

## PAGLA RULES 2019

### 3<sup>rd</sup> and 4<sup>th</sup> Grade

1. Teams must be divided into players of equal ability and a mixed 3<sup>rd</sup> and 4<sup>th</sup> grade.
2. Seven field players, use of a shooting net/goalkeeper
  - a. Encourage your coaches to tell their players to spread out
  - b. Play 1v1 defense; double/triple teaming a player is not encouraged!
3. Field size 60-70 yards' x 30-40 yards
4. There are NO MORE THAN 3 coaches on the side with the team bench.
5. Keep parents at midfield-in between games. **SPECTATORS ARE NOT ALLOWED ON SAME SIDE OF FIELD AS TEAMS!**
  - a. Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.
6. Goal circle and goal line, 8m arc, center line (The crease or goal circle **MUST** be marked with cones or paint).
7. Regular women's crosse, modified packet allowed. Shaft may be cut to fit comfortably along arm -
  - a. Regulation stick with or without modified pocket and may be cut to fit comfortably along the length of the player's arm. Goalkeeper's stick may be 52" or may be cut to fit.
    - i. 35.5" min. and 43.35" max
    - ii. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
    - iii. No more than 2 Shooting/Throwing strings
8. No checking - 3-Sec Good Defense
  - i. 1. Closely guarded/marked
  - ii. 2. the defense has BOTH hands on her stick
  - iii. 3. the defense is in position to legally check if checking were allowed
  - iv. Rule book also states that: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over.  
**The official will give an audible and visible 3-second count.**
- b. The count:
  - i. One-one thousand; two one-thousand; WHISTLE
9. Girls may not hold stick horizontally and make contact with opposing players. Encourage girls to hold stick vertically when playing defense. **MAJOR Foul**
10. Offsides Rule
  - a. The 50-yard line is to be used as a restraining line to keep 2 players back!
11. 20 minute halves running time - Each team is allowed two time outs (2 minutes in duration)
  - a. Stop clock on time outs!
  - b. **\*\*Please note that if playing a round robin format with a central clock there will be no time outs unless there is an injury.**
12. No overtime
13. No deputy - ref will clarify who can go in and get when the ball is dead inside circle
14. No follow through into goal circle on a shot - NO field player may enter or have any part of her body or cross on or in the girl circle at ANYTIME!
15. You must have 2 attempted passes the length of the field before shooting!
  - a. **EAST RULE:** If your team gains possession in defense, **one pass must be made once the ball crosses the 50-yard line.** In other words, one player may not take the ball from one side of the field to the other and shoot. Encourage the girls to pass.
16. No rolling the ball under a shot blocker.
  - a. **EAST RULE:** Shot blockers should be placed flush along the ground and have all the room to shoot above and to the sides.

17. Goalies are encouraged but not required:
  - a. If you chose not to have a goalie, your team must use a shot blocker/shooting net in place of a goalie.
  - b. Cages may NOT be turned to have a smaller shooting area. If you do not have a goalie or a shooting net, you must play with an open goal.
  - c. If you chose not to have a goalie, your team must provide a Shot blocker/ Shooting Net in place of a goalie.
  - d. **CENTRAL WEST RULE:** HOME FIELD teams will provide the rage cage shot blockers if a team does not have a goalie.
18. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.
  - a. An initiated check to the head is a YELLOW card
  - b. Stick to stick contact doesn't mean there is a foul.
19. Balls MUST BE NOCSEA standard ball
20. Eye wear and Mouth Guards - NO CLEAR OR WHITE OR WHITE TEETH ON MOUTHGUARD
21. Goalies - helmet, chinstrap, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard - uniform needs to be on top of gear
22. Sideline manager (both teams) duty control spectators
23. Home team - designated timer; Scoreboard for Mercy Rule
24. SUBS: Unlimited number of players at any time during the play, after every goal and at the halftime. Subs must come through the sub area, Subs cannot enter the field until the sub has come off the field and exited between the cones/markers before a substitute may go on to the field.
25. 8m free positions, a player may shoot provided there is a goalkeeper/shooting net. If it is an open net it will turn into an indirect position. Must pass!
26. Mercy Rule:
  - a. Mercy Rule when there is a 4 goal differential. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
  - b. INDIRECT
  - c. Running Clock, the entire game regardless of score.
27. Start of Game:
  - a. The game will start by a draw except when a free position has been awarded.
  - b. Players should line up in a format that consists of 2 attack, 3 midfielders (1 being a center), and 2 defense.
28. Kicking the Ball
  - a. Players may kick the ball as a part of field play on any non-shooting effort
  - b. Players cannot kick the ball into the goal and score
  - c. Players can kick the ball to:
    - i. move the ball away from opponents;
    - ii. position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate

**29. NEW RULE FOR 2019: PENALTY ZONE- Please with last pages for rule details and FAQ**

**30. East, South, Tri County and West will not be playing with the new self-start rule this season. PLAYERS MUST STOP AND STAND ON THE WHISTLE!**

**Additional:**

- A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- If a player is being legally guarded and has no opportunity to shoot and shoots this could be a DANGEROUS PROPEL, if there are girls in front of her or her follow through hits her defender, both are yellow cards
- Keep the defense marking up in the 8m, must be a sticks length away from a player. (keeps down on shooting space calls)
- **EAST RULE:** A loose ball shall be contested by no more than 2 players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. And kicking the ball is not permitted.
- Alternate Possession-
  - The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
  - Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
  - After initial possession is awarded, the possession will then alternate.
  - The record of the possession shall be kept at the score table.
  - The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.
  - No alternate possession cannot be taken within 4m of the boundaries.
  - If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended, it shall be awarded at the closest 8m mark on the goal line extended.

**If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$100 and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.**

PAGLA Rules and Directives will be posted on the PAGLA Website. Keep in mind that each region has their own set of Directives.

[www.PAGLA.org](http://www.PAGLA.org)

## PAGLA RULES

### 5<sup>th</sup> and 6<sup>th</sup> Grade

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 5/6 may have a 5/6A and a 5/6B team based on player's ability and commitment level. If there are two B teams they must be divided equally by ability and grade.
3. Players must be given equal playing time given all things equal, i.e. if two players have attended equal practice time, etc.
4. Regulation field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
  - a. NO GOALIE = NO shooting net/blocker; NO turning cage over!
6. Games consist of 2-25-minute running clock halves, no stopping the last 2 minutes.
  - a. Each team is allowed two time outs (2 minutes in duration) anytime in the game. **CLOCK STOPS!**
  - b. NO OVERTIME
7. SPECTATORS are NOT allowed on the same side of the field as the teams.
  - a. Each team must be in charge of their own spectators, sideline manager, so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.
8. Regulation stick and pocket
  - a. Regulation stick may be cut to fit comfortably along the length of the player's arm. Goalkeeper's stick may be 52" or may be cut to fit.
    - i. 35.5" min. and 43.35" max
    - ii. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
    - iii. No more than 2 Shooting/Throwing strings
  - b. Pocket is legal when: The top of the ball remains above the top of the sidewall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.
9. Modified Checking and 3-sec Good Defense
  - a. Player may not hold the ball for more than 3 seconds when:
    - i. Close guarded/marked
    - ii. The defense has both hands on the stick
    - iii. The defense is in position to check were checking allowed
  - b. The count:
    - i. One-one thousand; two one-thousand; WHISTLE
  - c. Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.
10. Coaches area is from substitution area to end line on their own half of the field
11. There are NO MORE THAN 3 Coaches on the side with the team bench.
12. Home teams must provide a reliable clock manager to keep time
13. Home team must provide a scoreboard.
  - a. Scoreboard must be visible, although the scores are not reported,
    - i. MERCY RULE (5 & 6 Grades A & B)
      1. 4 goal advantage - INDIRECT from center draw. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
      - ii. If a team is 5 goals ahead of the opposing team the leading team is encouraged to use their non-dominant hand, play other positions, etc.
14. Eye Wear and Mouth Guards - NO CLEAR OR WHITE OR WHITE TEETH ON MOUTHGUARD
15. Goalies - helmet, chinstrap, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard - uniform needs to be on top of gear
16. 8m free positions, a player may shoot or pass

17. Draw - 3 players (from each team) max around circle
18. No Deputy - Ref will clarify who can go in and get when the ball is dead inside the circle
19. No following through into the goal circle on a shot - No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
20. Substitutions must enter the field and exit the field 5 yards either side of the centerline. The sub going into the field must wait to go on until the person leaves the field. Home team MUST provide cones to mark the 10-yard 'box'.
21. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense.
22. OFFSIDES: a team must NOT have more than 7 players below the restraining line in their offensive end, and must not have more than 8 players below the restraining line in their defensive end.
23. Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.
  - a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
24. Alternate Possession-
  - a. The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
  - b. Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
  - c. After initial possession is awarded, the possession will then alternate.
  - d. The record of the possession shall be kept at the score table.
  - e. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.
  - f. No alternate possession cannot be taken within 4m of the boundaries.
  - g. If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended, it shall be awarded at the closest 8m mark on the goal line extended.

#### 25. Possession Rule (on the Draw)

- a) Execution for officials:
  - Referee taking draw drops arm & blows whistle to start play as always done
  - Official waits until 1 of 6 players between restraining line gets clear possession of ball
  - Official loudly calls, "RELEASE!" releasing players from the restraining lines
- b) PER USL: penalty administration for restraining line breaches is similar to that of an illegal draw. Players don't have to go back to original positions, but:
  - ball carrier returns to center
  - all players must be at least 4m from the ball carrier,
  - and direct opponent must be away at a 45-degree angle from the ball carrier
- c) PER PAGLA Officials: players behind the restraining lines must keep their feet behind the restraining line until "Possession" called. Players can reach over the restraining line with their stick.

#### 26. Kicking the Ball

- d. Players may kick the ball as a part of field play on any non-shooting effort
- e. Players cannot kick the ball into the goal and score
- f. Players can kick the ball to:
  - i. move the ball away from opponents;
  - ii. position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate

**27. NEW RULE FOR 2019: SELF START - Please see last pages for rule details and FAQ**

**28. NEW RULE FOR 2019: PENALTY ZONE- Please with last pages for rule details and FAQ**

**Additional:**

1. A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
2. If a player is being legally guarded and has no opportunity to shoot and shoots this could be a DANGEROUS PROPEL, if there are girls in front of her or her follow through hits her defender, both are yellow cards
3. Keep the defense marking up in the 8m, must be a stick's length away from a player. (Keeps down on shooting space calls)
4. Critical Shooting Area (CSA)
  - a. 12-meter mark above the goal line and spreads 12 meters on either side of the goal, and goes to the endline.

**If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$100 and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.**

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## PAGLA RULES

### 7<sup>th</sup> and 8<sup>th</sup> Grade

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 7/8 may have a 7/8A and a 7/8B team based on player's ability and commitment level. If there are two B teams they must be divided equally by ability and grade.
3. Players must be given equal playing time given all things equal, i.e if two players have attended equal practice time, etc.
4. All players must wear a mouth guard (not clear or white or have white teeth), field players must wear goggles.
5. Full field play with 12 players per team on the field. Must play with a goalie.
6. Goalies at all levels must wear NOCSAE certified helmet designed for lacrosse with facemask and secured with chinstrap, a separate throat protector, chest protector, abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, and a mouth guard that is not white or clear. The goalie must have a number on her jersey, front and back.
7. **7/8 A & B will utilize MODIFIED CHECKING.** Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.  
**EAST REGION 7/8 A & B will be playing TRANSITIONAL CHECKING for 2019 (ADULT OFFICIALS)**  
**WEST REGION 7/8 A will be playing FULL CHECKING for 2019 (ADULT OFFICIALS)**
8. All games are 2-25-minute halves running clock. Each team is allowed two time outs (2 minutes in duration) clocks stop for timeouts/injury. No Overtime.  
**EAST REGION 7/8 A & B play stopped clock in the last 2 minutes of second half.**
9. There are NO MORE THAN 3 Coaches on the side with the team bench.
10. Home teams must provide a reliable clock manager to keep time and score. EAST- Both teams keep score.
11. Home team must provide a scoreboard and it must be visible.
12. **Spectators are not allowed on the same side of the field as teams.** Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field
13. No following through into the goal circle on a shot - No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
14. Substitutes must enter the field and exit the field 5 yards either side of the center line. The sub going into the field must wait to go on until the person leaves the field. Home team **MUST** provide cones to mark the 10 yard 'box'.
15. Three second closely guarded/checked with good defensive positioning rule applies. This doesn't apply if Transitional or Full Checking is taking place.
16. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense and not push bottom hand out into opposing player, this is also illegal.
17. **No Mercy Rule at this level: SOUTH AND EAST mercy rule modifications below**
  - a) There is a draw after every goal regardless of the goal differential
  - b) If the leading team should be encouraged to use their non-dominant hand, play other positions, add a pass rule, etc.**EAST REGION plays a 10 goal Mercy Rule since they play stopped clock in last 2 minutes of second half. SOUTH REGION plays a 5 goal Mercy Rule so at 5 goal advantage - INDIRECT from center draw. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.**
18. **Cards:** Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.
  - Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
19. Also, a player can run into a defensive player's legal stick and their own stick hits them in their head (not a card-able foul). It needs to be an INITIATED check.
20. If a player is being legally guarded and has no opportunity to shoot and shoots- this could be a **DANGEROUS PROPEL** if there are girls in front of her or her follow through hits her defender, both are yellow cards.

21. Keep the defense marking up within a stick's length within the 8m, this will help cut down on the shooting space and 3-sec on defense.
22. **OFFSIDES:** a team must NOT have more than 7 players below the restraining line in their offensive end, and must not have more than 8 players below the restraining line in their defensive end.
23. **Alternate Possession:**
  1. The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
  2. Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
  3. After initial possession is awarded, the possession will then alternate.
  4. The record of the possession shall be kept at the score table.
  5. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.

#### 24. Possession Rule (on the Draw)

- d) Execution for officials:
  - Referee taking draw drops arm & blows whistle to start play as always done
  - Official waits until 1 of 6 players between restraining line gets clear possession of ball
  - Official loudly calls, "RELEASE!" releasing players from the restraining lines
- e) PER USL: penalty administration for restraining line breaches is similar to that of an illegal draw. Players don't have to go back to original positions, but:
  - ball carrier returns to center
  - all players must be at least 4m from the ball carrier,
  - and direct opponent must be away at a 45-degree angle from the ball carrier
- f) PER PAGLA Officials: players behind the restraining lines must keep their feet behind the restraining line until "Possession" called. Players can reach over the restraining line with their stick.

#### 25. Kicking the Ball

- a. Players may kick the ball as a part of field play on any non-shooting effort
- b. Players cannot kick the ball into the goal and score
- c. Players can kick the ball to:
  - iii. move the ball away from opponents;
  - iv. position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate
  - v. by a teammate

**26. NEW RULE FOR 2019: SELF START -Please see last pages for rule details and FAQ**

**27. NEW RULE FOR 2019: PENALTY ZONE- Please with last pages for rule details and FAQ**

**If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$100 and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.**

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## **SELF START FAQ**

The adoption of the new self-start rule in girls' lacrosse decreases the amount of involvement by officials in restarting play, thus increasing the pace of the game.

**"For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle."**

The offending player must immediately move 4 meters behind or to the side of the player taking the free position, as indicated by the official. Any other player(s) within 4m must move to a position indicated by the official. All players farther than 4m from the foul must "stand" until ball carrier resumes play.

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and-a-half length away) from the player who is awarded the free position, the player who is awarded the free position may pick up the ball and, from a settled stance, self-start from that location.

If the ball ends up 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 for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location of the free position.

If the player who has been awarded the free position chooses to self-start, the defensive players may engage immediately following the self-start. The ball carrier does not have to wait for all other players to be in position before she self-starts. The ball carrier may also elect to wait for the official's whistle to restart play.

If any player moves prior to the player who has been awarded the free position, this results in a false start and shall be penalized at the spot of the ball. Repeated false starts or delays in moving 4m by the defense may result in a delay-of-game card.

To resume play when the ball has gone out of bounds, the closest player of the team awarded possession of the ball may commence play with a self-start, relative to the spot from where the ball went out of bounds. The player may commence play, from a settled stance, with a self-start within 2m of the boundary line. All other players must be at least 1m from the ball carrier.

### **FAQs - Frequently Asked Questions about Self-Start**

#### **Q1. How do we define a settled stance?**

A settled stance is defined as: both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play

#### **Q2. When is a self-start NOT an option?**

- a) The game clock is stopped for any reason.
- b) Restraining line violation (offsides)
- c) Ball is in Critical Scoring Area (excluding boundary restarts)
- d) Alternate Possession
- e) Inadvertent Whistle
- f) Overtime
- g) After a goal is scored

#### **Q3. Can a player self-start on an illegal draw?**

Yes

**Q4. What does "within playing distance" mean?**

Playing distance can be defined as within  $1\frac{1}{2}$  stick's length of where the foul occurred. A player's momentum may carry them forward this distance (after a whistle has been blown for a foul). Self-starts are permitted within this distance, unless the restart would occur within the critical scoring area

**Q5. Is it a foul if the player self-starts beyond "playing distance?"**

NO, it is a reset. The official should whistle to stop play and indicate the correct location for the restart. The original ball carrier returns to spot of foul, takes a settled stance and self-starts (no whistle needed.)

**Q5. What if a player self-starts when it is not allowed?**

They can be given a delay of game penalty or a verbal warning based on the situation.

**Q6. What if the offending player or other players do not try to move 4m away/behind the ball carrier? Does a player wishing to self-start have to wait for other players to move 4m behind/away?**

The player with the ball does not have to wait to self-start. If the ball carrier chooses to commence play with a self-start while players are within 4m of the ball, there is no foul. If, however, the ball carrier chooses to wait to commence play until all players are 4m away and the opposing players do not try to move, a delay of game foul may be considered.

**Q7. How do we determine when play has commenced?**

Play will commence once the ball carrier steps or passes. A step is defined as the act of lifting and setting down one's foot. Rocking motions do not commence play. Additionally, movement of the ball carrier's stick does not commence play.

**Q8. Is it a foul if a defender engages the ball carrier prior to her self-start?**

YES. The official blows an immediate whistle, signals false start, and instructs the offending player to move 4m behind. All other players remain 4m away.

**Q9. What are the requirements for play to be restarted when the ball goes out of bounds?**

The team awarded possession may self-start. The closest player from that team may self-start within 2m of where the ball went out of play and within the playing field. Exception: If the ball goes out of bounds and is awarded to the goalie (who is within her goal circle,) the goalie may NOT self-start. Play is restarted with a whistle.

**Q10. Can a player self-start when the ball goes out of bounds as the result of a foul?**

Yes. The fouled player is positioned, with the ball, at the spot of the foul (at least 4m from the boundary) and may choose to self-start.

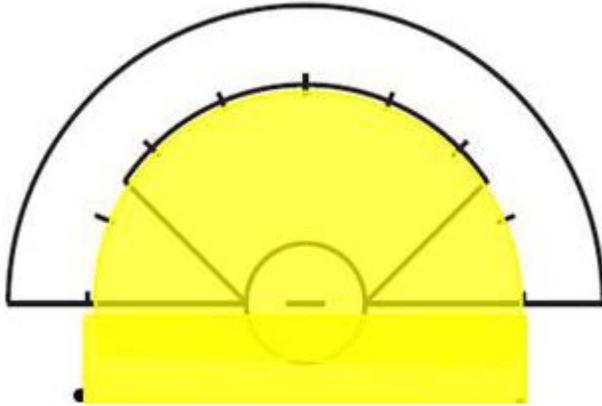
**Q11. Are self-starts permitted within the last two minutes of each half (when stopped clock is in effect)?**

Self-starts are not permitted when the game clock is stopped. However, if there is a running clock due to a 10-goal differential, self-starts are permitted.

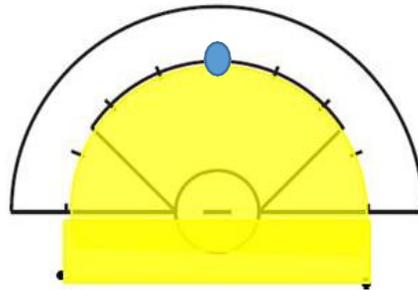
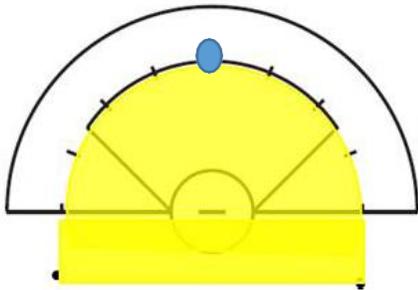
**Q12. Is there ever a time when a whistle start should be used when a self-start is allowed?**

YES. If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with a whistle. For example, if the ball carrier has waited to ensure all players are 4m away and still does not self-start, the official may start play with the whistle. Or if, in the judgement of the official, a team is deliberately delaying the restart to gain an advantage (e.g., a one-goal game), a whistle start may be used.

**Understanding the Girls' Penalty Zone** In 2019 high school and youth girls' lacrosse will implement several significant rule changes. One change focused directly on increasing player safety is the creation of a penalty zone. The penalty zone is intended to simplify penalty administration and address safety concerns around 8-meter free positions. This area will be cleared for all 8m free positions awarded above the goal line extended.



The penalty zone is the area from inside the 8-meter arc and extending back to the dots from the 8-meter arc. If a major foul by a defensive player occurs within 8-meters of the goal circle above the goal line extended, the entire penalty zone must be cleared. All players in the penalty zone must take the shortest route out. If a major foul by a defensive player occurs below the goal line extended, the player with the ball will go to the nearest dot. The penalty zone is not cleared when a foul is administered at a dot. The procedures for clearing the penalty zone will remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.



## Frequently Asked Questions about the Penalty Zone

**Q1: When clearing the penalty zone, are defensive players always entitled to the hash adjacent to the ball carrier?**

No, not always; only the defensive player who has been cleared to the hash adjacent to the ball carrier is entitled to the adjacent hash. If no defensive player would be moved to the adjacent hash, the adjacent hash will remain empty. If an attack player would be moved to the hash adjacent to the ball carrier and there is no defensive player that would be moved with her, the attack player is entitled to the adjacent hash.

**Q2: Are there any situations where a lane is cleared instead of the penalty zone?**

Yes. For any major foul that occurs between the 8m arc and the 12m fan you will still clear a lane which is as wide as the goal circle and all players are well outside of the lane.

**Q3: If the goalkeeper is outside of her goal circle when a foul is committed can she clear back into her goal circle?**

Yes. As long as she did not commit the foul and was within the penalty zone, she can clear back into her goal circle when the penalty zone is cleared.

**Q4: If a free position is being set on an outside hash mark (the hanging hash), does the pie area on the opposite side of the 8m arc need to be cleared?**

Yes. Any time a free position is taken on a hash mark, the entire penalty zone must be cleared.