this slow whistle by raising a yellow flag vertically above the official's head.

ART. 2 . . . The official immediately blows the whistle when there is a shooting space violation. The official may, at any time following a flag, blow the whistle to halt potentially dangerous play.

SECTION 2 SCORING PLAY

A scoring play is a continuous effort by the attacking team within the critical scoring area 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 forward momentum; or
- e. The attacking team fouls.

PENALTIES:

1. **If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the official 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.**
2. **The offending or nearest defense player is penalized according to Major Foul conditions.**
3. **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.**
4. **If during a slow whistle situation, the attack player or a teammate commits a foul, it will be treated as an offsetting foul and alternate possession shall be awarded at the dot nearest to the spot of the foul that caused play to stop.**
5. **For a major foul by a defense player which occurs between the 8-meter arc and the 12-meter fan, and the scoring play ends, the free position will be taken on the 12-meter fan closest to the spot of the foul by the player who was fouled or attack player nearest to the spot of the foul.**

SITUATION AND RULING

RULE 11 – SLOW WHISTLE

SCORING PLAY

11.2 PEN. 3 SITUATION: 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, penalty zone is cleared and the goalkeeper is placed 4 meters behind the 8-meter free position.

Rule 12 Misconduct

SECTION 1 MISCONDUCT

ART. 1 . . . The following are misconduct fouls and must be carded:

- a. Excessively rough, dangerous or unsportsmanlike play.
- b. Persistent or flagrant violation of the rules.
- c. Deliberately endangering the safety of any 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 the team bench area during the game.
- g. Coach leaving the coaching area.
- h. Any type of behavior which in the official's opinion amounts to misconduct.
- i. Illegal re-entry of a suspended or ejected player.
- j. Repeated or persistent major fouls.
- k. Coach(es) coaching from outside the coaching area.
- l. Non-team personnel leaving the team area.
- m. Improper use of electronic equipment.

ART. 2 . . . Officials may issue either a yellow (Warning) or Red (Ejected) card for misconduct. Issuance of cards should be considered a warning to all players.

NOTE: Officials need to be able to identify patterns of illegal play and card accordingly. These patterns include but are not limited to: Repeated major fouls (same or different) by a player or team, multiple major fouls by the defense in an effort to slow the ball carrier and/or stop a fast break or a single deliberate foul by the defense in an effort to stop a fast break and/or player on the way to goal.

SECTION 2 GOALKEEPER MISCONDUCT

If a goalkeeper commits any misconduct fouls, inside or outside of the goal circle, the goalkeeper must be carded.

SECTION 3 TEAM CARDS

ART. 1 . . . Each player, coach and bench misconduct card shall be recorded and tallied.

ART. 2 . . . If a team receives a fourth card, it will play short for the remainder of the game.

SECTION 4 EARLY RE-ENTRY

If a carded player or any player replacing the carded player enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional penalty, and no substitute may take the carded player's place.

SECTION 5 SUSPENSION

Any player receiving a second yellow card is suspended from further participation in that game.

SECTION 6 EJECTION

ART. 1 . . . An official 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.

ART. 2 . . . Ejection will be noted by issuing a red card. Any player receiving a red card is prohibited from further participation in that game.

NOTE: NFHS-affiliated schools shall follow state high school association ejection policies.

SECTION 7 COACH MISCONDUCT

ART. 1 . . . The head coach is responsible for the actions of any and all persons officially connected with their institution, including assistant coaches, and shall receive any card assessed related to bench decorum. In the event the head coach does not effectively control the actions of the team's spectators, the head coach may be assessed a card.

ART. 2 . . . Any card given to a head coach will count toward the team's cumulative total.

SECTION 8 DURATION OF SUSPENSION

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. Exhibition or scrimmage games do not satisfy the next game suspension requirement.

MISCONDUCT PENALTIES:

1. The penalty for misconduct shall be the same as for all major fouls. In addition to awarding a free position, the official will issue a yellow or red card.
2. Time-out must be called to administer warnings, suspensions and ejections.
3. The player receiving a card must leave the field and enter the penalty area for two minutes (yellow) or four minutes (red) of elapsed playing time, and no substitute may take the carded player's place.

- a. No player on the penalized team must be moved 4 meters behind.
- EXCEPTION:** See Goalkeeper Misconduct.
- b. If a goal is scored, the free position will take place at the draw with the opposing center 4 meters away at a 45-degree angle. **Player positioning for the draw shall not apply.**
 - c. The carded player's team must play short-handed below the restraining line in both its offensive and defensive ends of the field for the entire penalty time, which will carry over to the second half or overtime if necessary.
 - d. A player receiving a yellow card may return to play after the two-minute penalty.
4. If the half or a game (which goes to overtime) ends prior to the administration of the free position, the second half or overtime will begin with a free position at center for the non-offending team. **Player positioning for the draw shall not apply. No player or their crosse is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle.**
 5. If the misconduct occurs during a possession time-out, the play shall be restarted at the spot of the ball. The penalty administration for a Major foul shall apply. No player from the offending team is placed 4 meters behind.

GOALKEEPER MISCONDUCT PENALTIES:

1. If the player receiving the yellow card is the goalkeeper and there is no other "dressed" goalkeeper on the team, the goalkeeper must remain in the game and the team's coach must designate another player who must leave the field and enter the penalty area for two minutes of elapsed playing time.
2. If there is a second "dressed" goalkeeper, the "dressed" goalkeeper must substitute and the carded goalkeeper must leave the field and enter the penalty area for the two minutes of elapsed playing time and the team's coach must designate another player who must leave the field and enter the penalty area along with the carded goalkeeper for two minutes of elapsed playing time.
3. Either the offending goalkeeper or the second dressed goalkeeper who enters the game will be placed 4 meters behind the player with the ball on the restart of play. This will apply no matter where the goalkeeper is when the foul is committed, either inside or outside the goal circle.
4. If a goal is scored and a free position will take place at the center, the goalkeeper or a substitute goalkeeper may remain in the goal circle for the restart of play.
5. If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team must substitute another goalkeeper, if available, and the team's coach must designate another player who must leave the field and enter the penalty area along with the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time. If there is a second "dressed" goalkeeper, that "dressed" goalkeeper must substitute.

6. If there is not another “dressed” goalkeeper, time will be permitted to dress a field player. However, if no option exists to dress a goalkeeper, no field player may substitute for the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time for an ejected goalkeeper.

TEAM CARD PENALTIES:

Should a team receive its fourth card (yellow or red) of the game, it will play short below the restraining lines for the remainder of that game, including overtime:

1. An additional player will be removed from the game and enter the penalty area for each subsequent card received.
2. The carded player will serve the entire two- or four-minute penalty time.
3. When the penalty time expires, the carded player may return to the game only if the offending player has not been suspended (second yellow card) or ejected (red card) and only if another player leaves the field using normal substitution procedures.

EARLY RE-ENTRY PENALTIES:

1. If the carded player or any replacing player enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional penalty, and no substitute may take the carded player’s place.
 - a. If the player entering early is the player who received the original card, the player will be removed from the field of play for the remainder of the penalty time and then serve the additional two-minute penalty for a yellow card or four-minute penalty for a red card.
 - b. If the player entering early is not the player who received the original card, the officials will send a player from the offending team who is closest to the player’s team bench area off the field, and the player who received the original card will serve the remainder of the penalty time and then serve the additional two-minute penalty for a yellow card or four-minute penalty for a red card.
 - c. 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 4 meters behind the player with the ball.
2. This is an extension of the penalty time and not an additional card.

SUSPENSION PENALTIES:

1. Any player receiving a second yellow card is suspended from further participation in that game. The carded player must leave the field and enter the penalty area for two minutes of elapsed playing time and no substitute may take the offending player’s place during that two-minute period.
2. Once the full penalty time has been served, the team may substitute another player for the player who has been suspended.

EJECTION PENALTIES:

1. Ejection will be noted by issuing a red card. Any player receiving a red card is prohibited from further participation in that game. The ejected player must leave the field and enter the penalty area for four minutes of elapsed

- playing time and no substitute may take the ejected player's place during that four-minute period.
2. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected.
 3. Any ejected player receiving a red card will be prohibited from participating in the team's next game. If in attendance at the next game, an ejected player must serve the next-game suspension in the ejected player's team's bench area for the entire game including on-field pregame, game or post-game activities. The ejected player may not be dressed in a game uniform.
 4. If a situation occurs after the game ends and before the officials leave the playing venue where conduct occurs that would warrant a red card during play, the official(s) can issue a post-game ejection to the offending player or coach to be served in the team's next game.

NOTE: NFHS-affiliated schools shall follow state high school association ejection policies.

COACH MISCONDUCT PENALTIES:

1. If the coach is carded the coach must designate a player who must leave the field and enter the penalty area to serve the entire two 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.
2. 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. If a red card is issued to the coach due to behavior of bench personnel, the head coach and the offender shall be removed from the field. In the case of a coach being removed from the field and an assistant coach or other authorized team personnel is not available, the team shall forfeit the game. Any ejected coach receiving a red card will be prohibited from participating in the team's next game.
3. Any coach serving any game suspension shall not be permitted 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 coach.

NOTE: NFHS-affiliated schools shall follow state high school association ejection policies.

SITUATIONS AND RULINGS

RULE 12 – MISCONDUCT

MISCONDUCT

12.1.1 SITUATION A: The White attack has an 8-meter free position. On the whistle, the Blue team crashes into the arc and screams at the shooter. **RULING:** This may be misconduct. While yelling to communicate is acceptable, screaming at a player is not. Warn the defense and card if it continues.

12.1.1 SITUATION B: An attack player is running down the far side of the field with the ball. The official 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. Moving the free position to the spot of the foul would be a disadvantage to the non-offending team.

12.1.1 SITUATION C: As time is running out in a one-goal game, a Blue player passes from midfield to the Blue team's attacking end. A White player cross-checks the Blue player roughly after the release of the pass. **RULING:** Call time-out. Issue a card to the White player. Set up the free position at the spot of the ball. No White player behind. If seven White players are below the restraining line, move the White player nearest the restraining line above the restraining line. Moving the free position to the spot of the foul would be a disadvantage to the non-offending team.

12.1.1 SITUATION D: The goalkeeper fouls an attacker and is placed 4 meters behind the free position at the 8-meter arc. As the whistle blows to start play, the attack player prepares to take a shot at the undefended goal. A defender flagrantly obstructs the Shooting Space. The official blows the whistle immediately thus stopping the shot. **RULING:** Shooting Space requires an immediate whistle from the official. Because the foul prevented an almost certain goal, the goalkeeper shall not clear back into the goal circle. The official must issue a red card to the player who committed the flagrant foul.

12.1 PEN SITUATION A: As A1 scored a goal, B1 roughly checks the player to the ground. The official signals goal and then requests a time-out. The official 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 two minutes (yellow) or four minutes (red) of elapsed playing time and no substitute may take B1's place. The game is restarted with a free position for Team A at the center line. Player positioning for the draw will not apply. No player is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle. No player from Team B is placed 4 meters behind the free position.

12.1 PEN SITUATION B: As time expires in the half, B1 checks A1 in the head. The official blows the whistle and issues a card to B1. How is play restarted? **RULING:** Player B1 is out of the game for two minutes of elapsed playing time and no substitute may take B1's place. The game is restarted with a free position for Team A at the center line. Player positioning for the draw will not apply. No player is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle. No player from Team B is placed 4 meters behind the free position.

12.1 PEN SITUATION C: Attack player A1 is checked in the head by B1. The official calls time-out, issues a card to B1, and awards A1 a free position. As B1 is leaving the field, B1 is pushed by A2. The official issues a card to A2 and sends both players from the field with no substitutes for the carded players permitted.

How is play restarted? **RULING:** Because Team A committed a subsequent foul before play had restarted, there is a change of possession and a free position for Team B 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 4 meters away from the player now taking the free position. Because each team is playing a person down, no player from Team A is placed 4 meters behind.

12.1 PEN SITUATION D: Team A has a free position at the center for a card after a goal. Team B sends six players to its defensive end. **RULING:** Legal. Player positioning for the draw will not apply. Team B is not offside.

TEAM CARDS

12.3 PEN SITUATION A: Blue No. 21 receives their first yellow card. The official scorer informs the officials that this is the Blue team's fourth card. Blue No. 21 leaves the field and no substitute takes No. 21's place. After serving a two-minute penalty, Blue No. 21 re-enters the game as a substitute, replacing a player on the field. **RULING:** Correct. Blue No. 21 may return to the game since No. 21 has received only one yellow card. Blue No. 21 may only return if another player leaves the field because the Blue team has received its fourth card and must play short for the remainder of the game and any overtime periods.

12.3 PEN SITUATION B: Later in the same game Blue No. 7 receives the team's fifth card, a red card, and is ejected. No. 7 leaves the game, may not re-enter, and no substitute may take No. 7's place for the remainder of the game. **RULING:** Correct. The Blue team has received a fifth card and will now play with 10 players on the field for the remainder of the game and any overtime periods. If it receives a sixth card, it 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.

EJECTION

12.6.1 SITUATION A: While Green No. 5 is receiving a yellow card for a slash (mandatory card), No. 5 verbally complains (using derogatory language) and the official now issues a second card, a red card. **RULING:** Correct. Green No. 5 has been removed (Card 1) and the head coach will remove another player from the playing field (Card 2). The team shall be short two players for two minutes of elapsed playing time. The team shall be short one player for an additional two minutes for the red card. They shall both remain in the penalty area until each player's penalty is served. The player removed from the playing field to serve the penalty may substitute back onto the field of play following the two minutes of elapsed playing time. The player (Green No. 5) issued the red card will remain in the penalty area for four minutes. If one or both of these cards cause the Green team's card count to reach or exceed four team cards, then once the two- and/or four-minute penalty is up, the Green team will continue to play down the appro-

priate number of players for the total number of cards issued for the Green team. Green No. 5 has been ejected from the game and may not return to the game and will serve a next game suspension for the red card.

12.6.1 SITUATION B: Following a goal, a player in the bench area verbally abuses the official. The official issues a card. How is play restarted? **RULING:** The head coach shall receive the card as the coach is responsible for bench decorum. If the card issued is yellow, the coach will designate a player who must leave the field for two minutes of elapsed playing time. No substitute can take the player's place for two minutes of elapsed playing time. If the card issued is red, the coach will designate a player who must leave the field for four minutes of elapsed playing time. No substitute can take the player's place for four minutes of elapsed playing time, and the Head Coach and the offender shall be removed from the field. The game is restarted with a free position for Team A at the center line. Player positioning for the draw will not apply. No player is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle. No player from team B is placed 4 meters behind. The awarded card will count toward the team's cumulative total. Should this be the team's fourth card, it will play short for the remainder of that game, including overtime or if this was a subsequent card (i.e., Card 4 or 5), then an additional player will be removed from the game.

12.6.1 SITUATION C: Following a goal, a time-out has been taken. As the teams are walking to their benches, Blue No. 6 verbally abuses the official. The official issues a red card to Blue No. 6. How is play restarted? **RULING:** Blue No. 6 is ejected from the game. No substitute may take No. 6's place for four minutes of elapsed playing time. Play is restarted with a free position for the White team's center at the center line. Player positioning for the draw will not apply. No player is permitted within 4 meters of the player taking the free position. No player from the Blue team is placed 4 meters behind and play shall commence on the official's whistle.

12.6.1 SITUATION D: The officials 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 official calls time-out and issues a red card to the offending player. **RULING:** Correct. The officials 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.

COACH MISCONDUCT

12.7.1 SITUATION: A team follower has become unruly and abusive. The official approaches the appropriate head coach and asks to have this person warned and/or removed. **RULING:** Allow the coach and/or game administrator the time

necessary to handle the problem. If possible, continue with the game while the situation is being resolved. If the problem persists the coach may be carded.

DURATION OF SUSPENSION

12.8 SITUATION: Definition of a team's next game:

1. The ejected player/coach shall be ineligible for all contests at all levels until one regular season/tournament contest is played at the same level and team (school or club) as the ejection. The suspension shall be served at the next game as scheduled at the time of the suspension.
2. If the ejection occurs in a high school contest (Varsity/JV/Third Squad-Freshman level), the player/coach must sit out the next scheduled high school game at the same level. If the ejection is in the 'club' contest, the player/coach must sit out the next scheduled 'club' game.
 - a. Example 1: If a player is playing in a JV contest and is ejected, the ejected player is ineligible for all contests (Varsity/JV/Third Squad-Freshman Level) until the JV team plays one additional contest that was scheduled at the time of the ejection. The player becomes eligible again after the additional contest. If this same player is a member of a 'club' team, the ejected player would be eligible to participate in a club game.
 - b. Example 2: If the player/coach is ejected in the last club game at a tournament, the player/coach would be ineligible for a club game until the penalty is served at the next game at the time of the ejection. The player/coach is eligible to participate in a school team's game.

Rule 13 Definition of Terms

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 enough time and/or space to change direction.

CHARGING takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with an opponent who has already established 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 with the crosse 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 even with the level of the scorer's table

extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer's table.

CRITICAL SCORING AREA indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) 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 official.

CROSS-CHECK uses the shaft of the crosse to hit, push or displace an opponent.

DANGEROUS PLAY consists of actions that are rough, threatening and/or are without regard to player safety. May be carded.

DANGEROUS SHOT is judged on the basis of the combination of distance, force and placement.

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

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.

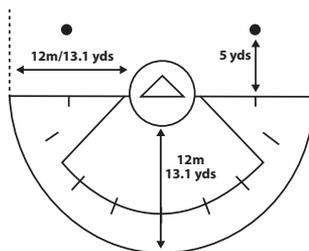


Diagram 5
Critical Scoring Area

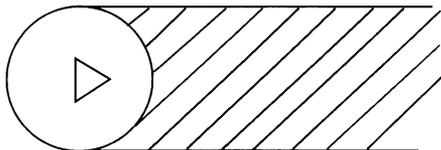


Diagram 6 – Directly Behind the Goal Circle

8-METER ARC is the area in front of each goal circle inscribed by two 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.

EJECTED PLAYER is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in the team's next game or as required by state association policies.

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.

FREE POSITION is the penalty awarded for any foul. The player taking the free position may run, pass or shoot.

EXCEPTION: The player taking an indirect free position may not shoot until the ball has been played by another player.

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.

GREEN CARD is recorded in the scorebook against the offending team, 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 a player's body (including the goalkeeper or deputy) touching the ground outside the boundary lines or goal circle while attempting to play the ball from inside the playing area or goal circle.

HELD WHISTLE is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.

ILLEGAL PLAYER is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.

ILLEGAL PROCEDURE refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)

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.

OFFSETTING is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.

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

PENALTY AREA is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.

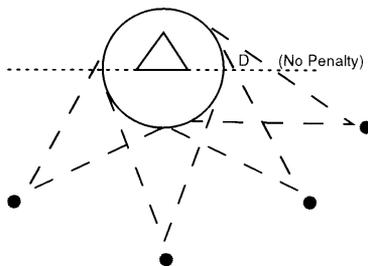


Diagram 7
Free Space to Goal

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.

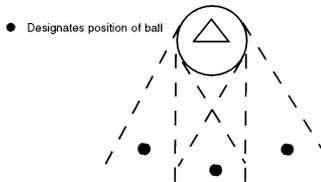


Diagram 8 – Penalty Lane

PENALTY ZONE is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.

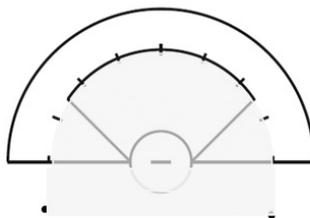


Diagram 9 – Penalty Zone

PICK is a technique in which a player without the ball, whose 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. It may be moving or stationary.

PLAYED refers to an action whereby the ball leaves the player’s crosse and is touched by another player, or crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by an opponent. The ball does not have to be successfully dislodged from the crosse.

PLAYER POSSESSION is when the ball is in a player’s crosse and the player can perform any of the normal functions of control such as cradle, carry, pass or shoot.

PLAYING DISTANCE is the length of a stick and a half.

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 game.

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

RUNNING CLOCK is when the clock continues to run after goals and in the last two minutes of play in each half unless a time-out is signaled by the official.

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 shot is taken.
- The attacking team loses possession of the ball.
- 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 forward momentum.
- e. The attacking team fouls.

SLASH is the reckless and/or dangerous swing of the crosse at an opponent's crosse or body 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 7 inches (average crosse width) surrounding the head.

STOP CLOCK means the clock stops after each goal and on every whistle within the last two minutes of play in each half.

SUBSEQUENT FOUL is one that occurs after the initial foul has been called. For a example, a player is awarded a free position because of a foul by an opponent but then before play starts the player, or a teammate, commits another foul such as taunting the opponent.

SUBSTITUTE is any player who has not been disqualified and whose name and correct number have been recorded in the score-book.

SUSPENDED PLAYER is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.

SUBSTITUTION AREA is the area in front of the scorer's table, centered at mid-field, and sectioned off by two hash marks that are each 5 yards from the center line of the field.

TEAM BENCH AREA is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline), and does not include the area directly behind the scorer's table.

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

12-METER FAN is a semicircle area in front of each goal circle bounded by an arc 12 meters 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 the player's 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.



Diagram 10 – Sphere

COMMENTS ON THE 2022 RULES CHANGES

2-4-8b, 2-5-2d, 4-2-3e, 4-6, 4-7-1, 4-7-5b, 4-7-6, 4-7-7c, 5-2 PENALTIES 2 EXCEPTION — The introduction of free movement improved the pace of play, while keeping up with the trends and athleticism of the game. Procedural changes to allow for substitutions to occur more fluidly were required to maintain the integrity of free movement.

2-6-1, 2-6-1a (NEW) — To provide consistency in standards, the allowance to remove the requirement of shin protection for the goalkeeper was made, while still providing the option for the goalkeeper to wear shin protection not to exceed the padding standard of 1 inch.

2-6-1b, c, NOTE (NEW) — In an effort to align eye shield and eyewear permissiveness and requirements to those of other NFHS rules codes, the allowance for goalkeepers to wear a clear, molded and rigid helmet eye shield in combination with tinted or clear eyeglasses was provided.

2-7-3 — Provides an allowance for face masks that are soft and non-abrasive to be worn for health and/or religious reasons.

2-7-5 — Provides the allowance for players to wear hair ties and other soft, non-rigid items on the arm and clarifies that hair adornments such as beads may be worn in the hair as long as they are secured and do not endanger other players.

2-7-7 (NEW) — The wearing of non-abrasive/soft material religious and/or cosmetic headwear during competition that fits securely is allowed without written authorization from state associations, while still maintaining association approval to wear medical head coverings.

2-8-5 (NEW) — As the pace of play has increased with self-start and free movement, the use of personal audible wireless communication devices by officials to aid in communication is permitted.

3-7-2f, 4-1-2, 4-1-3, 4-2-2, 4-6 — To improve the flow of the game and reduce the potential for false starts during the last two minutes of each half and overtime, the requirement to stop the clock on every whistle in the last two minutes of the game and overtime has been eliminated. The clock is still required to be stopped on a whistled foul in the critical scoring area during the last two minutes of each half and overtime. Running clock remains the exception.

4-3-3d, e, f and g (NEW) — Clarifies where play is restarted for a possession time-out when the ball is in the goal circle and identifies the placement of players, other than the ball carrier, when play resumes after a possession time-out.

4-7-5b, 9-1h (NEW) — Establishes that a player on the field must enter and exit the field through the substitution area to switch sticks with a stick from the bench area.

4-8 PENALTIES 2, 3 and 4; 5-2 PENALTY 1; 5-3e(3); 10-1 PENALTIES 9 and 11; 12-8 MISCONDUCT PENALTIES 3b and 4 — In an effort to simplify the management of the free position with the principles of free movement, the requirement for player positioning for the draw when there is a scoring penalty or a free position at the center has been eliminated.

5-1-3b — Adds player positioning requirements to the rule language that no player is permitted within 4 meters of the player with the ball when play resumes.

5-5-3; 5-5-3b — Establishes that the goalkeeper may return to the goal circle unless the goalkeeper committed the foul, which – with the introduction of free movement – eliminates the advantage to the opponent.

6-3-1a, b and c; 6-3-2a, b, c and d; 9-1o(2) — Simplifies resumption of play after the ball has gone out of bounds and establishes that the opponent should commence play with a self-start from out of bounds unless the game clock has stopped. The rule outlines positioning and engagement.

7-1-2e, 7-2-1d, 7-2-2 — Establishes that a goalkeeper who has one foot inside the goal circle can bring the ball back into the goal circle.

9-1c(1) — Eliminates failure to stand as a minor foul and that a delay of game may be enforced with repetitive violations.

10-1 PENALTIES 1 and 5 (NEW) — Changes the penalty for a false start by the goalkeeper, allowing the goalkeeper to stay in the goal circle for the free position by the opposing team at the closest dot, thus eliminating the requirement for the goalkeeper to move 4 meters behind the player taking the free position.

Rule 13 — Eliminates the outdated term of body checking which is not referenced in the current rules book.

APPENDIX A

ARM SIGNALS FOR OFFICIALS

ALTERNATE POSSESSION: Both arms are at chest level with palms down and fingers touching. Swing them out, down and away from the body and then signal direction of the possession.

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

CHECK TO THE HEAD: 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.

CROSSE INTO/THROUGH SPHERE: Move hand with open palm over the head in an arching motion from one ear to the other.

DANGEROUS CONTACT: One hand held in front of the chest with the palm facing forward and the other hand grasping its wrist. Push forward.

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 PLAY: Place one forearm diagonally across the chest.

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

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

EARLY ENTRY ON DRAW: With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.

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

FORCING THROUGH: With open palm push out away from the face followed by the Offensive Foul signal.

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.

HOLDING: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.

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 DRAW: Whistle + Direction Signal

ILLEGAL PICK: Blocking signal and then Offensive Foul Signal

ILLEGAL PROCEDURE: Bend arms at the elbows and circle the forearms around each other at chest height.

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.

MISCONDUCT: Cross both arms diagonally across the chest.

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

OFFENSIVE FOUL: Place one hand behind head and indicate direction of with the other hand.

OFFSETTING FOULS: Extend arms horizontally to the sides, with hands in fist, followed by a show of each foul signal – Offensive foul signal and Defensive foul signal.

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

POSSESSION/RELEASE OF DRAW: Arm raised overhead and moved by the side of the body in large clockwise motion.

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.

SHOOTING SPACE: 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.

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.

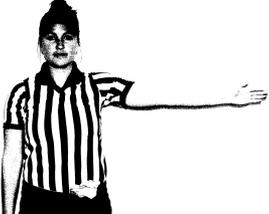
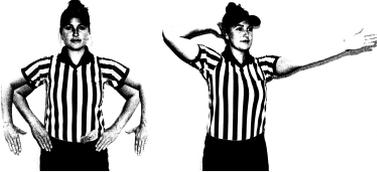
TIME-OUT: Turn toward the timer and cross fully extended arms at the wrist above the head.

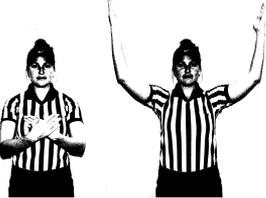
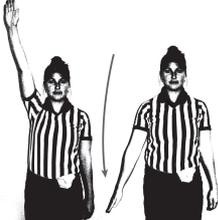
TRIP: Point to ankle while performing a kicking motion.

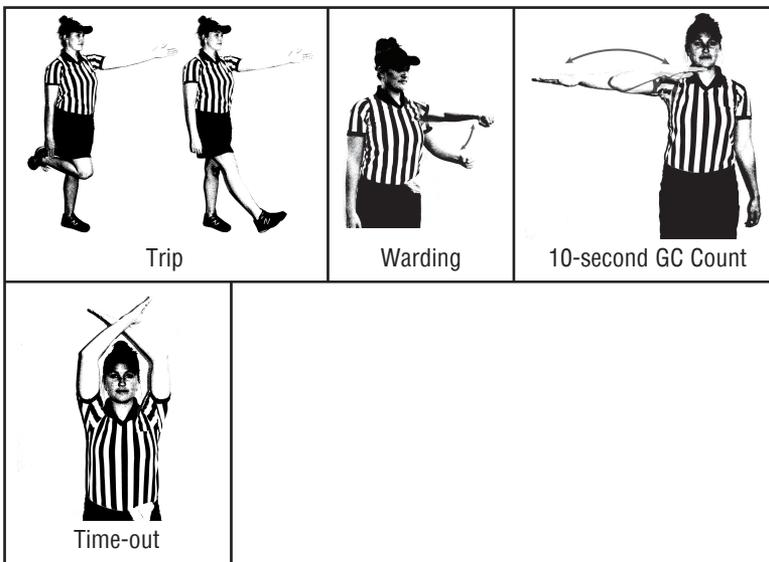
WARDING: Use the forearm in an upward motion away from the body.

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

 <p>Alternate Possession</p>	 <p>Blocking</p>	 <p>Check to the Head</p>
 <p>Cover</p>	 <p>Crosse Into/ Through Sphere</p>	 <p>Dangerous Contact</p>
 <p>Dangerous Follow Through & Dangerous Propelling</p>	 <p>Dangerous Play</p>	 <p>Dangerous Shot on Goalkeeper</p>
 <p>Early Entry on Draw</p>	 <p>Empty Crosse Check</p>	

 <p>Forcing Through</p>	 <p>Goal</p>	 <p>Goal Circle Foul</p>	
 <p>Held Whistle</p>	 <p>Holding</p>	 <p>Illegal Ball off the Body</p>	 <p>Illegal Cradle in Sphere</p>
 <p>Illegal Draw</p>	 <p>Illegal Pick</p>		
 <p>Illegal Procedure</p>	 <p>Illegal Stick to Body Contact</p>		 <p>Misconduct</p>

 <p>No Goal</p>	 <p>Offensive Foul</p>	 <p>Offsetting Fouls</p>
 <p>Offside</p>	 <p>Possession/Release of Draw</p>	 <p>Pushing or Body Contact</p>
 <p>Re-draw</p>	 <p>Rough Check/ Illegal Check on Body</p>	 <p>Shooting Space</p>
 <p>Slash</p>	 <p>Three-second Rule</p>	 <p>Time In</p>



PREGAME PROTOCOL OPTIONS

Using one of these pregame protocols will allow for a standard warm-up procedure.

Additional pre-game on the field may occur but these examples use a 30-minute warm-up with a 5 p.m. game time.

Real Time	Clock Time	Activity
4:20	30:00	Field Open
4:45	05:00	Captains Meeting
4:50	00:00	Clear Field/Stick Check
4:55	00:00	Lineups Announced
4:57	00:00	National Anthem
5:00	00:00	Opening Draw

If no announcements or anthem are to be used, the following protocol would apply.

Real Time	Clock Time	Activity
4:25	30:00	Field Open
4:50	05:00	Captains Meeting
4:55	00:00	Clear Field/Stick Check
5:00	00:00	Opening Draw

APPENDIX B

ALTERNATE OFFICIAL RESPONSIBILITIES AND DUTIES

The alternate official is considered part of the team of game officials and should be on the field dressed in game attire. The alternate official shall take a position on the field in front of the official scorer's table and do the following:

1. Oversee the scorers and timers to determine that:
 - a. Both teams' rosters (a separate roster form is acceptable) are in the official scorebook at least 10 minutes before the start of the game. Confirm that jersey numbers in the book match those on the players.
 - b. The clock is started and stopped correctly and appropriately. Correct any mistakes made in this area. Ensure that a radio is available if necessary (i.e., official time is being kept away from table). Ensure that there is a clock at the table to administer time-outs, penalties, etc.
 - c. Records are kept of team, individual and coach warnings, suspensions and ejections (cards).
 - d. Proper substitution procedures are followed and substitution records are kept.
 - e. The correct score is maintained in the scorebook and on the scoreboard.
 - f. Maintain an accurate record for alternate possession.
2. Replace any field official in the event of an injury to that official
3. Assume primary responsibility for maintaining bench personnel positioning and decorum. [See Alternate Official Carding Procedure]
4. Review protocol with ball retrievers.
5. Serve in any other capacity that would contribute to maintaining control of the game and efficiency of the scorer and timer's table.
6. Assist field officials in weather-delay procedures. The alternate official is responsible for noting field position of players during suspension of play due to dangerous weather conditions.
7. Assist with management of time-outs.
8. If a coach has requested a stick check, call time-out at a stoppage of the game clock and indicate that all players must drop their crosses. Communicate to the nearest field official that a stick check has been requested and the number of that player.

ALTERNATE OFFICIAL CARDING PROCEDURE

When necessary, the alternate official, in conjunction with the crew, may issue a yellow or red card for misconduct by a player, coach or any officially designated member of a team's travel party who is in the bench area.

When the misconduct occurs, the alternate official will call time-out on the next whistle and confer with the field officials. The field officials will issue the yellow/red card to the offending player, coach or team personnel as identified by the Alternate Official.

There will be a change of possession on the field if the offending team is in possession of the ball. The head coach must designate a player on the field who will enter the penalty area and serve a two-minute penalty (yellow card) or four-minute penalty (red card). If a red card has been issued, play will not resume until the head coach leaves the playing area.

APPENDIX C

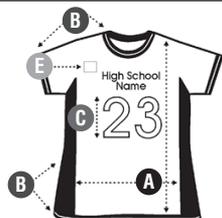
INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the annual NFHS Girls Lacrosse Rules Committee meeting. Rules proposals must be made in writing using the Rule Change Request Form, available from USA Lacrosse (www.usalacrosse.com), or through your state association.

The rules committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the rules approved by the rules committee must be presented to the NFHS Board of Directors for final approval.

GIRLS LACROSSE UNIFORMS

FRONT VIEW



BACK VIEW



SIDE VIEW



SLEEVELESS OPTION FRONT



A SHIRT COLOR

1. Shirt shall be a **single, solid color**.
2. Goalkeeper's shirt must be worn over protective equipment.
3. Shirts shall be of contrasting colors for opposing teams. The coaches/schools shall agree on uniform colors prior to the day of the game. If both teams should have similar colors the home team will be obligated to change or wear numbered pinnies of contrasting color.
4. Home team jerseys shall be light and visitor jerseys shall be dark.

B UNIFORM TRIM

1. Collar, cuffs, and waistband may be of contrasting colors, but not more than **1-inch wide**.
2. Side inserts (armpit to waistband) may be of contrasting colors, but not more than **3-inches wide**.

C NUMBERS

1. Numbers shall be centered vertically and horizontally and must be a minimum of **6-inches tall** on the front and a minimum of **8-inches** tall on the back.
2. Numbers must be a solid color but may contain contrasting color trim not to exceed **1 inch** (the number shall contrast with the body of the shirt).
3. Duplicate numbers on shirts shall not be permitted on the same team.
4. Legal numbers are 0-99. Double-digit numbers from zero through 9 are prohibited.

D KILT/SHORTS/PANT

5. All players on the same team shall wear kilts/shorts/pants of the same dominant color.
6. Goalkeeper may wear the team's dominant color or black, gray or white.
7. Kilts/shorts/pants do not have to be a solid color.

E MANUFACTURER'S LOGO INFORMATION

8. One manufacturer's logo/trademark or reference, not to exceed $2\frac{1}{4}$ square inches or $2\frac{1}{4}$ in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.

NOTES:

1. An American flag, not to exceed 2 by 3 inches, and either a commemorative or a 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.
2. Visible long or short-sleeve undergarments that are worn under the jersey/shirt must correspond to the team's predominant jersey color or be light with a light jersey and dark with a jersey.

USA Lacrosse
2 Loveton Circle
Sparks, MD 21152
www.usalacrosse.com



USA
LACROSSE

Rules questions may be addressed to girlsrules@usalacrosse.com



National Federation of State High School Associations

MISSION STATEMENT

The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.

CORE BELIEFS AND VALUES

WE BELIEVE

Student participation in education-based high school athletics and activities:

- Is a privilege.
- Enriches the educational experience.
- Encourages academic achievement.
- Promotes respect, integrity and sportsmanship.
- Prepares for the future in a global community.
- Develops leadership and life skills.
- Fosters the inclusion of diverse populations.
- Promotes healthy lifestyles and safe competition.
- Encourages positive school/community culture.
- Should be fun.

THE NFHS:

- Serves as the national authority that promotes and protects the defining values of education-based high school athletics and activities in collaboration with its member state associations.
- Serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletics and activities.
- Promotes lifelong health and safety values through participation.
- Develops and delivers impactful, innovative and engaging educational programs to serve the changing needs of state associations, administrators, coaches, directors, officials, students and parents.
- Provides professional development opportunities for member state association staffs.
- Promotes cooperation, collaboration and communication with and among state associations.
- Collects and provides data analysis in order to allow its membership to make informed decisions.



MISSION STATEMENT

As the sport's national governing body, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.

WHO WE ARE

- More than 450,000 members nationwide
- More than 80 full-time staff members
- More than 300 volunteers serving on national boards and committees
- More than 7,000 donors to the USA Lacrosse Foundation

While primarily serving the youth level, USA Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

OUR IMPACT

- **Make the Sport Safer** – Since 1998, we have invested more than \$1 million in safety research projects, studying everything from head injuries to hydration.
- **Train and Certify Coaches** – More than 15,000 people have participated in our Coaching Education Program, helping them to teach the sport correctly and safely.
- **Train and Certify Officials** – USA Lacrosse has more than 700 certified officials and trainers, and more than 350 certified officials observers to help improve the quality of officiating.
- **Create Opportunities to Play** – USA Lacrosse awards more than \$1 million annually in resources through the First Stick Program.
- **Elevate the Sport's Visibility** – Our 30-time world champion U.S. National Teams set the standard for excellence in international lacrosse.
- **Pioneer National Standards** – Our Youth Rules are designed to create the best experience for all participants.
- **Educate the Lacrosse Community** – Our USA Lacrosse Convention has grown to bring more than 7,000 coaches, officials, administrators and fans together each January.



National Federation of State High School Associations

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Dazed or stunned appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Headache or "pressure" in head;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a bump, blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;
- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

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 as soon as possible.
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 at rest, while doing school work or with physical activity.

For further details, please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org.



National Federation of State High School Associations

EQUIPMENT GUIDELINES

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is NOT responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers are responsible for the development of playing equipment that meets the specifications established by the committee, and that is otherwise of good design and quality. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Non-compliant equipment is inappropriate for use in competition under NFHS sports rules. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules editor and/or rules committee for review before production.
3. Protective headgear is required by NFHS rules in some sports and is permissive in others. Hard helmets can decrease the incidence of certain head trauma, such as skull fractures and subdural hematomas. Soft headgear may protect against cuts and bruises to the scalp and forehead. Coaches, athletes and parents/guardians should review the manufacturers' warnings about proper usage and performance limits of such products. **No helmet or headgear can eliminate the risk of concussion and all sports should be played, coached and officiated in recognition of that fact.**



National Federation of State High School Associations

GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant *Staphylococcus aureus* (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS:

- Shower immediately after every competition and practice, using liquid soap and not a shared bar soap;
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting;
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly;
- Do not share towels or personal hygiene products (razors) with others;
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen, and groin;
- Students should clean hands with an alcohol-based gel or soap and water before and after every practice and contest to decrease bacterial load on the hands.

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Students must notify a parent/guardian and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional must evaluate all concerning skin lesions before returning to practices or competition;
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use;
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- A student who is bleeding, has an open wound, has any amount of blood on a uniform, or has blood on their body, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity;
- Athletic trainers or other caregivers must wear gloves and use Universal Precautions to prevent blood or body fluid-splash from contaminating themselves or others;
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water;
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning;
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Make certain that students, coaching staff, and medical staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, etc) and strongly encourage yearly influenza vaccinations;
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Blood-Borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions and Infections" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in October 2018



National Federation of State High School Associations

GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

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

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- * – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved January 2021



National Federation of State High School Associations

COACHES CODE OF ETHICS

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 should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- **The coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student 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 students, 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 the 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.
- **The coach** should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- **The coach** shall not exert pressure on faculty members to give students special consideration.
- **The coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.



National Federation of State High School Associations

OFFICIALS CODE OF ETHICS

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

- **Officials** shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
- **Officials** shall work with each other and their state associations in a constructive and cooperative manner.
- **Officials** shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.
- **Officials** shall avoid the use of alcohol and tobacco products beginning with the arrival at the competition site until departure following the completion of the contest.
- **Officials** shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
- **Officials** shall be punctual and professional in the fulfillment of all contractual obligations.
- **Officials** shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.
- **Officials** shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.
- **Officials** shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.
- **Officials** shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

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National Federation of State High School Associations

COACHING GIRLS LACROSSE



This sport-specific course is part of the **NFHS Learning Center**. It was developed in partnership with USA Lacrosse.

To access the course online, visit **www.nfhslearn.com**.

Cost: \$65



NFHS PUBLICATIONS

Prices effective April 1, 2021 — March 31, 2022

RULES PUBLICATIONS

Baseball Rules Book.....	\$10.00	Ice Hockey Rules Book.....	\$10.00
Baseball Case Book.....	\$10.00	Boys Lacrosse Rules Book.....	\$10.00
Baseball Umpires Manual (2021 & 2022).....	\$10.00	Girls Lacrosse Rules Book.....	\$10.00
Baseball Simplified & Illustrated Rules.....	\$10.00	Soccer Rules Book.....	\$10.00
Baseball Rules by Topic.....	\$10.00	Softball Rules Book.....	\$10.00
Basketball Rules Book.....	\$10.00	Softball Case Book.....	\$10.00
Basketball Case Book.....	\$10.00	Softball Umpires Manual (2022 & 2023).....	\$10.00
Basketball Simplified & Illustrated Rules.....	\$10.00	Softball Simplified & Illustrated Rules.....	\$10.00
Basketball Officials Manual (2021-23).....	\$10.00	Softball Rules by Topic.....	\$10.00
Basketball Handbook (2021-22).....	\$10.00	Spirit Rules Book.....	\$10.00
Basketball Rules by Topic.....	\$10.00	Swimming & Diving Rules Book.....	\$10.00
Field Hockey Rules Book.....	\$10.00	Track & Field Rules Book.....	\$10.00
Football Rules Book.....	\$10.00	Track & Field Case Book.....	\$10.00
Football Case Book.....	\$10.00	Track & Field Manual (2021 & 2022).....	\$10.00
Football Simplified & Illustrated Rules.....	\$10.00	Volleyball Rules Book.....	\$10.00
Football Handbook (2021 & 2022).....	\$10.00	Volleyball Case Book & Manual.....	\$10.00
Football Game Officials Manual (2020 & 2021).....	\$10.00	Volleyball Simplified & Illustrated Rules.....	\$10.00
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