



2022-2024
WOMEN'S FIELD LACROSSE
OFFICIAL PLAYING RULES
Version 1.1 // December 2022

WORLD LACROSSE

INTERNATIONAL WOMEN'S FIELD LACROSSE OFFICIAL PLAYING RULES

(Including January 2022 World Lacrosse Rule Changes as approved by Members)

The World Lacrosse Women's Field Lacrosse Rule Book is compiled and published by World Lacrosse

The text herein was provided by World Lacrosse and is published with their permission. These Official Rules of Women's Field Lacrosse were approved by the members of World Lacrosse in 2022 and released as Version 1.0 // November 2022.

Website: www.worldlacrosse.sport

Email: rules@worldlacrosse.sport

CEO	Jim Scherr	USA
President	Sue Redfern	England
Competition Director	Fiona Clark	Australia
Technical Director	Don Blacklock	England
Chair of Rules	Laura Hebert	USA
Chair of Officiating	Tom Sutton	USA
Chair of Women's Rules Sub-Committee	Paul Mollison	Australia
Chair of Women's Officiating Sub-Committee	Lauren Charwat	USA

In addition to the rules, guidance sections ([ⓘ](#) *in italics*) are provided to give clarity and rule interpretations for officials, coaches and players.

© Copyright 2012-2022 World Lacrosse

CONTENTS

RULE 1	FIELD MARKING	4
RULE 2	THE GOALS.....	8
RULE 3	THE CROSSE	9
RULE 4	THE BALL.....	12
RULE 5	TEAMS	12
RULE 6	UNIFORMS AND EQUIPMENT	12
RULE 7	CAPTAINS.....	14
RULE 8	COACHES	15
RULE 9	OFFICIALS.....	15
RULE 10	SCORERS AND TIMERS.....	16
RULE 11	SCORING	17
RULE 12	DURATION OF PLAY.....	19
RULE 13	START & RESTART OF PLAY	21
RULE 14	SUBSTITUTION	24
RULE 15	OUT OF BOUNDS.....	26
RULE 16	THROW	27
RULE 17	GOAL-CIRCLE RULES & PENALTIES	29
RULE 18	RESTRAINING LINE RULES & PENALTIES	32
RULE 19	MINOR FOUL RULES & PENALTIES	34
RULE 20	MAJOR FOUL RULES & PENALTIES	38
RULE 21	ADVANTAGE FLAG.....	44
RULE 22	MISCONDUCT	46
RULE 23	WARNING CARDS.....	47
RULE 24	DEFINITIONS	49
APPENDIX A	OFFICIALS' ARM SIGNALS	53
APPENDIX B	TOURNAMENT RULES.....	55
APPENDIX C	WORLD LACROSSE WOMEN'S PRE & POST MATCH SCHEDULES.....	56
APPENDIX D	WORLD LACROSSE POLICY REGARDING BLOOD / BLEEDING.....	57
APPENDIX E	WORLD LACROSSE GAME INTERRUPTION POLICY	58
APPENDIX F	HEAT / HYDRATION POLICY	59
APPENDIX G	MANUFACTURER'S SPECIFICATION.....	61
APPENDIX H	OFFICIAL'S MANUAL INFORMATION	70
APPENDIX I	MAJOR FOULS CRIB SHEET	72

DIAGRAMS

Diagram 1 - Field Markings	5
Diagram 2 – Directions for Marking the 15m Marking Area MA.....	6
Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area.....	7
Diagram 4 - Goal-Circle and Goal Cage Rule 2	8
Diagram 5 - Goal Cage and Netting.....	8
Diagram 6 - Goal Cage and Goal Skirt Rule	8
Diagram 7 - Shooting Space	51
Diagram 8 - Areas of the Field: Terms.....	52
Diagram 9 - Restraining Lines and Areas.....	52
Diagram 10 - Offset Specification within 5.1cm Horizontal Plane App	65
Diagram 11 - Parts of Field Crosses.....	65
Diagram 12 - Triangular in Concept	66
Diagram 13 - Plastic/Molded Head Specification	66
Diagram 14 - Cross Section of Unstrung Head	66
Diagram 15 - Shooting/Throw Strings.....	67

Rule 1 Field Marking

1. All field line marking measurements to be measured center to center.
 2. The playing area will be marked with a solid lined rectangular boundary, 91.4m to 100m long between end-lines, and 50m to 60m wide between side-lines. Four cones may be used to mark the corners of the field. (*Diagram 1*) All field lines will be marked 5cm to 10cm wide. It is recommended that all lines be painted white. No unauthorized marks or lines may be added to the field.
 3. A playing area of 100m x 50m to 60m will be used for World Lacrosse events. (*Diagram 1 - Field Markings*)
 4. The playing area must be flat and free of stones, glass, and protruding objects. There must be at least 4m of field beyond side-lines and end-lines clear of natural or artificial objects, such as trees, bushes, athletic tracks, fences, spectators, or stands.
- ① *Spectators must stay back at least 4m from the sidelines and are not allowed directly behind the team benches or score table. No spectators are allowed behind the end-lines unless permanent seating, with protection from flying balls, is available.*
5. A goal-line and a Goal-Line-Extended (GLE) will be measured from the center point of the field width and 12m from the end-lines and parallel to the end-lines. The goal-line will measure 1.83m in length and must be marked 5cm wide, (plus or minus <>5mm). The Goal-Line-Extended will be measured 15m from the center point of the goal-line and marked from 3m to 15m. (*Diagram 1 & Rule 2*)
 6. A Marking Area (MA) 15m semi-circle, will be measured from the center point of the goal-line and marked with a 15m radius to each Goal-Line-Extended. (*Diagram 1, Diagram 2*)
 - a. Seven hash marks of 15cm in length marked inside the MA, and 4m from the center hash (See *Diagram 2* and *Diagram 9*).
 7. Two dots at both ends of the field, will be measured 2m in from the end-line and in line with the 15m MA semi-circle at the Goal-Line-Extended, and marked 15cm in diameter. A Goal-Circle will be measured from the center point of the goal-line and marked with a radius of 3m. (*Diagram 1*)
 8. Restraining-lines will be measured 22m up field from each goal-line and marked across the full width of the field. (*Diagram 1*)
 9. A center-line will be measured from the center point of the field and parallel to the restraining-lines and marked 3m in length. (*Diagram 1*)
 10. A center-circle will be measured from the center point of the field and marked with a 9m radius. (*Diagram 1*)
 11. Directions for marking the 15m MA. (*Diagram 2*)

MEASUREMENTS

A to B = 3 meters	Goal-Circle, 3m radius
A to C = 15 meters	MA, 15m radius
A to D = 15 meters	Goal-Line-Extended, marked from the Goal-Circle to the MA arc
B to B = 6 meters	Goal-Circle, 6m diameter
B to D = 12 meters	Goal-Line-Extended
D to D = 30 meters	MA semi-circle, 30m diameter

Seven hash marks each 15cm in length marked inside the MA, commencing with the center hash and 4m apart.

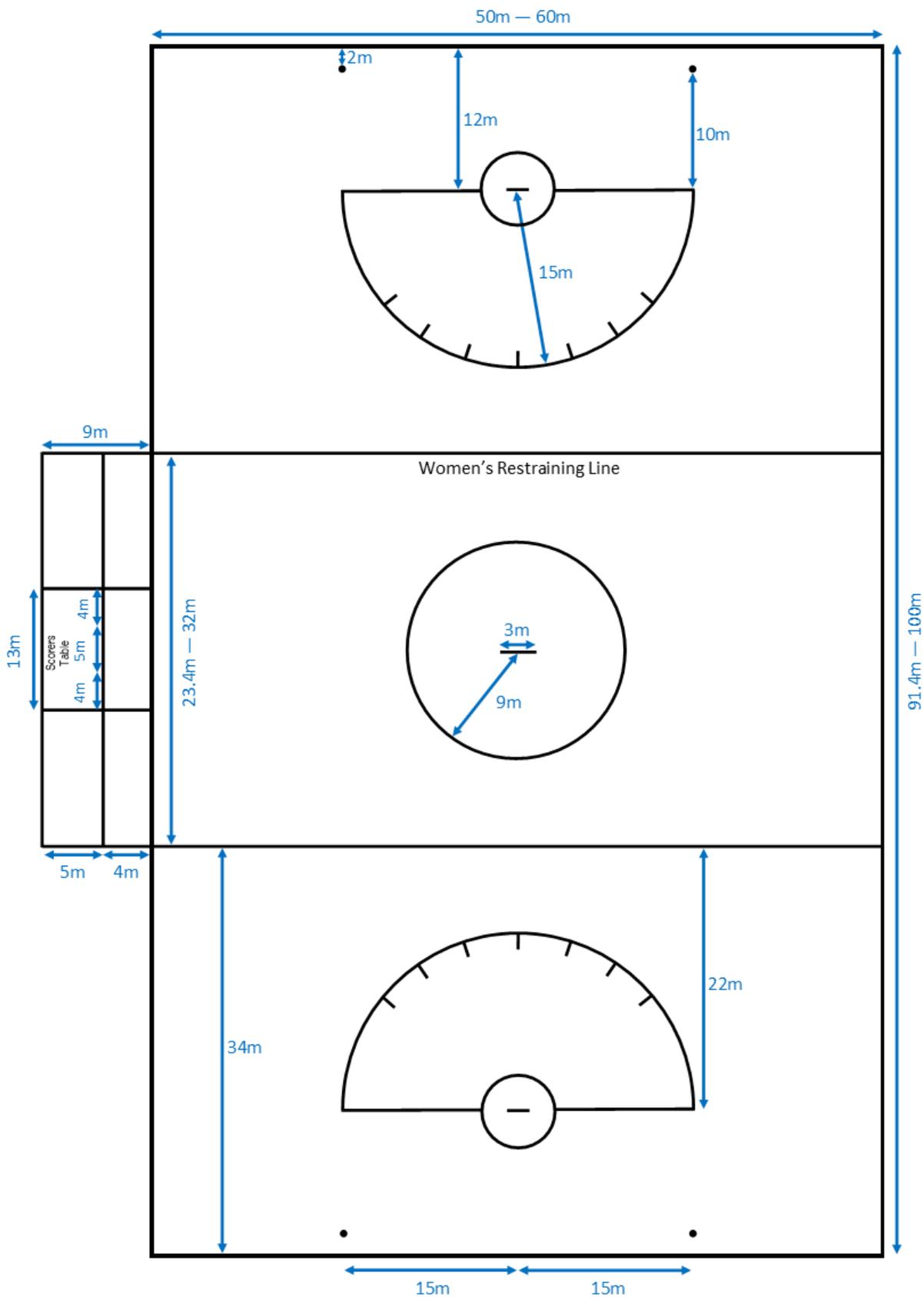


Diagram 1 - Field Markings

① No additional marks may be added to the field.

Dot ●

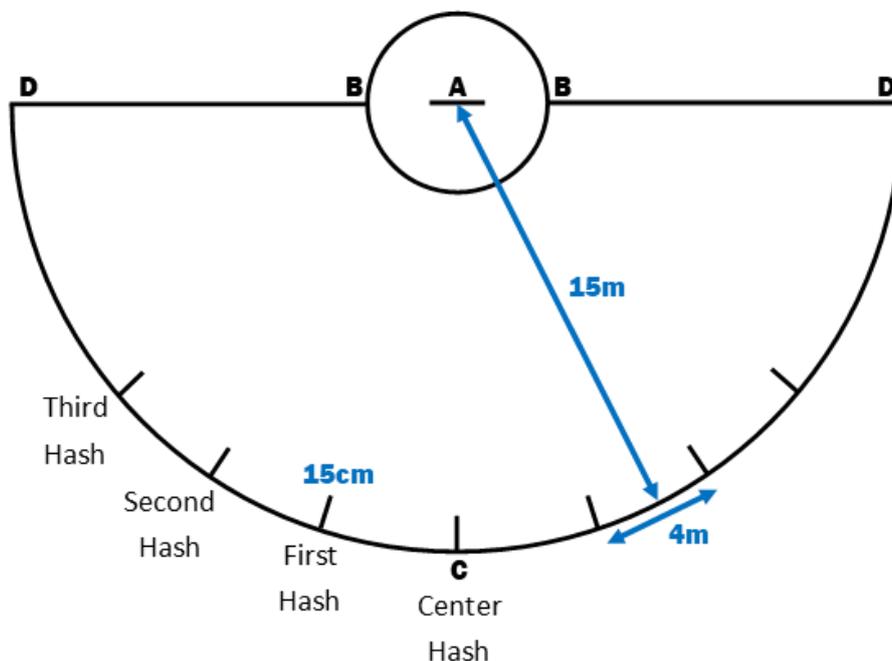


Diagram 2 – Directions for Marking the 15m Marking Area MA

12. The *Substitution Area* will be measured 13m from the center point of the field length (6.5m either side of the center point) and 4m parallel to the side-line. (*Diagram 3*)
13. The *Coach Walk* will be measured 4m parallel to the side-line, and extend from the *Substitution Area* to the restraining-line.
14. A maximum of 4 Coaches are permitted in the *Coach Walk* during play and must move to provide a clear path for on-field officials. (*Diagram 3*)
15. The *Team Bench Area* will be measured 5m parallel to the *Coach Walk* and extend from the *Substitution Area* to the restraining-line. Players and other *Team / Bench Staff* (additional to the maximum of 4 permitted in the *Coach Walk*) must remain in the *Team Bench Area* and cannot enter the *Coach Walk* during play. Players Benches/chairs must be at least 7 meters from the side-line and 4 meters from the *Substitution Area*. (*Diagram 3*)

16. The *Substitution Gate* is the side-line section of the *Substitution Area* and defined by two cones/markers placed 13m apart. (*Diagram 3*)

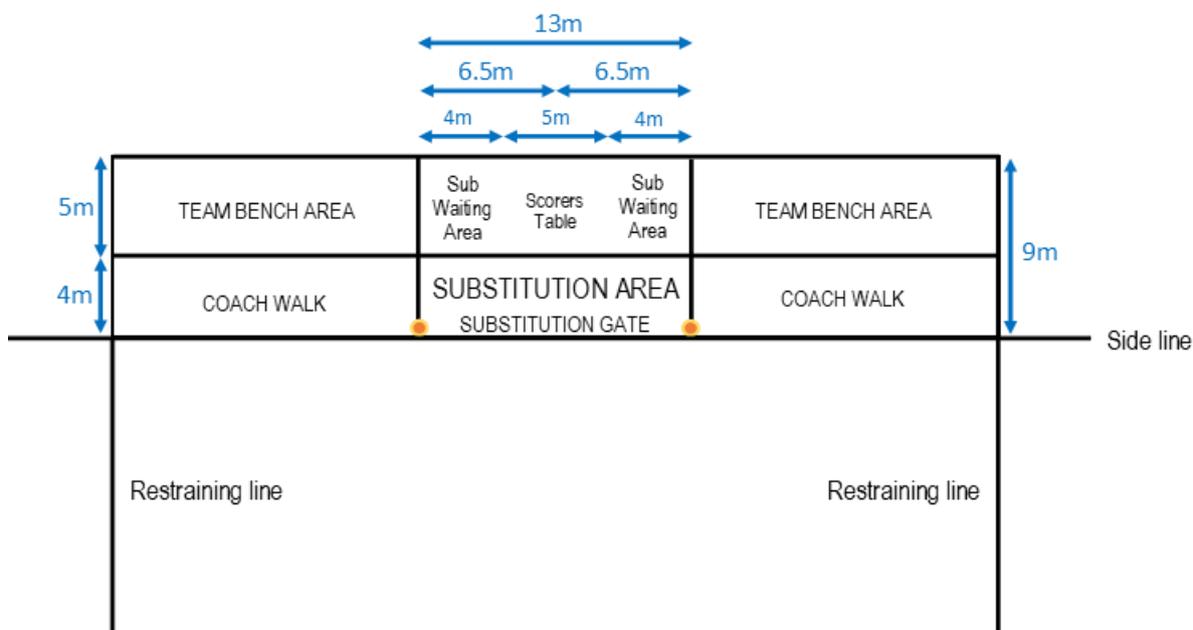


Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area

Rule 2 The Goals

1. A goal cage will be placed in each Goal-Circle.
2. A goal cage consists of two vertical posts/pipes joined at the top by a rigid crossbar. The posts/pipes will be 1.83m apart and the top horizontal crossbar will be 1.83m from the ground. All measurements are inside measurements. The goal posts/pipes and crossbar will be 5.1cm square or 5.1cm in diameter and must be painted white or orange.
3. If a freestanding goal is used, all ground level, side and center back supports must be padded their entire length with material that limits the rebound of the ball.
 - a. It is not necessary to pad goals with flat or angled ground supports that prevent the ball from rebounding. Supporting braces should not be placed in the corners of the goal, that would prohibit a goal from being scored. (*Diagram 5 - Goal Cage and Netting*)
4. Mesh cotton or nylon goal netting must not be larger than 4cm diamond. The goal net must be securely attached to the posts/pipes, the crossbar and to a point on the ground 2.1m behind the center of the goal-line. The net should be strung to limit the ball rebounding.
5. Any structure supporting the net behind the goal must allow the goalkeeper and defenders to move freely behind the goal, in the back part of the Goal-Circle.



Diagram 4 - Goal-Circle and Goal Cage Rule 2

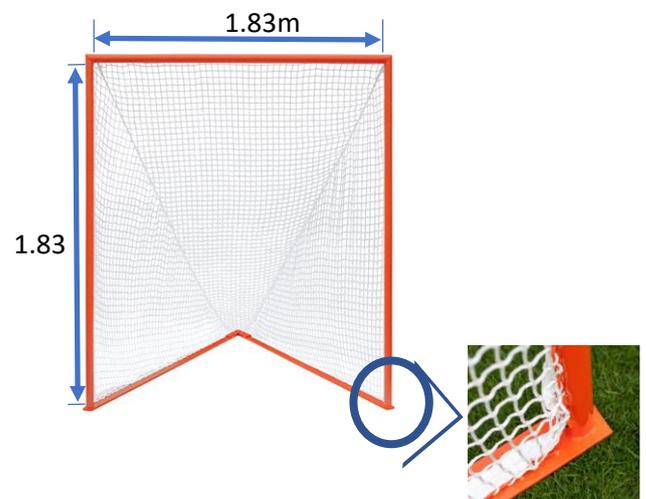


Diagram 5 - Goal Cage and Netting

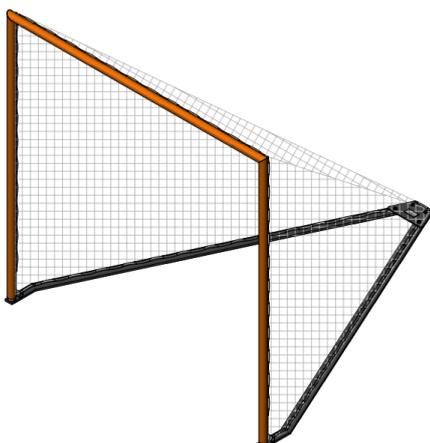
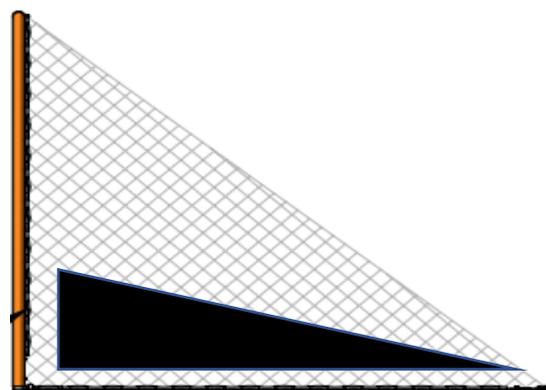


Diagram 6 - Goal Cage and Goal Skirt Rule



6. Goal Skirts are permissible.

World Lacrosse suggests that the goal skirt shall be attached directly to the netting of the goal and can be installed on the inside, outside, or both sides of the netting. The goal skirt shall be roughly triangular in shape following the drape of the goal's netting and the height of the skirt shall be no more than 610mm in height at its highest point. (*Diagram 6*)

- a. The goal skirt shall be affixed to the netting a minimum of 150mm from the goal post, and 100mm above the bottom plate running parallel to the ground, thus allowing an unobstructed view of the ball within the goal area. (*Diagram 6*)
- b. The goal skirt shall be of one solid background color with contrasting writing or logo as illustrated and where feasible, the goal skirt should be semi-transparent, further assisting the ability to view the ball in the goal area. (*Diagram 6*)

Rule 3 The Crosse

A RULES

3.A.1 Full Crosse specifications are in *APPENDIX G*

3.A.2 Only those aspects of the Crosse specifications that are necessary and useful for officials, coaches, and players during a game are included below.

3.A.3 Field Crosses

3.A.3.a The primary intent of the field Crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket, so that the ball may be dislodged from the front or back of a Crosse without an excessively forceful check. A Crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

3.A.3.b The head of the field Crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.

3.A.3.c The head of a field Crosse will be triangular in concept. (*Diagram 11 - Parts of Field Crosses & Diagram 12 - Triangular in Concept*)

3.A.3.d The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head Crosse will be 16cm minimum and 15cm to 16cm for a wooden Crosse.

3.A.3.e There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.

3.A.3.f The shaft of the field Crosse will be 'nominally' straight and may be constructed of wood, metal-alloy or other composite material. The Crosse must not have sharp or protruding parts or edges and must not be dangerous to players in any way.

① *A "bent" shaft must only be used with the heads that are specifically designed to accommodate them. "Bent" shafts are head and manufacturer specific. Heads designed for use with a straight shaft are not legal when attached to a bent shaft.*

3.A.3.g Metal screws with rounded heads will be used (recessed) to attach the head of a plastic molded head Crosse to the shaft. The butt end of all shafts will have an end cap, be taped, or be sanded smooth if made of wood, or composite material.

3.A.3.h The overall length of the field Crosse will be 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a Crosse.

① *Junior players who are under the age of 15 may use a Crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player's arm.*

3.A.3.i The pockets of all field Crosses may be strung with 2 to 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing, or the pocket may be mesh.

3.A.3.j Longitudinal leather or synthetic thongs shall be 0.3 to 1.0cm wide.

3.A.3.k Each thong must be made of one material (leather, synthetic leather, or nylon cord) and run the full length of the head. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head.

3.A.3.l Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend at least 5.1 cm beyond the ball stop.

3.A.3.m Thongs must be evenly spaced along the length and across the width of the head. Loose ends of thongs must not be woven back up through the pocket of the Crosse. (*Diagram 11 - Parts of Field Crosses*).

3.A.3.n Cross-lacing in a traditionally strung pocket is defined as 8 to 12 knots/stitches, where two strings intertwine at a common place on a thong and evenly spaced diamonds. A 'diamond' is the shape formed between longitudinal knots on a thong and horizontal knots.

3.A.3.o Cross-lacing in a pre-manufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4cm maximum.

3.A.3.p Pockets must be attached to the head of the Crosse through sidewall pocket stringing holes and must be attached in one of the following ways:

3.A.3.p.i The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head unless it is fused mesh, or

3.A.3.p.ii The pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, similar to sewing stitches, unless it is made of fused mesh. The distance from the bottom of the sidewall to the bottom of the stringing hole must not be more than 1.0cm.

① *A pocket **must not** be attached to the head of a Crosse along the top of the bottom rail of the sidewall. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, must not be used as stringing holes.*

3.A.3.q Field Crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. In a mesh pocket the allowance is one coil per diamond of mesh. Flat laces must not be used as shooting/throw strings.

3.A.3.r Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an "inverted U" in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop. (*Diagram 15 - Shooting/Throw Strings*)

3.A.3.s The field Crosse meets specifications if:

3.A.3.s.i It complies with the criteria in this rule and the Manufacturer's Specifications for field Crosses as approved by the World Lacrosse (*APPENDIX G*).

3.A.3.s.ii The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, must be visible above the top of the entire wooden or plastic sidewall.

3.A.3.s.iii The ball must move freely within all parts of the head and pocket, both laterally and along its full length, from top to bottom, 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 must not become wedged between the walls, under the guard or under the bridge of a wooden Crosse, or in the ball stop, or under the walls of a plastic/molded head Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down.

3.A.3.s.iv There are no holes or gaps in the pocket that are larger than 3.81cm.

3.A.4 Goalkeeper's Crosse

3.A.4.a The Crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.

3.A.4.b The shaft of the Crosse will be straight and may be constructed of wood, metal alloy, or other composite material. Recessed metal screws with rounded heads must be used to attach the head to the shaft. The butt end of all shafts will have an end cap, be taped, or be sanded smooth if made of wood, or composite material.

3.A.4.c The Crosse must not have sharp or protruding parts or edges, and must not be dangerous to players in any way.

3.A.4.d The overall length of the Crosse will be 90cm minimum to 135cm maximum.

3.A.4.e The entire head of the Crosse will be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge or the ball stop to the widest point at the top of the head.

3.A.4.f The pocket of the Crosse may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 knots/stitches of cross-lacing, or may be mesh.

3.A.4.g The goalkeeper's Crosse may have more than two shooting/throw strings and flat laces may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw strings in the pocket of the Crosse.

3.A.4.h The goalkeeper's Crosse meets specifications when:

3.A.4.h.i It complies with the criteria in this rule and in the Manufacturer's Specifications for goalkeeper Crosses as approved by the World Lacrosse in *APPENDIX G*

3.A.4.h.ii The ball moves freely within all parts of the head/pocket, both laterally and along its full length from top to bottom, of the pocket

3.A.4.h.iii The Crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, and more than one half of the ball is visible above the ball stop.

B PENALTIES

- 3.B.1.a At any time during play, an official may take time-out to inspect the pocket of a field Crosse.
- 3.B.1.b Any player on the field may request an official to inspect the pocket of an opponent's Crosse when their team has possession of a *Dead Ball* or directly after a goal is scored.
- 3.B.1.c If at any time during play the ball becomes lodged in a field player's Crosse, the Crosse no longer meets specifications. An official will take time-out to remove the illegal Crosse to the scorer's table. To resume play, the opponent nearest to the ball will be awarded a Free Position for a minor foul. (19.A.5, 19.A.8, 19.A.9)

Rule 4 The Ball

A GENERAL

- 4.A.1 The ball will be solid, smooth Elastomer and may be any solid color.
 - 4.A.1.a See *APPENDIX B* for the ball color for World Lacrosse tournaments.
 - 4.A.1.b See *APPENDIX G* for the ball specifications.

Rule 5 Teams

A GENERAL

- 5.A.1 A game is played between two teams.
- 5.A.2 For World Lacrosse events, a roster of eighteen (18) players maximum constitutes a full team.
- 5.A.3 Any number of players up to ten (10) are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper.
 - ① *If a team chooses to play without a goalkeeper, an unprotected field player may enter the Goal-Circle, but must comply fully with Rule 17 Goal-Circle Rules & Penalties.*

Rule 6 Uniforms And Equipment

A GENERAL

- 6.A.1 No equipment, including protective devices, may be used unless it complies with *Rule 6* below, *APPENDIX G*, and the officials agree that the equipment is not dangerous to other players.
- 6.A.2 Field players may wear close-fitting gloves, nose guards, or eye guards. Field players are not permitted to wear headgear or face masks.
- 6.A.3 Field players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in *APPENDIX G*
 - ① *Eye guards worn during a World Lacrosse contest must comply with the safety aspects listed in Rule 6, or meet certification requirements of any country, organization or standard. However, World Lacrosse does not guarantee the safety of the eye guard to the player wearing them, or other players. World Lacrosse does not monitor the safety or effectiveness of any eye*

guards, such as the ability to withstand impact from a ball or a Crosse, nor does World Lacrosse review or approve the certification process of any country, organization or standards organization.

- 6.A.4** A player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended.
- 6.A.5** All players, including the goalkeeper, must correctly wear a professionally manufactured intra-oral mouthguard that covers all teeth of the upper jaw.
- 6.A.5.a** The mouthguard shall be of any readily visible color, other than colorless or white, and must not have graphics of teeth.
- ① *Printed text is not acceptable on a white or colorless mouthguard.*
- 6.A.5.b** Mouthguards must not be altered to decrease protection and field players must remove protruding tabs.
- 6.A.5.c** Additional protective devices warranted on genuine medical necessity will be evaluated before the game and may be worn provided the officials agree that the equipment is not dangerous to other players. All protective devices must be close fitting and padded where necessary and must not be of excessive weight
- 6.A.6** Players may wear securely taped medical alert jewelry with information clearly visible and close-fitting cloth sweat bands. They must remove any other soft jewelry, necklaces, earrings, bracelets, and watches. Wedding rings and religious/ceremonial jewelry must be taped securely to the player or be removed. Flat barrettes or hair slides are legal. Hats/visors with soft neoprene brims may be worn. A hijab may be worn (preferably a sports hijab). The official may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.
- 6.A.7** Sweat bands must not be worn to cover illegal jewelry.
- 6.A.8** All field players must be dressed uniformly, with the exception of the goalkeeper. (6.A.14)
- 6.A.9** All visible garments, worn on the field, are considered to be, part of the team uniform.
- ① *This ruling does not apply to medical sleeves.*
- 6.A.10** All visible undergarments worn under the uniform shirt must be the same predominant color as the uniform shirt.
- 6.A.11** All visible garments worn under the kilt/skirt/shorts must be the same predominant color as the kilt/skirt/shorts or be one solid dark color.
- 6.A.12** All players of a team wearing visible undergarments, must be of the same solid color.
- 6.A.13** The goalkeeper's shirt/top must be the same color as field players shirt/top and must be worn over their chest-pad and any shoulder/ arm-pads.
- 6.A.14** The kilt/skirt/shirt/shorts/bottom of the goalkeeper uniform must be the same predominant color of player's kilt/skirt/shorts or be a solid dark color.

- 6.A.15 All players and goalkeeper's uniform shirt must be numbered with identical fonts, on the front and back. Each team member will have a different number and the color of the numbers must clearly contrast with the color of the shirts.
- 6.A.16 If a team wears a patterned shirt, the numbers must be superimposed on a solid, clearly contrasting color block background.
- 6.A.17 Numbers on the center front of the shirt must be at least 15cm tall, and numbers on the center back of the shirt must be at least 20cm tall. Numbers must be a solid block font.
- 6.A.18 For World Lacrosse Tournaments, numbers 1 to 40 only, are permitted on team shirts. (*APPENDIX B*)
- 6.A.19 Players may wear shoes with plastic, metal, leather, or rubber cleats/studs. Spikes (athletics) are not permitted. Regardless of their composition, the exposed surface of all studs/cleats must be smooth. Players may also wear flat soled shoes.

GOALKEEPERS

- 6.A.20 A goalkeeper may wear a shatter resistant clear or tinted visor securely attached to their helmet.
- 6.A.21 The goalkeeper must wear a chest or body pad, a helmet with a chin strap that must be fastened, a facemask, and an attached throat protector. The distance that the throat protector hangs from the helmet must be less than the diameter of the ball. *In addition* to the attached throat protector, a wrap-around type throat protector/collar may be worn.
- 6.A.22 The goalkeeper may wear padded gloves and shoulder/arm pads and leg pads. All padding must fit securely and not increase the width of the goalkeeper's body beyond the thickness of the padding.
- 6.A.23 The maximum thickness of padding is 3cm. Padded gloves must be tied securely at the cuff and must not have any webbing.

Rule 7 Captains

A GENERAL

- 7.A.1 Each team will designate one speaking captain for the game. The designated captain may choose to wear a distinctive armband. The designated captain's number will be noted on the official team score sheet.
- 7.A.2 The designated captain:
 - 7.A.2.a Will meet with the charge official to call the coin toss for choice of end to defend. The visiting or lower seed team captain will call all coin tosses.
 - 7.A.2.b While on the field, will be permitted to request a team time-out directly to the official after a goal has been scored.
 - 7.A.2.c May approach the officials for clarification of rules during a team time-out, during the break between each quarter, and immediately following the game.

Rule 8 Coaches

A GENERAL

- 8.A.1** The coach, or the captain if a coach is not present:
- 8.A.1.a** Will confer with the officials if weather conditions or any other circumstances make the continuation of the game questionable. (12.A.8).
 - 8.A.1.b** May request a rule clarification from the officials during the break between each quarter and immediately following the game, but not during a team time-out.
 - 8.A.1.c** May request a team time-out through the scorer's table. (12.A.10)

Rule 9 Officials

A THE OFFICIALS WILL:

- 9.A.1** Enforce the rules in accordance with the procedures and guidelines set forth by World Lacrosse. The officials are solely responsible for judging safe and fair play, and the officials' decisions are final and without appeal.
- 9.A.2** Be in charge of a game 35 minutes prior to the start of the game.
- 9.A.3** Prior to the game, inspect the grounds, goals, the ball, Crosses, clothing, boots/shoes, jewelry, and all protective equipment to ensure they comply with the rules. (See also *APPENDIX H*)
- 9.A.4** Agree about the safety of protective equipment required on genuine medical necessity. (6.A.1, 6.A.2, 6.A.6)
- 9.A.5** Ensure that the scorer and timer understand their responsibilities.
- 9.A.6** The charge official will conduct all coin tosses with the captains (see 7.A.2.a).
- 9.A.7** Agree with the captains and/or coaches on the length of playing time and quarters.
- 9.A.8** Confer with the captains and/or coaches if weather conditions or any other extenuating circumstances make the continuation of the game questionable. If a game must be interrupted or suspended, the official's decision is final. (12.A.8)
- 9.A.9** Officiate the game in accordance with the World Lacrosse women's rules.
- 9.A.10** Report goals and player warnings or suspensions to the scorer.
- 9.A.11** Be available to clarify rules for the captains during a team time-out and for captains and coaches during quarter breaks and immediately following the game.
- 9.A.12** Make the game approved/certified by signing the team score sheet.

Rule 10 Scorers And Timers

A THE SCORER WILL:

- 10.A.1 Record the team rosters, names, and shirt numbers, of both teams on the team score sheet 20 minutes prior to the start of the game.
- 10.A.2 Keep an accurate record of the goals scored and team time-outs and display an accurate score for all participants.
- 10.A.3 Record all warning and suspension cards, the time on the game clock when the player is suspended and the time the player or their substitute may re-enter the game.
- 10.A.4 Inform the carded player and their coach at what time the penalty suspension will expire. (23.B.2)

B THE TIMER WILL:

- 10.B.1 Confirm with the officials the time of each quarter and time between each quarter for the game and overtime, when played.
- 10.B.2 Time the quarters. (12.A.1)
- 10.B.3 Time the break between each quarter. (12.A.2)
- 10.B.4 Start the clock on the official's whistle at the start of each quarter or overtime period.
- 10.B.5 Stop the clock on the official's whistle for all time-outs, injuries, warning cards, team time-outs or any other time the official signals that the clock must be stopped, and restart the clock on the official's whistle accordingly. (12.A.6, 12.A.7, 12.A.8, 12.A.11, 12.A.12, 12.A.13)
- 10.B.6 Notify the officials and coaches when there are 30 seconds remaining in quarters 1, 2, 3 and 2 minutes remaining in quarter 4.
 - ① *When play is stopped prior to the last 30 seconds in quarters 1, 2 and 3, or 2 minutes in quarter 4, the timer will stop the clock when it reaches 30 seconds (quarters 1, 2 and 3) or 2 minutes (quarter 4), if play has not resumed.*
- 10.B.7 Time the 90 seconds team time-out and notify the officials and coaches when there are 30 seconds remaining. (12.A.11).
- 10.B.8 Verbally count down the last 10 seconds of each period to the nearest official and sound the horn when time has expired. This is not required when a visible clock.
 - ① *The horn will indicate the end of time. When a horn is not available, the field official's whistle (three short blasts) shall indicate the end of time. (12.A.5)*
- 10.B.9 Notify the officials and coaches and sound the horn when 1 minute remains during each break. (19.A.21)
- 10.B.10 Time the recovery time allowed for an injured player.
 - 10.B.10.a A field player is allowed up to 2 minutes recovery time. (12.A.12)
 - 10.B.10.b The goalkeeper is allowed up to 5 minutes recovery time. (12.A.12)

10.B.11 Time the penalty suspensions:

- 10.B.11.a** Yellow card - 2 minutes before the suspended player or a substitute may enter the game following a yellow card.
- 10.B.11.b** Yellow/red card - 5 minutes before a substitute may enter the game following a yellow/red card shown together.
- 10.B.11.c** Red card - 10 minutes before a substitute may enter the game following a straight red card.

10.B.12 Inform the nearest official if a suspended player or a substitute re-enters the game before the timed penalty suspension expires. The player or their team must re-serve the penalty suspension. (23.B.8)

10.B.13 Inform the officials if a penalty suspension will carry over into the next quarter or overtime.

Rule 11 Scoring

GOAL SCORING

11.A.1 The team scoring the greater number of goals wins. If the scores are equal at the end of regulation time, the result is a tie. When a winner must be determined, overtime procedures must be followed. (12.A.15).

11.A.2 A goal is scored when the whole ball passes completely over the goal-line, between the goal posts and under the crossbar from in front, the ball having been shot or propelled from an attack player's legal Crosse, or from a defensive player's Crosse or body.

A GOAL IS NOT SCORED WHEN:

11.A.3 The ball enters the goal after the official's whistle is blown or the horn has sounded.

Exception: *Shooting Space* - Rule 20.B.7

11.A.4 The ball is put in the goal by a non-player. (16.A.3.a)

11.A.5 The ball comes off the person/body of an attack player.

11.A.6 The attack shooter steps on or over the Goal-Circle line, before the ball crosses the goal-line, or if any other attack player enters the Goal-Circle.

11.A.7 The attack makes contact with the goalkeeper or their Crosse when the goalkeeper is in their Goal-Circle. (17.A.2)

11.A.8 The official rules a shot or follow-through as dangerous.

11.A.9 The ball enters the goal while the attacking team has an illegal player on the field. (14.B.2.a)

11.A.10 The ball enters the goal from an attack player's illegal Crosse.

- 11.A.11** The player who shot the goal, when requested by an official, does not drop or hand their Crosse to the nearest official immediately. (19.A.9)
- 11.A.12** The player who shot the goal, or any teammate adjusts the players Crosse in any way before dropping the Crosse or handing it to the official. (19.A.9)
- 11.A.13** The ball is shot or otherwise put into the goal by the attacking team's goalkeeper. (19.A.4)
- 11.A.14** The ball enters the goal when the attacking team is offside. (18.B.8)
- ① *If a player is discovered wearing jewelry, or not wearing a mouth guard, immediately after a goal is scored, the goal counts. To resume play, a minor foul Free Position is taken by the opponent at the center-line. (19.A.6)*

Rule 12 Duration Of Play

A GENERAL

12.A.1 The duration of the game will be four 15-minute quarters.

① *For domestic games, the officials and captains/coaches may agree on an alternative length of the quarters.*

12.A.2 Breaks between quarters 1 & 2 and 3 & 4 may not exceed 2 minutes and half time may not exceed 10 minutes.

12.A.3 Teams will change ends after quarters 1, 2, and 3.

12.A.4 The official's whistle starts and stops play. The game begins at the sound of the official's whistle at the opening draw. The game is restarted with a draw after a goal is scored and following every quarter break. In some instances, play may commence or re-commence with a throw, or a Free Position, or at the spot of the ball on a *Dead Ball* time-out.

12.A.5 The horn will indicate the end of each quarter/overtime period. If no horn is available, the official's whistle indicates the end of each quarter and overtime period.

12.A.6 The clock is stopped and re-started on the official's whistle within the last 30 seconds of quarters 1, 2, and 3, and the last 2 minutes of quarter 4 for any foul covered in Rule 13.A.9.h (Self-Start), in addition to all the times the clock stops according to Rule 10.B.5.

① *It is a distinct disadvantage to not allow the player with the ball stop to self-start, when all other players can move, and may encourage increased fouling late in the quarter and/or game.*

① *When play is stopped for a foul by the defense in their defensive AFA and for RL violations prior to the last 30 seconds in quarters 1, 2 and 3, or 2 minutes in quarter 4, the timer will stop the clock when it reaches 30 seconds (quarters 1, 2, and 3) or 2 minutes (quarter 4), if play has not resumed.*

12.A.7 Play should be continuous, but at the discretion of the official, a time-out may be taken for unusual circumstances including: a broken Crosse, an animal on the field, a lost ball, or a ball that has gone too far out of bounds, an inadvertent whistle, delaying the game, or spectator interference. The officials must also stop play for illness, injuries, and accidents, to issue warning cards, to inspect a Crosse, and to remove illegal substitutes.

12.A.8 If weather conditions or any other extenuating circumstances make play dangerous, the officials will suspend the game after consultation with the captains/coaches. The officials' decisions are final. (Refer to *APPENDIX E - World Lacrosse Game Interruption Policy*)

12.A.9 A game is considered legal and complete if 80% of the playing time has elapsed. 80% of a 4 x 15-minute game is 48 minutes. If an interrupted game (one in which less than 80% of the game has been played) is continued on the same day, it will be restarted from the point of interruption. A suspended game that is replayed on another day must be replayed from the beginning.

① *To accommodate the time constraints of a tournament, a suspended game that is replayed on another day may be restarted from the point of interruption.*

12.A.10 Time-Out. Each team may request two 90-second time-outs during regulation play.

12.A.10.a Time-outs not used during regulation play cannot be used during overtime.

12.A.10.B A team may request a time-out:

- after a goal is scored or
- when their team is entitled to possession at the restart of play, following a *Dead Ball*, anywhere on the field outside the Advantage Flag Area *AFA*.

12.A.10.c The coach may request a time-out through the score table, or the player who is given possession of the ball may request a time-out directly through a field official. (See also Rule 7.A.2.b)

12.A.10.d Successive team time-outs are not allowed.

① *Play must resume before a following time-out can be requested.*

12.A.11 The time-out will begin when the official calls the time-out. After one minute, a warning horn will sound and teams must be on the field and ready to restart the game at the 90-second whistle or horn.

12.A.12 An official may call a time-out for player injury, including blood, suspected injury or illness, or as required. An incapacitated field player is allowed up to 2 minutes recovery time, and an incapacitated goalkeeper is allowed up to 5 minutes recovery time.

12.A.13 Following an injury time-out the game will be restarted according to Rule 13.A.8.

12.A.14 Players must be ready to re-start following an injury time-out and teams must have the correct number of players on the field when play resumes. Coaches and bench staff may not enter the pitch during an injury time-out for the purpose of coaching. See Rule 20.A.15.a.

12.A.15 Overtime Procedures – Playing off a tied game when required.

12.A.15.a When the score is tied at the end of regulation playing time, the Sudden Victory Overtime procedure will be followed:

12.A.15.a.i Play will continue after a 2-minute break.

12.A.15.a.ii At the end of regulation time and during the 2-minute break, the officials will call together the captains of each team at the center of the field. The charge official will toss a coin to determine choice of goal to defend; the visiting captain will call the coin toss.

12.A.15.a.iii All periods of sudden victory overtime will start with a center draw.

12.A.15.a.iv In sudden victory overtime, stop clock periods of 4 minutes will be played until the first goal is scored, deciding the winner.

12.A.15.a.v The teams will change ends at the end of each 4-minute period.

12.A.15.a.vi There will be a 2-minute break between each 4 minute sudden victory overtime period.

Rule 13 Start & Restart of Play

A RULES

13.A.1 The game is started with a Draw, in the center circle:

- At the start of each quarter of the game.
- At the start of each overtime period.
- After each goal.

Exception: when a Free Position is awarded at the center-line. (21.B.6 & 23.B.11.d)

13.A.2 Players must be ready to start the game 30 seconds after a goal has been scored.

13.A.3 A maximum of three players from each team may be in the *Midfield Area* during the center draw. The players not taking the draw, must not enter the centre circle until the whistle has been blown to start play.

① *This rule applies when a player or her team gains a clear advantage because of the violation.*

13.A.4 All other players, including each team's goalkeeper, must be in their *Attacking Area / Defending Area*, and must not cross the restraining-line until possession has been gained or the ball crosses over the RL, as indicated by the official's direction signal and verbal 'possession'. Prior to the possession call, players in the *Attacking Area / Defending Area* may reach over the line with their Crosses to play the ball, as long as no part of a player's body is on or over the line.

① *When the game starts or restarts with a Free Position or a throw, any players within 4m of the Free Position/throw must move 4m away.*

13.A.5 Draw

13.A.5.a Two opponents stand at the center of the center circle with one foot 'toeing the center-line'. Their Crosses are held in the air above hip level, parallel to and above the center-line.

13.A.5.b The Crosses will be held back-to-back, the right sidewall is down, so that each player's Crosse is between the ball and the goal they are defending.

① *The right sidewall of a molded head Crosse refers to the right side of the Crosse when a player holds the Crosse vertically with the open pocket facing them. The right sidewall of a wooden Crosse is the wooden side.*

13.A.5.c Both the head and shaft must lie along the vertical plane of the center-line.

13.A.5.d The hand at the bottom of the player's shaft cannot be higher than the hand at the top of the shaft.

13.A.5.e The butt end of the shaft cannot be lower than 30° from being parallel with the ground.

13.A.5.f A player's top hand must not contact the throat, the pocket or the sidewall of their Crosse. (19.A.1.a)

13.A.5.g To draw, the official places the ball between the Crosses in the upper one-half of the head near the widest part of the heads.

13.A.5.h Once the Crosses are set, the official says, "ready" before moving backwards out of the center circle. At the word "ready", players taking the draw must remain motionless (except for moving their heads) until the whistle sounds.

13.A.5.i At the official's whistle, both players must immediately draw their Crosses up and away from one another.

13.A.5.j The flight of the ball must go higher than the heads of both players taking the draw.

- 13.A.6** If both players draw illegally, or it cannot be determined why the draw was illegal, or an official determines that the draw was unsuccessful because it was not set correctly, the official will reset the draw.
- 13.A.7** To restart the game after a time-out, play will resume at the spot of the ball when the time-out was called and with the same player in possession of the ball.
- 13.A.8** If the game must be stopped because of an accident, injury, illness, interference, inadvertent whistle, or any other circumstance related or unrelated to the ball, the game will be restarted in one of three ways:
- 13.A.8.a** If a foul occurred, a Free Position will be awarded at a spot determined by the official in accordance with the rules. Play must not resume within the AFA.
 - 13.A.8.b** If a foul did not occur, the ball will be awarded to the player who was in possession of it when play was stopped, and outside of the AFA. The opponent must give the ball carrier at least 1m of clear space with their Crosse and feet.
 - 13.A.8.c** If neither team had possession of the ball when play was stopped, a throw will be taken at or near the incident and /or the spot of the ball when play was stopped, and will be at least 4m away from the restraining-lines. (*Rule 16*)

SELF-START

- 13.A.9** Following a whistle for a major or minor foul outside the AFA, the player who is awarded the Free Position may continue to play when both their feet are stationary on the ground and the ball is in their Crosse, without waiting for an additional whistle, other than as in *Rule 13.A.9.h*.
- 13.A.9.a** The offending player must immediately move 4m behind for the major foul, or 4m away to the side for the minor foul to the player taking the Free Position indicated by the official. Any other player/s within 4m must move 4m away from the foul indicated by the official. All other players may move.
 - 13.A.9.b** If the player who has been awarded the Free Position chooses to self-start, the defensive players may play them immediately following their self-start.
- ① *The offending player must continue to move 4m away/behind until the ball carrier has self-started. The intention is not to delay the self-start by moving players, it is the ball carrier's decision to self-start even if someone is very close.*
- 13.A.9.c** The option to self-start is administered at the spot of the foul. However, if the ball is within playing distance (a Crosse and a half-length away - approx. 2m) from the player who is awarded the Free Position, they may pick up the ball and self-start.
 - 13.A.9.d** If the ball is outside the playing distance of the foul, the player who has been awarded the Free Position and the ball must return to the spot of the foul to self-start. If the spot of the foul cannot be determined, the official will indicate the location for the Free Position.
 - 13.A.9.e** When the ball is out of bounds, the player awarded the ball will place the ball in their Crosse and stand 2m inside the boundary from the spot where the ball went out of bounds and may self-start. All opponents must give the player awarded the ball at least 1m of clear space (Crosse/body and feet) before/until they self-start.
 - 13.A.9.f** If the ball crossed the end-line, within the AFA and below the GLE, the player awarded possession will resume play at the closest dot and may self-start. If the goalkeeper was in their Goal-Circle and is the nearest person, then they are given the ball in their Goal-Circle.
 - 13.A.9.g** Players MAY self-start following an official resetting the Free Position. The player awarded the Free Position will not be penalised for a self-start when this is not permitted, or if they attempt to self-start from a position further than a playing distance from the spot of the foul.

13.A.9.g.i To resume play, the official will reset the Free Position and allow the player to self-start from the correct position, or resume play with a whistle if the self-start was not permitted. However, *repeated* instances of self-starting when / where not permitted as described previously will result in a delay of game penalty.

13.A.9.h Self-start is not an option when:

13.A.9.h.i the game clock is stopped;

13.A.9.h.ii there is a restraining-line violation;

13.A.9.h.iii there is an illegal draw;

13.A.9.h.iv all fouls occurring in the *AFA*.

B PENALTIES

13.B.1 **Illegal Draw:** When an Illegal Draw occurs, the opponent will be awarded a minor foul Free Position at the center-line. (*19.B.1*)

13.B.2 **Early Entry:** Entering the center circle during the draw, until the whistle is a minor foul and will be called if the player or their team gains a clear advantage because of the violation. To restart play, a Free Position for a minor foul will be awarded to the nearest player at the spot of the ball. (*19.B.2*)

13.B.3 **Early Entry:** the draw, when a player enters the *Midfield Area* illegally prior to the official indicating that possession has been gained. To restart play, a Free Position for a minor foul will be awarded to the nearest player at the spot of the ball. (*19.B.2*)

13.B.4 **Delay of game:** A minor foul will be called if a team is not ready to start after a time-out. (*19.A.18*)

13.B.5 When a defensive player moves closer to the player who has been awarded the self-start Free Position before they self-start, this will be penalized at the spot of the ball.

13.B.6 Repeated violations will be administered in accordance with (*19.B.7*).

Rule 14 Substitution

A RULES

- 14.A.1** Each team may substitute an unlimited number of players at any time during the play or during a *Dead Ball*.
- 14.A.2** Players substituting after a legal goal is scored may immediately enter the field through the *Substitution Area* and *Substitution Gate* and do not have to wait for the teammates they are replacing to come off the field.
- ① *Officials should count the players on the field before restarting play.*
- 14.A.3** Players substituting must substitute from the Team Bench Area to the Sub Waiting Area. As an on-field player approaches the *Substitution Gate*, the player in the Sub Waiting Area may enter the *Substitution Area* and approach the *Substitution Gate*. As soon as the on-field player has exited the field and entered the *Substitution Area* (both feet), the substituting player may enter the field. Players substituting should not remain in the *Substitution Area* and should avoid collision with other players and must provide a clear view for scorers.
- 14.A.4** Only players in the process of substituting, are permitted in the *Substitution Area*.
- 14.A.5** During play, an extra player on the field, a suspended player on the field, or an illegal player on the field, are all illegal substitutes.
- 14.A.6** A player whose name and number are listed incorrectly or has been omitted from the team score sheet, are illegal substitutes, and may only enter the game when the correction is made. Their team will be penalized according to *Rule 14 - Substitution*.
- 14.A.7** During an injury time-out, if medical personnel and/or a coach go on to the field to attend to a player, that player must leave the field. A substitute may take their place.
- ① *If medical personnel need to enter the field to attend an injured player, they must wait until the on-field official has signaled for them to come on to the field.*
- 14.A.8** No player is allowed to remain on the field with an open wound or blood-saturated clothing or equipment. (*APPENDIX D - World Lacrosse Policy Regarding Blood / Bleeding*)

B PENALTIES

- 14.B.1** An illegal substitution is a minor foul and the Free Position will be awarded to an opponent player at or near the spot of the ball, unless a goal is scored during the illegal substitution.
- 14.B.2** If the **attacking team** substitutes illegally, the official will stop play immediately.
- 14.B.2.a** If the illegal substitute is on the attacking team after a goal is scored and before the next draw, the goal will not count. The illegal player will be removed, and an opponent player will be awarded a Free Position at the center-line. Player positioning for the draw will apply.
- 14.B.3** If the **defending team** substitutes illegally and the ball is
- 14.B.3.a** in the *Midfield Area*, the official will stop play immediately.

- 14.B.3.b** in their defensive end of the field, the official will stop play following a missed shot or a change of possession. The illegal player will be removed, and an opponent player will be awarded a Free Position at the spot of the ball, outside the *AFA*. If the attack shoots and scores, play will resume at the center with a draw.
- 14.B.4** If players from both teams substitute illegally, a throw will be taken to resume play, at or near the spot of the ball. (*Rule 16*)
- 14.B.5** If a player on the field is both an illegal substitute and offside, remove the player and penalize the offside to resume play. (*Rule 18*)

Rule 15 Out Of Bounds

A RULES

15.A.1 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, then play resumes as described in Rule 15.B.3.

15.A.2 When a loose ball touches the boundary line or the ground outside the boundary line, the ball is out of bounds.

15.A.3 When a player is in *Possession* of the ball and steps on or over the boundary line, or any part of their body or Crosse is *Grounded* on or outside the boundary line, the ball is out of bounds and the player will lose possession.

① *A player in possession of the ball may hold their Crosse outside the boundary as long as their foot/feet do not touch the boundary line. If an opponent, whose feet are inside the boundary line, legally checks the player's Crosse and causes the ball to fall to the ground outside the boundary, possession will be awarded to the opponent when play resumes.*

15.A.4 Players must not take an active part in the game when they are out of bounds i.e. their foot/feet are on or outside the boundary/end-line.

① *A player chasing a ball toward the boundary is able to stop the ball from going out of bounds with their Crosse, and as the ball comes to rest, their momentum takes them out of bounds. The player stops, turns and steps fully back on to the field, picks up the ball and continues with play. LEGAL*

15.A.5 During the game, players may not run out of bounds and re-enter to a more advantageous position.

① *To avoid a pick set on the boundary by an opponent, a player runs out of bounds around the pick and returns to the field in a position that allows them to check the ball from the ball carrier's Crosse. ILLEGAL: the ball carrier maintains possession 2m inside the boundary.*

B TO RESUME PLAY

15.B.1 When a ball goes out of bounds, it is a simple change of possession to resume play, it is not a foul.

① *If any foul occurs when the ball goes out of bounds, the foul will be administered to resume play*

① *When a ball goes out of bounds in the Attacking Area / Defending Area and the nearest player to the ball is in the midfield area, the ball may be awarded to the player in the midfield area, to avoid a restraining-line violation.*

15.B.2 When the ball has gone out of bounds (other than within the AFA):

15.B.2.a The opponent nearest the ball will place the ball in their Crosse and stand 2m inside the boundary from the spot where the ball went out of bounds and may self-start (13.A.9). If the goalkeeper is inside the Goal-Circle and the nearest player to the ball when it crosses the boundary, they will be awarded the ball inside their Goal-Circle to restart play.

15.B.2.b Opponents must give the player awarded the ball at least 1m of clear space (Crosse, body and feet).

15.B.3 When a shot or deflected shot on goal goes out of bounds:

15.B.3.a The player nearest to the ball where it crosses the boundary will gain possession of the ball and will resume play, 2m inside the boundary line from where the ball went out of bounds, and may self-start.

15.B.3.b If within the *AFA* and below the *GLE*, the player will resume play at the closest dot and may self-start (13.A.9.f). When the goalkeeper is the closest player, they will be awarded the ball inside their Goal-Circle.

15.B.3.b.i A deflected shot is one that goes directly out of bounds after hitting the goal post or any player's body or their Crosse.

① *A deflection occurs when any player merely touches the ball with their Crosse or body and does not gain any distinct/clear advantage or control of the ball.*

15.B.3.b.ii When a shot or deflected shot goes out of bounds off an official's body, a throw will be taken to resume play (*Rule 16*). When a ball rebounds/deflects off an official's arm or body and stays in bounds, play will continue.

① *A shot rebounds from the goal post and goes out of bounds in the Attacking Area. A player who is in the Midfield Area is the player nearest to the ball when it Crosses the side-line. To resume play, the player in the Midfield Area will be awarded possession of the ball; move the ball, not the player.*

15.B.3.c If two players are equal in distance from the ball when it goes out of bounds or it cannot be determined which team caused the ball to go out of bounds, a throw will be taken to restart play. The throw will be set outside the *AFA* and at least 2m inside the boundary.

① *A shot or deflected shot "remains a shot" until (i) the ball goes out of bounds, or (ii) the ball comes to rest on the playing field, or (iii) a player gains possession of the ball.*

15.B.4 When the ball goes directly out of bounds from a legal draw, a throw will be taken. (16.A.3.h)

Rule 16 Throw

16.A.1 To administer a throw, two opposing players stand with their feet and Crosses at least 1m apart. Each player stands nearer the goal they are defending and faces in toward the playing area.

① *The official stands between 6m and 8m from the players and simultaneously blows the whistle and tosses the ball in a short high arc towards the players so they can catch or play the ball.*

16.A.2 A throw is taken at or near the incident and/or the spot of the ball when play was stopped, except that all throws must be taken outside the *AFA*, at least 2m inside the boundary and 4m away from the restraining-lines. No other player may be within 4m of the two players taking the throw.

① *If the throw is inaccurate or is not touched by either player, it must be repeated.*

16.A.3 A throw is taken when:

16.A.3.a The ball goes into the goal off a non-player. The two nearest opponents will be awarded a throw no closer than the point where the *MA* joins the Goal Line Extended. (*Rule 1611.A.4 & 15.B.3.b.ii*)

16.A.3.b The ball goes out of bounds following a shot or a deflected shot, and two opponents are equally distant (Crosse or feet) from the ball where it crossed the boundary. (*15.B.3.c*)

16.A.3.c Following a shot, the ball deflects out of bounds off an official's body. (*15.B.3.b.ii*)

16.A.3.d It cannot be determined which team caused the ball to go out of bounds. (*15.B.3.c*)

16.A.3.e There is an incident related or unrelated to the ball and neither team has possession of the ball. (*13.A.8*)

16.A.3.f The ball lodges in the clothing of a field player or official.

① *If the ball is lodged in a goalkeeper's clothing, equipment or the goal netting, see Rule 17.A.10.*

16.A.3.g Two opponents foul simultaneously (major/major or minor/minor).

Exception 1: If both center players draw illegally, while taking the Draw according to Rule 13.A.6.

Exception 2: If the attacking team fouls, major or minor, during a Scoring Play/raised Advantage Flag, a throw will be taken outside the AFA, level with the Goal Line Extended. (*Rule 16*)

16.A.3.h The ball goes directly out of bounds from a draw. The throw will be awarded 2m inside the boundary from where it went out of bounds and 4m away from the restraining-line. (*15.B.4*)

Rule 17 Goal-Circle Rules & Penalties

A RULES

POSSESSION IN THE GOAL-CIRCLE

- 17.A.1** In the Goal-Circle the goalkeeper or a defender has **possession** of the ball if they have one or both feet *Grounded* in the Goal-Circle *and*
- i. the ball is in their Crosse, *or*
 - ii. the ball is in the Goal-Circle AND either in the pocket *or* trapped under the goalkeeper's Crosse.

① *As long as any part of their foot / body is touching the Goal-Circle, they are considered to be grounded in the Goal-Circle.*

① *A defender in the Goal-Circle cannot cover the ball – only the goalkeeper can trap the ball under their Crosse in the situation described above*

- 17.A.2** When in possession of the ball in the Goal-Circle, the goalkeeper's Crosse **cannot** be checked.

- 17.A.3** When in possession of the ball in the Goal-Circle, a defender's Crosse **can** be checked.

① *If the goalkeeper/a defender is Grounded in the Goal-Circle while trying to play a ball which is outside the Goal-Circle, e.g. pick up, scoop, flick, or rake, they are not in possession of the ball.*

- 17.A.4** When inside the Goal-Circle, the goalkeeper, or the defender must move the ball out of the Goal-Circle within 5 seconds of gaining *Possession* of the ball in the Goal-Circle.

① *The official will count the 5 seconds out loud while using a visible, hand chopping motion to count each second that the ball remains in the Goal-Circle.*

- 17.A.5** If the goalkeeper or a defender gains *Possession* of the ball outside the Goal-Circle, they may return the ball to the Goal-Circle for one 5-second count.

- 17.A.5.a** A goalkeeper or a defender cannot re-enter the Goal-Circle with possession of the ball in their Crosse.

① *They may throw or roll the ball into the Goal-Circle and then follow it into the Goal-Circle.*

- 17.A.6** Once the defending team has moved the ball out of the Goal-Circle, they must not return the ball to their Goal-Circle until it has been *Played*.

- 17.A.7** If a goalkeeper or a defender steps out of the Goal-Circle with the ball in their Crosse, they may not return the ball to their Goal-Circle until it has been *Played*.

- 17.A.8** The goalkeeper or a defender may rake the ball into their Goal-Circle if they are *Grounded* in the Goal-Circle. (19.A.11)

- 17.A.8.a** In the process of bringing/raking the ball back into the Goal-Circle, the goalkeeper/defender may cover the ball with their Crosse *as long as this does not prevent an opponent from making a play on the ball.* (Otherwise this is administered as Covering 19.A.11).

- 17.A.9** The goalkeeper may stop the ball with their hand, body and/or their Crosse. If they catch the ball, they must put the ball in their Crosse to proceed with the game.

17.A.10 The goalkeeper must remove a ball lodged in the goal netting, their clothing or pads, and place it in their Crosse and proceed with the game.

① *The Official may signal time-out to assist the goalkeeper with dislodging the ball from their clothing, equipment, or the goal netting. The goalkeeper will start with possession and the 5-second count will begin at the whistle to restart play.*

17.A.11 When completely outside the Goal-Circle, the goalkeeper or a defender, cannot step on the Goal-Circle line or back into the Goal-Circle if they have possession of the ball.

① *The goalkeeper is outside the Goal-Circle to pick up a ground ball and steps back into the Goal-Circle. ILLEGAL: the goalkeeper was Grounded outside the Goal-Circle. To resume play, the goalkeeper remains at the spot of the foul (inside the Goal-Circle), and the attack is awarded a Free Position where the MA joins the GLE.*

ATTACK

17.A.12 Attacking players are not allowed to enter the Goal-Circle or have their feet GROUNDED in the Goal-Circle or on the Goal-Circle line at any time.

17.A.13 An attack player may play a ball within the Goal-Circle, but they **must not**:

17.A.13.a Step on or over the Goal-Circle line to play the ball on a shot,

17.A.13.b Step on or in the Goal-Circle until whole ball passes completely over the goal-line, (11.A.2)

17.A.13.c Initiate contact with the goalkeeper, or a defender,

17.A.13.d Cause a defender to make contact with the goalkeeper, or

17.A.13.e Interfere with the goalkeeper or their Crosse in any way. (11.A.7)

① *'Play' includes shoot, shot, pick up, flick, pass and other legal actions. This means that a shot can be initiated inside the Goal-Circle, whether it is bouncing, Grounded, in the air, caught or intercepted.*

① *The shooter may enter the Goal-Circle after the ball has crossed the goal-line.*

① *Defenders who have legally established their position near the Goal-Circle before the shot must not be penalized for illegal contact caused by the attack shooter or one of their teammates.*

DEFENSE

17.A.14 When the defending team has possession, only one player is allowed to **remain** inside the Goal-Circle.

① *This is usually the goalkeeper but, when the goalkeeper is out of the circle, this can be a defender.*

17.A.15 When the attacking team has possession, only the goalkeeper may **remain** in the Goal-Circle for the purpose of saving a shot.

17.A.16 Only the goalkeeper is allowed in the Goal-Circle for the purpose of saving a shot on goal. If a defender is in the Goal-Circle, they must immediately leave the Goal-Circle when the opposing team gains possession of the ball. A defender attempting to save a shot on goal, while in the Goal-Circle, is a major foul. (20.A.13)

17.A.17 Players in their *Defending Area* may move through their Goal-Circle.

17.A.17.a If the attacking team has possession of the ball in their opponent's *Defending Area* **below Goal Line Extended**, defensive Players are permitted to run through any portion of their Goal-Circle while defending; however, only the defensive player(s) marking the ball carrier within a Crosse length, may remain in the crease while defending.

17.A.17.b If the attacking team has possession of the ball in their opponent's *Defending Area above Goal Line Extended*, the defensive players are only permitted to run through the portion of the crease below Goal Line Extended while defending; however, the defensive player(s) marking the ball carrier within a Crosse length may remain in any portion of the crease while defending.

① *Any defender running through the Goal-Circle must still abide by all provisions of the Shooting Space and Three Seconds rules. (20.A.21 & 20.A.22)*

① *For example, a defender may run through the Goal-Circle*

- *when they are marking the attack player with the ball, or*
- *when they are marking a non-ball attack player, or*
- *when they are not marking any attack player, or*
- *to play the ball within the Goal-Circle.*

① *If a non-ball attack player settles at the edge of the Goal-Circle or below the Goal-Circle, any defender(s) marking them while in the Goal-Circle, must step out. If the attacker begins to move again, the defender(s) may step back into the Goal-Circle and move through to stay with the attack player.*

GOALKEEPER

17.A.18 When the goalkeeper is completely outside the Goal-Circle, they lose all of their goalkeeping privileges.

① *From inside the Goal-Circle, the goalkeeper may, with one or both feet, step or stand on the Goal-Circle line. As long as her feet are touching any part of the Goal-Circle line, she/her is considered to be inside the Goal-Circle.*

① *When the goalkeeper is completely outside of their Goal-Circle, they are not exempt from obstructing the shooting space, using her body to save a shot (20.A.13), or body ball (19.A.10), or covering (19.A.11).*

17.A.19 They must not

17.A.19.a Throw any of their Crosse / equipment to another player.

17.A.19.b Step on the Goal-Circle line or back into the Goal-Circle if they have possession of the ball. (17.A.11)

① *The goalkeeper straddles the Goal-Circle line to pick up a ground ball and steps back into the Goal-Circle. LEGAL: the goalkeeper was Grounded inside the Goal-Circle.*

17.A.20 When inside the Goal-Circle, they must remove a ball lodged in the goal netting or their Crosse, place it in their Crosse and proceed with the game. (17.A.10)

B PENALTIES

17.B.1 When the **attack** commits a Goal-Circle foul:

17.B.1.a The goalkeeper will take the Free Position inside the Goal-Circle.

17.B.1.b The player who fouled will move 1m to the side of the Goal-Circle.

17.B.1.c All other players must move at least 1m away from the Goal-Circle.

① *If the goalkeeper is completely outside the Goal-Circle when the attack commits a Goal-Circle foul, a player on the defending team closest to the Goal-Circle, which may or may not be the goalkeeper, shall take the Free Position inside the Goal-Circle.*

17.B.2 When a **defender** commits a Goal-Circle foul:

17.B.2.a The attack will be awarded a Free Position where the *MA* joins the *GLE*.

17.B.2.b The player who fouled will move 4m behind the player taking the Free Position.

17.B.2.c All other players will move 4m away from the spot where the Free Position has been awarded.

① *An unprotected defender is allowed in the Goal-Circle as described above, but they are not allowed into the Goal-Circle to save a shot. This is a Major Foul in the Goal-Circle and must be administered as a Major Foul – see Rule 20.*

17.B.3 When the **goalkeeper** commits a Goal-Circle foul:

17.B.3.a The attack will be awarded a Free Position where the *MA* joins the *GLE*.

17.B.3.b The goalkeeper will remain in, or return to, their Goal-Circle.

17.B.3.c No defender is placed 4m behind.

17.B.3.d All other players will move 4m away from the spot where the Free Position has been awarded.

17.B.4 When a major foul is carded during Goal-Circle play, the game will resume according to *Rule 20*. During a Scoring Play, the game will resume according to *Rule 21*.

Rule 18 Restraining Line Rules & Penalties

A RULES

18.A.1 The restraining-line rule remains in effect at all times, for the entire game.

18.A.2 A team must not:

18.A.2.a have more than six (6) players in their *Attacking Area* of the field

18.A.2.b have more than seven (7) players in their *Defending Area* of the field. One of these 7 players is usually, but not necessarily the goalkeeper.

Players may reach over the line with their sticks to play the ball as long as no part of their foot / body is touching the restraining-line or grounded in the *Midfield Area*.

① *When in the Midfield Area, any part of a player's foot that is Grounded on or beyond the restraining-line is deemed to be in the Attacking Area / Defending Area, and could be a violation.*

① *When the goalkeeper clears the ball, the officials should check that a player has not gone offside when receiving the pass.*

B PENALTIES

18.B.1 Violation of the restraining-line is a minor foul. See *13.A.9.h* for restart of play.

① *Officials indicate a restraining-line violation by raising an arm straight over their head. If there is an inadvertent whistle for an offside violation and no other foul has occurred, the game will resume according to Rule 13.A.8*

① *The administration of the Free Position is the same whether the offside is committed by the attacking or the defending team.*

18.B.2 If the ball is **in the AFA, or inside the Goal-Circle** when the offside violation occurs:

- The offside player or the teammate nearest to the restraining-line will move back outside.
- The Free Position is set on the **center hash mark of the MA** when offside is called. The opponent nearest to the center hash mark of the MA will be awarded the Free Position.
- A player on the offending team, nearest to the player taking the Free Position, will move 4m away to the side of the player awarded the ball.
- All other players must be at least 4m away from the Free position.

① *The center hash mark is a visual aid to set up the Free Position. This is a minor foul, so the MA is not cleared.*

18.B.3 If the ball is **outside the AFA** when the offside violation occurs:

- The offside player or the teammate nearest to the restraining-line will move back outside.
- The Free Position is set relative to the **spot of the ball**, at least 2m inside the boundary, when the offside was called. The opponent nearest to spot of the ball will be awarded the Free Position.
- A player on the offending team, nearest to the player taking the Free Position, will move 4m away to the side of the player awarded the ball.
- All other players must be at least 4m away from the Free position.

18.B.4 If the **defending team is offside** when the attacking team is on a Scoring Play within the Advantage Flag Area (*Rule 21*) the whistle is held.

① *This is to prevent restraining-line breakdown fouls by the defending team, which would disadvantage the Scoring Play.*

18.B.5 If the **defending team is offside** and there is **no Advantage Flag / Scoring Play** and play ends with:

18.B.5.a a major foul by the attack, penalize the major foul to resume play.

18.B.5.b a minor foul by the attack, a throw will be taken no closer than the spot where the MA joins the Goal Line Extended.

18.B.6 If the **defending team is offside** and there is an **Advantage Flag** and the Scoring Play ends with a major or minor foul by the attack, the fouls are offsetting.

18.B.6.a To resume play, the offside player will move back outside and a throw will be taken no closer than the spot where the MA joins the Goal Line Extended. (*16.A.3.g & 21.B.5*)

18.B.7 If the **attacking team is offside**, it is an immediate whistle to stop play.

18.B.8 If the **attacking team is offside** when a goal is scored, the goal will not count (*11.A.14*), and the Free Position is set up as described in Rule *18.B.2*.

18.B.9 If **both teams are offside**, the offside players will move back outside and a throw (*16.A.2*) will be taken by the closest players (from opposing teams) to the spot of the ball when the offside was called.

Rule 19 Minor Foul Rules & Penalties

A RULES

DRAW

19.A.1 Illegal draw: A player **must not** draw illegally. (13.A.5)

19.A.1.a During the draw and at all other times during the game, a player's top hand must not contact the throat of their Crosse, or any part of sidewall or pocket.

① *For one-piece Crosses, the throat begins where the head starts to flare from the shaft.*

19.A.2 Early Entry: During the draw, goalkeepers must remain in their team's *Defending Area*. At all other times during the game, the goalkeepers must remain in their team's *Defending Area* or *Midfield Area*.

19.A.3 Early Entry: During the draw players must not step on or over:

19.A.3.a the center circle line before the whistle sounds to start play. (13.A.3)

19.A.3.b the restraining-lines before possession has been called. (13.A.4)

① *This rule applies when a player or her team gains a clear advantage because of the violation.*

GOALKEEPER

19.A.4 Goalkeeper Goal Score: No goalkeeper can shoot or otherwise put the ball into the opposing team's goal.

ILLEGAL EQUIPMENT

19.A.5 A player **must not** take part in a game unless their equipment is legal. (APPENDIX G)

19.A.6 A player **must not** take part in a game if any part of their uniform is illegal, including illegal jewelry or the absence of a mouth guard. (Rule 6)

19.A.7 A player **must not** take an active part in the game unless they are holding a legal Crosse.

① *A player changing sticks must exit the field through the substitution gate for the exchange.*

19.A.8 A team **must not** request, for a second time, the inspection of an opponent's Crosse that has previously received a Crosse inspection, and where it met specifications. [Illegal Crosse Request]

① *Any player on the field may request an official to inspect the pocket of an opponent's Crosse on a Dead Ball, outside the AFA.*

① *The player requesting the Crosse inspection must provide the official with the shirt number of the opponent whose Crosse will be checked.*

19.A.9 A player **must not** adjust the thongs of their Crosse after an official asks to inspect their Crosse. See also 11.A.11.

① *When a player adjusts their thongs after an official asks to check their Crosse, the Crosse is ruled illegal and must be placed at the scorer's table for the remainder of the period. A player may adjust the thongs on their Crosse at any other time during the game.*

DURING PLAY

19.A.10 Body ball: A player **must not** allow any part of their body to deliberately impede, accelerate or change the direction of the ball.

19.A.11 Covering: A player **must not** cover a ground ball with their Crosse or any part of their body when it prevents an opponent from making a legal play on the ball.

① *A player may quickly place their Crosse between an opponent's Crosse and the ball to push or flick the ball to an open space or teammate.*

19.A.12 Empty Crosse Check: A player **must not** check/tackle an opponent's empty Crosse while the opponent is trying to gain possession of the ball. This rule applies when an opponent is attempting to play a ground ball or in the act of receiving a pass.

① *A player need not be in possession or control of the ball before their Crosse may be checked. When a player's Crosse is in contact with the ball an opponent may check their Crosse. A check is legal if it is simultaneous with the ball contacting an opponent's Crosse.*

19.A.13 Hand Ball: A player must not touch the ball with their hand or use their thumb or body to keep the ball in their Crosse unless they are a goalkeeper inside the Goal-Circle. (17.A.9)

19.A.14 Held Crosse: A player **must not** hold the Crosse of an opponent for a short time during a check/tackle.

① *This is different to a Hold (Major foul – Rule 20.A.14).*

19.A.15 Illegal Substitution: A player **must not** substitute illegally. (Rule 14)

19.A.16 Offside: A player must not violate the restraining-line rule. (Rule 18)

19.A.17 Thrown stick: A player **must not** throw their Crosse under any circumstances.

DELAY OF GAME

19.A.18 Players **must not** intentionally delay the game.

19.A.19 When a Self-Start is not permitted, players **must not** move before the whistle or feint or simulate a movement that causes an opponent to move before the whistle, during a draw or a throw; may also be carded.

19.A.20 Players **must** be ready to start the game thirty (30) seconds after a goal has been scored, following quarter times, or team time-outs. (13.A.2)

19.A.21 For start and re-start of play (Rule 13) players **must** be ready at the instruction of the official.

B PENALTIES

- ① *Held whistle: an official may refrain from enforcing any rule when it would penalize the non-offending team. When a player is fouled but is able to maintain quality possession of the ball, the official will indicate that they have seen the foul by extending a straight arm in the direction that player is attacking.*

DRAW

19.B.1 Illegal Draw: When an illegal draw foul is called, the opponents will be awarded a Free Position at the center-line (13.B.1). Any players within 4m of the Free Position must move 4m away.

19.B.2 Early Entry: When Early Entry fouls occur during the draw, a Free Position for a minor foul will be awarded to the nearest player at the spot of the ball (13.B.2 & 13.B.3).

- 19.B.2.a** If the goalkeeper is penalized for being outside their *Defending Area* during the draw, she/her must move back on side, and the opponents will be awarded a Free Position for an illegal draw at the center-line. Any players within 4m of the Free Position must move 4m away.

- ① *Guidance: This rule applies when a goalkeeper or her team gains a clear advantage because of her illegal position.*

MINOR FOULS COMMITTED BY A GOALKEEPER

19.B.3 If the goalkeeper commits an Early Entry foul during the **draw**, play will resume with Free Position at the spot of the ball (13.B.3).

19.B.4 If a goalkeeper is penalized for entering their team's *Attacking Area*, they must move to the Midfield Area and 4m to the side of the nearest opponent, who will be awarded a Free Position on the restraining-line which the goalkeeper illegally crossed.

19.B.5 When the **goalkeeper** is *Grounded inside the Goal-Circle* and commits a minor foul, they remain in the Goal-Circle for the Free Position. At the Free Position set-up, a defender is not required to move 4m to the side.

19.B.6 Whenever the goalkeeper is **completely outside their Goal-Circle** (both feet) and they commit a minor foul, they will be penalized the same as a field player and must move 4m to the side of the player taking the Free Position. (17.A.18)

OTHER

19.B.7 Any recurring delay of game and/or repeated or persistent minor fouls may be penalized as major fouls, and may be carded.

19.B.8 For **all** minor fouls that occur **outside the MA** ;

- 19.B.8.a** Award the Free Position where the foul occurred, outside the *AFA* and at least 2m inside the boundary.

- ① *Placement for Minor Fouls below the Goal Line Extended, will be at the dot described in Rule 1.D.1.*

- 19.B.8.b** The player who fouled will move 4m to the side of the opponent relative to their field position at the time of the foul.

- ① *This also applies to the goalkeeper if they commit a minor foul while they are completely (both feet) Grounded outside the Goal-Circle.*

- 19.B.8.c** All other players will move at least 4m away from the spot where the Free Position has been awarded.

19.B.9 For **all** minor fouls that occur **within the MA** (no Advantage Flag/Scoring Play):

19.B.9.a Award the player who was fouled a Free Position, on the *MA* line, at a spot nearest to and in line with the foul.

19.B.9.b The player who fouled will move 4m to the side of the opponent relative to their field position at the time of the foul.

① *This also applies to the goalkeeper if they commit a minor foul while they are completely (both feet) Grounded outside the Goal-Circle.*

19.B.9.c All other players will move at least 4m away from the spot where the Free Position has been awarded. The *MA* is not cleared.

Exception: If the goalkeeper was fouled while they were inside their Goal-Circle, they remain in their Goal-Circle, the player who fouled is positioned as described in Rule *19.B.9.b* and all other players move 4m away as described in Rule *19.B.9.c*.

① *Officials are encouraged not to blow their whistle if a minor foul is committed by a defender when an attack player may have an opportunity to shoot.*

19.B.10 When the **attack** commits a minor foul **during a raised Advantage Flag**, a throw will be taken to resume play. (*Rule 21*)

Rule 20 Major Foul Rules & Penalties

A RULES

20.A.1 Across the Body: A player **must not** reach around or across their opponent's body to check the opponent's Crosse when their feet are behind or level with the opponent, with or without contact.

① *The defender's feet must be ahead of an opponent before they may attempt to reach around/across their body. This rule does not prohibit a defender from legally checking an attack player's Crosse from behind.*

① *It is not a Rough/Dangerous Check if an attack player checks themselves (i) when they turn into or force their Crosse or body into an opponent's body / legally held Crosse, or (ii) when they illegally force through a legal defensive double team.*

① *Unbalanced body position, stationary feet, and slipped hands on the shaft of the Crosse may result in large sweeping swings that are reckless and dangerous. To determine the legality of a check, officials must consider the amount of force, and the extent and direction of the back swing and the follow-through. Loud checks are not necessarily illegal checks.*

20.A.2 Block: A **defender** moves into the path of an opponent without giving the player the space & time to stop and/or change direction.

① *When a player is running to receive the ball, a "blind side" defense player must give her enough time and/or space to change her direction.*

20.A.3 Charge: A when a player uses their body or Crosse to interfere with and make body contact with a defender who is in a *legal defensive position*. The attack player needs to move around, not through, a defender who is holding their ground/maintaining their *legal defensive position*.

20.A.4 Check to the Head: (Mandatory card) A player **must not** strike an opponent on the head with their Crosse.

20.A.5 Dangerous Follow Through: (Mandatory card) A player **must not** at any time, follow through with their Crosse in a dangerous or uncontrolled manner.

① *If the defender has already established their legal defensive position before the shot and the ball carrier follows through with their Crosse in a dangerous or uncontrolled manner, this is a dangerous follow through. If a defender moves into the path of the Crosse/follow-through after the ball has been released this is a not dangerous follow through.*

20.A.6 Dangerous Play: A player must not use their Crosse and/or body in a forceful, dangerous or intimidating manner and/or show disregard for their own or an opponent's safety. This applies to all players regardless of whether or not they have possession of the ball.

20.A.6.a A player must not deliberately push, flick, or bat the ball into an opponent's feet or body to cause the ball to go out of bounds.

20.A.7 Dangerous Propelling: (Mandatory card) A player **must not** propel the ball with their Crosse in a dangerous or uncontrolled manner. A pass that is thrown or a shot that is taken without regard to the positioning of any field player is potentially dangerous.

20.A.8 Dangerous Shot: A player **must not** shoot dangerously or without control. A dangerous shot is usually directed at the goalkeeper and may be judged dangerous and/or uncontrolled even if it misses the goal. A dangerous shot is judged on any combination of the following:

20.A.8.a Shooter's distance from the goal.

20.A.8.b Force of the shot.

20.A.8.c Placement of the shot.

20.A.9 Holding / Detaining: An opponent **must not** hold the player's Crosse or body, *which impedes the player's movement or balance.* (Note - Rule 19.A.14 which is a minor foul hold)

① *This is different to a Hold (Minor foul) - Rule 19.A.14.*

20.A.10 Hooking: A player **must not** use the webbed area of their Crosse to hook/check the end of the shaft of an opponent's Crosse.

20.A.11 Illegal Contact: A player **must not** detain, hold, or push against an opponent's body, clothing, or Crosse with their arm, leg or body. A player must not use any part of their Crosse to hit, push, or displace an opponent.

20.A.11.a A player **must not** barge, shoulder, push with the hand, back into an opponent, or force their way through a legal double team.

① *A player is entitled to a legal field position that is not already occupied by an opponent, but they must allow the opponent time and/or space to stop and/or change direction to avoid contact. [Blocking]*

20.A.12 Illegal Cradle: A player in possession of the ball **must not** protect their Crosse by holding their Crosse near their own or a teammate's face or body, with or without cradling, making a legal check impossible.

① *A player must be allowed to legally check an opponent's Crosse. This foul should be called when the player pulls their Crosse in toward their head/body to prevent an opponent who is in good defensive position from making a legal play on the ball. This foul often occurs when a player becomes trapped in, or tries to go through a legal double team.*

20.A.13 Illegal Defending: A defender may pick up a rolling ball or a bouncing ball, in the Goal-Circle. They **must not** save a shot on goal.

20.A.13.a The goalkeeper, while fully outside the Goal-Circle, must not deliberately play the ball with any part of their body.

20.A.14 Illegal Pick: A player **must not** set a moving or stationary pick that

- Is out of an opponent's *Visual Field* (blind), and
- Does not allow enough time or space for the opponent to stop or change direction and contact occurs.

① *A moving pick is not illegal, but it is the combination of the three elements above that make the pick illegal.*

20.A.15 Misconduct: A player or any team/bench staff must not act in an unsporting manner or display any other inappropriate behavior.

20.A.15.a Coaches and other bench staff may not enter the field during an injury time-out for the purpose of coaching. (12.A.14)

20.A.16 Pushing: Defenders **must not** interfere with or push the shooter into the Goal-Circle or in any other way interfere with the shooter or the shot.

20.A.17 Rough/Dangerous Check: A player **must not** roughly or recklessly check/tackle an opponent's Crosse.

20.A.17.a Players **must not** check an opponent's Crosse within a field Crosse width of a player's head (a distance of approximately 18 cm or the width of a player's shoulders).

- 20.A.17.a.i The direction of a check must be away from a player's head/neck, and checks must be controlled, not intimidating, or dangerous.
- 20.A.17.a.ii A check that causes the ball to go toward an opponent's face or a check that forces an opponent's Crosse into their body is illegal.
- 20.A.17.a.iii A player must not hold their Crosse within a field Crosse width of an opponent's head or neck. A player must not poke or wave their Crosse near or toward an opponent's face or body.

20.A.18 **Swipe** (Mandatory card): A player must not *Swipe* at their opponent with their Crosse, regardless of whether or not contact is made with an opponent's Crosse or body.

20.A.19 **Tripping**: A player **must not** trip an opponent, deliberately or otherwise.

20.A.20 **Warding**: A player **must not** guard their Crosse with their arm. If one hand is removed from the shaft of the Crosse, an elbow or arm must not be used to ward off an opponent, deliberately or otherwise, with or without contact.

SHOOTING SPACE

20.A.21 *Shooting Space*: (Obstruction of Free Space to Goal) This rule is in effect only when the attacking team is in possession of the ball within the MA. (See *Shooting Space* definition and *Diagram 7*).

20.A.21.a A defender must not block or guard the goal, with any part of their body for the purpose of obstructing the *Shooting Space*. Obstructing the *Shooting Space* denies the attacking team the opportunity to shoot safely.

20.A.21.b Obstruction of the *Shooting Space* occurs when a defender is illegally in the *Shooting Space* at their own initiation.

20.A.21.c A defender is not obstructing the *Shooting Space* if they are:

20.A.21.c.i Drawn into and or through the *Shooting Space* by an opponent they are legally marking **within a Crosse length**, approximately 1.5 m (*Rule 24 - Definitions*), or

20.A.21.c.ii Standing below the Goal Line Extended.

① *This call should be made only if the ball carrier is looking to shoot and has the opportunity to shoot.*

① *When approaching the ball carrier, a defender's body, not their Crosse, must be outside the Shooting Space until they are within a Crosse length of the ball carrier.*

① *Defenders who are within a Crosse length and double teaming a player without the ball are exempt from obstructing the Shooting Space, but they must not stay in the MA for more than three-seconds.*

① *A player standing below the Goal Line Extended is not obstructing the Shooting Space.*

① *A defender is not obstructing the Shooting Space if they are drawn into and through it by an opponent they are legally marking **within a Crosse length** (approx 1.5 m).*

THREE SECONDS

20.A.22 The Three Seconds rule takes effect when the team in possession of the ball and crosses the ball over the restraining-line into their attacking end of the field.

20.A.23 A defender must not remain in the MA for more than 3 seconds unless they are marking an opponent within a Crosse length. Only one defender may mark the same opponent without the ball in the MA.

20.A.24 The Three Seconds rule applies to a DEFENDER within the MA who is **not** legally marking an opponent **within a Crosse length**, approximately 1.5 m. (*Rule 24*)

20.A.25 A defender who is marking an unmarked opponent standing **directly behind the Goal-Circle** is exempt from the Three Seconds rule, but is not exempt from *Shooting Space* rule (20.A.21)

① *When a defender is marking an unmarked opponent standing **directly behind the Goal-Circle** and one of their teammates moves behind goal to directly mark the attack player, that defender may not remain in the MA for more than 3 seconds, and may have to move out of the MA.*

① *While an unmarked opponent **remains directly behind the Goal-Circle**, if a defender, who is marking that player is drawn into a double team in front of goal by other opponent/s without the ball, that defender cannot be penalized for the three seconds rule.*

B PENALTIES

① *Held whistle: an official may refrain from enforcing any rule when it would penalize the non-offending team. When a player is fouled but is able to maintain quality possession of the ball, the official will indicate that they have seen the foul by extending a straight arm in the direction that player is attacking. If there has been a cardable foul, this must be administered in line with, Rule 23, following the goal.*

20.B.1 If a foul by the defense prevents an almost certain goal, the official may move any player/s including the goalkeeper, who are positioned between the Free Position and the goal. The Goal-Circle will remain empty.

20.B.2 During the Free Position set up, if any defender is in the *Shooting Space*, they must not be penalized for blocking the *Shooting Space*, unless they do not immediately move out when the whistle sounds to restart play.

IN ALL OF THE FOLLOWING SCENARIOS, THE ADVANTAGE FLAG HAS NOT BEEN RAISED

① *See Rule 21 for administration of major fouls when the Advantage Flag has been raised.*

20.B.3 For a foul outside the AFA:

① *Note that a player awarded a Free Position can choose to self-start before other players are 4m away in accordance with Rule 13.A.9.*

20.B.3.a When the foul is committed by a defender or an attacker or a goalkeeper:

- The Free Position set at the **spot of the foul** and no closer than 2m from the boundary.
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.
- If the goalkeeper has fouled, the Goal-Circle will remain empty. When play resumes, a DEFENDER may only enter the Goal-Circle to stop a rolling or a low bouncing ball.

① *The Goal-Circle will remain empty (17.A.15 & 17.A.5). When play resumes, a defender may only enter the Goal-Circle to stop a rolling or a low bouncing ball. A bounce shot is not a low bouncing ball.*

20.B.4 For a foul inside the AFA & inside the MA:

① *See Diagram 2 which describes the hash marks for major fouls. The center hash mark, first hash mark and second hash mark are used for Free Position placement. The third hash mark is not used for the ball carrier (it is used to place the defender 4m away). This will speed up administration of fouls in the MA.*

① *Note that a player awarded a Free Position in the AFA is not allowed to self-start.*

20.B.4.a When the foul is committed by any player on the defending team (i.e. including goalkeeper):

- The Free Position is set on the MA line, at the hash mark nearest to the **spot of the foul**.
- The offender will move 4m behind the player taking the Free Position.

Exception: For a violation of the Three Seconds rule, if it is called when the ball is outside the AFA, the nearest player from the offending team will move 4m behind the player taking the Free Position.

- All other players will move at least 4m away from player taking the Free Position.
- The MA is cleared of the players' bodies and Crosses.
- If the goalkeeper has fouled, the Goal-Circle will remain empty. When play resumes, a defender may only enter the Goal-Circle to stop a rolling or a low bouncing ball.

20.B.4.b If the goalkeeper is outside the Goal-Circle and has not fouled, they may return to the Goal-Circle.

Exception: If the foul is called for a defender who is illegally inside the Goal-Circle, attempting to save a shot on goal, the Free Position will be awarded at the center hash mark and the Goal-Circle will remain empty. (17.A.16)

① *Defenders are entitled to a position on the hash marks closest to the attack player who is awarded the Free Position*

20.B.4.c When the foul is committed by an attacker:

- The Free Position set at a **spot** on the *MA* line, **in line with the foul**.
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.

20.B.4.d When an attack player fouls the goalkeeper, and the goalkeeper is:

- fully outside the Goal-Circle, the goalkeeper will take the Free Position a **spot** on the *MA* line, **in line with the foul**.
- inside or partially inside the Goal-Circle, the goalkeeper will take the Free Position inside the **Goal-Circle**. The offender will move 1m behind the Goal-Circle.

20.B.5 For a foul inside *AFA* & below *GLE*:

20.B.5.a Where the **foul is committed by any player** i.e. including the goalkeeper:

- The Free Position is set at the **dot** nearer to the **spot of the foul** and no closer than 2m from the boundary.
- The offender will move 4m behind/side away from the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.

SHOOTING SPACE VIOLATION

20.B.6 For a *Shooting Space* violation (Obstruction: of Free Space to Goal) :

20.B.7 If the whistle is blown for a *Shooting Space* violation:

- The Free Position is set at the **hash mark** nearest to the **spot of the ball**.
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.

Exception: If the whistle is blown for a *Shooting Space* violation, between

- the moment the shot has been released **and**
- a goal is scored (11.A.2); the goal will count.
- the goalkeeper saves the shot while in the Goal-Circle or the shot hits the post; the goalkeeper is given possession of the ball inside the Goal-Circle and play is re-started on the official's whistle.

20.B.8 In all other scenarios, the *Shooting Space* Free Position is administered, unless there is a foul by the attacker. See (*Rule 16*).

THREE SECONDS VIOLATION

When the ball is outside the *AFA*:

20.B.9 Set up is described in Rule 20.B.3 - with the exception that the Free Position is set at the **spot of the ball**.

When the ball is inside the *AFA* & inside the *MA*:

20.B.10 Set up is described in Rule 20.B.4.a - with the exception that the Free Position is set at the **hash mark** nearest to the **spot of the ball**.

MANDATORY CARDS

See Rule 23 - Warning Cards

- Check to the Head
- Dangerous Follow Through
- Dangerous Propelling
- Swipe

Rule 21 Advantage Flag

A RULE

21.A.1 The *Advantage Flag* is a held whistle for a major foul committed by the defending team when the attacking team is on a *Scoring Play* inside the *AFA* - See *Diagram 8 - Areas of the Field: Terms*.

21.A.1.a The official will raise the *Advantage Flag* when the attack is on a *Scoring Play* within the *AFA* **and** the defending team commits a major foul against an attack player *with or without the ball*.

21.A.1.b The *Advantage Flag* will remain raised until a *Scoring Play* is complete or ends.

21.A.2 A *Scoring Play* is complete or ends when:

21.A.2.a A shot is taken, or

21.A.2.b The attacking team passes or carries the ball behind the level of the goal-line and fails to continue the initial movement to score a goal, or

① *An attacking team must not be permitted to take or pass the ball behind the level of the goal-line to set up a new scoring play.*

21.A.2.c The attacking team stops their movement to complete a shot on goal, or

① *An attacking team is permitted to take or pass the ball behind the Goal Line Extended to continue a Scoring Play.*

21.A.2.d The player with the ball is forced by a defender to lose their forward movement, or

① *Officials will blow the whistle to end the Scoring Play if the attack is forced by good defensive play to lose forward movement to goal, or if the attack simply stops moving to goal.*

21.A.2.e The attacking team fouls (major or minor) - see Rule 16...*Throw*, or

21.A.2.f The attacking team loses possession of the ball, or

21.A.2.g A defender commits another major or minor foul that requires the game to be stopped.

① *During a Scoring Play/raised Advantage Flag, it is not necessary to automatically stop play when there are additional/subsequent defensive fouls. However, the Scoring Play may be stopped at any time to prevent injury.*

21.A.3 Following an Advantage Flag being raised:

21.A.3.a If the attacking team chooses to shoot, the 'advantage' indicated by the raised flag is complete.

① *If the shot on goal is successful, the goal counts. If the shot on goal is not successful, play continues and the official lowers the flag to indicate that the advantage is complete*

21.A.3.b A Free Position will be awarded to the player who was fouled if:

21.A.3.b.i the Scoring Play ends without a further foul or a shot on goal, or

21.A.3.b.ii a shot on goal is directly and immediately affected by a foul and no advantage is gained.

B PENALTIES WHEN ADVANTAGE FLAG HAS BEEN RAISED

21.B.1 See *Rule 20* for administration of major fouls when the Advantage Flag has not been raised.

① *A player awarded a Free Position in the AFA is not allowed to self-start.*

SCORING PLAY ENDS WITHOUT A SUBSEQUENT FOUL BY THE DEFENDING TEAM

21.B.2 If the initial foul that led to the Advantage Flag being raised was committed:

21.B.2.a In the *MA* – see *Rule 20.B.4*, or

21.B.2.b In the *AFA*, below *GLE* - see *Rule 20.B.5*.

21.B.3 Or is a Three Seconds violation – see *Rules 20.B.9 & 20.B.10*.

① *The Free Position is set up relative to the **spot of the ball** when the flag was raised.*

SCORING PLAY ENDS WITH A SUBSEQUENT FOUL BY THE DEFENDING TEAM

21.B.4 If the subsequent foul (major or minor) that ended play was one of the following:

21.B.4.a Committed in the *MA* – see *Rule 20.B.4*.

21.B.4.b Committed below *GLE*:

- The Free Position set on the *MA* line at the **hash mark** nearest to the spot of the foul .
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.
- Clear the *MA* of players' bodies and Crosses.

21.B.4.c A *Shooting Space* violation (Obstruction of Free Space to Goal) – see *Rule 20.B.6*.

21.B.4.d A Three Seconds violation – see *Rules 20.B.9 & 20.B.10*.

SCORING PLAY ENDS WITH A SUBSEQUENT FOUL BY THE ATTACKING TEAM:

21.B.5 If the attacking team commits any major or minor foul during an Advantage Flag, a throw will be taken outside the *AFA* to resume play (*Rule 16*).

SCORING PLAY ENDS AND A WARNING CARD IS ADMINISTERED:

- 21.B.6** If a defender commits a major foul that must be carded when the Scoring Play ends with the attack scoring a goal, the Free Position will be awarded at the center-line. The center player of the team that fouled will move 4m away to the side of their opponent.
- 21.B.7** If a defender commits a major foul that must be carded when the Scoring Play ends with the goalkeeper making a save or a goal is not scored, the Free Position will be set up as described in Rule 21.B.2, 21.B.4 or 21.B.4.

Rule 22 Misconduct

22.A.1 Misconduct is a major foul, and an official may also award a warning card.

22.A.2 A player, a coach, manager, or other bench staff must not:

- 22.A.2.a** Conduct themselves in a rough, dangerous, or unsporting manner.
- 22.A.2.b** Persistently or flagrantly violate the rules.
- 22.A.2.c** Deliberately endanger the safety of an opponent.
- 22.A.2.d** Use abusive language or excessively disagree with the officials' decisions.
- 22.A.2.e** Use language or exhibit behavior that is intended to embarrass, ridicule, or demean others, i.e. tormenting or taunting.

① *Exhibit any type of behavior which in the official's opinion amounts to misconduct.*

22.A.3 A coach, manager, or other bench staff must also not:

- 22.A.3.a** Leave their *Coach Walk* or Team Bench Area during play/injury time-outs.
- 22.A.3.b** Exhibit any type of behavior which in the official's opinion, amounts to misconduct.

B PENALTIES

22.B.1 The Free Position & re-start for misconduct will be administered as a major foul (*Rule 20*).

22.B.2 Any on-field or off-field game official may also award a warning card for misconduct by a team coach, manager, or other team staff.

- 22.B.2.a** In order to avoid any delay to re-starting play, a player close to the Substitution Area will serve the penalty and play will be re-started relative to the spot of the ball when the whistle sounded to stop play.

① *Officials should ensure that players are not offside before restarting play.*

Rule 23 Warning Cards

A RULES

- 23.A.1** Fouls, that are judged to be dangerous/intentional/breakdown fouls to stop play, may be carded.
- 23.A.2** A **check to the head**, a **swipe**, a **dangerous follow-through**, and **dangerous propelling** are fouls that require a mandatory warning card.
- 23.A.3** Discretionary cards may be given for other persistently occurring major fouls.
- 23.A.4** The off-field game official may award a warning card for misconduct by a team coach, manager, or other team staff (*Rule 22*).

① *The off-field game official is the 4th official. It does not include scorer or timekeeper.*

B PENALTIES

- 23.B.1** Carded players will serve timed penalties in their Team Bench Area.
- 23.B.2** The time served for warning cards is 2 minutes for a yellow card, 5 minutes for a second yellow card (a yellow and red card shown together), and 10 minutes for a straight red card.
- 23.B.3** When a player or goalkeeper receives a card and is suspended with less than 2 minutes remaining in the quarter for a yellow card, or 5 minutes for yellow/red, or 10 minutes for a straight red card, the suspension will carry over into the next quarter and overtime when played.
- 23.B.4** The warning card serving penalty is recorded against the offender in all cases, regardless of who is serving the penalty.

① *For example – player number 1 serves for a goalkeeper (number 12) or coach, it is number 12 or the coach's name that is recorded.*

FIELD PLAYERS

- 23.B.5** When a field player receives a warning card, the player must leave the field and serve the appropriate timed penalty according to Rule 23.B.2.
- 23.B.6** When a field player receives a second yellow card (5-minute timed penalty) or straight red card (10-minute timed penalty), the player must leave the field, serve their penalty time and are suspended for the remainder of the game. Only an eligible substitute may re-enter the game in their place, once the timed penalty expires.
- 23.B.7** During any timed penalty, for each player serving a warning or misconduct card, their team must play with one less player in their *Attacking Area* and *Defending Area* (*Diagram 9 - Restraining Lines and Areas*). Only an eligible substitute may re-enter the game in their place, once the time penalty expires.
- 23.B.8** If the substitute enters the game before the timed penalty expires, their team must re-serve the same timed penalty and their team must continue to play with one less player in their *Attacking Area* and *Defending Area* (*Diagram 9 - Restraining Lines and Areas*) for the duration of the re-served penalty.

GOALKEEPER

- 23.B.9** When a goalkeeper receives a **second yellow card (yellow/red card together), or a straight red card**, they must leave the field, serve their penalty time and are suspended for the remainder of the game.
- 23.B.10** Where a team has a second dressed goalkeeper:
- 23.B.10.a** When the goalkeeper receives a warning card, and their team has a second dressed goalkeeper, the goalkeeper must leave the field and serve the appropriate timed penalty.
 - 23.B.10.b** The second goalkeeper will replace the suspended goalkeeper and another field player from the offending team, who is close to their team's *Substitution Area*, must immediately leave the field to serve the timed penalty and their team must play with one less player in their *Attacking Area* and *Defending Area* (*Diagram 9 - Restraining Lines and Areas*) for the duration of the timed penalty.
 - 23.B.10.c** If the player closest to their team's *Substitution Area* is in the midfield, teams must be onside before play resumes.
 - 23.B.10.d** To resume play see *Rule 20*.
- 23.B.11** Where a team does not have a second dressed goalkeeper:
- 23.B.11.a** When the goalkeeper receives a yellow card, and if the suspended goalkeeper is their team's only dressed goalkeeper, she/her may remain in the game and another field player from the offending team, who is close to their team's *Substitution Area*, must leave the field to serve the timed penalty (2 minutes) and their team must play with one less player in their *Attacking Area* and *Defending Area* (*Diagram 9 - Restraining Lines and Areas*).
 - 23.B.11.b** When the goalkeeper receives a second yellow card or a straight red card, and the suspended goalkeeper is their team's 'only dressed' goalkeeper, a 2-minute time-out will be taken to enable a teammate to put on protective equipment, and another field player from the offending team, who is closest to their team's *Substitution Area*, must leave the field to serve the timed penalty suspension (5 or 10 minutes).
 - 23.B.11.c** To resume play, the goalkeeper, or their substitute, will stand 4m behind the attack player awarded the Free Position, and the Goal-Circle will remain empty.
 - 23.B.11.d** If the goalkeeper receives a warning card following a goal, the goalkeeper or their substitute will remain in the Goal-Circle. To resume play, the Free Position will be set at the center-line.

Rule 24 Definitions

Advantage Flag	The official raises a flag and calls “flag” to signal a held whistle for a major foul committed by a defender, on an opponent with or without the ball, when the attacking team is on a <i>Scoring Play</i> inside the AFA - See <i>Diagram 8 - Areas of the Field: Terms</i>
Advantage Flag Area (AFA)	See <i>Diagram 8 - Areas of the Field: Terms</i>
Attacking Area	See <i>Diagram 9 - Restraining Lines and Areas</i>
Blocking	See Rule 20.A.2
Charging	See Rule 20.A.3
Clear	The action taken by the defending team, that has gained possession of the ball in the Goal-Circle, to move the ball out of the Goal-Circle in line with Rule 17.A.4
Clear Space	The space between players which is free of crosses or any parts of another player's body
Coach Walk	Designated area for a restricted number of team / bench staff – see <i>Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area</i>
Checking / tackling	An action whereby the defender attempts to dislodge the ball from an opponent's Crosse by using controlled Crosse-to-Crosse contact
Dead Ball	The ball is 'dead' whenever an official blows the whistle to stop play e.g. following a foul, time-out, boundary ball etc
Defending Area	See <i>Diagram 9 - Restraining Lines and Areas</i>
Directly Behind The Goal	The area between two imaginary lines extending perpendicular and back from the Goal Line Extended and tangent to the Goal-Circle - See <i>Diagram 8 - Areas of the Field: Terms</i>
Goalkeeper Save	Occurs when the goalkeeper is inside the Goal-Circle, and she/her either catches the ball in her Crosse or she/her stops the ball with any part of her body or Crosse, to prevent the ball from crossing over the goal-line
Goal Line Extended (GLE)	See <i>Diagram 8 - Areas of the Field: Terms</i>
Grounded	When any part of a player or goalkeeper's body / foot is touching the ground
Held Whistle	An official may refrain from enforcing any rule when it would penalize the non-offending team. When a player is fouled but is able to maintain quality possession of the ball, the official will indicate they have seen the foul by extending a straight arm in the direction that player is attacking.
Inside The Goal-Circle	When a player steps on the Goal-Circle line or inside the Goal-Circle they are inside the Goal-Circle. A ball resting on the Goal-Circle line, is inside the Goal-Circle. A goalkeeper or a defender is inside the Goal-Circle if one or both their feet are <i>Grounded</i> in the Goal-Circle or touching the Goal-Circle line.
Legal Crosse	A Legal Crosse is one that meets (Appendix G) Manufacturer's Specifications and has been checked prior to the game.
legal defensive position	A player's legal defensive position is as wide as their shoulders. It includes the space in front them, extending as far as the length of their outstretched arms directly in front of their nominally upright torso.
Marking Area (MA)	See <i>Diagram 8 - Areas of the Field: Terms</i>
Midfield Area	See <i>Diagram 9 - Restraining Lines and Areas</i>
Offside	This is an infringement of <i>Rule 18 Restraining Line Rules & Penalties</i>
Pass	A movement of the ball caused by a player in control throwing or bouncing or rolling the ball to a teammate
Pick	A technique by which a player without the ball uses their positioning to force an opponent to take another route. To be legal, stationary picks must be set within the

	<i>Visual Field</i> of the opponent. The opponent must be given enough time and space to stop and/or change direction. (20.A.14)
Played	The action when <ul style="list-style-type: none"> the ball leaves a player's Crosse and is touched by another player or their Crosse is checked Crosse to Crosse by an opposing player or play is stopped for a major or minor foul committed by a player on the defending team
Possession – In Goal-Circle	See Rule 17.A.1
Possession - Outfield	A team shall be considered in possession of the ball when a player on that team has possession of the ball (player possession), or when the ball is passed from a player to a teammate. A pass is a movement of the ball caused by a player in control throwing or bouncing or rolling the ball to a teammate.
Scoring Play	See Rule 21.A.2
Shot	The action of a player to throw/propel the ball in the direction of the goal with the intention of scoring a goal
Shooting Space	An imaginary path to goal as defined by two lines extending from the ball, which must be within the MA, to the outside edges of the Goal-Circle. No defender will be penalized if positioned below the extension of the goal-line, as shown. (<i>Diagram 7 - Shooting</i>) See Rule 20.A.21
Spot Nearest The Foul	A point on a line that passes from the center of the goal line, through the place where the foul occurred to the MA arc
Substitution Area	See <i>Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area</i>
Substitution Gate	See <i>Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area</i>
Swipe	A reckless and dangerous swing of the Crosse that has potential for serious injury, whether or not the opponent's Crosse or body is struck
Tackling	See <i>Checking</i>
Team / Bench Staff	Includes the Head Coach, Assistant Coach/es, Manager, Medical Staff and Players
Toeing The Center Line	Refers to the foot during the draw, placed up to, but not on, the center-line (13.A.5.a)
Visual Field	A player's peripheral vision. A player is responsible for using their peripheral vision to see their opponent/s. A player's peripheral vision is 180° using a player's nose as the point of reference, not their shoulders. (20.A.14)
Within A Crosse Length	This is a helpful way to visualize a distance of 1.5m e.g. when determining how close a player it to their opponent.

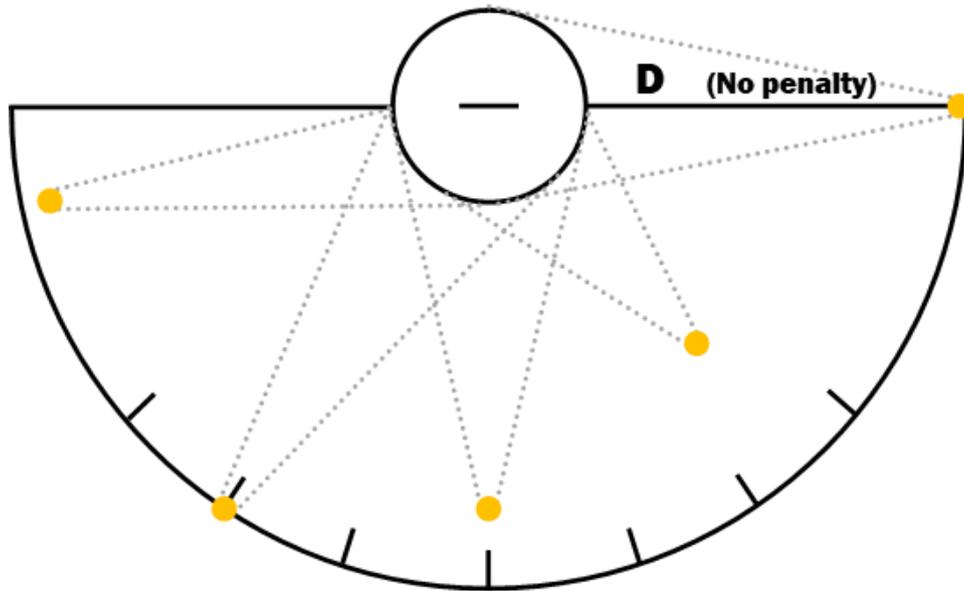


Diagram 7 - Shooting Space

AREAS OF THE FIELD

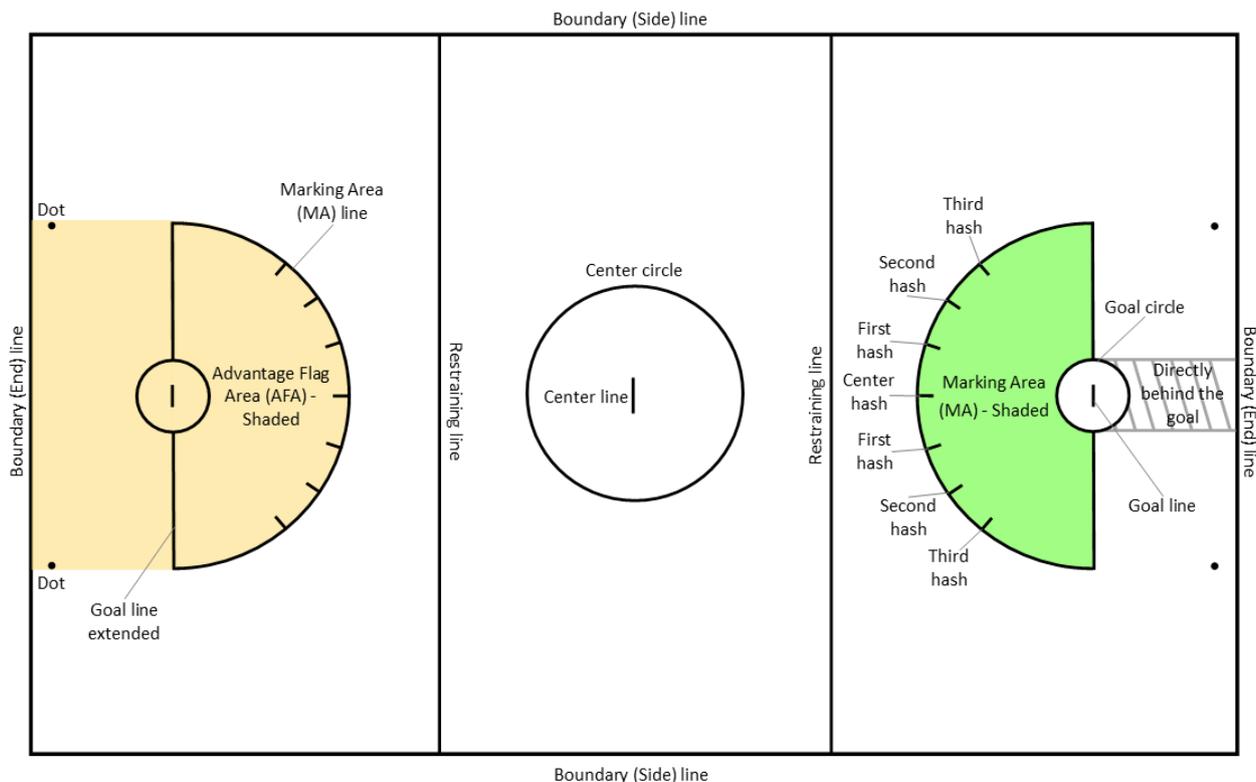


Diagram 8 - Areas of the Field: Terms

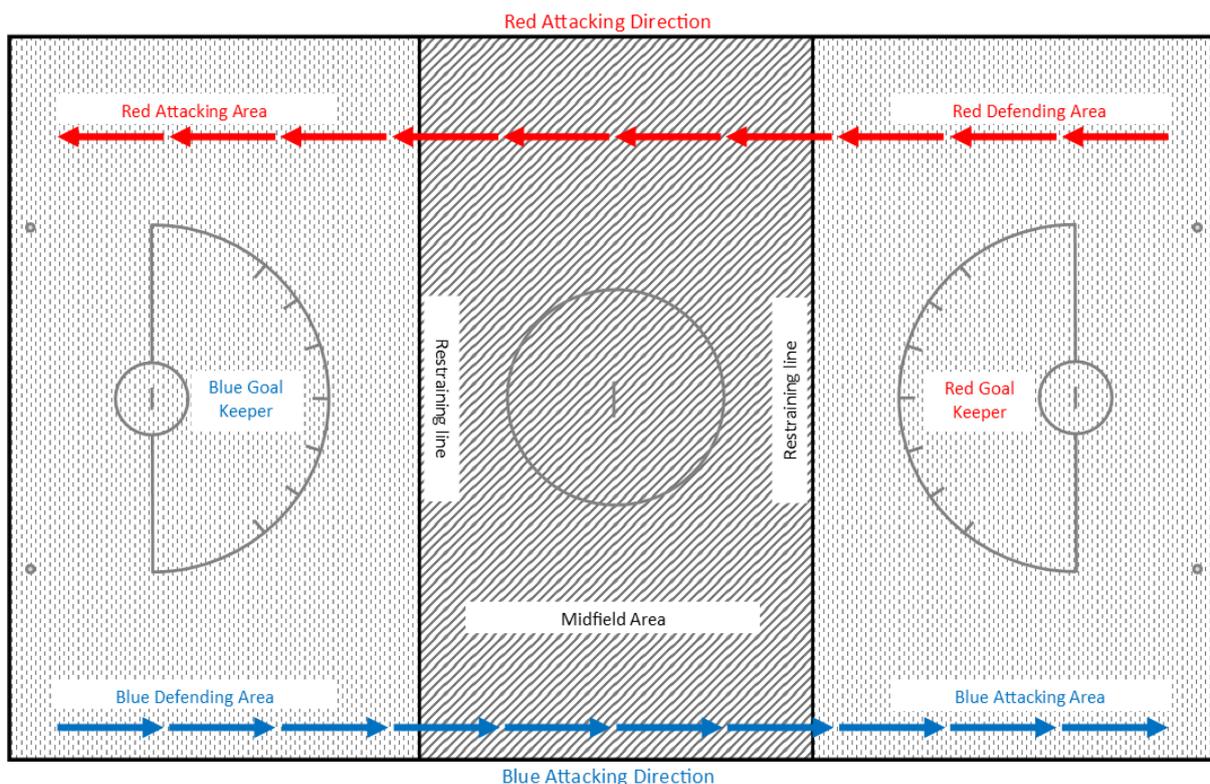


Diagram 9 - Restraining Lines and Areas

APPENDIX A Officials' Arm Signals

BLOCK	Place open hands on hips and move them in an in-out motion touching hips.
CHARGE / OFFENSIVE FOUL	Place the palm of one hand behind head and give direction of play with the other hand.
CHECKING TOWARDS HEAD / CHECK TO THE HEAD	Move bent arm towards head.
DANGEROUS FOLLOW THROUGH	Mimic the follow-through motion as if holding a Crosse.
DANGEROUS PROPELLING	Mimic a two-handed follow through motion, or a side arm swing as if holding Crosse.
DANGEROUS SHOT ON GOALKEEPER	Open the palm of one hand and move in toward face.
DETAINING	Place fists at waist level, one fist up and the other down, as if holding a Crosse in a horizontal position.
FREE POSITION, DIRECTION OF POSSESSION, and HELD WHISTLE	Hold one arm horizontally at shoulder height in the direction of play.
GOAL	Facing the center of the field, raise both arms straight above the head and then lower them to chest level pointing horizontally toward the center of the field.
GOAL-CIRCLE FOUL	Point to the Goal-Circle line and then indicate direction of the Free Position.
ILLEGAL CHECK TOWARD HEAD	Make a chopping motion with hand toward the head
ILLEGAL CHECK ON THE BODY	Make a chopping motion with one hand on the part of the body where contact was made.
ILLEGAL CRADLE / PROTECTING THE CROSSE	Make a cradling motion with one hand pulled in close to the face or body.
ILLEGAL STICK TO BODY CONTACT	Fisted hands, one fist facing up and the other down, are held horizontally at waist level. Extend arms forward in a pushing motion. (20.A.11)
MINOR FOUL	All minor fouls use the same signal. Hold one arm horizontally at shoulder height in the direction of play.
NO GOAL	With both arms extended toward the ground, swing them in and out so they cross one another; follow this motion with a direction signal.
PUSHING	Make a pushing motion with both arms, palms open and in front of body.
RE-DRAW	Place arms fully extended horizontally in front of the body. Begin with palms together and extend them up and out with a quick motion.
RESTRAINING LINE VIOLATION / OFFSIDE	One arm is raised straight over head with palm open. Close the fist when making the call.
ROUGH / ILLEGAL CHECK ON BODY	Use the arm to make a large chopping motion against the wrist of the opposite arm.
SHOOTING SPACE (OBSTRUCTION OF FREE SPACE TO GOAL)	Arms are held at chin level with palms toward face and fingertips facing up. One hand is closer to the face; hands are in a line and about 16cm apart.
SWIPE	Make a long sweeping motion with an extended arm from high to low across the body.

FIVE-SECONDS GOAL-CIRCLE COUNT	Bend one arm at shoulder height and move arm from chest to full extension for each second counted.
THREE SECONDS	Three fingers are raised with palm facing away.
TIME-OUT	Turn toward the scorer/timer and cross fully extended arms at wrists above the head.
TRIP	Swing hand across the back of the leg at or below the knee.
THROW	Move arm forwards from behind hip up to waist height.
WARDING	Bend one forearm and move it in an upward motion away from the body.

APPENDIX B Tournament Rules

- A For World Lacrosse events, a roster of 18 players constitutes a full team. 6 support staff are allowed in the Team/ Bench Area during games. (5.A.2, Rule 1.13 & 15)
- B The color of the ball will be solid yellow.
- C The scorekeeper will record the time of goals and any other necessary game statistics.
- D In Tournament Play, when there is a tie on points, the Goal Differential Formula will be applied:

$$\frac{\text{Goals For} - \text{Goals Against}}{\text{Total Goals}}$$

In the formula, the scores of all the games in the Round Robin of the tied teams are used. The maximum difference in scores allowed per team will be 12, which is achieved by reducing "Goals for". Actual scores are used except those matches where the goal difference exceeds 12. In these cases, the goal difference is reduced to 12.

For example, a score of 15 – 1 will be reduced to 13 – 1 before using the goal formula.

- E Penalty demerit system for World Lacrosse World Events.
 - 1 For World Lacrosse Tournaments, a penalty point system will be in place for players receiving warning cards for personal fouls and to deter unsportsmanlike or dangerous conduct by players:
 - Yellow card suspension = 2 penalty points
 - Yellow/red card suspension = 4 penalty points (including initial yellow card)
 - Red card suspension = 8 penalty points
 - 2 When a player has accrued 8 penalty points, they will be suspended from the next match of the championship.
 - 3 Penalty points are cumulative. Once a player sits out one match, they will sit out a second match if they accrue an additional 6 points.
 - 4 It is the responsibility of the Technical Delegate or Competitions Chair to advise the Team Manager when a player has accrued 6 points.
- F Uniform advertising: A maximum of 3 advertisement emblems/logos may be worn on the player's field uniform or body. Advertisement emblems/logos must not exceed 40 square centimeters.
 - 1 Uniform Shirts:
 - First strip or uniform home team, higher seed, light colored shirt.
 - Second strip or uniform away team, lower seed, dark colored shirt.
 - Teams must have two alternate blood shirts in each color.
- G A sports hijab with Velcro fastening may be worn.
- H The Officiating Leadership Team will ensure that tournament and bench rules are used in accordance with World Lacrosse Rules Book and World Lacrosse World Event Bylaws where applicable.

APPENDIX C World Lacrosse Women's Pre & Post Match Schedules

PRE MATCH SCHEDULE

- 35 minutes prior to the game, teams and officials must be on the field to complete match preparation. Scorers, timers, and technical delegates report to the score table. When looking at the field from the Team Bench Areas, the higher seeded team will sit to the left of the score table.
- 20 minutes prior to the game, completed team rosters must be submitted to scorers.
- 15 minutes prior to the game, ball girls/boys must report to the score table for instructions.
- 10 minutes prior to the game, teams will report to their bench areas for Crosse inspection.
- Immediately following Crosse inspection, teams line up for player/team introductions, playing of respective national anthems, and exchange of pins.
- Team captains meet with the officials to toss a coin for choice of defensive ends.
- Teams are guaranteed two (2) minutes immediately following the coin toss before the game begins.

POST-MATCH SCHEDULE

- Teams have 10 minutes to cool down on the game field and in the Team Bench Areas. The 10 minutes countdown starts at the sound of the horn/whistle that ends the game.
- Media are not allowed on the game field for interviews with players or coaches.
- At zero minutes on the post-game clock, teams must remove all belongings from the Team Bench Areas, leave the field, and go to the designated area for interviews with media.

APPENDIX D World Lacrosse Policy Regarding Blood / Bleeding

1. Whenever a participant suffers a laceration or wound where oozing or bleeding occurs, an official will stop the game at the earliest appropriate time, and the player or official will be required to go to the Team Bench Area to receive medical treatment. The participant that has been removed shall not re-enter the game without approval of medical personnel.
2. If there is blood on any part of a player's uniform, skin, or other personal equipment, medical personnel must determine whether the blood has saturated the uniform or equipment enough to require a change. A uniform is considered saturated when blood has soaked through the uniform to a player's skin or is capable of being transferred to another player. The same saturation criteria should be applied to a player's personal equipment (Crosse, gloves, pads, knee brace, etc.) If the uniform shirt is changed, the player's new number must be recorded on the team score sheet before the player re-enters the game. It is recommended that teams travel with extra uniforms.
3. Before the game is restarted, appropriate medical personnel must clean and decontaminate any and all surfaces that are contaminated with blood, including the playing field if necessary.
4. In the event of an injury, time-out will be called at the discretion of the official. If, in the official's opinion, the injury is serious or the player's safety is compromised in any way, the official will suspend play immediately. Otherwise, the official may delay the whistle to allow a team to complete a Scoring Play. When time-out is called, the official will beckon team medical personnel onto the field to attend to the injured player.
5. If a field player is not ready to resume play after two minutes recovery time or a goalkeeper is not ready to resume play after five minutes recovery time, a substitute must take their place. However, if a player sustains a serious injury, play will be suspended until the injured player can be safely moved off the field and a substitute has taken their place.

APPENDIX E World Lacrosse Game Interruption Policy

1. The decision to suspend a game due to lightning and/or thunder will be made by the officials and off-field game officials on the field at the time of play. During a tournament, if two games are being played at the same time, the decision made on one field will be communicated to the other field and followed.
2. The Head Technical Delegate, the World Lacrosse Competitions Chair, and representatives from the Host Committee will communicate daily to monitor weather forecasts and communicate possible weather concerns to off-field game officials and officials. They will be instructed to actively look for signs of bad weather throughout each game and notify the officials/ off-field game officials on the field if severe weather becomes dangerous.
3. If at any time, the Head Technical Delegate, the World Lacrosse Competitions Chair, and/or a designated member of the Host Committee determines that play should be interrupted, they shall inform the nearest official on the field and/or the Off-field game official to suspend play immediately. The head on-field official and/or table official must note the time of the stoppage on the team score sheet.
4. In the absence of technology to assist with weather evaluation, games will be suspended when the “*flash to bang*” count for lightning is less than 30 seconds. (**See Flash to Bang Note** below)
5. Once a game is suspended, the technical delegates will assist event staff to quickly evacuate teams and spectators to predetermined safe shelter. Teams and field officials will go to their respective locker rooms or other safe shelter, and spectators will be instructed to proceed to their automobiles or designated adjacent buildings.
6. Players may take the field, and spectators may return to the stands 30 minutes after the last visible lightning flash or sound of thunder. The decision to resume play will be made by the head on-field official, in consultation with the Head Technical Delegate, the World Lacrosse Competitions Chair, and/or a designated member of the Host Committee.

RESUMING PLAY FOLLOWING A GAME INTERRUPTION

7. If a game is stopped / interrupted due to severe weather, the remaining time in the game will be played as soon as possible; the score will resume from the point of interruption. The Head Technical Delegate and the World Lacrosse Competitions Chair will make the decision as to when the game will resume.
8. Following a game interruption, teams will be allowed to warm-up as follows:
 - If the delay is not more than 30 minutes, a 10 minutes warm-up will be allowed.
 - If the delay is between 30 and 60 minutes, a 15 minutes warm-up will be allowed.
 - If the delay is more than 60 minutes, a 20 minutes warm-up will be allowed.
 - By mutual consent of both coaches, the above warm-up time may be shortened.
9. When lightning occurs, count the number of seconds until thunder is heard. Divide the number of seconds by 5 to determine how far the lightning is away from you. Example: If lightning is seen and 30 seconds elapses before thunder is heard, the lightning is 6 miles / 9 km away, 30 divided by 5 = 6 miles.

Flash to Bang Note: The following "Flash to Bang" method should be used to estimate the proximity of lightning from your location. If the delay between observing a lightning flash and hearing subsequent thunder is 30 seconds or less, or if dangerous looking thunder clouds are building overhead, the lightning safety action plan must be implemented without delay.

APPENDIX F Heat / Hydration Policy

Water breaks will be incorporated into each game if, in the opinion of attending medical personnel, they become necessary. Water breaks will be no longer than 90 seconds in length. Officials will let the teams know when there are 30 seconds remaining in the break, at which point they must take their positions on the field of play.

1. The water break will be taken closest to the mid-point of each quarter after a goal is scored, or on a *Dead Ball* outside the *AFA*.
2. All players on the field must remain on the field until the end of the water break. They may come to the side of the field to get drinks.
3. Substitutes must remain in the Team Bench Area until the end of the water break.
4. If the water break is after a goal, a substitute may enter the game at the end of the water break. If the water break is called when the ball is outside the *AFA*, a substitute must enter the game through the *Substitution Area* once play resumes.

WORLD LACROSSE WATER BREAK PROCEDURES

Forty-five (45) minutes before each match begins, personnel* from the host country will determine if water breaks are necessary and inform the Technical Delegate in charge of the match. Team coaches will be informed when the teams take the field for the 35 minute pre-game warm-up. If water breaks are necessary, they will occur throughout the game. Water breaks may also be implemented at half time.

LEVEL 1 WET BULB GLOBE THERMOMETER (WBGT) <80F / 26.7C

No specific action needed. Encourage hydration before, during, and after activity.

Encourage shade before and after activity, and during rest breaks when possible. Do not utilize inside areas that are not air conditioned as they could be stifling due to lack of air flow.

Risk of exertional heat illnesses is not absent in these conditions but are reduced compared to more extreme environmental conditions.

LEVEL 2 WBGT 80-90F / 26.7-32.2C

1. Increase quarter breaks to 7 minutes (including break before overtime).
2. Increase half time to 15 minutes (in shade or air conditioning)
3. Hydration to be available for all athletes and officials on the side-lines, and it is chilled, cups/bottles are available.

Strongly encourage shade before and after activity, and during rest breaks when possible. Do not utilize inside areas that are not air conditioned as they could be stifling due to lack of air flow.

Closely monitor for signs and symptoms of exertional heat illness in players and officials.

Monitor temperature to be sure it does not climb to Level 3.

LEVEL 3 WBGT >90F / 32.2C

Strongly consider delaying completion of the game.

If activity must occur, the following should be implemented.

1. Increase quarter breaks to 7 minutes, including break before overtime.
2. Increase halftime break to 20 minutes.
3. Institute 3-minute breaks in the middle of each quarter, allow hydration during this time.
4. Closely monitor for signs and symptoms of exertional heat illness in players and officials.

*Personnel: For each world event, it is the host country's responsibility to identify a person/s who will be responsible for instituting water breaks in accordance with the above criteria when temperature and/or humidity levels are deemed dangerous to the health of the athletes. When necessary, water breaks will be discussed at the managers' meeting prior a World Lacrosse Women's World Event.

APPENDIX G Manufacturer's Specification

THE CROSSE

A ALL FIELD CROSSES

The primary intent of the field Crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a Crosse without an excessively forceful check.

A Crosse may be deemed illegal, even though it meets all technical specifications, if, in the opinion of the World Lacrosse Women's Rules Committee, its design is an obvious attempt to circumvent the intent of the rules.

A Crosse that has been altered in such a way as to give an unfair advantage to a player is illegal, such as baking, drilling additional holes, breaking and/or reconstructing with adhesive materials, stretching, pinching and shaving.

1. The head of the field Crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The shaft of the Crosse shall be constructed of wood, metal alloy, or other composite material, and it must be 'nominally' straight. An exception is that a shaft may deviate up to, but not more than, 10 degrees from straight at the end of the shaft that is within 6.5cm from the ball stop when the shaft is attached to the head.

① *A 'bent' shaft may only be used with the heads that are specifically designed to accommodate them; 'Bent' shafts are head and manufacturer specific. Heads designed for use with a 'bent' shaft will not be legal when mounted/attached to a straight shaft. Heads designed for use with a straight shaft will not be legal when attached to a bent shaft.*

- a. Recessed metal screws with round heads shall be used to attach the head of a plastic/molded head Crosse to the shaft. The butt ends of all shafts must have an end cap, be taped, or if wood, be sanded smooth, or solid composite material. The Crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
3. The overall length of the Crosse shall be 0.9m /90cm minimum to 1.1m /110cm maximum. End caps are included when measuring the overall length of a Crosse.
4. To determine compliance with the line measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.

① *If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.20cm passes and 5.21cm does not. If the minimum specified length for a particular measurement is 5.1cm, then a measurement of 5.00cm passes and 4.99cm does not.*

The unstrung head and the shaft of a field Crosse shall lie within a 6.55cm horizontal plane. (*Diagram 10*)

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

① *To determine the 6.55cm horizontal plane of the head, place the Crosse on a table with the open pocket facing up so that the long axis of the shaft is horizontal/parallel to the floor. Depending on the shape of the head, it may be necessary to support the shaft so it is horizontal. With the shaft horizontal and the lowest part of the head in contact with the table, no part of the head, as defined from the ball stop to the outside edge of the Scoop, shall be more than 6.55cm above the table.*

5. The overall length of the head, as measured from the center of the Bridge or Ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4cm minimum to 30.5cm maximum. With the open pocket facing up, all length measurements are taken along the center line of the shaft.

6. The overall outside width of the head of the Crosse when measured at the widest point at the top of the head must be 18cm minimum to 23cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the shaft.
7. Strung Pockets must be attached to the head of the Crosse through stringing holes. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, **unless it is made of fused mesh**, or the pocket nylon cord must be attached through stringing holes and run parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The nominal diameter of the shooting string nylon cord and sidewall string nylon cord shall be 0.3cm maximum (this is a manufacturer's specification and officials shall not measure this for compliance). The distance from the bottom of the sidewall to the top of the stringing hole must not be more than 1.0cm. Decorative holes/spaces between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes (see pictures in Appendix A). **Mesh pockets are also permitted. Technical criteria assume a defined gap is present between pocket nylon mesh as a solid surface of nylon would be non-compliant.**
8. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing or similar items on any part of the pocket. Other materials that may be prohibited are any materials that are sharp/unyielding, i.e. metal or hard rubber material that could be dangerous to another player.
9. The entire Crosse (strung head and shaft) shall not weigh more than 567g.

B THE WOODEN FIELD CROSSE

1. The head of a wooden field Crosse is defined to consist of four parts: the Bridge, the Wooden Sidewall, the Guard, and the Scoop. (*Diagram 11*)
 - a. The bridge is the woven ball stop of a wooden Crosse. The height of the bridge shall be 5.1cm maximum to 3.2cm minimum.
 - b. As measured from the center of the bridge to the midpoint of the head, the actual height of the wooden sidewall shall be 4.5cm maximum to 3.2cm minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
 - c. The guard is the soft woven wall of the head. The height of the guard shall be 7cm maximum to 3.2cm minimum.
2. The head shall be triangular. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.
 - a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the Bridge, shall be 6.7cm to 7.6 cm and the outside width of the head shall be 7.6cm to 10.1cm.
 - b. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the Bridge, shall be 7cm minimum.
 - c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Bridge, shall be 8cm minimum. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the Bridge, shall be 9cm minimum.
 - d. The inside width between the walls at the widest point at the top of the head shall be 15cm to 16cm.

C PLASTIC/MOULDED HEAD CROSSE (*DIAGRAM 13*)

1. The head of the plastic/molded head field Crosse is defined to consist of four regions: the Throat, the Ball Stop, the Sidewall, and the Scoop. (*Diagram 11*)

- a. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7° from perpendicular to the long axis of the shaft. The height of the ball stop shall be 6.55cm maximum to 3.2cm minimum. To determine Crosse compliance with angular measurement specifications, all measurements and calculations will be made to the nearest 0.01° . The allowed deviation from the standard is 0.44° .

① *If the maximum specified angle is 7° , then a particular measurement of 7.44° passes and 7.45° does not.*

- b. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to bottom of the ball stop.

Stop pads may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad must not in any way interfere with the free movement of the ball within the pocket or effect ball retention.

- c. The stop area ends, and the sidewalls begin as measured 3.4cm from the center of the ball stop. The sidewalls end, and the scoop area begins at the widest point at the top of the head.
 - i. From the beginning of the sidewall at 3.4cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall be 4.7cm maximum to 2.8cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.
 - ii. There may be no protrusions or outcroppings on the inside surface of the sidewalls that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening will be permitted. The legality of these protrusions/outcroppings will be determined by the World Lacrosse Rules Committee upon submission of the Crosse by the manufacturer.

① *If the testing laboratory determines that a Crosse contains outcroppings or protrusions on the side walls, the Crosse must be submitted to the World Lacrosse Rules Committee.*

2. The head of the Crosse shall be triangular in concept.

- a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of Ball Stop, shall be 6.7 cm minimum to 8.0 cm maximum. The radius of the ball is 3.2cm.
- b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the Ball Stop shall be 6.8cm minimum.
- c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Ball Stop, shall be 7.4cm minimum.
- d. The inside width between the sidewalls as measured 10.2cm from the center of the Ball Stop shall be 8.2cm minimum.

① *The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.*

At all points along the sidewall, the following formula shall be used to determine the maximum slant/angle the sidewalls may deviate from vertical. (*Diagram 14*)

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

D POCKETS

The pocket of all field Crosses may be strung with 2 to 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. **Mesh pockets are permitted.**

1. The nominal diameter of the shooting string nylon cord and sidewall string nylons shall be 0.3cm maximum. The nominal diameter of pocket nylon shall be 0.3cm maximum unless fused mesh is utilized to attach the pocket to the head of the Crosse. The stipulation for 0.3cm maximum nominal diameter for pocket nylon is a manufacturer's specification. Officials shall not measure this for compliance as part of their routine Crosse inspection. Technical criteria assume a defined gap is present between pocket nylon mesh. A solid surface of nylon would be non-compliant.

① *Definition of 'nominal'; a very small quantity or degree; synonyms: negligibly, slightly.*

- a. Field Crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled more than twice between each thong. In a mesh pocket, the shooting string may be coiled once per mesh diamond/hole. Flat laces may not be used as shooting/throw strings. Shooting strings are not required.

Any shooting/throw string must be directly attached to both sidewalls within 9cms as measured from the top outside edge of the head and the bottom shooting string may be an "inverted U" in shape and must be directly attached to both sidewalls within 16.5cms, as measured from the top outside edge of the head. (*Diagram 15*). Shooting strings may not be crossed. Shooting strings may not touch from outside the outermost thongs to the sidewall.

- b. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting/throw strings, cross lacings or thongs. This rule prohibits the use of beads, tubing, or similar items on any part of the pocket. Other materials that may be prohibited: any materials that are sharp/unyielding, i.e. metal or hard rubber material that could be dangerous to another player.
2. The combined height of the sidewall and the depth of the natural forward-facing pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The combined height of the sidewall and depth of the reverse (backside) pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The top of the ball when placed into the pocket of a horizontally held Crosse both front and back, must be visible above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from the ball.
 3. The ball must move freely within all parts of the head of the Crosse both laterally and along its full length of the front and back 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 must not become wedged between the walls, under the guard or under the bridge of a wooden Crosse, or in the ball stop or under the walls of a plastic/molded head Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 3.81cm.

① *The following are examples that, either alone or in combination, might cause a lack of free ball movement in the head/pocket:*

- *Shooting/throw strings that are not interwoven with the cross lacings and thongs and are allowed to sit on top of these other stringing areas,*
- *Thongs that are raised above the plane of the pocket,*
- *Thongs made from a sticky/tacky substance or this type of substance added to the thongs*

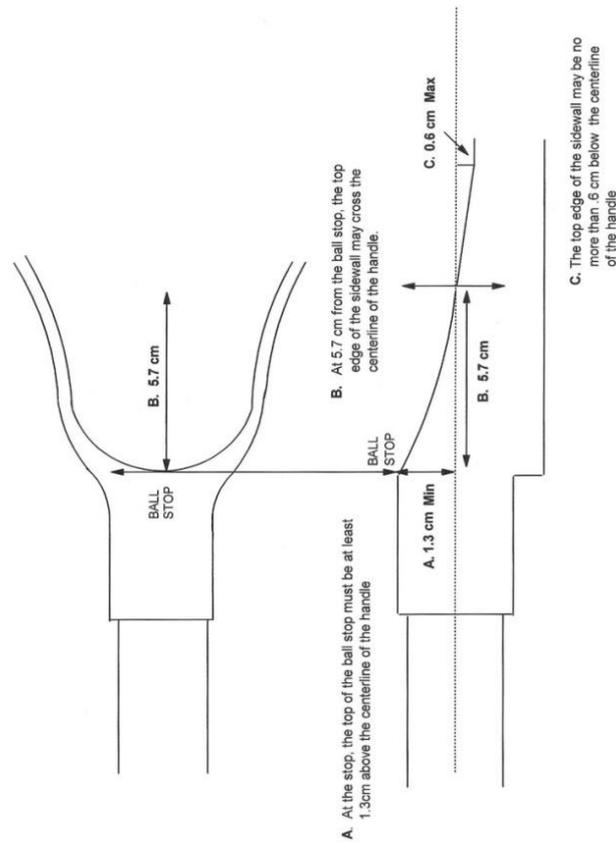


Diagram 10 - Offset Specification within 5.1cm Horizontal Plane App

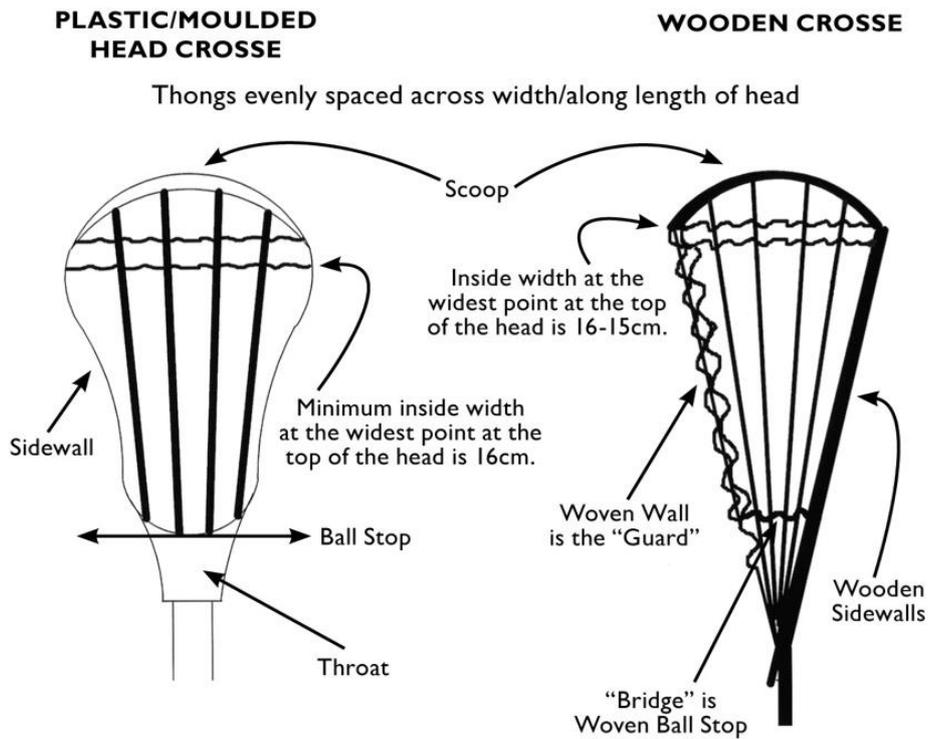


Diagram 11 - Parts of Field Crosses

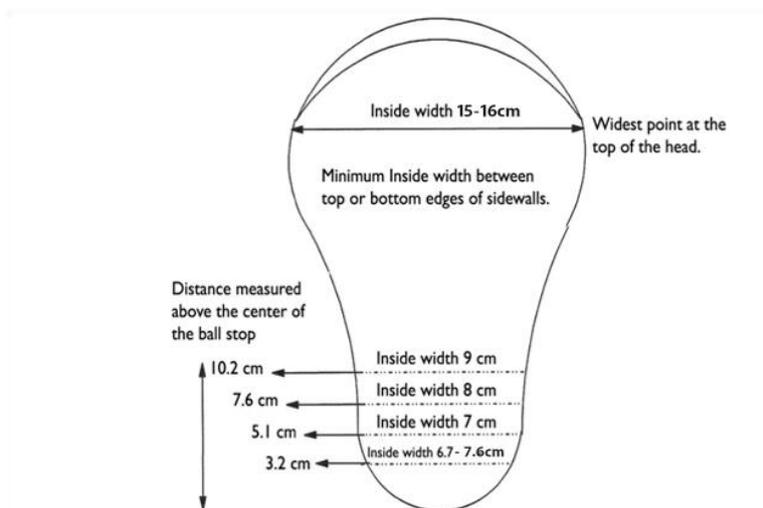


Diagram 12 - Triangular in Concept

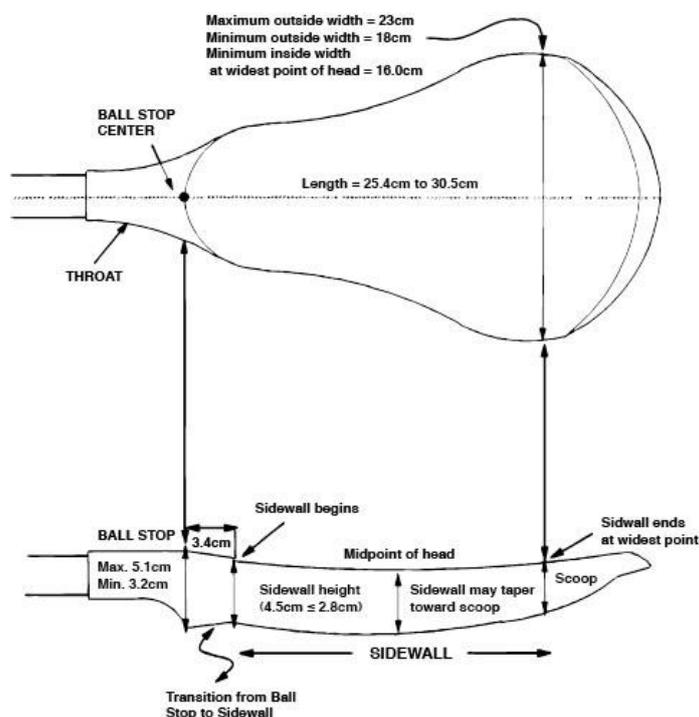


Diagram 13 - Plastic/Molded Head Specification

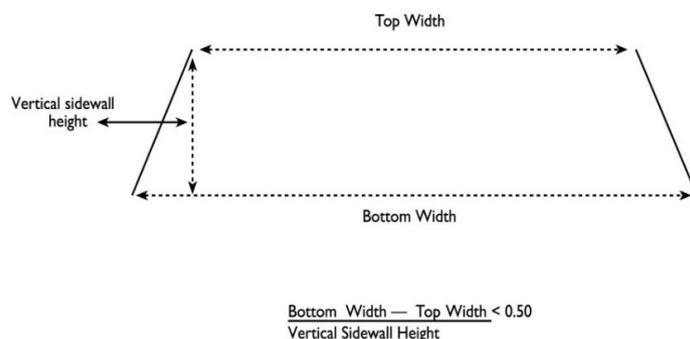


Diagram 14 - Cross Section of Unstrung Head

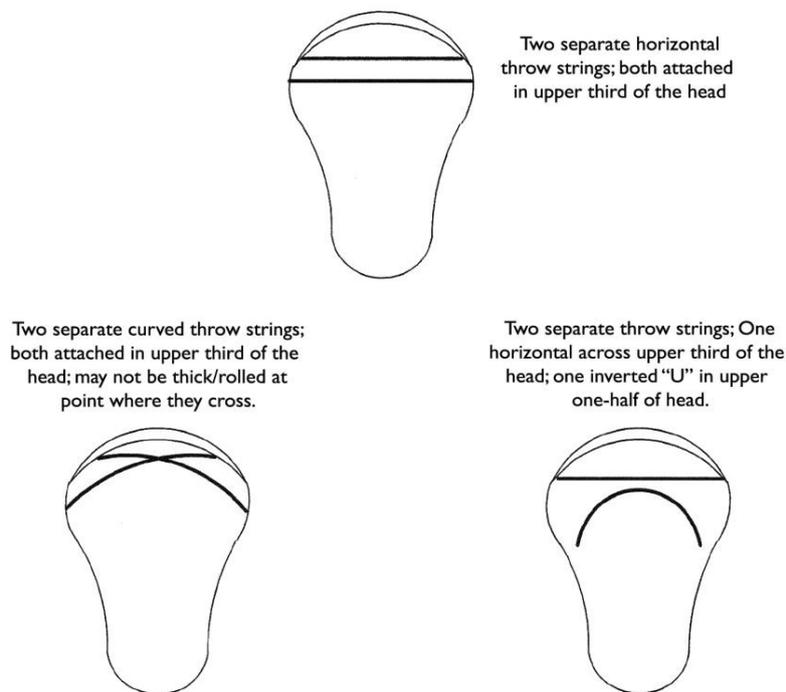


Diagram 15 - Shooting/Throw Strings

E THE GOALKEEPER'S CROSSE

1. The Crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The shaft of the Crosse shall be straight and may be constructed of wood, metal alloy, or other composite material. Recessed metal screws must be used to attach the head to the shaft. The butt end of the shaft shall have an end cap, be taped or sanded smooth, if wood. The Crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
3. The overall length of the Crosse shall be .9 m /90 cm minimum to 1.35 m/135 cm maximum. The end cap is included when measuring the overall length of the Crosse.
 - a. To determine compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.
4. The unstrung head and the shaft of a goalkeeper's Crosse shall lie within a 7.6cm horizontal plane.
 - a. No part of the head shall pass beyond a plane 2.5cm above the center line of the shaft and/or 5.1 cm below the center line of the shaft.
 - b. The top edge of the sidewall shall not be more than 0.6 cm below the center line of the shaft.
5. The head shall have a maximum length of 42 cm. The length of the head is measured from the center of the bridge or ball stop (where the back top edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the center line of the shaft.

6. The height of the bridge or ball stop of a goalkeeper's Crosse shall be 5.4cm maximum to 3.2 cm minimum. The plastic wall of the ball stop must not deviate by more than 10° from perpendicular to the long axis of the shaft.
7. The sidewall begins as measured 3.4cm from the center of the Bridge or the Ball Stop. The actual height of the wooden sidewall of a wooden Crosse and the plastic sidewalls of a molded head Crosse shall be 5.1 cm maximum to 2.54 cm minimum. The height of the woven wall of a wooden goalkeeper's Crosse shall be 7 cm maximum. The sidewall ends at the widest point at the top of the head.
8. The entire head of the Crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge or the ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the center line of the shaft. (26.C.2, Guidance)
 - a. When measured 5.1cm from the center top edge of the Ball Stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 13 cm to 17 cm. The maximum outside width of the head shall be 20cm.
 - b. When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 18.5 cm to 22.5cm. The maximum outside width of the head shall be 26cm.
 - c. When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 23 cm to 26 cm. The maximum outside width of the head shall be 30 cm.
 - d. At the widest point of the head, the inside width between the walls of the head of the Crosse shall be 28.5 cm to 30.5 cm. The maximum outside width of the head shall be 33cm.
9. The pocket of the Crosse may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross-lacing or may be mesh.
 - a. The goalkeeper's Crosse may have more than two shooting/ throw strings and flat hockey/boot laces may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw in the pocket of the Crosse.
10. The depth of the pocket containing the ball may be unlimited except that the ball must move freely within all parts of the head both laterally and along its full length. When the Crosse with the ball in it is held at eye level with the long axis of the Crosse vertical to the ground, more than half of the ball must be seen above the ball stop
11. The Crosse (strung head and shaft) shall not weigh more than 773g.

① *The intent of the rules governing the head design of a goalkeeper's Crosse is to disallow Crosses where excessive widths of plastic are added to the sidewalls to increase the surface area of the head.*

F THE GOAL AND GOAL NETTING

(Diagram 4 - Goal-Circle and Goal Cage Rule 2, Diagram 5 - Goal Cage and Netting, Diagram 6 - Goal Cage and Goal Skirt Rule)

G THE BALL

See also *Rule 4*

The ball will be solid, smooth Elastomer and may be any solid color. For World Lacrosse tournaments, the color of the ball must be solid yellow.

1. The circumference of the ball will not be less than 20 cm or more than 20.3 cm.
2. The ball will weigh not less than 142 grams or more than 149 grams. It must have a bounce of not less than 1.1 m and not more than 1.3 m when dropped from 1.8 meters onto a hard wooden floor at a temperature of approximately 18°C to 23°C.

NOTE: All World Lacrosse approved women's Crosses are evaluated in a certified laboratory for compliance to written measurement and pocket design standards. The test facility will accept pre-production models (also known as SLAs or rapid proto-types) for evaluation; however, only preliminary approval will be granted if the pre-production model meets all specifications.

Final approval will be contingent on a final product model being submitted to the laboratory, evaluated and meeting all specifications. Once the test facility has determined that a Crosse meets all the specifications in Appendix G, a report will be sent to the World Lacrosse, and the Crosse will be listed on the World Lacrosse web site as approved immediately for international play. Once a Crosse, head and/or pocket, is approved at the laboratory, it may not be sold as a World Lacrosse approved Crosse if it had been altered in any way. The laboratory will send the World Lacrosse Women's Sector Rules Committee Chair copies of the approval documents for the head and pocket, if it has been submitted and evaluated for approval. The laboratory will attach photos of the side, the front and the back of the head with a pocket attached. If a pocket has been approved, photos of the approved pocket attached to a head must also be included.

Exception: For all WIL Women's World Events, players may use only those Crosses and pockets that have been evaluated and approved by the laboratory three months (90 days) prior to the scheduled first day of play.

Specifications for all equipment are reviewed annually and modified periodically by the World Lacrosse Rules Committee. The World Lacrosse will endeavor, when possible, to provide advance notification of changes to equipment specifications to the manufacturers of Crosse equipment known to the World Lacrosse.

However, the World Lacrosse reserves the right to change any equipment specifications at any time, if, in its sole discretion, the World Lacrosse deems the changes to be in the best interest of the sport of women's lacrosse.

The World Lacrosse shall have no liability for any consequence deriving from the choice of equipment used by players; any defects it may have, or for alterations made to the Crosse by players after the Crosse (head and pocket) is manufactured

APPENDIX H Official's Manual Information

Rule 9 - Officials

EQUIPMENT CHECK PROCEDURE

1. Careful inspection of all equipment prior to the start of the game eliminates unnecessary delays and penalties. All Crosses must be measured and pockets checked, regardless of whether or not they will be used in the game.
2. Players form a line in front of the officials with all their Crosses, safety equipment mouth guard, eye guard (optional) and for the goalkeeper a chest or body pad, helmet with chin strap that must be fastened, a facemask and an attached throat protector
3. Players show their mouth guard and fit it into their mouth, showing that the upper teeth are fully covered. The official drops a ball into each of the Crosses. The top of the ball must be seen and remain above the entire top edge of the wooden or plastic sidewall. The ball must move freely within all parts of the pocket head. The ball must easily fall out of the pocket when the Crosse is turned upside down. Officials must also look for rough or sharp edges on any part of the Crosse.
4. If the Crosse is illegal, the player moves away from the line. All players with illegal Crosses or equipment will remain together and adjust their equipment for re-inspection by the official. If a Crosse cannot be made legal prior to the start of the game, the Crosse must remain at the scorer's table for the duration of the quarter. If a Crosse can be made legal during the quarter break, the Crosse may be rechecked and used in the next quarter and overtime.
5. Officials should wear a black and white vertical stripe (2.5cm) shirt and/or jacket a black kilt/skirt or appropriate length black shorts or black long pants. Black or white visors/hats, black or white short socks or long black socks may be worn. All other garments and accessories must be black. It is recommended all officials be similarly attired.
6. When three officials call a game, the charge official will begin the game in the center position, and they will rotate their field positions clockwise following every goal or every two goals.
7. When two officials call a game, the charge official will be on the table side of the field, and they will officiate on the same side of the field throughout the game.

Rule 15 - Out Of Bounds

1. When the ball goes out of bounds, the official will blow the whistle to stop play.

Rule 16 - Throw

1. When possible, it is recommended that the center/C official administers throws.

Rule 18 - Restraining Line Rules & Penalties

1. When play ends with an out of bounds call (no foul) and a player is offside, penalize the offside to resume play.
2. When an ineligible/illegal player is both on the field and offside remove the player and penalize the offside to resume play.
3. Officials must watch for pushing, empty Crosse checks, and covering when players are trying to gain possession of the ball at the restraining-line.
4. Teams with less than 10 players on the field:
 - a. The team in Blue is playing with one less player because one of their players has received a personal misconduct warning card. The team in Blue must play short in both their attacking & defending areas of the field.
 - b. If the team in Blue is playing with less than 10 players for any other reason, they may choose to play with one less player in the midfield area
5. The goalkeeper checks an attack player's arm as they attempt a shot on goal; the ball goes wide and out of bounds. The trail official immediately blows their whistle because an attack and a defender are both offside.

Official's decision: To resume play, the offside players will move back onside, and the major foul will be penalized. The attack Free Position will be awarded on the nearest 15m MA hash mark in line with the foul, and the goalkeeper must move 4m behind. The goal cage will remain empty. (20.B.4.a)

6. Officials indicate a restraining-line violation by raising an arm straight over their head. If there is an inadvertent whistle for an offside violation and no other foul has occurred, the game will resume according to *Rule 13*.
7. The administration of the Free Position is the same whether the offside is committed by the attacking or the defending team.

Rule 19 - Minor Foul Rules & Penalties

1. A number of players are attempting to win possession of a ground ball. The ball takes a bad bounce, hits the back of B2's leg, and goes directly to their teammate B3. *Official's decision:* play on. *Rationale:* B2 did not deliberately play the ball off their leg.
2. A player in red has been awarded a minor foul Free Position and the official notices that the player is not wearing their mouth guard. The player removes their mouth guard from their sock and puts it in their mouth. *Official's decision:* To resume play, the official awards a throw; *Rationale:* These are not subsequent fouls because there was not a whistle between awarding the Free Position to the player and finding that they were not wearing a mouth guard.
3. An official may take time-out at any time during the game to re-inspect the pocket of a Crosse or other equipment.

Rule 20 - Major Foul Rules & Penalties

1. Swipes that occur during a raised advantage flag / Scoring Play must be carded and penalized when the Scoring Play ends.
2. *Shooting Space* - If the ball carrier has their back toward the goal and/or they are being double or triple teamed, officials should consider whether the ball carrier has an opportunity to shoot safely.

Rule 21 - Advantage Flag

1. Officials will keep the Advantage Flag in the waist band or pocket. When a Scoring Play is in progress and a defender commits a major foul, the official will hold the Advantage Flag vertically above their head so that the Advantage Flag is clearly visible and call "flag". The official must note the shirt numbers of both the attack and defense players involved.

Rule 22 - Misconduct

1. Any on-field or off-field game official may call a time-out to consult with the officials to correct the procedure for a player who receives a warning card.

APPENDIX I Major Fouls Crib Sheet

Rule 20 & Rule 21 - Portrait version

WHERE	MAJOR FOUL BY	NO ADVANTAGE FLAG / SCORING PLAY	FOUL BY DEFENDING TEAM IN <WHERE> => FLAG RAISED => NO SUBSEQUENT FOUL	FLAG RAISED =>SUBSEQUENT FOUL BY DEFENDING TEAM IN <WHERE>	FLAG RAISED => SUBSEQUENT FOUL BY ATTACKER
Outside the AFA	Defender or Attacker or Goalkeeper	(B)all: Free position set at the SPOT OF THE FOUL, no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m away from Free Position	Does not apply - the Advantage Flag is only raised inside the AFA		
Inside the MA	Defender (including goalkeeper)	(B)all: Free position set at the HASH MARK nearest to the SPOT OF THE MOST RECENT FOUL (for Free Space & 3 Seconds it is SPOT OF THE BALL) (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA		A throw will be taken outside the AFA
	Attacker	(B)all: Free position set at a spot on the MA line, in line with the foul. (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Does not apply		
Inside AFA & below GLE	Defender	(B)all: Free position set at the DOT nearer to the spot of the foul and no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	(B)all: Free position set at the HASH MARK nearest to the spot of the foul i.e, inside the MA (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position		A throw will be taken outside the AFA
	Attacker	(B)all: Free position set at the DOT nearer to the spot of the foul and no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA Does not apply		

Rule 20 & Rule 21 - Landscape Version

WHERE	MAJOR FOUL BY	NO ADVANTAGE FLAG / SCORING PLAY	FOUL BY DEFENDING TEAM IN <WHERE> => FLAG RAISED => NO SUBSEQUENT FOUL	FLAG RAISED =>SUBSEQUENT FOUL BY DEFENDING TEAM IN <WHERE>	FLAG RAISED => SUBSEQUENT FOUL BY ATTACKER
Outside the AFA	Defender or Attacker or Goalkeeper	(B)all: Free position set at the SPOT OF THE FOUL, no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m away from Free Position	Does not apply - the Advantage Flag is only raised inside the AFA		
	Defender (including goalkeeper)	(B)all: Free position set at the HASH MARK nearest to the SPOT OF THE FOUL, no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Does not apply - the Advantage Flag is only raised inside the AFA		A throw will be taken outside the AFA
Inside the MA	Attacker	(B)all: Free position set at a spot on the MA line, in line with the foul. (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA	Does not apply	
	Defender	(B)all: Free position set at the DOT nearer to the spot of the foul and no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA	(B)all: Free position set at the HASH MARK nearest to the spot of the foul i.e. inside the MA (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	A throw will be taken outside the AFA
Inside AFA & below GLE	Attacker	(B)all: Free position set at the DOT nearer to the spot of the foul and no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA	Does not apply	
	Defender	(B)all: Free position set at the DOT nearer to the spot of the foul and no closer than 2m from the boundary (O)ffender: 4m behind the player taking the free position (E)veryone else: At least 4m from the player taking the free position	Clear the MA	Does not apply	