

Rules of women's lacrosse

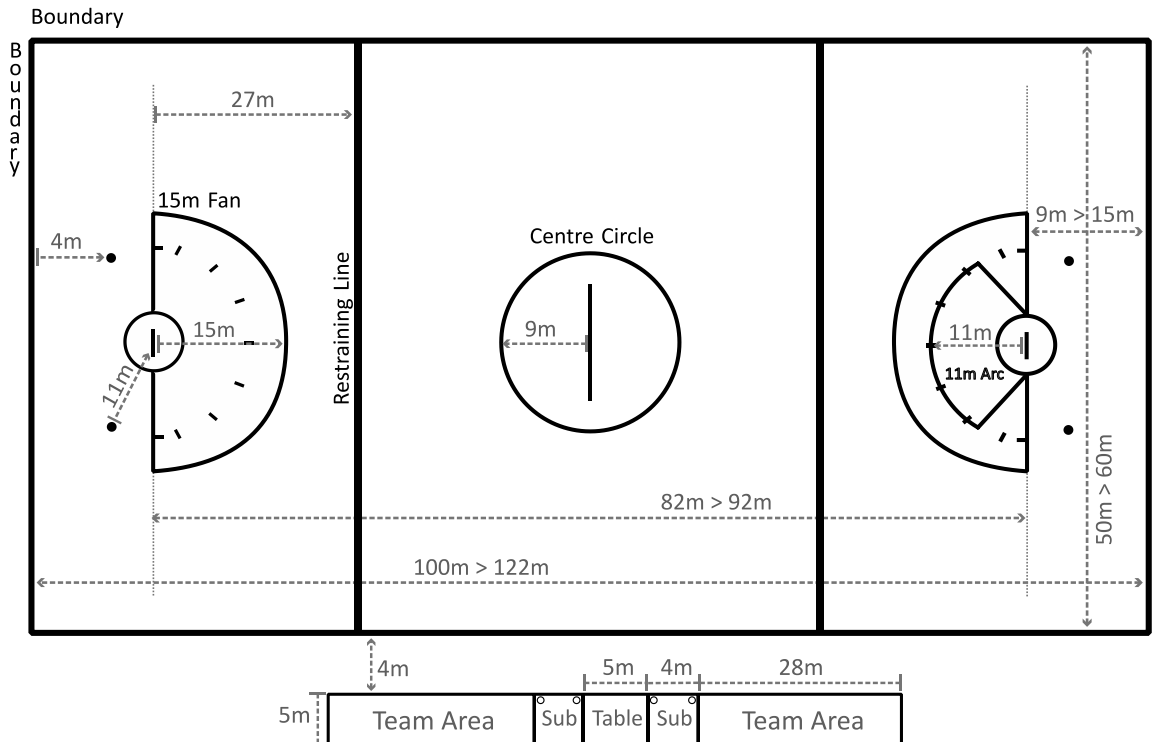
Abbreviated version

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1. Playing field

The restraining line (RL) is placed 27 m above the goal line. The goal must be self-supported and stable with an inside measurement of 1.83 m x 1.83 m. The bars are to be round with 5 cm perimeter, the mash must stop object 5 cm in perimeter and bigger. The goal construction must allow enough space behind it, within the goal circle, for the goalie to safely run around. The goal circle has a 3 m diameter.



2. Stick

Total length (head and shaft)

90-110 cm, goalie stick 90-135 cm

Pocket check

Put the ball in the pocket apply reasonable force to push it in. After that the ball must be visible over the entire upper edge of the side wall.

Goalie stick

The ball must move freely in the entire pocket.

Any player may request a stick to be rechecked during the game. A stick once rechecked and deemed legal will not be rechecked again.

3. Teams

Jerseys

The number must be at least 15 cm on the chest, 20 cm on the back, placed center. The kilt/shorts must be uniform in color as well.

Equipment

Footwear – metal spikes are not allowed.

All visible jewelry must be removed.

All players must wear a mouth guard.

Goalie equipment

Goalie must wear a helmet incl. a face mask with a throath guard attached to it and a chest pad. Any other protective gear she chooses to wear must not stand out more than 3 cm from the body.

Number of players

A full playing roster consists of 18 players. No more than 12 players on one team are allowed on the field at a time. A minimum number is not set.

Substitution

A substituting player must exit/enter field though the cones marking a substitution box. The player going on the field must wait for her counterpart to enter the sub-box before she enters the field.

4. Captains

Each team must have designated one speaking captain.

Captain's duties

Upon request attend the pre-game captains' meeting).
Sign the game sheet at the game's end.

Captain's rights

After a goal has been scored ask either of the umpires to call time-out (TO).
Ask umpires for rules clarification during time-outs (unlike the coach) and half time as well as immediately after the game is over.

5. Time – the outplay of the game

Game regulation time is 2 x 30 minutes. Clock stops at umpire's signal after a goal has been scored and for TO. In last 2 minutes of each half clock stops at each call (sound of whistle). Over time (when needed) is played in two 3 minute stop-clock halves played out till the end. 3 minute sudden death periods shall be added when needed.

Time out

TO goes for 90 seconds. Each team is entitled to 2 TO in a game (including overtime). After a goal has been scored the captain or a coach can request time-out.

Penalties

Yellow card = offender sits 2 minutes on the bench, team plays man down.

Yellow + red card (player's second yellow in a game) = team plays 5 minutes man down, offender must leave bench.

Red card = team plays 10 minutes man down, offender must leave bench.

Green card = warning to the captain, no further penalty.

Green + yellow card (second green) = offender sits 2 minutes on the bench, team plays man down.

Green + red card (third green and further) = offender sits 5 minutes on the bench, team plays man down. Offender may continue in the game.

Penalties carry on to second half of the game or over time.

Game termination under exceptional circumstances

If the fan's behavior impedes fairness and/or safety of the game, the game will be terminated.

Game must be interrupted immediately after a lightning has been seen or a thunder heard. It must not resume less than 30 minutes from last lightning and/or thunder.

If the field does not allow fair and/or safe play the game will be terminated.

The game is considered concluded with at least 80% of regulation time played = 48 minutes or more in a 60 minute game.

6. Purpose of the game / scoring

The purpose of the game is to score goals. A goal is scored when the ball completely crosses the goal line into the goal. The team which scores more goals in a game wins.

7. (Re)start of play

Play must be never restarted:

- less than 4 m away from the boundary,
- less than 11 m from the centre of a goal line / crease.

Draw

Is administered to start each period (incl. overtime) and restart play after a goal.

No more than 5 players from each team between the restraining lines.

The ball is placed between the backsides of the centers sticks. The stick is placed right wall (as seen facing the pocket) down between the ball and one's own goal. Sticks are waist level and parallel with the center line. After concluding the set-up umpire calls "ready". Until the umpire blows the whistle to start play the centers may only move heads. On the sound of the whistle centres must move their sticks up and away.

The ball must fly above the heads of both centers, otherwise the umpire will take TO to set new draw.

Throw

Is administered:

- at a dead ball = play was stopped, neither team had possession,
- by offsetting fouls (i.e. cover blue while red is off-side),
- if ball goes out of bounds directly from the DRAW,
- if ball goes out of bounds after it has been deflected by an umpire.

The umpire blows the whistle while the ball is being tossed from approx. 7m distance in a high arc to two players. The players must be at least 1m apart honoring their defensive sides, their backs to the side line, standing at least 4 m away from the side/restraining line.

Ball out of bounds

The ball is out of bounds:

- a) when it touches the side/end line or the ground outside the lines.
- b) when the ball carrier is touching the side/end line or the ground outside the lines.

Restart of play from an out of bounds ball:

The other than the team whose player touched the ball last will have possession. The player closest to the spot where the ball went out of bounds will have possession 4m inside the sideline.

After a shot:

The umpire can recognize a ball propelled by a player as a shot > by calling shot.

If ball goes out of bounds after a shot, the player closest to the spot where the ball goes out of bound will have possession. Play restarts 4 m inside the sideline. Shall the above apply to the goalkeeper, she shall have possession in the crease.

Free position (FP)

- is administered after a foul,
- the sequence of the umpires actions is WHISTLE > DIRECTION > FOUL SIGNAL > SET UP,
- for free position set up the BOO order of procedure/importance applies. „BOO“ = Ball (player fouled), Offender, Others,
- no other player than the fouled is allowed within 4 m from the ball.

The free position set up depends on where on the field has the foul happened.

a) in the 11m fan = marking area

DEFENSIVE FOULS

minor fouls – the fouled player gets ball on the 15m arc. The fouling player moves 4 m away from ball in the direction from which she fouled.

major fouls – the fouled player gets ball on a hash mark (HM). The fouling player moves 4 m behind ball, i.e. on the 15m arc. All players must leave the marking area in the shortest way possible. For a FP on the first inside HM a shooting lane extending to the link connecting the hanging hash with the outside edge of the crease must be cleared in addition to the marking area.

OFFENSIVE FOULS

The fouled player gets ball on the 11m arc. The fouling player moves 4 m behind ball (from perspective of the new attack).

b) in the 15m fan

DEFENSIVE FOULS

minor fouls - the fouled player gets ball on the 15m arc. The fouling player moves 4 m away from ball in the direction from which she fouled.

major fouls - the fouled player gets ball at the spot of the foul. The fouling player moves 4 m behind the ball (in extension of the "goal > ball" line).

OFFENSIVE FOULS

The fouled player gets ball at the spot of the foul, at least 11 m from the centre of the crease. The fouling player moves 4 m behind ball (from perspective of the new attack).

c) crease

DEFENSIVE FOULS

minor fouls – attack gets ball in the corner of the 15m fan. The fouling player moves 4 m in front of ball, i.e. on the 11m mark on the goal line extended.

major fouls – attack gets ball on the 11m arc, see section a) above.

OFFENSIVE FOULS

Minor fouls – goalie gets ball in the crease, all players must step 4 m away from the crease.

Major fouls – goalie gets ball in the crease, the fouling player moves 4 m behind the crease, all players must step 4 m away from the crease.

d) anywhere outside the 15m fan

minor fouls – the fouled player gets ball at the spot of the foul. The fouling player moves 4 m away from ball in the direction from which she fouled,

major fouls – the fouled player gets ball at the spot of the foul. The fouling player moves 4 m behind the ball (in extension of the "goal > ball" line).

!!! FP after a yellow flag

If FP needs to be set up after a yellow flag (see point 8 below) it is treated depending on where the foul occurred. Only the fouled and fouling player are moved.

If yellow flag ends with a second defensive foul the FP is always set on a HM.

8. Yellow flag / held whistle - advantage

If after a foul the ball carrier maintains a quality possession the umpire can decide to hold whistle and give advantage by putting an arm out in direction of attack and shouting "advantage".

If the above occurs in the 15m fan or below it while the attack is driving to goal = on a scoring play the umpire gives advantage by raising a hand with the yellow flag and shouting "flag". The advantage

The yellow flag ends without game interruption:

- after attack has taken a quality shot (i.e. shot not affected by a foul).

The yellow flag ends with FP:

- after attack stops driving to goal,
- after attack loses possession,
- after a second defensive foul (major or minor).

The yellow flag ends with a throw:

- after an offensive foul (major or minor).

9. Major fouls

A yellow card **MUST** be given for following fouls:

1. Check to the head – a player must not hit an opponent on a head and/or cause a stick to head contact.
2. Swipe – a player must not check in uncontrolled and reckless manner (e.g. if the stick hits the ground at the end of the check). The check needs not to hit neither the opponent nor her stick to be called swipe and carded.
3. Dangerous propelling – a shot must not hit and/or endanger another player.
4. Dangerous shot – a player must not shoot with the intent to hit a goalie.
5. Dangerous follow through – a player's stick must not hit an opponent in an aftermath of a shot. That is as long as the defender has been in a legal defensive position and has not moved towards the stick.

Any other major foul can be at the umpire's discretion carded. No previous warning is needed.

No yellow flag can be given for:

6. Obstruction of free space to goal = "shooting space" – when a ball carrier within the 15m fan has the opportunity and intention to shoot defence must not obstruct the shot by standing in the space between the ball and outside edges of the crease.

Exception: *a player actively marking an opponent incl. the ball carrier and a goalie in the crease.*

Other major fouls:

7. Charging – an attack player must not displace a legally defending opponent or initiate contact to gain advantage. Watch out for charging through double teams.
8. Rough check – a player must check with a reasonable force. A check must never hurt or endanger an opponent.
9. Check to the body – a player must not hit an opponent with a stick and/or cause stick to body contact.
10. Un-sportsman-like conduct – players, coaches and bench personnel must not act in insulting manner verbally or non-verbally neither towards the opponents nor the umpires and/or table personnel.
11. Blocking = illegal pick – a player must always allow an opponent enough time and space to avoid body contact/collision.
12. Detaining – a stick must not be used defensively to obstruct free movement of opponents. Each defender may legally take up space of shoulder wide outstretched arms.

13. 3 seconds rule – from the moment attacking team brings a ball across the restraining line in the attack end no defender must stay in the marking area for more than 3 seconds unless she is actively marking an opponent.

14. Tripping – a player must not trip an opponent, not even unintentionally.

15. Pushing – a player must not displace an opponent.

10. Minor faults

1. Covering – a player must not cover a ball with her stick if in doing so she would be preventing an opponent from playing the ball.

2. Body ball – a player must not intentionally touch the ball with any part of her body to win advantage.

3. Empty stick check – a player must not check an opponent's cross to prevent her from catching or picking up a ball.

4. Warding off – a player must not use a loose hand to prevent opponent from legally checking her cross.

5. No stick – a player must not actively participate in the game unless she is holding her own stick.

6. Delay of game – all players must swiftly follow umpire's instructions.

7. Illegal equipment – see point "2. Stick" and point "3. Team", section "Equipment".

8. Stick alteration – a player must not alter her pocket after her stick has been requested for pocket check. A goal scored with an illegal stick does not count.

9. Illegal substitution – see point "3. Team".

10. Holding – a player must not use her stick to hold down an opponent's stick.

11. Creeping – after an umpire has blown whistle to stop play players must not move on the field, unless requested by the umpire, until the restart of play.

11. Goal circle / crease rules

A goalie has goalie rights as long as at least one of her feet is touching the line or the ground of the crease. Otherwise she loses her privileges.

If a goalie reaches with her stick outside of the crease her stick can be checked. Goalie may pull a loose ball into the crease as long as both her feet are planted in the crease and she is not obstructing other players from playing the ball.

The ball may not stay in the crease for more than 10 seconds. Once the ball has left the crease it may not return back before it has been "played" (it has been passed between players or a stick carrying it has been checked by an opponent).

No more than one player may be in the crease at a time. Others may not reach or step in the crease including an invisible cylinder above it. Only exception – attacker's cross may enter the cylinder after a shot as long as: a) the shot motion begun outside of the cylinder, b) the cross does not hit the goalie.

12. Offside

Each team can never have more than 7 players below the offensive RL and no more than 8 players below the defensive RL. When playing short for penalty the allowed number below RL decreases. Offside is a minor foul.

Restart of play:

1) Attack is offside

Correct the offside. The defender closest to the ball will get possession, one opponent is placed 4 m to her side. If ball is in within the 15m fan the defender closest to the top of the fan will get possession at the top of the fan.

2) Defence is offside

- ✓ Ball is within the 15m fan – Correct the offside. The attack player closest to the top of the fan will get the possession at the top of the fan. One opponent is placed 4 m to the side of her.
- ✓ Ball is outside the 15m fan – Correct the offside. Play restarts at the spot of the ball. One opponent is placed 4 m to the side of the player in possession.

Special scenarios:

- ✓ offside is called when ball rolls out off bounds > penalize the offside
- ✓ attack offside is called while yellow flag is up > administer throw
- ✓ offside is called while there was a call for major foul > penalize the major foul
- ✓ attack offside is called while a goal has been scored > no goal

This is an abbreviated version of the rules of women's lacrosse. To see/download the full version go to www.filacrosse.com, section Rules.

Composed by Barbara Bažantová and Bohdan Fuka in April 2010. Last update in May 2012

Notes: