

GIRLS' LACROSSE REMINDERS – 2020 (Boldface are the new rules).

ALTERNATING POSSESSION – (WHISTLE START). A visible possession indicator is required at the scorer's table. (Officials should also keep track of the AP.) The record of the possession is kept in the book. The winner of the coin toss has the choice of ends or the initial alternate possession. Alternate possession continues through any overtime period. No AP is to be taken within 4m of the boundary. If there is a false start on an AP possession, the team loses possession (major foul) and the next AP possession goes to the opponents. If the team awarded the AP commits a subsequent foul before the free position has been administered that team will lose both the ball and the possession arrow, and their right to call a possession timeout. If during a slow whistle situation, the attack player or one of her teammates commits a foul, alternate possession will be awarded. AP awarded outside the CSA, is taken where the incident or foul occurred. The opponent **will move** 4 meters away nearer the goal she is defending. AP awarded inside the CSA is taken at the closest dot. The opponent **will move** 4 meters away nearer the goal she is defending. No other players may be within 4 meters. The goalkeeper may clear back into the goal circle if she is above the goal line extended, unless, she fouled the opponent or, she is the closest to the incident that stopped play.

BALLS – The ball shall be yellow, lime green, or bright orange and have both the NOCSAE and NFHS authenticating mark on them. If neither team has the certified game balls, the game cannot be played. The same type and color balls must be used throughout the game unless both coaches agree to change.

BENCH AREA – The area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table (at least 4 meters from the sideline).

CARDS – (WHISTLE START). The offending player must leave the field of play (Y/2 minutes) (R/4 minutes) and enter the penalty area. No player goes behind the player with the ball. The team will play short below the restraining line in both the offensive and defensive end of the field until the penalty time has elapsed. If a goalie receives a card and is the only dressed goalie, a field player must be taken off to serve the penalty time and the goalie goes 4 meters behind. All yellow and red cards count towards the team total. Each card beginning with the 4th for a

team will result in a team playing down a player for the rest of the game. For each card after 4 an additional player is taken off the field for the rest of the game. Cards to bench personnel go to the head coach. This card counts toward the team total. Since an assistant coach, trainer, AD, scorer, timer, game administrator, or spectator, associated with a team cannot be directly carded, the head coach receives the card. If a carded player or a player replacing her enters before penalty time has elapsed, the player originally receiving the card will serve an additional penalty and no substitute may take her place. This is an extension of penalty time and not an additional card. When a player receives her 2nd yellow card, the official displays the yellow card then shows 2 fingers to indicate it is her 2nd yellow card and she is removed for the rest of the game. (This is not considered a red card).

CLEAR – Any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.

COACHING AREA – The area on the bench/table side of the field extending from their side of the substitution area to their end line, and even with the scorer's table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer's table. Violation of this rule is misconduct.

CONCUSSION – Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. Officials must not attempt to diagnose a concussion. (R4, S2, A3, NOTE)

CRITICAL SCORING AREA – Its boundaries are 12 meters in front of the goal circle to the end line and 12 meters to each side of the goal circle.

CROSSES – A field crosse shall measure between 35 ½" minimum and 43 ¼" maximum. It shall be strung with 4 or 5 longitudinal thongs and no more than 2 "shooting" strings (shoe laces are illegal) which must be attached to both side walls. **The shooting strings do not need to be attached through the string holes.** Shooting strings are not required in the pocket of the stick. String pockets must be attached to the bottom of the bottom rail of the head through the stringing holes. Mesh pockets are also allowed and do not require the stringing or attachment specifications as outlined above. When checking the legality of the

stick, the top of the ball remains visible above the top of the wooden or plastic wall after pressure has been applied to and released from a ball dropped into the front and back pocket of the horizontally held crosse. The ball must move freely within all parts of the head of the stick both laterally and along the full length of the front of the pocket. The ball shall move freely when the stick and head are tilted 90 degrees. **The ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees.** If the ball lodges in a field player's stick, it is illegal and must be removed from the game. It shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way. The head shall be affixed securely to the handle in such a way that it shall be basically be in the same plane as the handle. **If the shaft breaks**, or the head of the crosse becomes disconnected from the shaft due to throwing/shooting motion, cradling motion, or during a draw, the crosse no longer meets specifications. Play shall be started with an Alternating Possession, unless it occurs during a draw. If it occurs during a draw, the draw is retaken. If the player is not in possession of the ball, there shall be no change of possession and AP procedure does not apply. Time out may be taken for a replacement. A "bent" handle may only be used with the heads that are specifically designed to accommodate them. A goalkeeper's crosse shall measure between 35 ½" minimum and 52" maximum. It shall be strung with 6 or 7 longitudinal thongs or be mesh. "Shooting" strings are not required in the pocket of the stick. A goalkeeper's stick may have more than two "shooting" strings.

DELAY OF GAME – (WHISTLE START). The FIRST violation is a green card which shall be recorded in the scorebook. A change of possession takes place if applicable for a minor foul. The SECOND offense to the same team results in a green/yellow card to the offending player and award the appropriate penalty (major foul). The player must leave the field and enter the penalty area for 2 minutes of elapsed playing time. The team will play short. This card is not included in the team card count or to the individual player. ANY SUBSEQUENT DELAY of game offenses will result in a yellow card for misconduct to the individual player and will be included in the team card count.

DEPUTY – The deputy may only enter or remain in the goal circle her team has possession of the ball. She must immediately leave when her team loses possession. She may go into the goal circle to prevent a rolling ball from crossing

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

DRAW – (SELF START). **Any number up to 12 players of each team may be on the field before the start of each draw. A team is not required to have 12 at the draw. Players (or substitutes) may not enter the field after the official’s hand is on the sticks for the draw (even if a team has fewer than 12 players on the field), until a player has gained possession of the ball, the ball goes out of bounds, or crosses the restraining line, or a whistle stops play for a foul.** No players may be standing in the substitution area until possession has been gained. A maximum of 3 players from each team may be between the restraining lines during the draw until the restraining line is released. All other players, including the dressed goalie must be below the restraining line. Players outside the center circle are not required to “stand.” Players must not stand on or over the circle or the restraining line until the whistle blows. The players taking the draw position themselves on the left-hand side of their goalie. The crosses (shaft and head combined) are held in the air, above each player’s hip level with the lower side above the center line. The player’s crosses are between the ball and the goal they are defending. Player’s crosses must be parallel to and above the center line. The lower side of the crosse is defined as the right side of the crosses as the player looks at it with the open pocket facing the goalkeeper. The ball should be placed in the top third of the sticks. The crosses are held in the air parallel to and above the center line. The players need to toe the center line. The sticks of the other players may be over the center circle or restraining line and can be touching the ground prior to/during the draw. Players may reach over the restraining or center circle line and touch the ground with their stick to play the ball, as long as no part of the player’s foot is on or over the line. Release of the restraining line occurs when: a player of either team has gained possession of the ball. (The official should verbalize, “Possession”). The ball goes out of bounds off a player or her stick. The ball crosses the restraining line, or a whistle stops play for a foul. If there is early entry on the circle or restraining line, the free possession shall be taken at the spot of the ball when the violation was whistled. If both players draw illegally the result will be a re-draw. There shall be no substitutions during a re-draw. An illegal draw (draw fouls) occurs when: either player draws too soon,

no attempt is made to draw up, movement of the crosse is not up, a player on the draw moves after the official says “ready” and before the official’s whistle, or the ball does not go higher than the heads of the players taking the draw. The violator is placed at a 45-degree angle 4 meters in front of the player with the ball. Violation of player positioning results in a free position for the opponents at the spot of the ball at the time of the foul. Offsetting violations of the draw and player positioning will result in an alternating possession at the spot of the ball.

ELECTRONIC EQUIPMENT – It shall not be used to communicate with the 12 on field players or any other coach not present on the team sideline or coaches’ area. The use of artificial, voice amplifiers by coaches from the sideline is prohibited. Coach misconduct penalties will apply. **Electronic devices, video replay, or television monitoring equipment shall not be used for any review of an official’s decision.**

EQUIPMENT – All players must wear a mouthpiece and eye protection. Jewelry shall not be worn. Band aids on ear lobes must be removed to inspect for jewelry underneath. If there is no jewelry the player may wear the band aid. Any other adornment, including gauges, will be considered jewelry. Barrettes need to be of a soft flexible material, nothing hard (NY State). A “medic alert” bracelet, on the wrist, may be worn if taped to the wrist. A “medic alert” necklace, if exposed, must be taped to the body. Hard and unyielding items on the hand, wrist, forearm, elbow, upper arm, or shoulder are prohibited unless padded with a closed cell slow recovery foam padding not less than ½” thick. Soft headgear is legal (Cascade or Hummingbird). All headgear must be properly worn and securely fastened with the chinstrap in place intended for use. Concussion headbands are not allowed. **Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. Unaltered knee braces do not have to be covered,**

EQUIPMENT INSPECTION REQUESTS – Stick checks may be requested at any time in a game during a stoppage of the game clock (except during an injury time out), and shall include immediately following goals in regulation and overtime periods in which players are still on the field. This does not include the sticks of the players standing in the substitution box or on the sideline. The request, made by the head coach or any team member, must include the player’s number. No

substitutes are allowed at this stoppage. Each team shall be allowed 2 stick checks per game. If the stick is illegal, the team does not lose any of its 2 allowable requests. If a goal was scored with an illegal stick, disallow the goal and restart play with a free position at the center. If the illegal stick was not used to score the goal, the goal counts and restart play with a free position at the center.

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

FIELD DIMENSIONS – 90 to 100 yards from goal line to goal line. 60 to 70 yards from sideline to sideline. A minimum distance of 10 yards of space from goal line to end line must be maintained (maximum 20 yards). The restraining line shall be 30 yards from the goal line. It must be clearly distinguishable (the only line on the field, or marked in a different color, or marked with an X). Cones shall not be used for this purpose. The scorer's/timer's table will be set up at midfield at least 4 meters from the designated boundary. There should be a minimum of 4m of space between the sideline boundary and the scorer's table. There should be 2m of space behind each end line. There shall be 2 small circles below the goal line 5 yards from the marks on the goal line extended. Soft/flexible cones, pylons, or flags must be used to mark the corners of the field. Starting this year a 120 yard boys' and girls' field can be used.

FOULS: MAJOR – These fouls jeopardize the safety of the players and/or threaten the “spirit of the game.” See **FREE POSITIONS** for penalty administration. A MANDATORY CARD (WHISTLE START) is given for the following major foul:

- **CHECK TO THE HEAD** - Hit or cause an opponent's crosse to hit an opponent's head **or neck**.
- **DANGEROUS CONTACT** – Any contact with a player, with or without the ball, who is in a defenseless position.
- **DANGEROUS FOLLOW THROUGH** – Follow through with her crosse in a dangerous and uncontrolled manner at any time.
- **DANGEROUS PROPELLING** – Propel the ball in a dangerous or uncontrolled manner. A shot without regard to the positioning of a field player is dangerous propelling.

- SLASH – Reckless and/or dangerous swing of the crosse at an opponent's crosse or body, regardless of whether or not contact is made.

CROSSE IN THE SPHERE - By the defense reaching through the sphere or wave the crosse in an opponent's face. By the offense by cradling in front of her face, not allowing a safe check by the defense.

ROUGH/DANGEROUS CHECK – Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous, or intimidating manner must be called. No checking toward the body or causing the opponent's stick to hit her body.

ILLEGAL STICK TO BODY CONTACT – Horizontal stick making contact with the opponent. Horizontal position is defined as the head of the stick dropping below the 10 o'clock and 2 o'clock position.

CROSS CHECK – Displacing an opponent by pushing, jabbing, or thrusting with the shaft of the crosse.

ILLEGAL USE OF THE CROSSE – Using the crosse in a dangerous and/or intimidating manner.

THREE SECONDS – (WHISTLE START). In effect when the ball crosses the restraining line in the attack half of the field. A defensive player, while within the 8m arc, must be within a stick's length of the opponent she is guarding; or guarding a player directly behind the goal. She is not exempt from 3 second rule by virtue of double teaming a non-ball attack player. The free position shall be awarded at the position of the ball to restart play. The offending player shall go 4 meters behind the player with the ball. If a flag has been raised and the scoring play ends without additional foul(s), or shot on goal, the free position will be awarded at the position of the ball when the flag was raised.

SHOOTING SPACE – Being between the ball and the goal circle, which denies the attack the opportunity to shoot safely. This rule is in effect when the ball is within the Critical Scoring Area and above the goal line extended. The positioning applies to a defender not marking an attack player within a stick's length. The call should be made only if the player with the ball has the opportunity to shoot. **If the defender is outside the 8-meter arc, the free position will take place on the 12-meter fan closest to the foul and the lane is cleared.** Defense players who are multiple teaming a player without the ball and are within a stick's length are exempt from Obstruction but must continue to abide by the 3 second rule.

Shooting space cannot be called from an INDIRECT FREE POSITION.

DANGEROUS SHOT – Shoot dangerously or without control at the goalkeeper. A shot should not be directed at the goalkeeper’s body, especially her head or neck. This would not apply if a goalkeeper has time to react and moves into the shot. A shot could be uncontrolled even if it misses the goal. It is based on a combination of distance, force, and placement. The free position shall be taken on a hash on the 8M arc.

FORCING THROUGH – Force her crosse through opposing crosses while in possession of the ball.

PUSHING – Push the opponent with a hand or body.

REACH ACROSS THE BODY – Reach across an opponent to check the crosse when she is level or behind her.

BLOCKING – Block an opponent by moving into her path without giving her time and space to avoid the contact.

CHARGING – Charge, barge, shoulder, or back into an opponent.

ILLEGAL PICK – Setting a pick, either within or out of the visible field of the opposing player, without giving enough time or space to stop or change direction.

HOOKING – Using the webbed part of the stick to hook the bottom end of an opponent’s crosse.

FALSE START – Before the whistle, step or make any movement simulating the beginning of play designed to gain an advantage over one’s opponent, excluding the player self-starting. **Self-starting when a self- start is not an option is a false start.**

TRIPPING - Trip an opponent, deliberately or otherwise.

HOLDING – Holding, detaining, restraining, tagging, or pressing/pushing against an opponent’s body, clothing, or crosse with an arm, leg, body or crosse.

PLAYING THE BALL OFF AN OPPONENT – Push, flick or bat the ball into an opponent’s feet or body causing the ball to go out of bounds.

ILLEGAL SHOT – Shoot from an indirect free position. The free position shall be taken at the 8m arc (WHISTLE START), or where the shot was taken.

ILLEGAL DEPUTY – (WHISTLE START). An unprotected field player in the goal circle when her team is not in possession of the ball.

GOALKEEPER FOULS – Goalkeeper may not line up between the restraining lines, during the draw, take the draw, shoot and/or score for her team.

DANGEROUS PLAY – Player actions that are rough, threatening and/or without regard to player safety. This may be carded.

FOULS: MINOR - These fouls have little or minimal bearing on the safety of play. These include, illegal equipment, procedural errors, or misplays. See **FREE POSITIONS** for penalty administration.

COVERING – **Cover** a ground ball with her foot, **body**, or crosse, preventing an opponent from playing the ball.

EMPTY STICK CHECK – When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with an opponent’s crosse in an effort to prevent her from gaining possession. During the draw, when the ball is in the air, an empty stick check should only be called when a player’s action is to intentionally check the opponent’s stick to prevent her from gaining possession. Kicking an opponent’s stick is a minor foul.

EARLY ENTRY ON DRAW – Enter the field after the official’s hand is on the sticks for the drawer.

WARDING – Guard the crosse with her arm, with or without contact.

HAND BALL – Touch the ball with her hand, except the goalkeeper or deputy, in her circle.

SQUEEZE THE HEAD OF THE CROSSE – Use her hand, squeezing the crosse, to keep the ball in the crosse.

BODY BALL – Allowing any part of the body to deliberately impede, accelerate or change the direction of the ball. Players may kick the ball on a non-shooting attempt. A player may not kick the ball out of bounds, on a shot. in order to be closest to the ball crossing the boundary. If a goalkeeper blatantly attempts to stop a shot while outside the goal circle, it shall be called a major foul.

IMPROPER USE OF CROSSE – Take part in the game if she is not holding a crosse or throwing the crosse.

ILLEGAL DRAW – Draw too soon or make no attempt to draw up. Move after the official says “Ready” but before the whistle. The ball does not go above the heads of the players taking the draw.

ILLEGAL PROCEDURE - Step on/into the center circle or illegally cross the restraining line before possession is established. Self-start is permitted.

ILLEGAL CROSSE – Score a goal with a crosse that does not meet the field crosse requirements. Adjust the strings of the crosse after an official inspection has been requested during the game.

RESUMPTION OF PLAY – Failure to be ready to start play after a 2-minute time out or following half time.

IMPROPER EQUIPMENT – Wearing jewelry. A soft cloth bracelet is considered jewelry. Failure to properly wear a mouthpiece or eye protection. Her uniform does not meet specifications. **If worn, failure to properly wear headgear.**

ILLEGAL SUBSTITUTE – Substitute illegally. A player not listed on the roster and/or scorebook by name and correct number is an illegal substitute. After the game begins, adding a player is permitted and a minor foul is imposed.

DELAY OF GAME – Failure to stand when **a player is required to stand, excluding the false start penalty for an illegal self-start.** Failure to move 4m away on a free position. Repeated self-start from beyond the playing distance or when self-start is not allowed. Any type of behavior that in the official's estimation amounts to delay.

PLAY FROM OUT OF BOUNDS – Play while foot/feet are out of bounds.

ILLEGAL RE-ENTRY – Run out of bounds and re-enter at a more advantageous position.

ILLEGAL TIMEOUT – Request more than 2 timeouts. Inform the coach when he/she has no timeout remaining.

ILLEGAL STICK REQUEST – A third request for a stick check, following two requests in which the stick was found to be legal. It is recommended to tell the coach how many requests are remaining.

FREE MOVEMENT – The new rules for 2020 allows for free movement by players on the whistle or stoppage of play. Players are not required to stand when the official blows the whistle, except in certain instances for players who are fouled, caused the foul, or are associated with the foul. Players not part of the penalty administration may move anywhere on the field as long as they (1) move 4 meters away from the player taking the free position, (2) move 2 meters away from the ball carrier bringing a ball onto the field from out of bounds, (3) continue to comply with the rules on the draw positioning, free positions, penalty zone, penalty lane, and goal circle. For an 8-meter free position, players must clear the penalty zone but they do not need to take the shortest way out.

Additionally, the defending team is allowed to place one defender on each of the adjacent hashes to the ball carrier. A player who is fouled when self-start is not allowed, must stand for the free position. A player who caused the foul and is moved 4 meters behind or away must stand until the ball carrier commences play. In an offside violation, the player directed to stand behind the player with the ball in administration of the offside penalty must stand. When a free position is awarded and self-start is not an option, the player awarded the ball and the offending player must stand for the free position penalty administration on a whistle start. All other players are free to move as long as they remain 4 meters from the spot of the free position. When a free position is awarded and self-start is an option, the offending player must move 4 meters away or 4 meters behind and stand until play commences. The offending player may engage in play as soon as the ball carrier commences play. Players may substitute on a whistle or during stoppage in play, except the player fouled and her offender. Players can freely sub during a team time out with the exception of the player being awarded the ball and the offending player.

FREE POSITIONS – Free positions shall be at the spot of the foul (Exception, 3 Seconds). No Free Positions may be taken closer than 8 meters to the goal circle except by the goalkeeper who may be awarded a free position inside the goal circle. All Free Positions inside the CSA are WHISTLE STARTS. Free positions below the goal line extended, within the CSA, shall be taken at the **closest dot** marked on the field. For Major Fouls an opponent is placed 4m behind the player taking the free position. **Defending players are entitled the adjacent hash marks. The defense can push a teammate, forward, from the hash mark. For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul. All players' bodies and crosses must clear the penalty lane.** For a free position near a boundary, the player should be moved 4m in from the boundary. A dangerous shot and an illegal shot shall be considered to have occurred outside the goal circle. **If the goalie false starts in her goal circle, the ensuing foul set up is a free position for the closest opponent on the closest 8-meter hash mark with the goalie BEHIND on the 12 meter fan.** For Minor Fouls an opponent is placed 4 meters away from the direction she approached. On an indirect free-position the player may not shoot until the ball has been played by some other player. For a minor foul inside

the critical scoring area, the free position shall be taken at the 12m line, with an opponent directly in front of her on the 8m line. If a major foul by the defense takes place within 8 meters of the goal circle, including the “pie” area and above the goal line extended, the free position is placed on a hash mark and therefore the entire PENALTY ZONE is cleared. All players within the PENALTY ZONE must clear the PENALTY ZONE. All players and crosses must be out of the penalty zone. Outside the arc but inside the 12m, clear a penalty lane. A foul committed on a shooter, in the act of shooting, or after the shot, who scores a goal will be penalized with a free position at the center, with the opponent at a 45-degree angle, 4 meters in front of the center. This could also be penalized with a yellow card for contact with a defenseless player. If the goalkeeper is carded, she or her substitute is placed behind the player taking the free position.

GAME – The game shall be officiated by two officials who are certified for the girls’ game. A game is considered legal and complete if 80% of the playing time has elapsed. If a suspended game is replayed on another day, it must be played from the point of interruption. Write the time and possession in the score book.

GOALKEEPER REQUIREMENTS – Must wear a helmet with a facemask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, shin protection, and padding on the thighs. Shin protection is required but does not need to be padded. **Any tinted eyewear (sunglasses) under the goalkeeper’s helmet is illegal.**

GOALS – Goal supports, other than the uprights, (bottom ground supports that are round) must be padded. Flat or angled bottom/ground supports do not need to be padded. A camera may be placed in the goal. Goal supports must be white, orange, or silver.

GOAL CIRCLE – (WHISTLE START). A ball resting on any part of the goal line belongs to the goalkeeper or deputy. Only one player is allowed in the goal circle. On a shot, the shooter may follow through with her crosse into the goal circle. Her feet must not touch the goal circle. The shot must be initiated outside the goal circle. The player directly defending the shooter may reach into the goal circle with her crosse to block the shot or check her opponent’s stick. Her feet must not touch the goal circle. The goalkeeper must clear the ball within 10 seconds after it has entered the goal circle. If her team calls a possession time

out, or play is stopped for an injury, or inadvertent whistle, the goalkeeper has whatever time is remaining, if the 10 second count had already started, to clear the ball. If the opposing team commits a foul, the original 10 second count is ended and a new one will begin. She may not throw it with her hand. If the goalkeeper leaves the goal circle with the ball in her possession, she may not bring the ball back into the goal circle until it has been played by another player. An opponent's check of the goalie's crosse is considered to be played. The goalkeeper may reach out with her crosse to bring the ball back into the goal circle provided no part of her body is grounded outside the goal circle. This is permitted provided no opponent is within playing distance of the ball. A goal circle violation by the defense, other than an illegal deputy, results in a free position to the offense at the **closest dot**. The offending player, except the goalkeeper or her deputy within the goal circle, shall be placed behind the player taking the free position. A goal circle violation by the opponents results in the goalkeeper's possession with the opponent going 4 meters directly behind the goal.

GUARDING – see Within a Stick's Length

INADVERTENT WHISTLE/INCIDENT – (WHISTLE START). **Play is stopped. Play will be restarted at the spot of the ball. All other players may move freely to position themselves prior to the restart, and no closer than 4 meters to the ball carrier. If play is stopped while the ball is in the critical scoring area, play will be restarted at the closest dot. This is not a free position.**

INJURY – (WHISTLE START). Substitution, not to exceed 30 seconds, must be made in case of injury. If the game is stopped for an injury, or suspected injury, whether or not medical personnel or the coach comes onto the field, the player must leave the field. **There is to be no coaching during this stoppage.** No other players may substitute. Allowance should be made for an injured goalkeeper. She must be replaced by a "dressed" goalkeeper, if one is available. If there is no other "dress" goalkeeper for her team, she may remain in the game. If the backup goalkeeper is in the game as a field player, she will be permitted to assume the position of the injured goalkeeper when play is resumed. No stick checks will be allowed during this stoppage in play.

JURISDICTION – The game should be officiated by two officials who certified for the girls' game, **by the authority having jurisdiction**. Officials should be on the field no later than 20 minutes before game time. Our jurisdiction begins when we enter the field and ends when we leave the playing venue. We must remain for the handshake.

MECHANICS – Officials switch sides every 3 goals.

MISCONDUCT FOULS – (WHISTLE START). The following must be carded:

Excessively rough, dangerous, or unsportsmanlike play.

Persistent or flagrant violation of the rules.

Deliberately endangering the safety of an opposing player.

Baiting or taunting.

Excessive dissent or abusive language.

Non-playing team member leaving the team bench area during the game.

Coach leaving her coaching area.

Any type of behavior which the official deems as misconduct.

Illegal reentry of a suspended or ejected player. The card goes to the coach

Repeated or persistent major fouls.

Improper use of electronic equipment.

Non-team personnel leaving the team area.

Coach coaching from outside the coaching area.

MOUTHPIECE – The mouthpiece may be any readily visible color other than clear or white and must not have graphics of white teeth and no protruding tabs.

OFFSIDES – (WHISTLE START). A team must not have more than 7 players below the restraining line in their offensive end, and no more than 8 players below the restraining line in their defensive end. Officials should count forward and when the opportunity presents itself, check back. Count the attacking team first. If a player is sent off for misconduct, the team will play short below the restraining line in both the offensive and defensive ends for the entire penalty time. Players may reach over with their stick (which may be grounded) to play the ball, as long as no part of her foot is on or over the line. In the case of any offside the first thing to do is move the player closest to the restraining line back onside. If the ball is above the critical scoring area, the free position will be taken at that spot with an opponent 4m behind. If the ball is in the critical scoring area, the free

position is taken at the center of the 12m fan, with an opponent 4m behind and a penalty lane is cleared. The goalkeeper, who is above the goal line extended, may return to the goal circle even if she is not in the penalty lane. If the ball is in the critical scoring area and below the goal line the free position is taken on the dot closest to the ball with an opponent going 4 meters behind. If the offensive team is offside the free position is set up at the spot of the ball, but no closer than 8 meters to the goal, with an opponent 4 meters behind. Violation of the restraining line by the defense may be a held whistle. The official must evaluate if the attack is on a scoring play/maintaining advantage. A goal scored while the defense is offside shall count and play is resumed by a draw. If the attack has possession of the ball, the whistle should sound as soon as the violation occurs. If the attack is offside but the defense gains possession of the ball before the foul can be called, the official may hold whistle and not penalize the offside if the defense is able to maintain the advantage and clear over the restraining line to go on the attack.

OUT OF BOUNDS – (SELF START). The team causing the ball to go out of bounds (not a shot on goal) will lose possession. **The player taking possession may commence play with a self-start. It is not required that the player come to a stop prior to commencing play with a self-start. A player may not commence play with a pass from out of bounds. It is a reset. Blow your whistle, give the ball back to the player out of bounds and remind her to step on the field before passing the ball. Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds. Opponents must give the player with the ball at least 2 meters of free space (stick and feet). A delay of game card may be given for repeated failure to give proper distance on a self-start. If the goalkeeper, in the goal circle, is closest to the ball, the goalkeeper will start play from within the goal circle. This is a WHISTLE START.**

OVERTIME PROCEDURES (VARSITY ONLY) - (ALL STOPPAGES WILL BE WHISTLE STARTS). When the score is tied at the end of regulation playing time (varsity game), overtime will be played. There will be a 5-minute rest and a coin toss will follow, with the visitors calling the toss for choice of ends. The AP arrow shall continue from regulation. The game will be restarted with the center draw. The winner will be decided by “sudden victory.” Two sets of 3-minute periods will be played, stop clock time. After 3 minutes, teams will change ends, with no

coaching or substitutes at this time. The game will be restarted with the center draw. If it is still tied, there will be a 3-minute rest period, teams change ends again and substitutions may occur at this time. Play continues in this manner until a winner is determined. Upon a goal being scored that ends the game in overtime, the coach of the team that was scored upon may call for a stick check on the player that scored. Each team is given 1 timeout for the overtime play. **Any timeouts remaining from the game ARE NOT carried over to the overtime.**

PENALTY AREA – A player serving a penalty must sit or kneel in this area, in of the scorer’s table, directly to the rear of the substitution area.

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

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

PLAYING DISTANCE – The length of a stick and a half from where the foul occurred. Self-start is permitted within this distance.

POSSESSION TIME OUTS – (WHISTLE START). Be certain that a player is in control of the ball, not in the air on a pass or on the ground. Whistle. Say, “Time out (color)”. Place the game ball at the spot where play shall be resumed. Substitutions are permitted. Start your 2-minute countdown, horn at 1:45, final horn at 2 minutes. **Play will be started at the spot of the ball. When the ball is in the critical scoring area, the play will start on the closest dot.** If the team requesting the possession timeout will be taking a free possession, set up the free possession first, then whistle and say, “Time out (color).” Start the 2-minute countdown. Substitutions will be permitted during this stoppage of play, **with exception to the player being awarded the ball and the offender. Have those two players leave their sticks at the spot of the free position.**

PRE-GAME – Upon arriving at the field at least 20 minutes prior to game time, the officials should inspect the field. Speak with the scorer and timer. The scorer’s

table should have a horn, separate roster sheets for each team, and a visible AP indicator. Note how many dressed goalkeepers each team has. Ten minutes before game time, the officials will meet with the head coach and captains of each team and shall:

Conduct introductions.

Conduct the coin toss (called by the visiting captain).

Review ground conditions.

Review appropriate rules interpretations.

Verify with each coach that all players' uniforms and equipment are legal. Ask if an "appropriate health care professional" is present for the game. Also, ask where the supervisory personnel will be.

Agree upon the length of halftime.

Read the Sportsmanship card.

Conduct a stick check 5 minutes before game time. Measure the lengths of the sticks until the stated date.

At a timeout or the halftime interval, if a coach has a question, you must invite the other coach, or assistant coach, to listen to the question and hear the explanation.

Sign the book now, or at the conclusion of the game.

SCORING – A goal is NOT scored when:

The ball is put in by a non-player.

The ball has been released after the whistle has blown or the horn has sounded.

The ball comes off the person of an attack player.

Any attack player steps on or into the goal circle.

The official rules that the shot or follow through was dangerous.

The ball enters the goal and the attack has an illegal player on the field.

The goalkeeper is interfered with by an attack player.

The attack is offside.

The scorer's stick is ruled illegal or the shooter adjusts her strings after the official's request for a stick check. Free position at center.

The ball enters the goal from the team's goalkeeper or her stick.

The ball enters the goal when a shot is taken from an indirect free position.

SELF-START – Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, from a

settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse, with a momentary pause before starting play), may continue the course of play without waiting for an additional whistle from the official. If the player with the ball delays the self-start, the official may blow the whistle to start play. The player fouled must take the free position within playing distance of the spot of the foul (within a stick and a half). The offending player shall move 4 meters from the player taking the free position as directed by the official. All players must move 4 meters away from the free position. Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage in play with the ball carrier. The player taking the free position may wait until the players are moved 4 meters away, and then play may commence on the official's whistle. If the player who is awarded the free position attempts to self-start from a position farther from a playing distance from the spot of the foul before she is settled, the official shall blow the whistle, reset the free position at the spot of the foul, and play may commence with a self-start. Repeated attempts to self-start from a position farther than a playing distance from the spot of the foul, when self-start is not allowed, or without settling may result in a delay of game card. Repeated failure to move away from the free position, move behind the ball carrier, or self-start from beyond the playing distance may result in the official stopping play, warning the offenders and restarting play on the whistle. This may result in a delay of game penalty. **Self-start is NOT AN OPTION, when the game clock is stopped, there is an offside foul, the foul is in the critical scoring area (three seconds), (excluding boundary restarts), there is an alternating possession, there is an inadvertent whistle, or if a goal is scored. (Verbalize to player to wait for the whistle).** If a player self-starts when it is not permitted, it is considered a false start (major foul). On any boundary ball, play may commence with a self-start after moving no more than 2 meters from the boundary. No pause is needed. The defense must give 2 meters of free space. (To commence play, 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). If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with the whistle. Or, if, in the judgment 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.

SHOT – (SELF START). It is the official's responsibility to determine if a thrown ball is a shot. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, or inside the goal circle, a player gains possession, the ball touches the ground below the goal line extended, or the ball enters the goal. When a shot goes out of bounds, the player, **whose body or crosse** is inbounds and nearest to the ball when it crosses the boundary line will get possession. **The player will place the ball in her crosse and may commence play with a self-start. It is not required for the player to come to a stop prior to commencing play with a self-start. A player may not commence play with a pass from out of bounds. If she does, it is a reset. Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds. Opponents must give the player with the ball at least 2 meters of free space. If the goalkeeper, in the goal circle, is closest to the ball, she will begin play with the ball in the goal circle. This will be a WHISTLE START.**

SLOW WHISTLE – (WHISTLE START). The official will raise a yellow flag when there is a major foul on the defense, in the critical scoring area, when an attack player is on a scoring play, and has retained possession of the ball. The scoring play is over when a shot is taken, the attack loses possession, carries the ball behind the goal line and stops a continuous attempt to score, is forced by the defense to lose her forward momentum, or the attacking team fouls. The free position will be awarded nearest the spot of the foul if: the attacking team does not shoot and the scoring play ends, the shot is affected by the foul so that no advantage is gained, or a cardable foul is committed by the defense. If, during a slow whistle, the attacking team commits a foul, it will be treated as an offsetting foul and result in an alternate possession.

STICK EXCHANGE – The onfield player with the stick to be exchanged must come off the field into the team substitution area. The bench player with the replacement stick must be imminent and waiting in the team substitution area while the field player is running off with the stick to be replaced. The team cannot leave the replacement stick unattended in the team substitution area. The exchange cannot be a throw or a toss of the stick.

SUBSTITUTES – All substitutes (NY State exception: goalkeeper), shall be made through the substitution area. No player may enter the substitution area unless her substitution is imminent (when the substitute has called the name of the player and the field player is in the act of running to the substitution area). During a substitution for an injury, or if a player is sent from the field for any other reason, no other players may substitute. When subs are made after a goal, the player need not wait for the field player to come off the field completely. Substitutions may not take place after the official's hand is in contact with both center's sticks at the draw, during a team possession time out, or on a re-draw. **If a player is running to the substitution area, and the whistle blows to stop play, the player may move to complete the substitution.**

THREE SECOND ENFORCEMENT – (WHISTLE START). Three second call when there is no flag, the penalty is administered at the spot of the ball when the whistle sounded. If the flag was raised for a scoring play, and no shot is taken, the penalty is administered where the ball was when the flag was raised.

THUNDER AND LIGHTNING POLICY – If thunder is heard or lightning is observed, all outdoor activities will be suspended immediately. Shelter should be sought in appropriate locations. Before resuming the contest, officials should wait a minimum of 30 minutes after the last observable lightning strike or audible sound of thunder is heard.

TIME OUTS – (WHISTLE START). Each team shall be permitted 2 timeouts per game that do not carry over into overtime. Each team is given 1 timeout for the overtime. Timeout may be requested by the head coach or any player on the field after a goal has been scored or any time the requestor's team has clear possession (player control, not on a pass, or the ball on the ground) of the ball. The Head Coach may request the timer to sound the horn (2 blasts), to call a possession time out. Successive time outs will not be allowed. For a possession timeout where play will resume with a free position, the official shall set up the free position, signal for the timeout then allow the teams to leave the field. The player taking the free position and the offending player should leave their sticks on the field at the spot of the free position. The duration of the timeout is 2 minutes, with a warning horn sounding at 1 minute and 45 seconds. If a possession time out is taken with the goalkeeper in possession of the ball in the

goal circle and the 10 second count has already begun, when play resumes the goalkeeper will have the remaining time to clear the ball from the goal circle.

TIMING – Playing time is two 25-minute halves. Halftime will be 10 minutes but may be less if agreed to by the coaches, prior to the game. Teams will change ends in the 2nd half. The clock will be stopped on the whistle signifying a goal, and on every whistle (to stop play) in the last two minutes of each half. No Self-Start is permitted. If a team is leading by 10 goals or more the clock will continue to run after goals and within the last two minutes of each half, (Self-Start is permitted), unless a time out is signaled by the official.

UNDERGARMENTS – Visible undergarments under the kilt/shorts must be one solid color and must be white, gray, black, or one of the team’s uniform colors. Visible long or short sleeved undergarments must correspond to the team’s predominant jersey color or be light with light jerseys and dark with dark jerseys. All team members must wear the same color. This does not apply to medical sleeves. All visible undergarments under the shirts must be of one solid color and must be white, gray, black, or that team’s uniform colors. All team members must wear the same color. This does not apply to medical sleeves. Teams may elect to wear one color underneath up top and another color on the bottom, as long as they meet the same scheme above and all who choose to wear undergarments have the same color.

UNIFORMS – Field players must wear jerseys that are the same, single, solid color and kilts/shorts of the same dominant color. Kilts/shorts do not have to be solid. The jerseys do not need to be the same color as the kilts/shorts/pants worn by the team. Shoes and socks are not required to be identical for all team members. A goalkeeper’s colors must be of the same corresponding colors of her teammates. Her jersey must be the same color as her team. The bottom must be in agreement with the team’s predominant color or white, black or gray. Numbers must be on the front (6 inches) and back (8 inches) of the uniform. Side inserts may be contrasting or multiple colors, but no more than 3 inches wide.

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

NEW YORK STATE EXCEPTIONS:

Barrettes need to be of a soft flexible material, nothing hard.
If a knee brace has any hard or sharp edges it needs to be covered with a 2-inch retractable material covering the areas to protect other players from getting hurt.
Goalkeepers can move down the sideline where they can substitute in without having to go through the substitution area. The substitute must remain on the sideline until the playing goalkeeper leaves the field of play.

2020 POINTS OF EMPHASIS:

Starts and Restarts
Delay of Game – Self-Start
Repeated Fouls

NCWLOA – Double yellow cards, yellow cards to coaches, and red cards are to be reported to Danny Haas.

Measure sticks until _____

Short sleeved shirts become primary uniform on _____

Use common sense. Contact your partner if there is any doubt about the uniform due to weather conditions. If partners are not dressed alike, it might necessitate a fine.

4 Meters equals 13 feet

2 Meters equals 6 ½ feet

BOCES – Any **red cards**, or **yellow cards to coaches**, must be reported to BOCES within 24 hours using the Unsportsmanlike Form on the Sportspak website.

WEBSITES – ncwloa.org uslacrosse.org

FUTURE DATES (FOR TEST PURPOSES):

2020 – All eyewear on the playing field must be SEI certified and bear the SEI mark for certification.

2021 – Goalkeeper’s must wear a chest protector designed for lacrosse that meets the NOCSAE standard at the time of manufacture beginning January 1, 2021. **Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended to be worn.**

2025 – All eyewear must bear the SEI mark for certification by January 1, 2025.