



2019 US LACROSSE GIRLS HIGH SCHOOL RULES EXAM

1. A White player shoots on the Red goalkeeper and misses the goal. When the ball goes over the end line, a White player is closest to where the ball goes over the boundary line. The white player may come in, pause, and self-start within 2m from the boundary closest to where the ball went out without any instruction from the official.
2. Any player may reach over the restraining line or center draw circle and touch the ground with their stick to play the ball, as long no part of the player's foot or body is touching the ground on or over the line.
3. When clearing a defensive player in the 8m arc for a Free Position and her shortest way out would not place her at the adjacent hash to the shooter, she is not entitled to that position.
4. A foul in the midfield by the defense stops play with less than 2 minutes left in the game (with a score of 8-7). The player who was fouled may self-start.
5. A player may self-start within the critical scoring area if the attack has fouled and the free position is outside the 8m arc.
6. A whistle is blown for a foul outside the CSA. After coming to a stop, the ball carrier may continue the course of play without waiting for an additional whistle. The player fouled must take the free position within playing distance of the spot of the foul.
7. With two seconds left in the game, White #2 is on the first inside hash mark, ready to take a free position. The whistle starts play, White #2 starts to run in and as she shoots, releases the ball and then the horn to end the game goes off. The ball enters the goal after the sound of the horn. The official disallows the goal.
8. The ball must be in the Critical Scoring Area in order to begin the count for a 3 second violation.
9. The score is 15-2 in the second half of the game with 1:52 left on the clock. Orange #16 is cross-checked by Blue #2. The official blows her whistle and then Orange #16 immediately self-starts. The official should blow the whistle and signal a change of possession for self-starting in under 2 minutes of the game.
10. A suspended player who has received two yellow cards in one game is suspended from further participation in that game and will also be suspended from playing in the teams' next contest.
11. On the draw, all players below the restraining line are **only** released when clear possession is gained and the official winds their arm to signal the release.
12. Both Obstruction of Free Space to Goal and Three Seconds violations are in effect and should be called as soon as the ball crosses over the restraining line.
13. Self- starts are permitted during over-time play.



14. In order for a player to be considered properly equipped for play while wearing a helmet, the chin strap must be securely fitted under the chin and snapped.
15. Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle (both feet stationary on the ground and the ball positioned in the head of the stick). The player fouled must take the free position within playing distance of the spot of the foul. The offending player shall move 4 meters as directed by the official from the player taking the free position.
16. 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 her whistle. (may need to be carded).
17. When the ball is in the air, an empty stick check should only be called when a player's action is to intentionally check or impede her opponent's stick to prevent her from gaining possession.
18. 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.
19. To resume play when the ball has gone out of bounds, the player shall:
 - A. Position within 2m, of the boundary and wait for the official's whistle to start play
 - B. Position within 2m of the boundary, pause and then self-start
 - C. Run in from out of bounds, pause just inside the boundary and then self-start
 - D. B & C
 - E. All of the above
20. A shot is deemed complete when:
 - A. The ball enters the goal
 - B. Any player gains possession
 - C. The ball goes out of bounds or comes to rest anywhere on the field
 - D. All of the above
21. On a foul, a self-start may occur:
 - A. No farther in than 2m from the boundary
 - B. No closer than 4m from the boundary
 - C. On any foul just outside the 8m arc
 - D. On any foul below the goal line extended behind the goal circle
 - E. A & C
22. The goalkeeper's jersey must be the same corresponding colors as her teammates, but her shorts/bottom may be:
 - A. The team's predominant color
 - B. Gray, White or Black
 - C. Any dark color
 - D. A & B
 - E. All of the above



23. A Red player in the 8m arc empty stick checks a Blue opponent, just as the Blue player is pushing the Red player. Offsetting fouls are called and the Red team has the Alternate Possession. The free position will be awarded:
- A. At the 8m hash on the GLE with all players 4m away
 - B. ON the closest hash on the 8m from where the push occurred; Blue #6 goes behind; clear the penalty zone
 - C. At the dot closest to where the foul occurred when the whistle was blown to stop play.
 - D. On the 12m fan, closest to where the foul occurred; Blue #6 is 4m away
24. White #8 pushes Blue #5 in the midfield. The official blows the whistle to stop play for a major foul. What is the penalty administration for the self-start?
- A. Blue #5 retains the ball, stops and self-starts
 - B. Blue #5 retains the ball, stops and waits for the offender to move 2m behind and self-starts
 - C. Blue #5 retains the ball, stops and waits for the offender to move 4m behind and self-starts
 - D. A & C
 - E. All of the above
25. After a draw and before possession is determined, the whistle is blown for an early entry violation at the restraining line by Black #7. How is play restarted?
- A. The ball goes back to the center and the White team may self-start or wait until the Black center moves 4m away and then self-starts.
 - B. A redraw is taken.
 - C. Play is restarted at the spot of the ball, with all players 4m away and the player may self-start.
 - D. Play is restarted at the spot of the ball, with all players 4m away and the official must restart play with a whistle.
26. Green #10 is fouled and may self-start. White #5, standing to the side of Green #10, false starts before Green #10 commences play. What is the correct penalty administration?
- A. White #5 goes 4m behind Green #10 and the official must blow her whistle to restart play.
 - B. White #5 goes 4m away from Green #10 and the official blows her whistle to restart play.
 - C. Move White #5 back to where she was and verbally warn White #5 not to false start again.
 - D. White #5 goes 4m behind Green #10; Green #10 may self-start
27. During the set-up of the draw following a goal by the White home team, it is noticed that the ball does not include the "meets NOCSAE standard" stamp on it. What should the official do?
- A. The ball shall be removed from the game and no penalty will be assessed.
 - B. The ball shall be removed and the home team will be assessed a penalty and lose possession at the draw.
 - C. The ball shall be removed and the official will disallow the goal.
 - D. B & C



28. On a quick transition in the midfield, a Blue defender goes to the ground and appears to be hurt. The player is not getting up, so the official blows her whistle and stops the clock to check on her. Which statement(s) is/are true?
- A. If a trainer comes onto the field to attend to her, she must leave the field before play is resumed.
 - B. If the player gets up on her own and no one has come onto the field to attend to her, she may stay and the official shall start play with a whistle.
 - C. If the player gets up on her own and no one has come onto the field to attend to her, she must leave the field before play is resumed.
 - D. If the trainer comes onto the field to attend to her and assesses she is ok to play, she may stay and the official will start play on her whistle.
 - E. A & C
29. Which of the following would be considered an illegal draw?
- A. Any player stepping over the restraining line before a team gains possession and the ball is between the restraining lines.
 - B. Drawing before the whistle.
 - C. Not drawing
 - D. B & C only
 - E. All of the above
30. Which of the following is a minor foul?
- A. Empty stick check inside the 8m arc.
 - B. Warding
 - C. Playing the ball while stepping on the boundary line
 - D. A & C
 - E. All of the above
31. When clearing the penalty zone, which of the following procedures is correct?
- A. If the closest defender to the adjacent hash mark is just outside the 8m arc the official may move her to the adjacent hash to the player taking the free position.
 - B. Only the defender whose closest route out of the 8m arc is the adjacent hash mark may take that hash mark.
 - C. An attack player that is closest to the hash may clear to the adjacent hash if no other defender is clearing to the adjacent hash.
 - D. A defender always gets the adjacent hash mark to the player taking the free position.
 - E. Only B & C
 - F. All of the above



32. As White #3 scores a goal, Blue #7 roughly checks White #3 to the ground. The official signals the goal, calls time-out, and cards Blue #7- either yellow or red depending on the severity of the foul. How shall play be restarted?
- A. Blue #7 leaves the field to serve her penalty time (2 or 4 minutes depending on the card given), no substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m away at an angle in the direction of her defensive goal. Play is started with a whistle.
 - B. Blue #7 leaves the field to serve her penalty time (2 or 4 minutes depending on the card given), no substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m behind. Play is started with a whistle.
 - C. Blue #7 leaves the field to serve her penalty time (2 or 4 minutes depending on the card given), no substitute may take her place on the field. White is awarded the ball at the center and no Blue player is allowed in the center circle. Play is started with a whistle.
 - D. Blue #7 leaves the field to serve her penalty time (2 or 4 minutes depending on the card given), no substitute may take her place on the field. Play is started with a draw.
33. When performing a pregame stick check which of the following should the official do?
- A. Drop the ball into the front of the stick pocket near the ball stop and apply light pressure once
 - B. Check the depth of the ball in the stick making sure the top of the ball is visible above the sidewalls
 - C. Make sure the ball moves freely in the pocket and rolls out the scoop.
 - D. Turn the stick over and drop the ball into the back pocket, apply light pressure, check the depth making sure the ball visible over the sidewall and roll the ball out of the back of the scoop.
 - E. All of the above
34. When is it legal for a coach to ask for a stick check?
- A. At any stoppage of the game clock
 - B. Following the winning goal in overtime.
 - C. At any stoppage of the game clock, after a goal and during a team time-out.
 - D. All of the above.
35. Which of the following are mandatory cards?
- A. Slash
 - B. Dangerous Contact to a player in a Defenseless position
 - C. Dangerous Shot
 - D. Only A & B
 - E. All of the above
36. After the draw and the ball is in play, players from both teams step over the restraining line before possession is established. How shall the free position be administered?
- A. The team who has the Alternate Possession shall be awarded the ball and may self-start.
 - B. The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, all players shall be placed 4 meters away. The whistle will restart play.
 - C. A redraw shall be administered
 - D. The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player place at an angle towards her defensive goal. The whistle will restart play.



37. When a game is tied at the end of regulation and the game is going into overtime, what is the correct procedure?
- A. Teams will have a 5 minute rest time, a coin toss will determines choice of ends, and the initial alternate possession will be awarded.
 - B. Teams will have a 3 minute rest time, a coin toss will determines choice of ends, and the alternate possession shall continue from the end of regulation.
 - C. Teams will have a 3 minute rest time, teams will remain defending the same as they ended regulation and alternate possession shall continue from the end of regulation.
 - D. Teams will have a 5 minute rest time, a coin toss will determines choice of ends, and the alternate possession shall continue from the end of regulation.
38. The Blue team goalkeeper has made a save and is now in possession of the ball in the goal circle. The official begins the 10 second count. If the ball leaves the goal circle (either throw or carried out), which situation(s) may happen before the ball can legally be returned to the goal circle?
- A. The goalkeeper who carried the ball out of the goal circle has her stick checked by an opponent, but the ball is not dislodged.
 - B. The player from the opposing team knocks down an attempted pass from the goal keeper.
 - C. The Blue goalkeeper that has carried the ball out of the goal circle is pushed and a foul is called.
 - D. B & C
 - E. All of the above
 - D. Major foul. The free position will be awarded at the spot of the ball to restart play. Blue #17 shall go 4m behind White #2.
39. Following a minor foul in the 12m fan, Blue #2 is awarded an indirect free position on the fan and all other players are positioned 4m away. Blue #2 runs behind the goal circle, untouched, wraps the goal circle and shoots on goal. The official blows the whistles for a foul. What is this foul and how is this penalty administered?
- A. This is a goal circle foul. The ball is given to the goalkeeper and Blue #2 is placed 4m behind the goal circle.
 - B. This is a goal circle foul. Because Blue #2 went below the goal line extended, the ball will be awarded to the defender closest to the dot. Blue #2 will be placed 4 meters behind the ball.
 - C. This is an illegal shot foul. The ball is given to the closest defender to Blue #2, 8m away from the goal circle. Blue #2 is placed 4m behind the ball
 - D. There are offsetting fouls. Alternate possession will be awarded to the appropriate team on the goal line extended.
 - E. There is no foul because the ball carrier went behind the goal circle which negates the indirect free position.
40. During a draw, which of the following is considered an Early Entry foul?
- A. A player behind the restraining line stepping on the restraining line to pick up a ground ball before possession is established.
 - B. Players on the circle entering the circle before the whistle is blown
 - C. Players taking the draw moving their stick before the whistle is blown.
 - D. A team's 12th player waiting in the team substitution for the draw.
 - E. A & B



41. As White #7 tries to pass to her teammate, the ball goes through the plane of the goal circle. Blue #3 reaches her stick into the goal circle to intercept the pass and deflects the ball down to her goalkeeper. Blue goalkeeper picks up the ball inside her goal circle. What should happen next?
- A. Play should continue since the Blue defender's feet never stepped into the goal circle.
 - B. The official should blow her whistle and signal Goal Circle foul. The closest White player is awarded the ball on the nearest dot and Blue #3 is placed 4m behind.
 - C. The official should blow her whistle and signal Goal Circle foul. The closest White player is awarded the ball on the GLE closest to where the foul occurred and Blue #3 is placed 4m behind. The penalty zone is cleared.
 - D. The official should blow her whistle and signal Goal Circle foul. The closest White player is awarded the ball on the nearest dot and Blue #3 remains where she was when she reached into the goal circle.
42. The Blue goalkeeper makes a save and has possession of the ball. She is straddling the goal circle (1 foot in and 1 foot grounded out) when Red #4 comes to play defense on her. In order to protect the ball the goalkeeper steps back into the goal circle. How do you administer the goal circle foul?
- A. Change of possession, Red #4 is awarded the ball at the 8m center hash. The goalkeeper stays in the goal circle.
 - B. Change of possession, Red #4 is awarded the ball 8m away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
 - C. Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4m away. The goalkeeper remains in the goal circle.
 - D. Change of possession, Red #4 is awarded the ball at the dot and the goalkeeper is placed 4m behind.
43. Red #1 is on a fast break and shoots on goal, but misses and the ball goes out of bounds. When the ball crosses the endline, the White goalkeeper, while in her goal circle, is closest to the ball. How is play restarted?
- A. Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and self-start.
 - B. Allow the goalkeeper to go pick up the ball, bring it back into the goal circle and self-start from inside the goal circle.
 - C. Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and wait for the official's whistle to restart play.
 - D. Allow the goalkeeper to go pick up the ball, bring it back into the goal circle and wait for the official's whistle to restart play.
44. Red #5 has the ball directly behind the goal and White #7 is positioned on the GLE left of the goal circle. White #10 pushes Red #8 in the 8m arc near the center hash. Where does the penalty administration take place?
45. Blue attack is offside when the ball is in the White defensive end outside the 12m fan; and the official blows her whistle. What is the free position set up?
46. A dangerous check is called against White defense just as Blue attack is being called for offside. The ball is in the center of the 8m at the time, and White has the Alternate Possession arrow. How is this administered for the restart?



47. Blue #2 has the ball just outside the 12m fan when White #17, inside the 8m arc is called for three seconds. What is the penalty administration?
48. What is the proper progression for administering a Delay of Game penalty?
49. On a boundary restart, where may the player self-start?
 - A. 2 inches inside the boundary line
 - B. 2 feet inside the boundary line
 - C. 2 meters inside the boundary line
 - D. All of the above
50. Identify the Penalty Zone.