



# ***WOMEN'S LACROSSE***

***2018 AND 2019 RULES***



# IF *i* LOSE

I'LL RESPOND WITH RESPECT.

Don't undo my hard work  
with poor sportsmanship.



**RESPECT.**  
It's the name of the game.

IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A

# CONCUSSION

DON'T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.  
WHEN IN DOUBT, GET CHECKED OUT.



For more information and resources, visit [www.CDC.gov/headsup](http://www.CDC.gov/headsup).

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# **2018 and 2019 NCAA WOMEN'S LACROSSE RULES**

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**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**



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## US Lacrosse Acknowledgement

The NCAA acknowledges US Lacrosse, the national governing body of men's and women's lacrosse, and the former United States Women's Lacrosse Association for their respective roles in developing and publishing the rules of women's lacrosse since 1932. The NCAA rules book was developed based on current US Lacrosse Official Rules for Girls' and Women's Lacrosse, and the NCAA continues to work collaboratively with US Lacrosse in the area of rule development.



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# NCAA Women's Lacrosse Rules Committee

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The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution or Conference	Term Expiration
Jen Adams, chair	Loyola University Maryland	8-31-18
Ann Elliott	University of Colorado, Boulder	8-31-19
Alicia Groveston	Grand Valley State University	8-31-17
Abigail Lee Jackson	Union College, New York	8-31-18
Kate McAfee	University of New Hampshire	8-31-17
Scott Musa	Shenandoah University	8-31-19
Chris O'Connor	Sacred Heart University	8-31-20
April Pollock	Arcadia University	8-31-20
Stefanie Sparks Smith*	Secretary-Rules Editor	9-1-18**

\* Non-voting member

\*\* Eligible for reappointment

For a complete and current listing of the NCAA Women's Lacrosse Rules Committee, please go to [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules)

Those seeking interpretations of rules or play situations may contact:

Stefanie Sparks Smith

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603-494-1865

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# Major Rules Changes for 2018 and 2019

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*The changed rules listed below are identified in the rules text by a shaded background.*

## *Rule(s) Explanation*

- 2-2, App.E Mesh pockets are permitted.
- 2-3.e, App. E No holes or gaps in the pocket of the stick may be larger than 1.68" (42.2 millimeters) diameter as measured by a spherical shaped object that is equivalent in diameter.
- 2-33 Beginning January 1, 2022, the jersey number must be of a color that is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number.
- 2-37 The penalty for an illegal uniform may only be administered at the start of the game.
- 4-1 The game clock will no longer be stopped for every whistle in the last two minutes of a half.
- 4-4 Substitutions are permitted during team timeouts except for the player awarded a free position in the critical scoring area as well as the opposing player who committed the foul in the critical scoring area.
- 4-7 The game clock will no longer be stopped for every whistle in sudden-victory overtime.
- 4-8 A goal counts as long as the shot or propelled action releases the ball before time expires.
- 5 Eliminated Rule 5-7 "Stand."
- 5-2 During the draw, the entire length of the drawers' sticks, shafts and heads, must be contained within the vertical plane of the center line, and be parallel to and above the center line.
- 5-3 A maximum of three players from each team may be between the restraining lines during the draw until possession has been determined or the ball has crossed over either restraining line.
- 5-12, 4-1 Permit players to self-start from out of bounds, following illegal draws, during the last two minutes of a half and during sudden-victory overtime.
- 5-17, 4-1 The 90-second possession clock will not stop when the ball goes out of bounds.
- 5-29 To resume play when the ball has gone out of bounds, any player from 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.
- 5-37 During the administration of alternate possession, the 90-second possession clock only resets if there is a change of possession.
- 6 New penalty administrations for all fouls.



- 6 Eliminated dangerous shot.
- 6 New setup for free positions above goal line extended, within 8 meters from the goal circle.
- 6-5 Added non-engagement fouls.
- 6-7.j Added a delay of game foul for any player that switches sticks with a stick from the bench area and does not enter and exit the field through the substitution area.
- 6-7.n Added multiple fouls as a foul.
- 6-9 Green cards will result in a one-minute releasable penalty.
- 6-23 The fourth and all subsequent yellow cards issued to a team will result in a two-minute non-releasable penalty.
- 6-26 If a team is issued a non-releasable yellow card and then a releasable yellow card, the player who was issued the releasable yellow card will be released on the first goal.
- 6-40 If there is a whistle blown for a defensive foul simultaneous with or immediately following a shot and the shot results in a goal, the goal shall count, and the penalty shall not be administered, unless the foul is a cardable foul.
- 6-40 If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper maintains possession of the ball, either through a save or the ball coming to rest within the goal circle, the penalty shall not be administered.

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# Significant Editorial Changes

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*These are additions/clarifications/deletions to the rules book. Some have been part of past interpretations or custom, while others are minor editorial changes to clean up language and eliminate wordiness.*

*Rule(s)      Explanation*

- 1-1      Clarified that optimal field dimensions are required unless they cannot be met due to field-space limitations.
- 1-12, 5      Clarified that if a visible possession indicator is located at the scorer's/ timer's table, it should indicate a team's possession by either pointing to the team's bench or being placed on the side of the table closest to the team's bench.
- 1-9      Added restricted area.
- 2, App. E      Clarified that the ball must move freely within all parts of the head and pocket of the stick, both laterally and along the full length of the front and back of the pocket.
- App. E      Clarified that any "shooting" string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop, or the top shooting string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop, and the bottom shooting string may be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches of the top outside edge of the scoop.
- 2      Moved equipment inspection from Rule 5 to Rule 2.
- 2      Moved the penalty administration for an illegal stick to Rule 2.
- 2-22      Clarified the proper procedure for when the head of a stick disconnects from the shaft.
- 2-28      Clarified that players are permitted to wear cloth hats.
- 3      Moved the section outlining the responsibilities and duties for the alternate official from Appendix G to Rule 3.
- 5      Moved the delineation for what qualifies as an illegal draw to Rule 5.
- 5-12      Clarified that following a whistle blown for a foul outside of the critical scoring area that doesn't necessitate an official's timeout, the player may self-start within 5 yards relative to the spot of the foul, with the exception that a player's momentum may not carry them over the restraining line or into the critical scoring area.
- 6      Combined Rule 6 and Rule 7.
- 6      Recategorized fouls as fouls, shooting space and three seconds, non-engagement fouls, delay of game fouls, offside fouls, goal circle fouls, and mandatory card fouls.
- 6      Combined similar fouls under illegal use of the stick.
- 6      Fouls and rules relating to the goal circle are only delineated in Rule 6.

- 6 Fouls and rules relating to offside are only delineated in Rule 6.
- 6 Clarified that a team must have at least five players behind their defensive restraining line and at least four players behind the offensive restraining line regardless of where the ball is located.
- 7 Changed Rule 8 to Rule 7.
- 7 Add the following definitions: defensive end, 2-meter non-engagement area, offensive end, pie-slice shaped area, possession, propelled action, restricted area and shot on goal.
- App. B Updated signals.
- App. G Changed Appendix H to Appendix G.
- App. H Changed Appendix I to Appendix H.

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# Points of Emphasis

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The “Points of Emphasis” section highlights certain areas of the game the Women’s Lacrosse Rules Committee believes warrant continued attention by placing a stronger emphasis on existing rules.

The committee requests that players, officials and coaches concentrate on the following areas:

## **Intentional Shooting Space**

The committee reminds players, officials and coaches that jumping into shooting space intentionally is not only extremely unsafe and against the spirit of the rules, but it is also a flagrant violation of the rules, warrants a misconduct foul and issuance of a card. To assist in identifying this type of foul, officials should focus on the body language of the defensive player as well as the path of the defensive player. For example, on a free position, if the defensive player chooses to slide across and position their body directly in front of the goal circle, this chosen path implies the defensive player’s intention to obstruct the attacker’s free space to goal. In order to promote and prioritize the safety of the game, the committee encourages officials to blow their whistle immediately when there is a player in shooting space. Additionally, the committee asks that coaches instruct their players not to jump into shooting space intentionally and not to shoot when another player is obstructing their free space to goal.

## **Professionalism**

The committee continues to encourage all players, officials, coaches and administrators to conduct themselves in a professional manner before, during and immediately following all contests. The committee reminds coaches and players to avoid the use of excessive dissent or abusive language, reminds coaches to stay in their coaching area, and reminds officials that these types of actions constitute misconduct and warrant the issuance of a card. The committee encourages calm, patient and productive dialogue between coaches and officials as well as between players and officials. The committee also asks coaches to recognize and respect that timeouts and half time breaks are opportunities for officials to communicate and touch base as an officiating team, and to only approach officials with questions during these time periods when the questions are time-sensitive and necessary. Coaches and players should utilize the time prior to and following games to ask non-urgent questions and request clarifications.

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# New Officiating Procedures

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1. Officials must call timeout in case of illness, accident or injury, for the issuance of a card, all fouls within the critical scoring area, alternate possessions, offside violations and to check a stick.
2. Officials shall not stop the 90-second possession clock when the ball goes out of bounds.
3. Officials have the discretion to stop the game clock and 90-second possession clock if a team delays the start of play from out of bounds.
4. After a whistle has been blown for a foul that warrants a free position above goal line extended and within 8 m from the goal circle, the lead official will walk into the 8-meter arc holding their arm up while directing the player with the ball and the offender. At this time, players are expected to clear the restricted areas. When all players have cleared the restricted areas, the official will lower their raised arm and back out of the 8-meter arc. When in proper position to restart play, the official will then raise their arm again, and simultaneously whistle and drop their raised arm to administer the free position. The Trail and C officials shall watch the restricted areas.

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# RULE 1

## The Playing Area and Goals

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### The Playing Area

#### Field Dimensions (See Diagram 2)

SECTION 1. The playing area shall be rectangular and marked with a solid lined boundary. Optimal field dimensions shall be 60 meters (65 yards) in width and 110 meters (120 yards) in total length, with goals 92 meters (100 yards) apart. Where optimal field dimensions cannot be met due to field-space limitations, the field must be between 101 and 110 meters (110 to 120 yards) from end line to end line and between 55 and 64 meters (60 to 70 yards) from sideline to sideline. The goals shall be placed not more than 92 meters (100 yards) and not less than 82 meters (90 yards) apart, measured from goal line to goal line. There must be 9 meters (10 yards) of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4 meters (4.4 yards) of space between the sideline boundary and the scorer's/timer's table. There should be at least 4 meters (4.4 yards) of space between the other sideline and any spectator area. There should be 2 meters (6'6") of space beyond each end line.

SECTION 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the rules. Where optimal field dimensions as listed in Rule 1-1 are not or cannot be met due to field-space limitations, play may take place if the visiting team has been notified in writing before the day of the game and personnel from both participating teams agree. Soft/flexible cones, pylons or flags must be used to mark the corners of the field. The playing area must be flat and free of glass, stones and any protruding objects. Unless required or recommended by these rules, or related to another sport that utilizes the same field, no additional marks may be added to the field.

#### Line Size and Color

SECTION 3. All lines are 5-10.1 centimeters (2"- 4") wide, except the goal line, which shall be 5 centimeters (2") wide. It is recommended that all lines be painted white or a single contrasting color.

#### Restraining Line (See Diagram 2)

SECTION 4. The restraining line, a solid line 27 meters (30 yards) upfield from each goal line, shall extend across the width of the field. It must be clearly distinguishable as the restraining line, for example, the only line on the field,

marked in a different color or marked with X's. Cones shall not be used for this purpose.

### **Center Circle**

SECTION 5. There is a circle, with a radius of 9 meters (30'), in the center of the field and through the center of this circle is a line 3 meters (9'11") in length, parallel to the goal lines.

### **Arc and Fan**

SECTION 6. An arc and fan shall be marked 8 meters (26'4") and 12 meters (39'4"), respectively, from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6 meters (34'10") for the 8-meter mark and 14.6 meters (47'9") for the 12-meter mark. The 8-meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12-meter fan will end at the goal line extended.

SECTION 7. The 8-meter arc will be sectioned off by hash marks 30.5 centimeters (1') in length, perpendicular and bisecting the arc. These will be measured 4, 8 and 12 meters, respectively, from either side of the center hash mark, which shall be measured from the center of and perpendicular to the center of the goal line (10.6 meters/34'10"). Two additional 30.5 centimeters (1') marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

### **Below Goal Markings (See Diagram 2)**

SECTION 8. Two small circles ("dots") 4-6 inches in diameter must be added to the field behind each goal. The circles shall mirror each other, 5 yards from the hash marks on the goal line extended. They shall be marked in the direction towards the end line and measured in a line perpendicular to the goal line extended. They may be marked in a temporary substance (i.e., spray paint, chalk, etc.).

### **Restricted Area**

SECTION 9. An imaginary rectangle consisting of a line parallel to the end line that connects the dots, a line across the top of the goal circle, extending out to the width of the dots, and then two lines that connect the two lengths of the rectangle, which run parallel to the sidelines. While not required, the restricted area may be marked on a field using tape or a temporary substance (i.e., spray paint, chalk, etc.).

### **Substitution Area (See Diagram 2)**

SECTION 10. The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2-4 meters (6'6" to 4.4 yards) in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5 meters (5 yards) from the center line of the field.

**Penalty Area (See Diagram 2)**

SECTION 11. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

**Team Bench Area (See Diagram 2)**

SECTION 12. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's/timer's table extended. Nonplaying team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.

**Scorer's/Timer's Table and Clocks (See Diagram 2)**

SECTION 13. A scorer's/timer's table will be set up at midfield, at least 4 meters (4.4 yards) from the designated playing boundaries on the teams' bench side. An accurate visible score must be continuously displayed. A visible game clock and 90-second possession clock are required. It is recommended that two visible 90-second possession clocks be placed at either end of the field, but one visible 90-second possession clock at the midfield table will satisfy the requirement of this rule. If a single 90-second possession clock is utilized, it is recommended that it be placed at midfield opposite the teams' benches for optimal visibility for officials and teams. It is also recommended that an institution have access to a visible back-up 90-second possession clock in case of clock malfunction. Play may not take place without a visible 90-second possession clock. A visible possession indicator is required. It is recommended that an arrow be used for the visual possession indicator. Visible possession indicators that are located at the table should indicate a team's possession by either pointing to the team's bench if an arrow is being used, or being placed on the side of the table closest to the team's bench. A visible possession indicator on a scoreboard will also satisfy the requirement of this rule.

**Coaching Area**

SECTION 14. Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and up to the sideline. Violation of this rule will be assessed as a misconduct foul.

**Spectator Areas**

SECTION 15. Spectators must be kept back at least 4 meters (4.4 yards) from the sidelines. Spectators are not allowed immediately behind the team bench or table area, except in permanent stadium seating. No spectators are allowed behind the end lines, except in permanent stadium seating positioned behind protective netting or fencing.

**Directions for 8-Meter Arc/12-Meter Fan****8-METER ARC (See Diagram 1)**

1. The goal circle is made first. The goal circle is a circle, radius 8½' (2.6 meters) measured from the center of the goal line (D) to the outer edge of

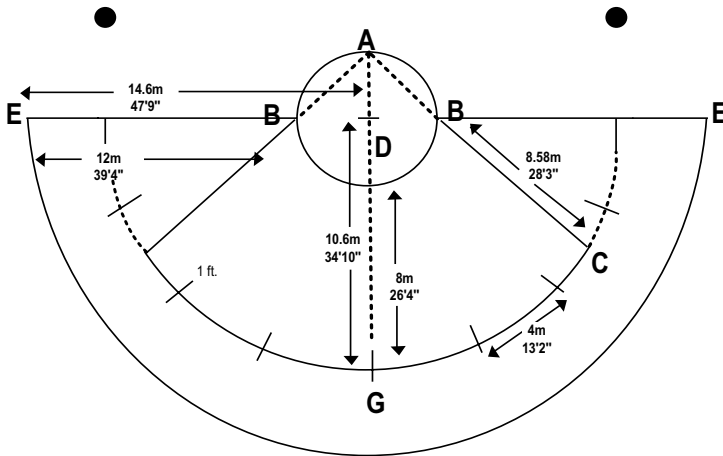


the goal circle line. The goal circle line shall be 2" - 4" (5-10.1 centimeters) wide.

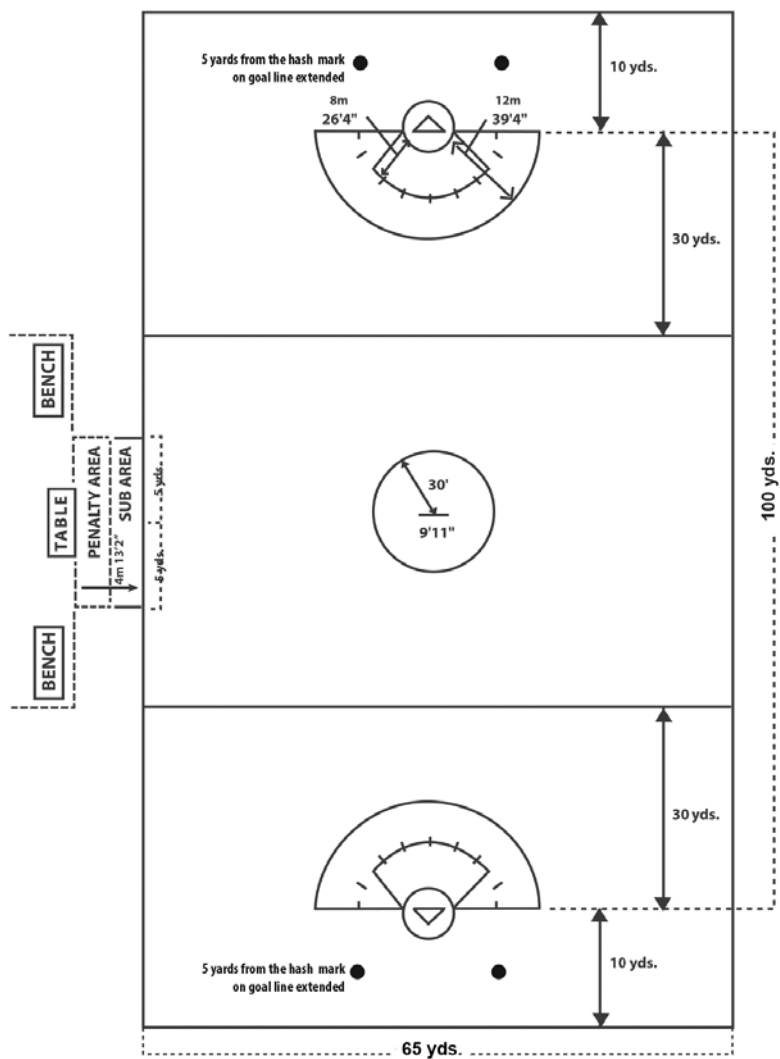
2. The goal line shall be 2" and align with the goalposts of the goal cage.
3. Run string from point (A) on the back of the goal circle that is perpendicular to the goal line at its center to the points on goal circle (B), so if the goal line were extended it would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 28' - 3" (8.58 meters) to point C.
4. To mark the curve of the arc, measure from the center of the goal line (D) 34' - 10" (10.6 meters) to G connecting the sidelines. The arc will now be 8 meters from the circle.
5. The center hash mark 1' (30.5 centimeters) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34' - 10" / 10.6 meters). The other hash marks will be measured 4, 8 and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

### 12-METER FAN (See Diagram 1)

Inscribe a semicircle (E) from the center of the goal line (D) 14.6 meters (47' 9"). The flat side of the semicircle should be marked from the points on the goal circle (B) to the semicircle.



**DIAGRAM 1**  
**8-Meter Arc/12-Meter Fan**



**DIAGRAM 2**  
**Field Setup and Measurements**  
**(Not Drawn to Scale)**

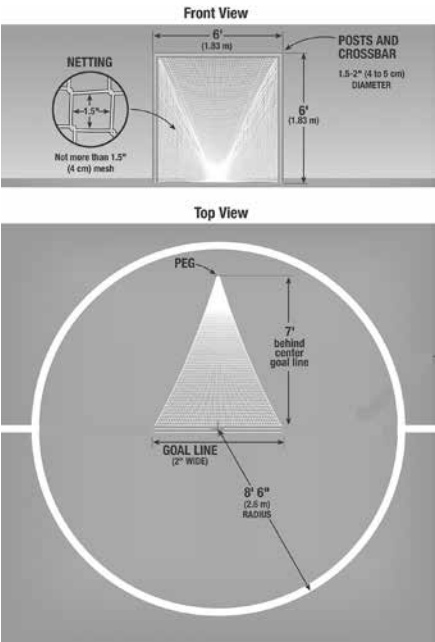
## The Goals

### The Goals (See Diagram 3)

SECTION 16. Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 1.83 meters (6') high and 1.83 meters (6') apart, joined at the top by a crossbar 1.83 meters (6') from the ground (inside measurements). The goal posts (pipes) must not extend upward beyond the crossbar nor should the crossbar extend sideways beyond the goal posts. The posts and crossbar must be a solid white, orange or silver color and be 4-5 centimeters (1.5" - 2") in diameter. A line called the goal line must be drawn between the two posts, continuous with them and of the same width. The netting, not more than 4 centimeters (1.5") mesh, must be attached to the posts and crossbar and to a point on the ground 2.1 meters (7') behind the center of the goal line; it must be firmly pegged down. Whenever possible, the net should be strung so as to prevent the rebounding of the ball. Any additional goal supports that are exposed must be padded the entire length with material that limits the rebound of the ball. Goal cages that have "flat" supports or angled ground pipes that prevent the ball from re-entering the playing area after hitting the ground pipe, do not have to be padded, and if netting is attached to "flat" support of angled ground pipes, it does not have to be attached to a point on the ground or firmly pegged down.

### Goal Circle

SECTION 17. The goal circle is a circle, with a radius of 2.6 meters (8'6") measured from the center of the goal line to the outer edge of the goal circle line. The goal circle line shall be 5-10.1 centimeters (2" - 4") wide.



**DIAGRAM 3 - The Goal**

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# RULE 2

## Equipment and Uniforms

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### Equipment

SECTION 1. The head coach is required to verbally certify that all of his or her team's equipment (e.g., sticks, eye protection, balls, etc.) is legal under these rules.

### Field Stick

SECTION 2. The field stick must be made of the following basic materials: composite, metal alloy (shaft only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. The stick shall not have sharp or protruding edges, and shall not be dangerous to players in any way.

The head of the stick shall be triangular in concept and shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft. A "bent" shaft may only be used with the heads that are specifically designed to accommodate them; "bent" shafts are head and manufacturer specific. Heads designed for use with a "bent" shaft are not legal when mounted/attached to a straight shaft. Heads designed for use with a straight shaft are not legal when attached to a "bent" shaft.

Strung pockets must be attached to the bottom of the bottom rail of the head through stringing holes. Mesh pockets are also allowed and do not require the stringing or attachment specifications as outlined above.

If strung with "shooting" strings, the pocket of the stick must have no more than two "shooting" strings, which must be attached directly to the sidewalls. "Shooting" strings are not required in the pocket of the stick.

The stick's overall length shall be a minimum of 35½" and a maximum of 43¼".

SECTION 3. A stick meets specifications if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer's Specifications as approved by US Lacrosse and listed in Appendix E.
- c. The top of the ball remains visible above the top of the wooden or plastic sidewall after the ball has been dropped into the front and back of the pocket of a horizontally held stick. The top of the ball must remain visible above the sidewall on both sides of the pocket.
- d. The ball moves freely within all parts of the head and the pocket of the stick, both laterally and along the full length of the front and back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions

so that the ball moves freely from the ball stop to the scoop and out of the stick.

- e. If no holes or gaps in the pocket are larger than 1.68" (42.2 mm) diameter as measured by a spherical shaped object that is equivalent in diameter.

### **Goalkeeper Stick**

SECTION 4. The goalkeeper stick must be made of the following basic materials: composite, metal alloy (shaft only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. The stick shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

The head of the stick shall be triangular in concept and shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft.

The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs and cross-lacing, or be mesh.

"Shooting" strings are not required in the pocket of the goalkeeper's stick. A goalkeeper's stick may have more than two "shooting" strings.

The stick's overall length shall be a minimum of 35½" and a maximum of 52".

SECTION 5. A stick meets specifications if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer's Specifications as approved by US Lacrosse and listed in Appendix E.
- c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

### **Pregame Stick Check**

SECTION 6. The pregame stick check will include the following:

- a. Pocket-depth check (pursuant to Rule 2-3.c);
- b. Brief examination of the head, stringing of the pocket and shaft of the stick (suspected violations of Appendix E may warrant further inspection, including measurements); and
- c. The random selection of five sticks per team for measurements of the overall length of the stick and the distance between the sidewalls as outlined in Appendix E, Section 11 (wooden stick) or Section 18 (plastic head).

SECTION 7. The officials shall split between the teams so that the pregame pocket-depth check and brief examination of the head, stringing of the pocket and shaft for each team are conducted simultaneously. The head official (and alternate official) shall conduct the examination and measurements of the five sticks selected for each team, and when conducting the examinations and measurements, the official shall alternate between each team. A stick may not enter the field of play until the officials have inspected it.

SECTION 8. If a coach/player uses a non-compliant stick (such as a men's stick for the purpose of warming up the goalie before the game or at halftime), that

stick must be removed from the field and bench area prior to the start of play and must be kept at the scorer's/timer's table.

SECTION 9. If at any time following the pregame stick check, a stick is brought into the bench area (for example, from the locker room during half-time) and it was not checked prior to the start of the game, it must be presented to the officials and checked prior to the start of the second half. A stick may not enter the field of play until the officials have inspected it.

### **Penalty Administration for Preamble Stick Check**

SECTION 10. For any stick that fails the pocket-depth check, the player shall step to the side of the line, fix the stick and have it reinspected by the official. The stick may be reinspected without penalty. If the stick fails to pass the pocket-depth reinspection prior to the national anthem (or if there is no national anthem, prior to the time when teams are instructed to take the field), the stick must be placed at the scorer's/timer's table for the entire half after which point the stick is then eligible to be reinspected.

If illegal manipulation of a head/shaft of a stick and/or illegal stringing of the pocket of a stick pursuant to Appendix E are found during the pregame stick check and the stick is unable to be fixed prior to the national anthem (or if there is no national anthem, prior to the time when teams are instructed to take the field), a non-releasable yellow card will be issued to the player and the penalty will be served during the first two minutes of elapsed playing time. If the non-releasable yellow card is issued to a starting player then that player will serve the penalty. If the non-releasable yellow card is issued to a non-starting player then the coach must designate a starting player to serve the penalty (although the card itself will be issued to the non-starting player whose stick was deemed illegal, not the starting player who the coach designates to serve the penalty). Both the non-starting player and the starting player the coach designates to serve the penalty will remain in the penalty box for the first two minutes of elapsed playing time. If more than one player for a team is issued a non-releasable yellow card during the pregame stick check, the penalties will be served concurrently and all of the players serving the penalties will be released after the first two minutes of elapsed playing time. The illegal stick(s) must be placed at the scorer's/timer's table for the entire half after which point the stick is then eligible to be reinspected. Team personnel may enter the penalty area in order to try and fix an illegal stick; however, the stick must remain in the penalty area while being fixed and upon completion of the efforts to fix the stick, the stick must be returned to the scorer's/timer's table until it has been reinspected and deemed legal either during halftime or prior to an overtime period.

If during the pregame stick check, a player is found to have two illegal sticks that violate Appendix E and neither stick is fixed prior to the national anthem (or if there is no national anthem, prior to the time when teams are instructed to take the field), then the player will receive two non-releasable yellow cards. The player will serve consecutive two-minute penalties and the player will be suspended from playing for the duration of that game.

A free position will be awarded at the center line and player positioning for the draw shall apply.

### **Discretionary Stick Check**

SECTION 11. At any time during the game, at the official's discretion, a time-out may be called to inspect any stick in use on the field. A stick "in use" is considered any stick in the bench area, on the sideline or on the field of play. No substitutes are permitted during this stoppage of play.

Should the stick pass the discretionary stick check, the game should be restarted by the ball being given to the player who was in possession of the ball prior to the discretionary stick check, or by a draw if play was to be commenced with a draw prior to the discretionary stick check and player positioning for the draw shall apply.

### **Penalty Administration for Discretionary Stick Check**

SECTION 12. For failure to pass a discretionary pocket-depth check, the stick shall be removed from the game by the official and placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected. After the removal of the stick, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If play was to be commenced with a draw then a free position will be awarded at the center line and player positioning for the draw shall apply. No player may be within 2 meters of the player awarded the free position. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field. Play will commence on the official's whistle.

Should the discretionary stick check discover a violation of Appendix E, the player will be issued a non-releasable yellow card. The player found to have an illegal stick must enter the penalty area and remain there for two minutes of elapsed playing time and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If below goal line extended and inside the critical scoring area, the free position is awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If above goal line extended and within 8 meters from the goal circle, the free position is awarded to the non-offending team at the hash mark nearest the spot of the ball when play was stopped on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. No player may be within 4 meters of the player awarded the free position. If play was to be commenced with a draw then a free position will be awarded at the center line and player positioning for the draw shall apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. No free position may be taken closer than 2 meters to a boundary line.

### **Team Requested Stick Check**

SECTION 13. The officials shall also inspect any stick in use upon request of an opposing coach or player on the field. Each team will be allowed three stick check requests per game for any stick in use. Teams shall provide the number of the player whose stick they are requesting be inspected. If the number of a



player cannot be identified because the stick is located in the bench area or on the sideline, the stick shall be clearly identified by its physical characteristics.

Stick checks requested by teams will consist of a full examination of the stringing of the pocket pursuant to the NCAA Stick Check Instructions (available at <https://ncaawomenslacrosse.arbitersports.com/front/107529/Site>). A team is permitted to request a pocket-depth check only.

A team may request a stick check during the following time periods:

- a. Team timeouts;
- b. At any point during halftime;
- c. Before the game after the field has been cleared for the pregame stick check;
- d. During the five-minute or three-minute rest time before an overtime period; and
- e. Prior to the start of the draw before the official's hands are on the drawers' sticks.

Following a goal scored in sudden-victory overtime, the officials will perform the mandatory pocket-depth check on the goal-scorer's stick; however, teams are not permitted to request a stick check on the goal-scorer's stick during sudden-victory overtime. No substitutes are allowed during this stoppage of play.

Should the stick pass the team requested stick check, the game should be restarted by the ball being given to the player who was in possession of the ball prior to the team requested stick check. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle, or by a draw if play was to be commenced with a draw prior to the team requested stick check and player positioning for the draw shall apply.

### **Penalty Administration for Team Requested Stick Check**

SECTION 14. Should the stick not pass the pocket-depth check, it shall be removed from the game by the official and placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected. After the removal of the stick, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If play was to be commenced with a draw then a free position will be awarded at the center line and player positioning for the draw shall apply. No player may be within 2 meters of the player awarded the free position. If the team requested stick check is made prior to the start of the game, play will commence with a draw and player positioning for the draw shall apply. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field. If the illegal stick is an offsetting foul, alternate possession will be awarded. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

Should the stick violate a section of Appendix E, the player will be issued a non-releasable yellow card. The player found to have an illegal stick must enter the penalty area and remain there for two minutes of elapsed playing time and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected. If the illegal stick located in the bench area or on the sideline and the player whose stick it is cannot be identified, the non-releasable yellow card will be issued to

the head coach. The head coach must designate a player on the field at the time of the requested stick check to serve the penalty. If the stick check is prior to the start of the game, the head coach must designate a starting player to serve the penalty. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If play was to be commenced with a draw then a free position will be awarded at the center line and player positioning for the draw shall apply. If below goal line extended and inside the critical scoring area, the free position is awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If above goal line extended and within 8 meters from the goal circle, the free position is awarded to the non-offending team at the hash mark nearest the spot of the ball when play was stopped on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. No player may be within 4 meters of the player awarded the free position. If the illegal stick is an offsetting foul, alternate possession will be awarded. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. No free position may be taken closer than 2 meters to a boundary line.

SECTION 15. If a team requests a stick check on the goal-scorer's stick after the official deems it legal pursuant to the mandatory pocket-depth check and prior to the draw, even if the request is during a timeout following the goal, if the goal-scorer's stick is found to be illegal, the goal shall not count.

SECTION 16. The team requesting the stick check will not lose any of its three allowable requests if the stick is found to be illegal.

SECTION 17. If a team requests a stick check following a goal and prior to the start of the draw, no coaching may take place while the official is conducting the inspection. Additionally, players must remain on the field and coaches may not go onto the field.

SECTION 18. If a team requests a stick check before, during or after a timeout, the head official (and alternate official) shall conduct the stick check. If a request for a stick check is made before or during a timeout and the stick check is still being conducted at the expiration of a timeout, the other two officials shall ensure that the teams take the field and no coaching takes place once the teams take the field. If a request for a stick check is made at the end of a timeout, the head official (and alternate official) shall conduct the stick check while the other two officials instruct the teams to take the field and ensure that no coaching is taking place once the teams take the field.

### **Team Requested Stick Measurement**

SECTION 19. The coach may ask for a stick measurement either pregame up until 15 minutes before the scheduled start of the game or at the beginning of halftime. No request for a measurement will be allowed once the game begins except at the beginning of halftime. This request will count as one of the team's three allowable requests. Officials will only measure the overall length of the stick and the distance between the sidewalls as outlined in Appendix E, Section 11 (wooden stick) or Section 18 (plastic head).

### **Penalty Administration for Team Requested Stick Measurement**

SECTION 20. Should the stick not comply with the required measurements for the overall length of the stick and/or the distance between the sidewalls as outlined in Appendix E, the player will be issued a non-releasable yellow card. The player must enter the penalty area at the start of the game or half and remain there for two minutes of elapsed playing time. The illegal stick must be placed at the scorer's/timer's table for the entire half after which point the stick is then eligible to be reinspected. If the illegal stick is located in the bench area or on the sideline and the player whose stick it is cannot be identified, the non-releasable yellow card will be issued to the head coach. The head coach must designate a player to serve the penalty. A free position will be awarded at the center line and player positioning for the draw shall apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

### **Stick Check on Goal-Scorer's Stick and Penalty Administration**

SECTION 21. Once a goal is scored, the official will take possession of the goal-scoring stick and will perform a pocket-depth check. If an official suspects violations of Appendix E, a closer examination of the stringing of the pocket and head of the stick (including measurements) will be conducted at that time.

In the event that a goal was scored with an illegal stick, including if the player who shot the goal does not drop their stick or hand their stick to the nearest official in a timely fashion, or the goal scorer or any teammate adjusts the goal-scoring stick in any way before dropping the stick or handing it to the official, the goal shall not count. The illegal stick shall be removed and play shall commence with a free position at the center line for the opposing team. Player positioning for the draw will apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. Should the stick violate a section of Appendix E, the goal scorer will be issued a non-releasable yellow card. The goal scorer must enter the penalty area and remain there for two minutes of elapsed playing time and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected.

If after a goal is scored and before the game is restarted with the draw, any player other than the goal scorer is found to have an illegal stick, the goal shall stand and play shall commence with a free position at the center line for the opposing team. Player positioning for the draw will apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. Should the stick violate a section of Appendix E, the player will be issued a non-releasable yellow card. The player must enter the penalty area and remain there for two minutes of elapsed playing time, and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected.

### **Stick Head Disconnected From Shaft**

SECTION 22. If the head of a stick falls off while in a cradling, throwing or shooting motion, the stick is illegal. If the ball has entered the goal, the goal shall not count. The stick must be placed at the scorer's/timer's table and remain

there until it is reinspected and deemed legal. The player is allowed to enter the bench area to obtain another stick and immediately return to the field. Play shall commence by alternate possession procedure. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

If the head of a stick falls off while in the act of taking the draw, the stick is illegal. The stick must be placed at the scorer's/timer's table and remain there until it is reinspected and deemed legal. The player is allowed to enter the bench area to obtain another stick and immediately return to the field. Play shall commence with a draw. Player positioning for the draw shall apply.

If the head of the stick falls off at any other time, the stick is illegal; however, since the player is not in possession of the ball, there is no change of possession and the alternate possession procedure does NOT apply. Officials may call time out for a replacement and to take the broken stick to the scorer's/timer's table. The player must exchange the broken stick for a legal stick or sub off. If the player is involved in/near the play, timeout should be taken to replace the stick. Play shall commence on an official's whistle with the ball being given to the player who was in possession of the ball relative to the spot of the ball when the timeout was taken. No player may be within 2 meters of the player awarded the free position.

The broken stick may be reinspected at the next team timeout, halftime, rest period prior to an overtime period, or, if applicable, by the alternate official at the scorer's/timer's table.

## The Ball

SECTION 23. The ball shall be yellow or bright orange (similar to Pantone #811) and made of solid rubber. The ball must meet the current NOCSAE lacrosse ball standard. All balls must specify that the ball meets the NOCSAE standard. The home team will supply the game balls.

The teams must agree on which color (yellow or bright orange) ball to use prior to game time. If no agreement can be reached, the default will be a yellow ball. For all NCAA tournament games, the yellow ball will be used.

It is recommended that the home team supply balls at each end line and sideline. If the home team supplies balls at each end line and sideline, the number of balls in each area must be equal, the balls must specify that they meet the current NOCSAE lacrosse ball standard and the home team is responsible for ensuring that the balls are replenished throughout the course of the game. On the bench side, the balls shall be placed at the scorer's/timer's table and outside each bench area.

## Goalkeeper Equipment

SECTION 24. The goalkeeper must wear a helmet with face mask, a separate throat protector, padded gloves, a mouthpiece and a chest protector. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard and must have a chin strap securely attached.

SECTION 25. It is recommended that the goalkeeper wear padding on arms, legs and shoulders. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping

gloves – 2.54cm (1") padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

### **Mouthpiece**

SECTION 26. All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. The mouthpiece must not be altered to decrease protection, and there may be no protruding tabs for field players. It is recommended that the mouthpiece be properly fitted, for example, constructed from a model made from an impression of the individual's teeth, constructed and fitted for the individual by impressing the teeth into the mouthpiece, or provided by a dental professional.

### **Eye Protection**

SECTION 27. All field players must wear eye protection properly. Eye protection must meet the most current ASTM Specification Standard for eye protectors for women's lacrosse and must be listed on the US Lacrosse website.

### **Other Personal Equipment**

SECTION 28. Close-fitting gloves and nose guards may be worn by all players. Any field player choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard for women's lacrosse and is labeled accordingly. All ASTM women's lacrosse headgear that is approved for play will be listed on the US Lacrosse website. Further protective devices necessitated on medical grounds may be used, provided that the officials agree that they do not endanger other players. All protective devices used should be close-fitting, padded where necessary and not be of excessive weight.

Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than ½" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

Players may only wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands [and hats](#). Any other adornment will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

No equipment, including protective devices, may be used unless it complies with the rules or manufacturers' specification and is deemed not dangerous to other players by the officials.

### **Personal Equipment Inspection**

SECTION 29. Officials must inspect all equipment that might be used in the game before the game begins. At any time during the game, at the official's discretion, timeout may be called to inspect any equipment in use. Equipment "in use" is considered any equipment in the bench area, on the sideline or on the field of play.

## **Penalty Administration for Personal Equipment Violations**

SECTION 30. Equipment deemed illegal during pregame inspections must be placed at the scorer's/timer's table for the remainder of the game. No penalty shall be assessed.

Equipment violations found during the course of the game will be considered a delay of game foul and a green card will be issued. The player issued the green card must enter the penalty area to serve the one-minute non-releasable penalty. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If play was to be commenced with a draw then a free position will be awarded at the center line and player positioning for the draw shall apply. If the equipment violation is an offsetting foul, alternate possession will be awarded. See the penalty administration for delay of game fouls in Rule 6-8 for additional detail.

## **Uniforms**

### **Footwear/Cleats**

SECTION 31. Players must wear composition or rubber soled shoes. No spikes are allowed. Plastic, leather or rubber cleats/studs may be worn. Shoes and socks are not required to be identical for team members.

### **Uniform Shirts and Kilts/Shorts**

SECTION 32. All team members shall be dressed uniformly with the exception of the goalkeeper, whose colors must be of the same corresponding colors as the goalkeeper's teammates. The goalkeeper's top (shirt) must be of the same color as the goalkeeper's team; the goalkeeper's bottom must be predominantly a solid official school color, white, black or gray. The goalkeeper's shirt must be worn over any chest and shoulder protective equipment.

SECTION 33. All players must wear numbers, differing from others on the team, on the front and back of the uniform shirt. Numbers on the back must be a minimum of 8 inches tall; numbers on the front must be a minimum of 6 inches tall and must be centered at chest level. If a number appears elsewhere on a player's uniform (such as on the kilt, shorts, pants or on the sleeves of the shirt), it must match the number on the player's shirt. Numbers must be in a color clearly contrasting to that of the top (i.e., dark shirts must have light numbers and light shirts must have dark numbers), or be clearly outlined in a contrasting color if the top and the number are a similar color. Non-solid-colored shirts must have the numbers superimposed on a solid color block background or outlined with a contrasting color. Beginning January 1, 2022, the jersey number must be of a color that is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number. A player's uniform number must be the same as that recorded in the scorebook. A player not listed on the roster and/or in the scorebook by name and correct uniform number is an illegal substitute.

SECTION 34. The coaches/schools shall agree upon contrasting colors before the day of the game. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies of a contrasting color.

**Visible Undergarments**

SECTION 35. All visible undergarments worn under the kilts/shorts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

SECTION 36. All visible undergarments worn under the shirts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

**Penalty Administration for Illegal Uniforms**

SECTION 37. If an illegal uniform is discovered prior to the start of the game, a free position will be awarded to the opposing team at the center line and player positioning for the draw shall apply. The penalty for an illegal uniform may only be administered at the start of the game.

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# RULE 3

## Game Personnel

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### The Teams

SECTION 1. A game is played between two teams. Twelve players constitute a full team, one member of whom acts as the speaking captain. Any number up to 12 players of each team may be on the field of play at the same time. One of the 12 players on each team may be a goalkeeper.

### The Coach

SECTION 2. Each head coach and the officials must meet at the scorer's/timer's table with 10 minutes showing on the pregame clock. A delay of game foul may be called if the head coach does not make a timely appearance at the coaches/officials meeting (See Rule 6-7.b). At the meeting, each coach will verbally certify to the officials that all equipment is legal under these rules, including eye protection that meets the most recent ASTM Specification Standard for Women's Lacrosse at the appropriate level of play (adult), goalkeeper helmets that meet the NOCSAE Lacrosse Helmet Standard and game balls that meet the NOCSAE standard and display the NOCSAE seal.

SECTION 3. The head coach shall be in control of and be responsible for the actions of any and all people officially connected with his or her institution. Coaches shall assist the officials in keeping the game under control. It shall be the head coach's duty, upon the request of an official, to control effectively actions of spectators not in conformity with standards of proper conduct.

SECTION 4. Other coaching responsibilities include:

- a. Indicating a substitute for an injured or suspended player.
- b. Approaching the official pregame, at halftime or during timeouts for clarification of rules.
- c. Requesting a timeout from the official or official timer.
- d. Requesting a stick check.

### Game Administrator

SECTION 5. It is strongly recommended that the host team assign a representative to handle game management issues. When a contest is played at a neutral site, one team must be designated as the home team. The game administrator will ensure that a timekeeper and scorer are on hand with all equipment required by these rules to carry out their respective functions, and that the playing field is in proper condition for safe play and meets the specifications outlined in these rules. In the event that an administrator is unavailable, these duties will be the responsibility of the home team coaching staff.



## **Team Captain**

SECTION 6. The captain's responsibilities are:

- a. To call the coin toss (visitors' call) for choice of ends or alternate possession with the official.
- b. To indicate that their team is ready to play at the beginning of each half.
- c. To approach the official for clarification of rules.
- d. To meet with officials at the center circle with five minutes showing on the pregame clock.

## **The Officials**

SECTION 7. It is highly recommended that three officials be used to officiate the game. A minimum of two officials must be used. It is recommended that the officials be on site 60 minutes before the start of the game and must be on the field and in charge of the game 30 minutes before game time. The officials' jurisdiction extends from 30 minutes before the game begins until the officials approve the NCAA Carding/Score Verification Form and leave the playing venue.

Officials shall position themselves on the playing field so that the A & B officials are table-side and the C official is on the far side of the field.

The officials will enforce the rules and officiate the game in accordance with the recommended procedures put forth by these rules. They should refrain from enforcing any rule when it would penalize the non-offending team.

In games for which an alternate or table official is assigned, he or she will follow the duties outlined in Rule 3-11.

SECTION 8. Before the game, the officials will inspect the grounds, goals, balls, sticks, clothing, shoes, jewelry and protective equipment and see that they are in accordance with the rules.

SECTION 9. Other responsibilities of the officials include:

- a. Inform the timer about the length of halftime if other than 10 minutes.
- b. Be available for questions from captains or coaches. A coach from the opposing team must be given the opportunity to be present during any communication with the officials by either team.
- c. Check the NCAA Carding/Score Verification Form for accuracy at halftime and at the end of the game.

SECTION 10. One member of the officiating crew will be designated as the head official by the game assigner. The duties of the head official include:

- a. Ensure the field is checked for any safety hazards and that it is marked properly, that all goals/nets are in good playing condition and that the scorer's/timer's table and bench areas are positioned properly. Make the final decision about requesting changes or corrections to field markings or field setup.
- b. Ensure that the timer and scorer and any table personnel monitoring cards are informed of their responsibilities.
- c. Ensure that an accurate printed roster for each team is available at the scorer's/timer's table at least 15 minutes before the start of the game and that

starting lineups are recorded in the official scorebook at least 10 minutes before the start of the game.

- d. Lead the pregame meeting with the officiating team and the head coaches.
- e. Lead the pregame meeting with the team captains.
- f. Ensure that all penalties are administered correctly.
- g. Correct any misapplication of a rule.
- h. Assist in communicating with coaches during the game when it is practical to do so.
- i. After consultation with the officiating team, game administrator and coaches from each team, make the final decision on whether to continue a game due to weather issues or any other extenuating circumstance.
- j. Maintain an accurate record for alternate possession.
- k. Ensure the NCAA Carding/Score Verification Form is completed and signed at the end of the game and report the carding information to the NCAA via the web link provided on the form.
- l. Conduct the pregame stick inspection for the five sticks selected per team (Rule 2-6.c).
- m. Conduct any team requested stick check made before, during or after a timeout.
- n. If the home team supplies balls at each end line and sideline, ensure that the number of balls in each area is equal, the balls meet the current NOCSAE lacrosse ball standard and the home team replenishes the balls throughout the course of the game. Ensure that on the bench side, the balls are placed at the scorer's/timer's table and outside each bench area.

### **Alternate Official**

SECTION 11. The alternate official is considered part of the team of game officials and should be on the field dressed in game attire. He/she shall take a position on the field in front of the official scorer's/timer's table and do the following:

1. Oversee the scorers and timers to determine that:
  - a. Team rosters must be in the official scorebook at least 15 minutes before the start of the game. Starting lineups must be recorded in the official scorebook at least 10 minutes before the start of the game. No changes are permitted to starting lineups fewer than 10 minutes before the start of the game, except in case of injury. A separate roster form is acceptable. Confirm that jersey numbers in the book match those on the players on the field.
  - b. The clock is started and stopped correctly and appropriately. Ensure that any clock malfunctions and timing mistakes are corrected. Ensure that a radio is available if necessary (i.e., official time is being kept away from table). Ensure that there is a separate clock at the scorer's/timer's table to administer timeouts, penalties, etc.
  - c. Records are kept of team and individual warnings and players who have received cards.

- d. Proper substitution procedures are followed and substitution records are kept.
  - e. The correct score is maintained in the scorebook and on the scoreboard.
  - f. An accurate record for alternate possession is maintained.
  - g. The possession clock is started, stopped and reset as directed by the officials on the field.
2. Replace any field official in the event of an injury to that official, unless an alternate official has been designated.
3. Assume primary responsibility for maintaining bench personnel positioning and decorum pursuant to Rule 3-12.
4. Review protocol with ball retrievers.
5. Serve in any other capacity that would contribute to maintaining control of the game and efficiency of the scorer's/timer's table.
6. Assist field officials in weather-delay procedures. The alternate official is responsible for noting field position of the ball (and the number of the player in possession of the ball/offender if applicable) during suspension of play due to dangerous weather conditions.
7. Assist with identifying the appropriate times to call television timeouts. This calling of television timeouts will be administered by a "red-cap" who will be located at the scorer's/timer's table with the alternate official. Timeout may be called during the following "natural breaks" in the game:
  - a. Following a goal;
  - b. If a team has called a possession timeout;
  - c. During stoppage of play when the ball has gone out of bounds and;
  - d. Anytime play has been stopped to set up a free position, except that no television timeout will be allowed if a team has been awarded free position above goal line extended and within 8 meters from the goal circle.
8. Indicate to the timer to stop the clock and indicate to the nearest on-field official that a team has requested a possession timeout. The alternate official is responsible for noting field position of the ball and the number of the player in possession of the ball (and the number of the offender if applicable) at the time a team has requested a timeout.
9. If a coach has requested a stick check, call timeout at a stoppage of play and indicate that all players must drop their sticks. Communicate to the nearest field official that a stick check has been requested.
10. If a coach has requested a stick check on the goal-scoring player, communicate this information to the nearest on-field official.

### **Alternate Official Carding Procedure**

SECTION 12. When necessary, the alternate official may issue a yellow or red card for misconduct by a player, coach or any officially designated member of a team's travel party who is in the bench area. When the misconduct occurs, the alternate official will call timeout, approach the head coach and issue a yellow or red card. The alternate official will inform the nearest on-field official that a card was issued to the head coach, and that field official will convey this information to the other on-field officials. There will be a change of possession on the field

if the offending team is in possession of the ball. The head coach must designate a player on the field who will enter the penalty area and serve a two-minute releasable penalty (yellow card) or two-minute non-releasable penalty (fourth or subsequent yellow card for that team or red card). If a red card has been issued, play will not resume until the head coach leaves the playing area.

### Official Scorer

SECTION 13. The official scorer will be from the home team and will sit at the scorer's/timer's table opposite the center circle. If the official scorer is not seated at field level, the home team is responsible for ensuring that the scorer's table is manned.

SECTION 14. The official scorer will assume the following duties:

- a. Record the starting lineups of both teams on the official score sheet at least 10 minutes before the game and make sure the numbers of the players on the field correspond to the numbers on the score sheet. No changes are permitted to starting lineups fewer than 10 minutes before the start of the game, except in case of injury. A roster with names and numbers of all players must be at the scorer's/timer's table at least 15 minutes before the start of the game. A separate roster form is acceptable.
- b. Keep an accurate record of the goals scored on the official home team score sheet.
- c. Display continuously an accurate score, for the players, coaches and officials.
- d. Accept substitutes and enter their names and numbers before they enter the game.
- e. Notify the officials as soon as possible if there has been an illegal substitution.
- f. Record any cards next to the player's name in the scorebook: warning (yellow-"y"); or ejection (red "r"). Any card issued to the head coach must also be recorded in the scorebook. Any green card issued to an individual must be recorded in the scorebook (green "g").
- g. Notify the officials immediately when a second warning is given to the same player.
- h. Notify the officials immediately when a yellow card is a team's fourth or subsequent card.
- i. Record the time on the game clock when a player is given a green, yellow or red card.
- j. Notify the officials when a 10-goal differential exists.
- k. Present an accurate NCAA Carding/Score Verification Form to the officials for their signature immediately after the game ends.
- l. Maintain an accurate record for alternate possession (must be maintained by their substitute if the official scorer is not positioned at the scorer's/timer's table). The visible possession indicator utilized should indicate a team's possession by either pointing to the team's bench or being placed on the side of the table closest to the team's bench.

### Official Timer

SECTION 15. The official timer will be from the home team and should sit at the scorer's/timer's table opposite the center circle. If official scoring and/or

timing functions are not handled at field level, the home team must ensure that direct two-way communication is available at all times between the press box and the scorer's/timer's table.

SECTION 16. If the official timer is not seated at field level, the home team is still responsible for ensuring the following duties are performed:

- a. Stop the clock at the whistle and arm signal after each goal. If there is a 10 or more goal differential, the timer will not stop the clock.
- b. Start the clock on the whistle at each draw, or upon the self-start of a player awarded possession for a foul that occurred during the administration of a draw prior to the whistle.
- c. Sound a horn twice as soon as possible:
  1. To notify the officials of an illegal substitute.
  2. If either the game clock or possession clock has malfunctioned.
  3. To indicate the end of the half and the end of the game.
  4. To indicate a timeout request by the team in possession during a live-ball or dead-ball situation.
- d. Stop the clock for any other circumstances only upon the timeout signal and whistle from the official.
- e. Start the clock upon the time in signal and whistle from the official.
- f. Use a separate clock to time the timeout.
  1. Time two minutes.
  2. Blow the horn at one minute, 45 seconds.
  3. Blow the horn at two minutes.
- g. Note the time on the clock when a player is issued a green card for delay of game, time the one-minute elapsed playing time penalty and notify the carded player when the penalty time has ended.
- h. Note the time on the clock when a player is issued a yellow or red card, time the two-minute elapsed playing time penalty and notify the carded player when the penalty time has ended.

### **Possession Clock Timer**

SECTION 17. The possession clock timer will be from the home team and should sit at the scorer's/timer's table opposite the center circle. If the 90-second possession clock is located at midfield opposite the teams' benches for optimal visibility for officials and teams, it may be necessary for the possession clock timer to sit at midfield opposite the teams' benches. If the possession clock timing functions are not handled at field level, the home team must ensure that direct two-way communication is available at all times between the press box and the scorer's/timer's table. The official timer may also serve as the possession clock timer.

SECTION 18. If the official timer is not seated at field level, the home team is still responsible for ensuring the following duties are performed:

- a. Start and stop the possession clock.
- b. Reset the possession clock only when an official signals a reset.

- c. Sound a horn once as soon as possible to notify the officials of the expiration of the possession clock.
- d. Turn off the possession clock when there is a reset of the possession clock and there is less than 90 seconds remaining on the game clock at the end of each half and overtime period.

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# RULE 4

## Time Factors and Scoring

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### Time Factors

#### Duration of Play

SECTION 1. The regulation playing time is 60 minutes (two 30-minute halves). Halftime will be 10 minutes, but may be less than 10 minutes if agreed upon by the coaches before the start of the game due to extenuating circumstances. Players must change ends to begin the second half. Play should be continuous, but at the discretion of the officials, timeout may be taken for unusual circumstances, for example, a broken stick, animal on the field, lost ball, a ball that has gone too far out of bounds, a team delays the start of play from out of bounds or spectator interference. Timeout must be taken in case of illness, accident or injury, for the issuance of a card, all offensive and defensive fouls within the critical scoring area, 90-second possession clock violations within the critical scoring area, alternate possessions, re-draws, offside violations and to check a stick.

SECTION 2. Unless there is a score differential of 10 or more goals, the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game.

SECTION 3. If a team is leading by 10 or more goals, the clock will continue to run after goals. If the difference becomes fewer than 10 goals, the stoppage of the clock after each goal will recommence. When there is a 10 goal or greater differential, the clock will only stop in case of illness, accident or injury, for the issuance of a card, to check a stick (this does not include the mandatory pocket-depth stick check conducted following a goal) or as a result of an unusual circumstance.

#### Team Timeouts

SECTION 4. Each team shall be permitted three timeouts during regulation game time that do not carry over into overtime. During the entire duration of overtime, each team is permitted one timeout. Timeout may be requested by a coach or any player on the field after a goal is scored, or any time the requestor's team is in clear possession of the ball. If the request for a possession timeout is made to the official timer, the official timer shall immediately sound the horn twice to indicate the timeout request, and the game clock, 90-second possession clock and play shall stop on the sound of the horn. If a possession timeout is called, play will commence on the official's whistle at the spot of the ball when the timeout was requested. Substitutions will be allowed during this stoppage of play; however, if a timeout is called prior to the administration of a free position in the critical scoring area, the player awarded the free position as well as the

opposing player who committed the foul may not be substituted until the free position has been administered following the timeout. The timeout shall be two minutes in duration commencing at the time the official calls the timeout. It is the responsibility of the coaches to gather their teams and to disburse them back onto the playing field. After one minute, 45 seconds, a warning horn will sound. At two minutes, the horn will sound again. A delay of game foul will be called and a green card issued if a team is not ready to start after two minutes (See Rule 6-7.a). Successive timeouts will not be allowed.

Following the team timeout, play will commence on the official's whistle, and no player may be within 2 meters of the player taking the free position. If the team timeout was called prior to the administration of a foul in the critical scoring area, the penalty administration for the applicable foul pursuant to Rule 6 applies. No free position may be taken closer than 2 meters to a boundary line.

### **Suspended/Interrupted Game**

SECTION 5. Once play begins, the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The officials' decision is final. A game is considered legal and complete if 80 percent (48 minutes) of playing time has elapsed. If 80 percent of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures. If a suspended game (one in which less than 80 percent of playing time has elapsed) is replayed on another day, it must be played from the beginning. An interrupted game continued on the same day shall be restarted at the spot of the ball from its point of interruption.

For NCAA tournament play, all games must be played to completion. If a tournament game is suspended and played on another day, it will be played from the point of interruption.

### **Forfeited Game**

SECTION 6. If a team leaves the field and refuses to play, the score of the game shall stand, if the team remaining on the field was leading at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

If a suspended or ejected coach or non-student-athlete team personnel refuses to leave the area, the official may declare a forfeit. The score of a forfeited game will be 1-0 in favor of the non-offending team. If the suspended or ejected individual is a student-athlete, that individual may remain in the team bench area.

### **Overtime Procedures**

SECTION 7. The procedure for sudden-victory overtime will include the following: When the score is tied at the end of regular playing time, both teams will have a five-minute rest and toss a coin for choice of ends. This coin toss will not include a choice of possession. The alternate possession shall continue from regulation. Six minutes (two three-minute halves) of sudden-victory overtime will be played. Teams will change ends after the first three-minute half with no delay for coaching. No substitutions may take place at this time. The game will be restarted by a draw. The winner will be decided by "sudden victory." The team that scores the first goal wins the game. If neither team has scored after



the first overtime period of six minutes (two three-minute halves), there will be a three-minute rest followed by the teams switching ends again and beginning a second period of six minutes (two three-minute halves) of sudden-victory overtime. Substitutions may occur at this time. The game will be restarted by a draw. This procedure of play will continue until the first goal is scored.

### Scoring

SECTION 8. The team scoring the greater number of goals is the winner. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the crossbar from in front, having been shot or propelled by the legal stick of a player of the attacking team or propelled by the stick or person of a defending player. The shot or propelled action must release the ball before time expires. The shot or propelled action is deemed complete if the ball enters the goal, when any player gains possession of the shot or propelled ball, the shot or propelled ball goes out of bounds, comes to rest on the field of play or touches the ground below goal line extended. A shot or propelled ball that does not enter the goal, but comes to rest within the goal circle is considered to be in the possession of the goalkeeper.

SECTION 9. If a violation of jewelry, eye protection or mouthpiece rules is discovered immediately after a goal, the goal counts and a green card will be issued for the delay of game. A free position will be awarded at the center line for the opposing team. Player positioning for the draw shall apply.

SECTION 10. A goal is not scored when:

- a. The ball is put through the goal by a non-player.
- b. The ball comes off the person of a player of the attacking team.
- c. The attacking team does not release the ball for a shot prior to the expiration of the 90-second possession clock.
- d. The ball is shot or propelled after a whistle has been blown. In this scenario, the whistle is not simultaneous with or immediately following the shot where an exception may exist pursuant to Rule 6-40.
- e. The player shooting has stepped on or into the goal circle, or any other player of the attacking team has entered the goal circle, unless as the result of a foul.
- f. A player of the attacking team interferes with the opposing goalkeeper, while the goalkeeper is within the goal circle.
- g. An on-field official has ruled that the shot or follow-through is dangerous.
- h. The ball enters the goal while the attacking team has an illegal player on the field.
- i. The ball enters the goal when the attacking team is offside.
- j. The ball enters the goal from a stick that does not meet specifications.
- k. The player who shot the goal does not drop her stick or hand her stick to the nearest official in a timely fashion or the goal scorer or any teammate adjusts the goal-scoring stick in any way before dropping the stick or handing it to the official. The stick will be considered illegal and will be removed from the game. Officials should make a collective effort to identify the goal-scorer's stick and only disallow the goal if the dropping of additional sticks (or other conduct) prevents officials from being able to identify the goal-scorer's stick.

- l. The ball enters the goal by the attacking team's goalkeeper or her stick.
- m. The ball enters the goal as a result of a kick from an attacking player.

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# RULE 5

## Play of the Game

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### Start/Restart of the Game

SECTION 1. Each half of the game and overtime period, and after each goal, the game is started by a draw, except when a free position or alternate possession at the center line has been awarded. There must be 12 players on the field before the start unless a team does not have 12 eligible players in uniform or is playing with fewer than 12 as a result of a card or cards being issued.

When the game starts with a free position or alternate possession at the center line rather than with a draw, player positioning for the draw will apply. No player may be within 2 meters of the player awarded the free position and play will commence on the official's whistle. While possession has been determined when a free position is awarded at the center line in lieu of a draw, the restraining line is not released until the official commences play on the whistle.

### Draw Positioning

SECTION 2. The opponents each stand with one foot toeing the center line and each opponent must have both of her feet on the same side of the center line behind her stick. The sticks (shafts and heads) are held in the air, above each player's hip level with the lower side of the stick above the center line and back to back, so that the players' sticks are between the ball and the goal they are defending. The lower side of the stick is defined as the right side of the stick as the player looks at it with the open pocket facing her. The entire length of both sticks, shafts and heads, must be contained within the vertical plane of the center line and be parallel to and above the center line. When setting the draw, officials must be aware of height differences between centers and position the height of the sticks so that neither player gains an advantage. A player's top hand may not contact any part of the sidewall or pocket. The ball is placed between the sticks by the official and must be placed in the upper third of each head at its widest point. Once the official's hands are on the drawers' sticks, the draw is being set and no substitutions may occur. On the word "ready," the players taking the draw must remain motionless, except for head movement, until the whistle. On the whistle, the two opponents must immediately draw their sticks up and away from the starting position. The flight of the ball must attain a height higher than the heads of the players taking the draw. A team's dressed goalkeeper may not take the draw.

SECTION 3. A maximum of three players from each team may be between the restraining lines during the draw until possession has been determined or the ball has crossed over either restraining line. All other players, including each team's goalkeeper, must be positioned below either restraining line. Between the restraining lines, players must not step on or over the center circle until the

whistle blows. Once the draw is set, players below the restraining lines must not step on or over the restraining lines until possession has been determined or the ball has crossed over either restraining line. While a player positioned between the restraining lines is permitted to cross over and position themselves below either restraining line, that player must then remain below that restraining line until possession has been determined or the ball has crossed over either restraining line. Players positioned outside the center circle or below the restraining line are permitted to move freely within the restrictions of player positioning on the draw prior to possession. If a foul is committed before possession is established, the whistle for the foul and awarding of the free position to the non-offending team establishes possession.

SECTION 4. A player is in possession of the ball when the ball is in the player's stick and the player can perform any of the normal functions of control such as cradle, carry, pass or shoot.

SECTION 5. If the ball goes directly out of bounds from a legal draw, the draw will be retaken. There shall be no substitutions during a re-draw.

SECTION 6. If following a draw, a player/team is the last to touch the ball before it goes out of bounds and prior to possession being established, this is a change of possession for a boundary ball.

SECTION 7. Players positioned behind the restraining line may reach over the restraining line with their stick to play the ball on the ground or in the air, as long as no part of their foot is on or over the restraining line. A player's body may not touch any part of the ground over the restraining line.

### **Illegal Draw**

SECTION 8. An illegal draw occurs when:

- a. Either player draws too soon;
  - b. No attempt is made to draw up and away;
  - c. Movement of the stick is not up and away from the starting position;
  - d. Player taking the draw moves after the official says "ready" and before the official's whistle;
  - e. Ball does not go higher than the heads of the players taking the draw; or
  - f. Player steps on or over the center circle before the official's whistle.
- g. After the draw is set, player crosses the restraining line before possession has been determined or the ball has crossed over the restraining line.

### **Penalty Administration for Illegal Draw**

SECTION 9. When an illegal draw occurs, a free position for the non-offending team is awarded at the center line. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player taking the free position. The player taking the free position may self-start. Additionally, since possession has been established, the restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely.

SECTION 10. Offsetting violations on the draw will result in an alternate possession at the center line. Any player from the team awarded the free position

may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

### **Start/Restart of Play**

SECTION 11. The whistle is used to stop and start play for cardable fouls, fouls in the critical scoring area, offside violations, alternate possessions and all other playing action that necessitates an official's timeout. When starting play, the official will give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The timer's horn is blown twice to indicate the end of each half and overtime.

### **Self-Start**

SECTION 12. Following a whistle blown for a foul outside of the critical scoring area that doesn't necessitate an official's timeout, 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. Unless substituted as a result of injury, the player fouled must take the free position. The free position shall be taken within 5 yards relative to the spot of the foul, with the exception that a player's momentum may not carry them over the restraining line or into the critical scoring area. The offending player must immediately move 2 meters away. Any other player(s) within 2 meters must move away. All players farther than 2 meters from the free position may move freely. It is not required that the player come to a stop prior to commencing play from out of bounds with a self-start.

SECTION 13. The self-start shall commence play within 5 yards from the spot of the foul. If the player taking the free position clearly gains an advantage from self-starting farther than 5 yards from the spot of the foul, the official shall blow the whistle and 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 for the free position. If the official has to reset the free position, play will commence on the official's whistle.

SECTION 14. All players' bodies and sticks must remain outside of the 2-meter non-engagement area around the player awarded the free position until the player awarded the free position self-starts by either taking a step (i.e., the act or movement of lifting and setting down one's foot to a new position in any direction) or passing the ball. Once the player awarded the free position self-starts, players may engage the player awarded the free position by initiating movement into the 2-meter non-engagement area (See Rule 6-5).

SECTION 15. If any player delays moving 2 meters away or violates the 2-meter non-engagement area with her stick or body prior to the player who has been awarded the free position self-starting, the official will call a timeout and provide a verbal warning to the offending player and offending team's bench, including the offending team's head coach. All subsequent delays moving 2 meters away and violations of the 2-meter non-engagement area will result in the issuance of a delay-of-game green card and one-minute releasable penalty to be served by the offending player (See Rule 6-6).

SECTION 16. A self-start is not an option when the game clock and 90-second possession clock are stopped (See Rule 4-1). If a player self-starts when self-starts are not permitted, this is considered a false start and shall result in a change of possession. If an official must repeatedly restart play as a result of a team self-starting more than 5 yards from the spot of the foul to gain an advantage, a delay-of-game green card and one-minute releasable penalty may be issued (See Rule 6-7.r).

### **90-Second Possession Clock**

SECTION 17. After a team has gained possession of the ball, a visible 90-second possession clock will start. At the expiration of the 90 seconds, a change of possession will be awarded to the opposing team. The 90-second possession clock must stop at any point the game clock is stopped.

The 90-second possession clock will be reset as a result of any of the following occurrences:

- a. Any green, yellow or red card issued to the team without possession;
- b. Shot on goal by the team with possession, excluding shots that go wide of the pipes or above the crossbar;
- c. Save by the goalkeeper of the team without possession, inside or outside of the goal circle, and whether possessed or deflected off of the goalkeeper;
- d. Shot on goal by the team with possession that hits a pipe or rebounds off a save and the team who shot the ball has retained possession;
- e. Offside violation; or
- f. Change of possession.

See the definition for "shot on goal" in Rule 7.

SECTION 18. Rule 4-3 does not affect the 90-second possession clock. The 90-second possession clock will stop regardless of whether there is a score differential of 10 or more goals and the game clock continues to run.

SECTION 19. It is recommended that two visible 90-second possession clocks be utilized at either end of the field; however, one visible 90-second possession clock at midfield will satisfy the requirement of this rule.

### **Administration Following 90-Second Possession Clock Violation**

SECTION 20. If the 90-second possession clock expires before any of the above occurs (a-f):

- a. Sound the horn once and blow the whistle immediately.
- b. Award a free position to the opposing team at the spot of the ball within the playing area at the time of the violation.
- c. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the 90-second possession clock violation, may take the free position.
- d. No player may be closer than 2 meters to the free position.
- e. If the ball is in the air at the time of the violation, the free position is administered relative to where the ball lands.
- f. If the ball is within 2 meters of out of bounds, the free position is administered 2 meters from the boundary.

- g. If the ball is out of bounds at the time of the violation, the free position is administered relative to the spot where the ball went out of bounds.
- h. If the free position is outside of the critical scoring area, the player awarded the free position may self-start.
- i. If the free position is inside the critical scoring area, play will commence on the official's whistle. The free position may not be awarded closer than 8 meters (8.8 yards) to the goal circle.

## **Out of Bounds**

SECTION 21. When the ball goes out of bounds, the official blows the whistle to stop play and signals the direction of possession. Except in the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds, or when a player is the last to touch a loose ball before the ball goes out of bounds, the opposing team will be awarded possession of the ball when play resumes. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

SECTION 22. When a player's foot/feet are out of bounds, the player may not take an active part in the game. During the game, players may not run out of bounds and re-enter to a more advantageous position.

SECTION 23. When a player has possession of the ball and steps on or over the boundary line, or any part of their body or stick touches the ground on or over the boundary line, the ball is out of bounds, and the player will lose possession.

SECTION 24. A player in possession of the ball may hold their stick outside the boundary as long as their foot/feet are not on or over the boundary line. If an opponent who is inbounds legally checks a player's stick causing the ball to fall to the ground out of bounds, possession will be awarded to the opponent when play resumes.

SECTION 25. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes. The opponent will be penalized for the foul.

SECTION 26. If a player deliberately pushes, flicks or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it will be penalized as a foul.

SECTION 27. When a loose ball touches the boundary line or the ground outside the line, the ball is out of bounds. The player/team that last touched the ball before it went out of bounds will lose possession, unless the ball was the result of a shot or a deflected shot on goal.

SECTION 28. When a shot or deflected shot on goal goes out of bounds, the team of the player who is inbounds and nearest to the ball when it crosses the boundary line is awarded possession of the ball. If the sticks or bodies of players from the two opposing teams are equidistant from the ball when it goes out of bounds, alternate possession will be awarded.

SECTION 29. To resume play when the ball has gone out of bounds, any player from 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. 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.

SECTION 30. All players must be at least 2 meters from the boundary line and may not engage the 2-meter non-engagement area until the player self-starting with the ball from out of bounds commences play by stepping inbounds. All players farther than 2 meters from the player commencing play may move freely.

SECTION 31. 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, a player gains possession of the ball or a player otherwise causes the ball to go out of bounds. It is the official's responsibility to determine if a thrown ball is a shot.

SECTION 32. A shot that goes directly out of bounds after hitting the goal post or the goalkeeper's stick or body is considered a deflected shot. A ball that rebounds off the goal post, the goalkeeper or the goalkeeper's stick and then off any field player's stick/body or the official's body and directly out of bounds, is considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with their stick or body and does not gain any distinct/clear advantage or control the ball.

SECTION 33. Pursuant to Rule 5-5, if the ball goes directly out of bounds from a legal draw, the official will call timeout, and the draw will be retaken. Pursuant to Rule 4-3, when there is a 10 goal or greater differential, no timeout shall be called for a re-draw.

### **Alternate Possession**

SECTION 34. At the pregame meeting with the captains, the team that wins the coin toss shall choose either the side that they want to defend in the first half or the first alternate possession after any of the events listed under Rule 5-36(a-h) have occurred. After the initial possession is awarded, the possession will then alternate. Alternate possession is continuous through any overtime period; alternate possession is not reestablished at the coin toss that takes place prior to the first overtime period. The head official and table personnel will maintain the record of alternate possession. If there is a discrepancy between the head official and table personnel then the head official's record governs. A visible possession arrow is optional, but not required. The arrow should point to the team who will be awarded the next alternate possession. If an alternative visible possession indicator is utilized in lieu of an arrow, the indicator should be placed on the side of the table that is closest to the bench of the team who will be awarded the next alternate possession.

SECTION 35. Only the team that is awarded the alternate possession may call a timeout. If the team awarded the alternate possession commits a subsequent foul before the free position has been administered, that team will lose possession and its right to call time out.

SECTION 36. Alternate possession occurs when:

- a. The ball goes into the goal off a nonplayer.
- b. The ball goes out of bounds as the result of a shot or deflected shot, and two opposing players are equally near the ball.
- c. It cannot be determined which team caused the ball to go out of bounds.
- d. There is an incident unrelated to the ball, and players are equidistant from the ball.



- e. A ball lodges in the clothing of a field player outside of the goal circle or official.
- f. Two players commit offsetting fouls, or after the attacking team fouls during a slow-whistle situation.
- g. The game is restarted after any incident related to the ball when neither team has possession, and two opposing players are equally near the ball, unless the incident has been caused by a foul.
- h. The game is stopped for any reason not specified in the rules and possession cannot be determined.

### **Administration for Alternate Possession**

SECTION 37. The game clock and possession clock stop as the result of alternate possession. The alternate possession shall be awarded to the player closest to the foul or incident that caused play to stop. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock only resets if there is a change of possession. If the alternate possession is awarded outside of the critical scoring area, it is administered where the foul or incident occurs that caused play to stop except that no alternate possession is taken within 2m of the boundaries. If the alternate possession would be awarded inside of the critical scoring area, including the goal circle, it is administered at the closest dot. If the alternate possession is awarded as the result of offsetting fouls on the draw, it is administered at the center line.

### **Substitution**

SECTION 38. Each team may substitute an unlimited number of players at any time during play, including halftime, overtime, following a goal and during team timeouts, subject to the exceptions and restrictions as outlined in Rule 5-39(a-k) and Rule 5-44(a-e). Timeout is not taken for substitution during the normal course of play. Re-entry is permitted.

### **Illegal Substitutes and Substitutions**

SECTION 39. Substitutes and substitutions are not permitted in the following circumstances:

- a. Except during a team timeout, when the game clock is stopped, players may run off of the field; however, players may not enter the field from the substitution area until play has commenced on the official's whistle.
- b. During an injury timeout for players other than the injured player(s). Substitutions are permitted after play commences on the official's whistle.
- c. Immediately following a goal and prior to the official's mandatory pocket depth check of the goal-scorer's stick. Substitutions are permitted after the performance of the pocket-depth check.
- d. During a team timeout for the player awarded a free position in the critical scoring area and the offender.
- e. When a player enters the field of play without going through the substitution area.
- f. When a player enters the field of play prior to her teammate leaving the field of play.

- g. If there is an extra player on the field of play.
- h. If the player enters the field of play after the official's hands are on the drawers' sticks.
- i. If a player who receives two yellow cards enters the field of play.
- j. If a player who receives a red card enters the field of play.
- k. If a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game. A player not listed by name and uniform number before the game may be added to the roster and/or scorebook when the error is discovered and a penalty imposed against their team.

### **Penalty Administration for Illegal Substitutes and Substitutions**

SECTION 40. For illegal substitutes and substitutions, the official will call a timeout and remove the illegal player. The official will issue a green card and the illegal player will serve a one-minute releasable penalty. When the removal of the illegal player and issuance of the green card does not result in the offending team playing with one less player on the field, the coach is required to select an additional player on the field to serve the one-minute penalty. When an extra player is discovered on the field, two players on the offending team must be removed from the field of play and serve the one-minute releasable penalty. A free position will be awarded to the opposing team at the spot where play was to resume before the illegal substitute was discovered or substitution occurred. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

SECTION 41. For breach of this rule simultaneously, after the removal of the illegal players and the issuance of green cards to both teams, the official will award alternate possession at the spot where play was to resume. If play was to resume in the critical scoring area, the free position will be awarded at the dot. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will reset if there is a change of possession.

SECTION 42. If, before a goal is scored, a team is discovered to have an illegal player(s) on the field, the player(s) will be removed, a green card will be issued, and a free position will be awarded to the opposing team at the spot where play was to resume before discovery of the illegal player(s). If play was to resume in the critical scoring area, the free position will be awarded at the dot. If the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

SECTION 43. If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player will be removed, a green card will be issued, and a free position shall be awarded to the opposing goalkeeper. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

## Substitution Procedures

SECTION 44. All substitutions must be made through the substitution area, and during play, all players, including the goalkeeper, must come off of the field and exit between the cones/markers before a substitute may go on to the field. Players may enter the game using the following procedures:

- a. *During Play:* The player must enter the game through the substitution area and not enter this area until their substitution is imminent. A substitute must not go onto the field until the player they are replacing has entered the substitution area, including the goalkeeper. The player exiting the field has the right of way, and any players in the substitution area must yield their position and allow the player being subbed to exit. No other players shall be in the substitution area except those involved in the imminent substitution. Substitutes must not block the view of scorer's/timer's table personnel. The substitution is considered "imminent" when the player wishing to sub has called the name of the player to come off the field and that player is in the act of running to the substitution area, then a substitution is imminent.
- b. *After a Goal:* Substitutes may enter the game through the substitution area immediately following the official's performance of the mandatory pocket-depth check on the goal-scorer's stick. The officials will ensure that all replaced players leave the field before the game restarts. Substitutes will not be permitted if the stick is deemed illegal.
- c. *Draw:* Once the official's hands are on the drawers' sticks, the draw is being set, and no substitutions may occur.
- d. *Injury:* Substitution, not to exceed 30 seconds, must be made in case of injury. If a free position is to be taken and a team has no substitute available, the official may move the nearest player to assume the position of the player who left the field. **EXCEPTION:** In the event of an injured goalkeeper, if the backup goalkeeper is in the game as a field player, the field player will be permitted time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace that field player.
- e. *Player Suspension/Ejection:* No substitution will be allowed. **EXCEPTION:** If the player receiving a yellow card is the goalkeeper and there is no other "dressed" goalkeeper for their team, the goalkeeper must remain in the game, and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time. If the goalkeeper receives a second yellow card or a red card, the goalkeeper may not return to the game. The team must substitute another goalkeeper, and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time.

## Accident, Interference, or Any Other Incident

SECTION 45. If the game has to be stopped due to an accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown, the game is restarted in one of the following ways:

- a. If a foul has occurred, a free position is awarded at a spot determined by the official. Play shall not be restarted within 8 meters (8.8 yards) of the goal circle or within 2 meters (2.2 yards) of the boundaries.
- b. If no foul is involved in the stoppage of play, the ball is given to the player who was in possession, or nearest to it, at the time play was stopped, and play is restarted at the spot of the ball. If two players are equidistant from the ball, alternate possession is awarded.

### **Ball Lodged in Clothing or Stick**

SECTION 46. When the ball lodges:

- a. In the clothing of a field player outside of the goal circle, alternate possession is awarded.
- b. In the stick of a field player, the stick no longer meets specifications and must be removed from the game immediately. The official will call a timeout and remove the stick from the game. A free position will be awarded to the opposing team at the spot where play was to resume before the ball became lodged in the player's stick. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.
- c. In the goal netting, or in the protective equipment, clothing or stick of the goalkeeper (or field player legally in the goal circle) while the goalkeeper is within the goal circle, the goalkeeper removes the ball, places it in their stick and proceeds with the game. The goalkeeper must complete this action within the parameters of the 10-second goal circle count.
- d. In the clothing of an official, alternate possession is awarded.

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# RULE 6

## Fouls and Penalty Administration

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### Fouls

SECTION 1. The following are fouls:

- a. **Blocking:** The following actions are blocking fouls:
  1. Moving into the path of an opponent without giving the opponent a chance to stop or change direction, and causing contact.
  2. Setting a moving pick that causes contact and delays an opponent from reaching a desired position. For legal picking tactics see the definition for “pick” in Rule 7.
  3. When an opponent is running to receive the ball and the “blind-side” defensive player does not give the opponent a chance to stop or change direction.
- b. **Charging:** Charging, barging, pushing into, lowering one’s head and shouldering, or backing into, and making bodily contact with an opponent who has already established their position. It is not required that the opponent be in a stationary position.
- c. **Covering:** Guarding a ground ball with one’s foot or stick if the ball is contested by an opponent.
- d. **Dangerous Check:** Roughly or recklessly checking an opponent’s stick. Any part of a stick may be checked, in a direction toward the body, if the check is controlled. No player’s stick may hit or cause an opponent’s stick to hit an opponent’s body.
- e. **Dangerous Stick in the Sphere:** Holding one’s stick within the sphere around the face or throat of an opponent.
- f. **Detaining:** Detaining an opponent at any time by holding or pushing against one’s body, clothing, or stick with an arm, leg, body, or stick. A player may not hold one’s stick in such a manner as to restrain or hold back an opponent.
- g. **Empty Stick Check:** Rather than playing the ball, preventing an opponent from playing the ball by checking an opponent’s stick. This applies only if the opponent could have received or gained possession of the ball. Incidental empty stick checks during 50/50 balls are exempt from this rule.
- h. **False Start: The following actions are false starts:**
  1. Self-starting when self-starts are not permitted.

2. Before the whistle on a free position above goal line extended and within 8 meters from the goal circle, stepping into the 8-meter arc or restricted area, or stepping/making any movement simulating the beginning of play within 4 meters of the player taking the free position.
3. Before the whistle on a free position administered at the 12-meter fan or dot, the offender positioned 4m behind, steps or makes any movement simulating the beginning of play.
4. Before the whistle on a free position administered in the critical scoring area, the player taking the free position steps or makes any movement simulating the beginning of play.
- i. **Forcing Through:** While in possession of the ball, trying to force one's stick through an opposing stick(s) in such a way as to cause one's own stick to contact one's own body.
- j. **Holding:** Holding an opponent's stick.
- k. **Hooking:** Using the webbed area of one's stick to hook the bottom end of an opponent's stick.
- l. **Illegal Body Ball: The following actions are illegal body balls:**
  1. If a player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off of one's body while outside the goal circle. For inside the goal circle, see Rule 6-22.d.
  2. If a player, excluding the goalkeeper, touches the ball with one's hand, outside or inside the goal circle; however, a field player while legally in the goal circle may remove a ball lodged in the goal netting or one's clothing with one's hand.
  3. If the goalkeeper bats, throws, catches or carries the ball with their hand when outside the goal circle.
  4. Pushing, flicking or batting the ball into an opponent's body causing the ball to go out of bounds.
- m. **Illegal Cradle:** Holding, with or without cradling, the head of one's stick in front of one's face or a teammate's face, within the sphere or close to one's body, or a teammate's body, making a legal/safe check impossible.
- n. **Illegal Draw:** See Rule 5-8. For penalty administration, see Rule 5-9.
- o. **Illegal Stick:** See Rule 2.
- p. **Illegal Use of the Stick:** Using the stick in a dangerous and/or intimidating manner. For example:
  1. Directly poking or waving the stick near an opponent's face;
  2. Initiating stick-to-body contact and using the shaft of the stick to hit, push or displace an opponent;
  3. Making a sweeping check from behind that contacts an opponent's body;
  4. Reaching across an opponent to check the stick when one is level with or behind her opponent; or
  5. Any other action with the stick that, in the official's opinion, amounts to dangerous or intimidating play.
- q. **Play From Out of Bounds:** Taking an active part in the game when one's foot/feet are out of bounds.

- r. **Pushing:** Pushing an opponent with one's hand or body.
- s. **Squeeze the Head of the Stick:** Using one's hand or body to keep the ball in the stick, that is, squeezing the head of the stick.
- t. **Tripping:** Tripping an opponent, deliberately, or otherwise.
- u. **Warding Off:** Guarding the stick with an arm. If one hand is removed from the stick, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the stick.

## Penalty Administration for Fouls

SECTION 2. The following includes the penalty administration for fouls:

- a. **Outside of the Critical Scoring Area:** For fouls anywhere on the field outside of the critical scoring area, a free position is awarded to the player who was fouled at the spot of the foul, unless the spot of the foul would disadvantage the non-offending team, in which case the free position shall be awarded at the spot of the ball. No player may be within 2 meters of the player awarded the free position. With the exception of self-starts from out of bounds, no free position may be taken closer than 2 meters to a boundary line.
- b. **Critical Scoring Area - Below Goal Line Extended:** For a foul in the critical scoring area and below goal line extended, the free position is awarded to the player who was fouled at the dot nearest to the spot of the foul. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.
- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** For a foul in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, the free position is awarded to the player who was fouled on the 12-meter fan nearest to the spot of the foul. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of a foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle.
- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** For a defensive foul that occurs above goal line extended and within 8 meters from the goal circle, all bodies and sticks must be cleared from the 8-meter arc and restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player will move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team

are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle.

For an offensive foul that occurs above goal line extended and within 8m from the goal circle, the player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player will move 4m directly behind the player taking the free position. No player may be within 4m of the player awarded the free position. Play will commence on the official's whistle.

For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

### Shooting Space and Three Seconds

SECTION 3. The following includes shooting space and three seconds:

- a. **Shooting Space:** With any part of one's body, guarding the goal outside or inside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player. This rule is in effect when the ball is within the critical scoring area and above goal line extended.
  1. This positioning applies only if initiated by the defensive player and not if an attacking player draws the defensive player into the free space to goal.
  2. This positioning applies only to a defensive player not marking an attacking player within a stick's length.
  3. This foul should be called only if the player with the ball is looking to shoot. If the player with the ball is being double- or triple-teamed and has no opportunity to shoot, the foul should not be called.

Players exempted from this foul include:

1. The goalkeeper; and
  2. Defensive players who are double-or multiple-teaming a player without the ball and are within a stick's length.
- b. **Three Seconds:** While defending within the 8-meter arc, remaining in that area more than three seconds unless one is marking an opponent within a stick's length. The count for this rule is in effect when the team in possession of the ball crosses the ball over the restraining line into its offensive end.

The defense is not exempt from the three-second rule by virtue of double-teaming/multiple-teaming an off-ball attacking player in the 8-meter arc. The three-second count will continue against the original non-marking defensive player within the 8-meter arc, until there is again only one defender on the off-ball attacker.

A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle is exempt from the three-second rule, but is responsible to simultaneously abide by shooting space. A defensive player who is marking an unmarked opponent who is standing directly behind the goal circle cannot be penalized for the three-second rule when drawn into a double- or multiple-team by the attacking off-ball players.



A defensive player within the arc will not be exempt from the three-second rule by merely stepping into the goal circle and then directly back into the arc. The three-second count would continue in this instance. The defensive player may exit the arc by moving through and out of the goal circle in order to avoid a three-second call.

### **Penalty Administration for Shooting Space and Three Seconds**

SECTION 4. For all shooting space and three second fouls, all bodies and sticks must be cleared from the 8-meter arc and restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper was not in violation of the three seconds rule. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle.

- a. **Shooting Space:** The player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player will move to the 12-meter fan, 4 meters directly behind the player taking the free position. For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.
- b. **Three Seconds:** The free position is administered at the hash mark nearest to the spot of the ball on the 8-meter arc, when the whistle is blown. The attacking player in possession of the ball or nearest to the ball, when the whistle is blown, takes the free position. The offending player in three seconds will move to the 12-meter fan, 4 meters directly behind the player taking the free position. For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

### **Non-Engagement Fouls**

SECTION 5. The following are non-engagement fouls:

- a. **Delay Moving Away:** Failure to move 2 meters away from the player awarded the free position.
- b. **Violation of Non-Engagement Area:** Prior to a self-start or play commencing on the official's whistle, a player steps or makes any movement, with one's stick or body, into the 2-meter circle (area of circle = 33.18 feet) surrounding the player awarded the free position.

### **Penalty Administration for Non-Engagement Fouls**

SECTION 6. The following includes the penalty administration for non-engagement fouls:

If any player delays moving 2 meters away or violates the 2-meter non-engagement area with her stick or body prior to the player who has been awarded the free position self-starting or play commencing on a whistle, the official will call a timeout and provide a verbal warning to the offending player

and offending team's bench, including the offending team's head coach. A free position will be awarded to the player taking the original free position at the spot of the original free position. No player may be within 2m of the player taking the free position. Play will commence on the official's whistle.

The first non-engagement foul that necessitates a warning counts toward the multiple-foul count, unless the non-engagement foul occurs after the attacking team has crossed over the restraining line into their offensive end.

All subsequent delays moving 2 meters away and violations of the 2-meter non-engagement area will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. A free position will be awarded to the opposing team at the spot of the original free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

No free position may be taken closer than 2 meters to a boundary line.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

### Delay of Game Fouls:

SECTION 7. The following are delay of game fouls:

- a. **Delay from Timeout/Halftime:** Failing to be ready to start play after a two-minute team timeout or after halftime. The green card is issued to the team, and the coach must select a player to serve the penalty. The team will commence play with one less player on the field than the team would have commenced play with prior to the delay.
- b. **Delay to Pregame Meeting:** Failure of the head coach to appear at the pregame meeting in a timely manner. The green card is issued to the head coach, and the coach must select a player to serve the penalty. The team will commence play with one less player on the field than the team would have commenced play with prior to the delay.
- c. **Delay with Free Positions in the Critical Scoring Area:** Failure to move 4 meters away on an 8-meter free position, or failure of the offender to move 4 meters behind on a free position in the critical scoring area.
- d. **Eye Protection:** Failure to properly wear eye protection.
- e. **General Delay:** Any type of behavior that, in the official's opinion, amounts to delay.
- f. **Goalkeeper Fouls:** If a goalkeeper attempts to take the draw, lines up between the restraining line during the draw, shoots or scores for their team.
- g. **Illegal Re-entry:** Running out of bounds and re-entering to a more advantageous position.
- h. **Illegal Stick Request:** Requesting any additional stick inspections beyond the three allowed per team.
- i. **Illegal Substitute/Substitution:** See Rule 5-39. For penalty administration, see Rules 5-40 through 5-43.
- j. **Illegal Switching of Sticks:** Switching sticks with a stick from the bench area without entering and exiting the field through the substitution area.

- k. **Illegal Timeout:** A team requesting more than three timeouts.
- l. **Jewelry:** Taking part in the game if the player is wearing jewelry.
- m. **Mouthpiece:** Failure to properly wear a mouthpiece.
- n. **Multiple Fouls:** If the defending team commits a third foul before the attacking team crosses over the restraining line into their offensive end. The foul count begins with any foul committed during the administration of the draw, or if play is not commenced with a draw, the foul count begins when a team gains possession anywhere on the field outside of their offensive end. An offside foul counts toward the multiple-foul count if the defending team is offside before the ball has crossed into the attacking team's offensive end. The first non-engagement foul that necessitates a warning counts toward the multiple-foul count, unless the non-engagement foul occurs after that attacking team has crossed over the restraining line into their offensive end. If an official holds their whistle for a foul and indicates the advantage of the attacking team, this foul does not count towards the multiple-foul count, unless the foul is administered. The multiple-foul count ends once an attacking team crosses over the restraining line into their offensive end, and the multiple-foul count does not continue or reset even if in the same possession, the attacking team passes or carries the ball outside of their offensive end. The multiple-foul count only resets once there is a change of possession and the team that gains possession is outside of their offensive end. The green card is issued to the player who committed the third foul.
- o. **No Stick:** Taking part in the game if the player is not holding one's stick.
- p. **Repetitive False Starts:** If throughout the course of a game, a team repeatedly false starts.
- q. **Repetitive False Starts on 8-Meter Free Position:** If a defensive team false starts on an 8-meter free position and then after the free position is reset, the defensive team false starts again, a green card will be issued to the player who committed the second false start. The carded player must leave the field to serve the one-minute releasable penalty. The player who committed the first false start remains 4 meters behind the free position, unless that player also committed the second false start. In that scenario, the player that committed both false starts serves the one-minute penalty, and another defensive player must go 4 meters directly behind the free position.
- r. **Repetitive Self-Starts:** If throughout the course of a game, a team repeatedly self-starts more than 5 yards from the spot of the foul to gain an advantage.
- s. **Throwing a Stick:** Throwing one's stick in any circumstance.

### **Penalty Administration for Delay of Game Fouls**

SECTION 8. The following includes the penalty administration for delay of game fouls:

- a. **Outside of the Critical Scoring Area:** Delay of game fouls anywhere on the field outside of the critical scoring area will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player, unless indicated otherwise in Rule 6-7. The free position is awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team

in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset. No free position may be taken closer than 2 meters to a boundary line.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- b. **Critical Scoring Area - Below Goal Line Extended:** A delay of game foul in the critical scoring area and below goal line extended will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position is awarded to the non-offending team at the dot nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** A delay of game foul in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position is awarded to the non-offending team on the 12-meter fan nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of a delay of game foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle. The 90-second possession clock is reset.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** A delay of game defensive foul that occurs above goal line extended and within 8 meters from the goal circle will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. All bodies and sticks must be cleared from the 8-meter arc and restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position is awarded to the non-offending team at the hash mark nearest to the spot of the foul that caused

play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock is reset.

An offensive delay of game foul that occurs above goal line extended and within 8m from the goal circle will result in a change of possession, the issuance of a green card, and one-minute releasable penalty to be served by the offending player. The free position is awarded to the non-offending team at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 4 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

## **Green Card**

**SECTION 9.** A green card is a one-minute releasable penalty issued for non-engagement fouls and delay of game fouls. The issuance of a green card resets the 90-second possession clock. No substitutes may take the carded player's place. If the opposing team scores during the one-minute penalty, the carded player will be released from the penalty area and is eligible to re-enter the game. The one-minute releasable penalty for a green card must be served during elapsed playing time, which will carry over to the second half or overtime if necessary. If the half or game, which goes into overtime, ends prior to the administration of the free position, the second half or overtime period will begin with a free position at center for the non-offending team. Player positioning for the draw shall apply. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

**SECTION 10.** Green cards are not included in the card count for a team or individual. If a coach receives a green card, he/she must designate a player on the field to serve the one-minute releasable penalty. All players serving a releasable one-minute penalty for a green card in the penalty area will be released when the opposing team scores, regardless of whether the green cards were issued at the same time/during the same stoppage of play or at different times of the game. All players serving a releasable one-minute penalty for a green card in the penalty area will be released when the opposing team scores even if teammates are serving a yellow and/or red card in the penalty area.

SECTION 11. If the player serving the green card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the carded player will serve an additional one-minute penalty, and no substitute may take the carded player's place. If the player entering early is the player who received the original green card, the player will be removed from the field of play for the remainder of the penalty time and then serve the additional one-minute penalty. If the player entering early is not the player who received the original green card, the official will send a player from the offending team who is closest to the carded player's team bench area off the field, and the player who received the original green card will serve the remainder of the penalty time and then serve the additional one-minute penalty. A change of possession will take place if warranted, and any free position will be awarded at the spot of the ball.

SECTION 12. A team with a player(s) in the penalty area must play short-handed in both its offensive and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal. If a team has more than one player in the penalty area and the opposing team scores, the players serving the one-minute releasable penalties, whether or not that player(s) entered the penalty area first, will be released.

SECTION 13. A player serving a one-minute releasable penalty for a green card may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

### Offside Fouls

SECTION 14. Offside fouls shall be called immediately. In order for a team to be onside a team must:

- a. Have at least five players behind their defensive restraining line.
- b. Have at least four players behind the offensive restraining line.

Any part of the foot on or over the line is considered an offside foul. Players may reach over with their stick to play the ball, as long as no part of the foot is on or over the line.

Players may exchange places during play, but a player should have both feet behind the restraining line before a teammate crosses over the restraining line into their team's offensive or defensive end.

If a team is playing with fewer than 12 players due to injury or other circumstances not relating to carding, the team may have fewer players behind the restraining line. Additionally, if a team is playing with fewer than 12 players as a result of carding, it may play with fewer players behind the restraining line after the penalty for the card has been served.

### Penalty Administration for Offside Fouls

SECTION 15. The following includes the penalty administration for offside fouls:

- a. **Outside of the Critical Scoring Area:** When there is an offside foul and the ball is outside of the critical scoring area, after correcting the offside foul, a free position is awarded at the spot of the ball. The player with the ball or the closest player on the non-offending team to the ball will be awarded the

free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset. No free position may be taken closer than 2 meters to a boundary line.

- b. **Critical Scoring Area - Below Goal Line Extended:** When there is an offside foul and the ball is in the critical scoring area and below goal line extended, the free position is awarded at the dot nearest to the spot of the ball. The player with the ball or the closest player on the non-offending team to the ball will be awarded the free position. The closest player of the offending team to the ball will be moved 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.
- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** When there is an offside foul and the ball is in the critical scoring area, above goal line extended, and more than 8m from the goal circle, the free position is awarded on the 12-meter fan nearest to the spot of the ball. The player with the ball or the closest player on the non-offending team to the ball will be awarded the free position. The closest player of the offending team to the ball will be moved 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. For a free position that is the result of an offside foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. The 90-second possession clock is reset.
- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** When there is an offside foul and the ball is above goal line extended and within 8 meters from the goal circle, all bodies and sticks must be cleared from the 8-meter arc and restricted area. The player with the ball or the closest player on the non-offending team to the ball will be awarded a free position at the hash mark nearest to the spot of the ball on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The closest player on the offending team to the ball will be moved 4 meters directly behind the player taking the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock is reset.

For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

- d. **Both Teams Offside:** If players from both teams are offside, alternate possession will be awarded either at the dot if the ball is in the critical scoring area, or at the spot of the ball, except that no alternate possession is taken within 2 meters of the boundaries. The players nearest to the restraining line from both teams will move back onside. The player on the team that is awarded alternate possession and is closest to the spot of the ball will take



the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock only resets if there is a change of possession.

### Goal Circle Fouls

SECTION 16. Outside of the goalkeeper, one of the following criteria must be met in order for a player to enter or to have one's feet, body or stick on or over the goal circle at any time:

- a. On a shot, the shooter may follow through with their stick over the goal circle; however, the shooter's feet must not touch the goal circle. The shooting motion must be initiated from outside the goal circle.
- b. On a shot, the player(s) directly defending the shooter may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick.
- c. Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.
- d. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may only play the ball if both of their feet are within the goal circle. Defenders must immediately leave the goal circle when their team loses possession of the ball.
- e. Players on the defending team in their defensive end of the field may go into the goal circle to prevent a rolling ball from crossing the goal line.
- f. Any defender moving through the goal circle must still abide by all provisions of the shooting space rule.
- g. A ball on the ground or in the air within the goal circle constitutes possession for the defending team.
- h. No defensive player outside the goal circle may reach in to play the ball unless they are directly defending the shooter, and have either blocked the shot or checked the shooter's stick, and are playing the ball in the air. The defensive player standing in the goal circle and marking the player with the ball within a stick's length may play the ball on the ground or in the air as a result of a check or blocked shot.

SECTION 17. The goalkeeper or any defender while within the goal circle:

- a. Must clear the ball within 10 seconds after it has entered the goal circle.
- b. Must remove a ball lodged in their clothing, or if the goalkeeper, their protective equipment, place it in their stick, and proceed with the game.
- c. May reach out their stick and bring the ball back into the goal circle provided no part of their body is grounded outside the goal circle.

SECTION 18. While within the goal circle, only the goalkeeper may:

- a. Stop a shot with their body as well as their stick.
- b. Stop the ball with their hand; if the goalkeeper catches the ball with their hand, the goalkeeper must put it in their stick and proceed with the game.



SECTION 19. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not return the ball to its goal circle until an opponent has played the ball.

SECTION 20. When the goalkeeper or any defender is outside the goal circle:

- a. The goalkeeper/defender may only re-enter the goal circle without the ball.
- b. The goalkeeper/defender may propel the ball into the goal circle and then follow it in.
- c. The goalkeeper/defender must return to the goal circle to play the ball if it is inside the goal circle.

### **Penalty Administration for Goal Circle Fouls**

SECTION 21. The penalty for goal circle fouls is a free position awarded to the non-offending team at the dot nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. The offending player, except the goalkeeper, shall be placed 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

If the goal circle foul is committed by the attack and the ball remains in the goal circle, the free position is awarded to the goalkeeper within the goal circle, and the offending player shall be placed 4 meters directly behind the goal circle. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

### **Mandatory Card Fouls**

SECTION 22. The following fouls necessitate the issuance of a card:

- a. **Check to the Head:** No player's stick may hit or cause their opponent's stick to hit the opponent's head.
- b. **Dangerous Follow-Through:** Following through with their stick in a dangerous or uncontrolled manner at any time. This foul is inapplicable if the goalkeeper moves into the path of the follow-through.
- c. **Dangerous Propelling:** Propelling the ball with their stick in a dangerous or uncontrolled manner at any time. Any shot directed at or taken without regard to the positioning of a field player is dangerous propelling. This foul is inapplicable if the goalkeeper moves into the path of the ball.
- d. **Illegal Body Ball in Goal Circle (Red Card):** If a player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off of one's body while inside the goal circle.
- e. **Misconduct:** The following are misconduct fouls:
  1. Excessively rough, dangerous or unsportsmanlike play.
  2. Repeated, persistent or flagrant violation of the rules.
  3. Deliberately endangering the safety of an opposing player.
  4. Baiting or taunting that is intended or designed to embarrass, ridicule or demean others.
  5. Excessive dissent or abusive language.
  6. Coach leaving his/her coaching area. See Rule 1-14.

7. Any deliberate attempt to impede the officials from obtaining the goal-scorer's stick.
8. Any type of behavior that, in the official's opinion, amounts to misconduct.
- f. **Slash:** Swinging the stick at an opponent with deliberate viciousness or recklessness.

### **Penalty Administration for Mandatory Card Fouls**

SECTION 23. A mandatory card foul results in the issuance of a yellow or red card and reset of the 90-second possession clock. A yellow card may be a two-minute releasable or non-releasable penalty. A non-releasable yellow card is issued when it is the team's fourth or subsequent yellow card or for violations of Appendix E, excluding pocket depth. The total team card count to four includes both yellow and red cards, but not green cards. A red card is always a two-minute non-releasable penalty. The issuance of cards should be considered a warning to all players. The penalty for cardable offenses must be served during elapsed playing time, which will carry over to the second half or overtime if necessary. If the half or game, which goes into overtime, ends prior to the administration of the free position, the second half or overtime period will begin with a free position at center for the non-offending team. Player positioning for the draw shall apply. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

- a. **Outside of the Critical Scoring Area:** A mandatory card foul anywhere on the field outside of the critical scoring area will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position is awarded to the player who was fouled at the spot of the foul that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. If the card is not for a misconduct foul committed against an opposing player, any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. The 90-second possession clock is reset. No free position may be taken closer than 2 meters to a boundary line.

If the player issued the yellow/red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- b. **Critical Scoring Area - Below Goal Line Extended:** A mandatory card foul in the critical scoring area and below goal line extended will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position is awarded to the player who was fouled at the dot nearest to the spot of the foul that caused play to stop. If the card is not for a misconduct foul committed against an opposing player, any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

If the player issued the yellow/red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

**c. Critical Scoring Area - Above Goal Line Extended, More than 8 Meters**

**From the Goal Circle:** A mandatory card foul in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position is awarded to the player who was fouled on the 12-meter fan nearest to the spot of the foul that caused play to stop. If the card is not for a misconduct foul committed against an opposing player, any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of a mandatory card foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle. The 90-second possession clock is reset.

If the player issued the yellow/red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

**d. Critical Scoring Area - Above Goal Line Extended, Within 8 Meters**

**From the Goal Circle:** A mandatory card foul that occurs above goal line extended and within 8 meters from the goal circle will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. All bodies and sticks must be cleared from the 8-meter arc and restricted area. The free position is awarded to the player who was fouled at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. If the card is issued for a misconduct foul not committed against an opposing player, any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock is reset.

For any free position that is administered at the hanging hash or first inside hash, players are permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

If the player issued the yellow/red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

An offensive mandatory card foul that occurs above goal line extended and within 8 meters from the goal circle will result in a change of possession and the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position is awarded to the player who was fouled at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging

hash mark. If the card is issued for a misconduct foul not committed against an opposing player, any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 4 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

If the player issued the yellow/red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

## **Yellow Card**

SECTION 24. The player receiving the yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time. No substitutions may take the carded player's place. If the opposing team scores during this time, the carded player will be released from the penalty area and is eligible to re-enter the game, unless serving a non-releasable yellow card penalty.

SECTION 25. If the player serving the yellow card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the carded player will serve an additional two-minute penalty though no additional card will be administered and no substitute may take the carded player's place. If the player entering early is the player who received the original yellow card, the player will be removed from the field of play for the remainder of the penalty time and then serve the additional two-minute penalty. If the player entering early is not the player who received the original yellow card, the official will send a player from the offending team who is closest to the carded player's team bench area off the field, and the player who received the original yellow card will serve the remainder of the penalty time and then serve the additional two-minute penalty. A change of possession will take place if warranted, and any free position will be awarded at the spot of the ball. Should the opposing team score a goal during the remainder of the original penalty time, the original penalty will be considered complete. The added two minutes will begin once the original time is over, either because the full two minutes has expired, or because the opposing team has scored a goal. If the opposing team scores a goal during the added two minutes, the player will be released.

SECTION 26. A team with player(s) in the penalty area must play short-handed in both its attacking and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal if the penalty is releasable. If a team has more than one player in the penalty area and the opposing team scores, the player serving the first releasable penalty, whether or not that player entered the penalty area first, will be released. If a team has two players who received releasable cards at the same time, both players will be released if the opposing team scores during the penalty time. Any player serving a non-releasable yellow card penalty must serve the full two-minute penalty.

SECTION 27. A player serving a releasable yellow card penalty may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

SECTION 28. A player who receives a second releasable yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take the carded player's place during that two-minute period. The player will be suspended from further participation in that game. Once the penalty time has expired, or if the opposing team scores a goal, the team may substitute another player for the player who has been suspended.

### **Red Card**

SECTION 29. The official has the power to eject without any previous warning a player, coach or team personnel guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. This immediate ejection will be noted by issuing a red card. The player receiving the red card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take the player's place during that two-minute period. A red card is a non-releasable penalty. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected. Any player or coach who has received a red card will be prohibited from participating in the team's next game. The next game suspension will carry over to the following season if the ejection occurs during the team's last game.

SECTION 30. A player or coach serving a game suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel and/or game officials from the start of the game to its completion, including any overtime periods. While the suspended coach or player is allowed on the field and in the bench area during pregame activities, the suspended player may not be dressed in the player's game uniform, and the suspended player may not take part in any warm-up activities.

SECTION 31. If the player serving the red card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the ejected player will serve an additional two-minute penalty, and no substitute may take the ejected player's place. If the player entering early is the ejected player, the player will be removed from the field of play for the remainder of the penalty time and then serve the additional two-minute penalty. If the player entering early is not the ejected player, the officials will send a player from the offending team who is closest to the ejected player's team bench area off the field, and the ejected player will serve the remainder of the penalty time and then serve the additional two-minute penalty. A change of possession will take place if warranted, and any free position will be awarded at the spot of the ball.

### **Goalkeeper Carded**

SECTION 32. If the player receiving the yellow card is the goalkeeper and there is no second dressed goalkeeper for the goalkeeper's team, the carded goalkeeper must remain in the game, and the team's coach must designate another player who must leave the field and enter the penalty area for the two-minute period.

SECTION 33. If the goalkeeper receives a second yellow card, the goalkeeper will be suspended from further participation in that game. The team must substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach must designate another player who must leave the field for two

minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time.

SECTION 34. If the goalkeeper receives a red card, the goalkeeper will be ejected from the game. The team must substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the ejected goalkeeper for two minutes of elapsed playing time.

SECTION 35. If the goalkeeper is carded and either remains on the field because there is no second dressed goalkeeper, or is replaced by the second dressed goalkeeper, the goalkeeper on the field must move 4 meters directly behind the player taking the free position; however, if a goal is scored and the free position as a result of the card will take place at the center, the goalkeeper or the goalkeeper's substitute may remain in the goal circle for the restart of play.

### **Coach Carded**

SECTION 36. A yellow or red card issued to the head coach will result in a player being removed from the field. The head coach must designate a player who must leave the field and enter the penalty area to serve the penalty time. A consecutive card issued to the same player during the same stoppage of play will not result in any additional player being removed from the field.

SECTION 37. The head coach is responsible for the behavior of anyone in the team bench area and will receive any card issued for lack of bench decorum. In the event the head coach is warned, suspended or ejected, play is restarted within one minute with a free position to the opponent nearest to the ball when play was stopped. Any head coach who is suspended or ejected must leave the area, including the spectator area, of the game. In the event that any team follower is to be warned or suspended, the head coach may be assessed the penalty. In the event the head coach does not effectively control the actions of the team's spectators, the head coach may be assessed a card.

### **Postgame Misconduct**

SECTION 38. If a situation occurs after the game ends and before the official leaves the playing venue where conduct occurs that would warrant a red card during play, the official can issue a postgame ejection to the offending player or coach to be served in the team's next game. The official must inform his/her assigner or the offending team's head coach or game administrator immediately after the game to report the ejection.

### **Officiating Mechanics for Free Positions Above Goal Line Extended, Within 8 Meters From the Goal Circle**

SECTION 39. Procedurally, after a whistle has been blown for a foul that warrants a free position above goal line extended and within 8 meters from the goal circle, the lead official will walk into the 8-meter arc, holding their arm up while directing the player with the ball and the offender. At this time, players are expected to clear the restricted areas. When all players have cleared the restricted areas, the official will lower their raised arm and back out of the 8-meter arc. When in proper position to restart play, the official will then raise their arm

again, and simultaneously whistle and drop their raised arm to administer the free position. The Trail and C officials shall watch the restricted areas. If a player enters the restricted areas after the official has lowered their arm and cleared the 8-meter arc, and before the whistle to commence play, it is a false start.

## **Special Situations and Administrations**

### **Simultaneous Whistle**

SECTION 40. If there is a whistle blown for a defensive foul simultaneous with or immediately following a shot and the shot results in a goal, the goal shall count, and the penalty shall not be administered, unless the foul is a cardable foul. The penalty administration for a cardable foul is a free position at the center circle for the non-offending team and player positioning for the draw shall apply. Any player from the team awarded the free position may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock is reset.

If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper maintains possession of the ball, either through a save or the ball coming to rest within the goal circle, the penalty shall not be administered. Play will commence on the official's whistle. The 90-second possession clock is reset. In all other scenarios, the free position is administered.

## **Slow Whistle**

### **Implementation of Slow Whistle**

SECTION 41. A slow whistle is a held whistle for a foul by a defensive player in the critical scoring area when an attacking player is on a scoring play. The official will indicate this slow whistle by raising a yellow flag vertically above his/her head.

SECTION 42. A slow whistle is in effect when an attacking player in the critical scoring area is on a scoring play and is fouled by the defense, but retains possession of the ball, or when an attacking player in the critical scoring area is on a scoring play and a foul is committed against an attacking teammate without the ball.

SECTION 43. The official immediately blows the whistle when there is a shooting space foul or **offside foul**. The official may, at any time after the flag, blow the whistle to halt potentially dangerous play.

### **Scoring Play**

SECTION 44. A scoring play is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is completed when:

- a. A shot is taken.
- b. The attacking team loses possession of the ball. A bounce pass is not considered a loss of possession.
- c. The attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose their forward momentum.

d. The attacking team fouls.

### **Enforcement of Slow Whistle**

SECTION 45. If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the official lowers the flag, and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded at the hash mark nearest to the spot of the ball on the 8-meter arc when the whistle is blown, if:

- a. The attacking team does not shoot and the scoring play ends.
- b. The shot is affected by the foul so that no advantage is gained.
- c. A cardable foul is committed by the defense.

The attacking player who was fouled in possession of the ball, or nearest to the ball when the whistle is blown, takes the free position.

SECTION 46. During a slow whistle situation, if there are additional fouls by the defense, the attack will be awarded the ball at the 8-meter hash mark nearest to the spot of the ball, when the whistle is blown, at the end of the unsuccessful scoring play.

SECTION 47. If during a slow-whistle situation, the attacking player or one of the attacking player's teammates commits a foul, it will be treated as an offsetting foul, and alternate possession will be awarded either at the dot if the ball is in the critical scoring area, or if outside of the critical scoring area, at the spot of the ball, except that no alternate possession is taken within 2 meters of the boundaries. The player on the team that is awarded alternate possession and is closest to the spot of the ball shall take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock only resets if there is a change of possession.

### **Almost Certain Goals**

SECTION 48. If any foul prevented an almost certain goal, the official can remove the goalkeeper from the goal before administering the subsequent free position. The goalkeeper must remain outside of the 8-meter arc and restricted area until play commences on the official's whistle.

Additionally, for any free position that is administered at the hanging hash or first inside hash, the goalkeeper is permitted in the pie-slice shaped area opposite the free position, but not in the pie-slice shaped area closest to the free position.

### **Unsportsmanlike Act of a Violent Nature**

SECTION 49. Any unsportsmanlike act of a violent nature by a player or coach occurring anywhere on the field may be penalized at the 8-meter arc of the offending team. The free position is taken by the closest player on the field to the center hash mark. All bodies and sticks must be cleared from the 8-meter arc and restricted area. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock is reset.



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# RULE 7

## Definition of Terms

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### **2-Meter Non-engagement Area**

The 2-meter circle (area of circle = 33.18 feet) surrounding a player taking a free position. Players' sticks and bodies may not cross into the 2-meter circle until play is commenced by either a self-start or the official's whistle.

### **8-Meter Arc**

This is the area in front of each goal circle inscribed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.

### **Blocking**

This takes place when a player moves into the path of an opponent without giving the opponent a chance to stop or change direction, and causing contact. When a player is running to receive the ball, a “blind-side” defensive player must give their opponent a chance to stop or change direction.

### **Charging**

This takes place when the player with the ball charges, barges, pushes into, lowers one's head and shoulders or backs into, and makes bodily contact with an opponent who has already established their position. It is not required that the opponent be in a stationary position.

### **Checking**

This is an attempt to dislodge the ball from an opponent's stick by using controlled stick-to-stick contact.

### **Clear**

This is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

### **Clear Space**

This indicates the space between players that is free of sticks or any parts of the body.

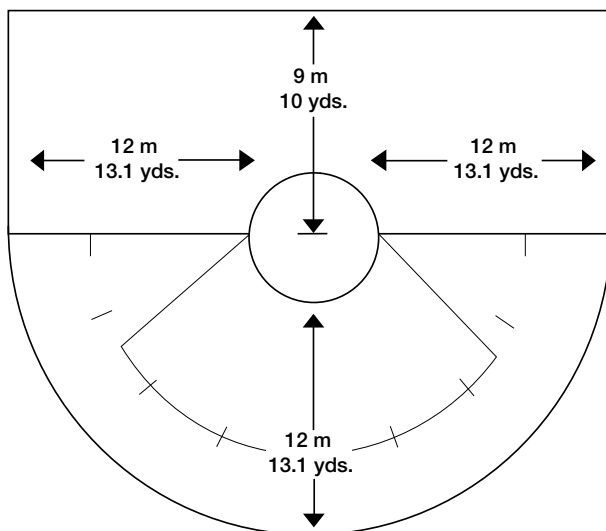
### **Coaching Area**

This is the area on the bench/table side of the field extending from the substitution area to his/her end line, and up to the sideline.

### **Critical Scoring Area**

The critical scoring area is an area located at the end of the field. Its boundaries are approximately 12 meters (13.1 yards) in front of the goal circle to 9 meters

(10 yards) behind the goal line extended and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field, and this will be called in the judgment of the official using the 12-meter fan, dots, and end line as helpful references.



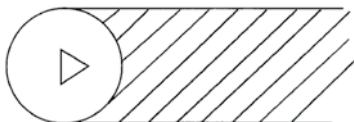
## Critical scoring area

### Defensive End

Extending across the width of the field, the 30 yds. from the goal line to the restraining line where a team is defending their own goal cage.

### Directly Behind the Goal Circle

This is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.



Directly behind the goal circle

### Field Player

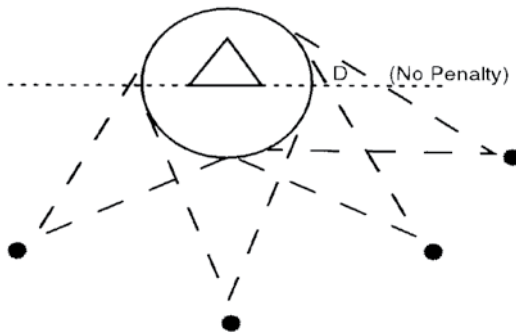
This is any player other than the goalkeeper. It is a defensive or attacking player whose primary responsibility encompasses an area outside the goal circle, and to whom no special privileges have been awarded according to the rules.

### Free Position

This is the penalty awarded for any foul. The player taking the free position may run, pass or shoot.

### Free Space to Goal

This is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defensive player will be penalized if positioned below the extension of the goal line.



**Free space to goal**

### Green Card

This is issued for a delay of game foul and results in a one-minute releasable penalty.

### Grounded

This refers to any part of the goalkeeper's (or a defender's) body touching the ground outside the goal circle while the goalkeeper (or defender) attempts to play the ball from inside the goal circle.

### Held Whistle

This is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession, and calling the foul would disadvantage the non-offending team.

### Lower Side of the Stick

This refers to the wood on a wooden stick and to the right side of a plastic stick as one looks at the stick with the pocket facing the player.

### Marking

This is guarding an opponent within a stick's length.

**Non-releasable Penalty**

Any red card offense, yellow card issued for a violation of Appendix E excluding pocket depth, or fourth or subsequent yellow card issued to the same team, will be considered a non-releasable penalty. A player will serve the full two-minute penalty and will not be released back into the game under any circumstances.

**Offensive End**

Extending across the width of the field, the 30 yds. from the goal line to the restraining line where a team is shooting on their opponent's goal cage.

**Offsetting Fouls**

When a player from each team commits a foul during the same play, or when the attacking team commits a foul during a slow whistle situation.

**Offside**

This refers to a team with more players over the restraining line than are allowed by the rules.

**Penalty Area**

This is the area directly in front of the scorer's/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.

**Pick**

This is a technique in which a player without the ball, by her positioning, forces the opponent to take another route. To be legal, the picker shall stay within their vertical plane with a stance no wider than shoulder width apart, and shall not lean into the path of an opponent or extend hips into that path, even though feet are stationary. The picker is not required to face any particular direction at any time. The picker must give their opponent a chance to stop or change direction.

**Pie-slice Shaped Area**

The area within 8 meters of the goal circle, above goal line extended, from the outside edge of the 8-meter arc to the goal line extended.

**Played**

This refers to an action whereby the ball leaves the player's stick and is touched by another player, the player's stick is checked stick to stick by an opposing player or play is stopped due to a foul by the defense. The ball does not have to be successfully dislodged from the stick.

**Possession**

A player is in possession of the ball when the ball is in the player's stick and the player can perform any of the normal functions of control, such as cradle, carry, pass or shoot.

**Propelled Action**

A ball released from a stick into the air and eventually drops to the ground.

**Red Card**

This is given to an offending player, coach or any team personnel who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.

**Releasable Penalty**

A green card or yellow card offense, unless the yellow card is issued for a violation of Appendix E, excluding pocket depth, will be considered a releasable penalty. A player will be released from the penalty area once the one-minute (green) or two-minute (yellow) penalty has been served, or if the opposing team scores a goal. If a player has received a second yellow card, the carded player may not return to the game, but the carded player's team may substitute another player after the penalty has been served.

**Restraining Line**

This is a solid line at each end of the field 27 meters (30 yds.) up field from the goal line that extends fully from one side of the field to the other side.

**Restricted Area**

An imaginary rectangle consisting of a line parallel to the end line that connects the dots, a line across the top of the goal circle, extending out to the width of the dots, and then two lines that connect the two lengths of the rectangle, which run parallel to the sidelines.

**Scoring Play**

This is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is complete when:

- a. A shot is taken.
- b. The attacking team loses possession of the ball.
- c. The attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose forward momentum.
- d. The attacking team fouls.

**Shot on Goal**

This is a shot where either the stick and/or body of the player taking the shot are positioned above goal line extended.

**Slashing**

This is the swinging of a stick at an opponent's stick or body with deliberate viciousness or recklessness, whether or not the opponent's stick or body is struck.

**Slow Whistle**

This is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.

**Sphere**

This is an imaginary area of 18 centimeters (7") (the average width of the head of a stick) surrounding a player's head.

**Step**

This is the act or movement of lifting and setting down one's foot to a new position in any direction.

**Stop-Clock**

This means that the clock stops after each goal unless there is a 10 or more goal differential and during sudden-victory overtime.

**Subsequent Foul**

This is a foul that occurs after the initial foul has been called. For example, a player is awarded a free position because of a foul by the opponent but then before play starts the player or the player's team commits another foul such as taunting the opponent.

**Substitution Area**

This is the area in front of the scorer's/timer's table, centered at midfield, and sectioned off by two hash marks that are each 4.5 meters (5 yards) from the center line of the field.

**Team Bench Area**

This is the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's/timer's table extended.

**Toeing the Line**

This refers to the placement of the foot up to, but not on, the center line.

**12-Meter Fan**

This is a semicircle area in front of each goal circle bounded by an arc 12 meters (39'4") from the goal circles.

**Within a Stick's Length**

This is when any part of the opponent's body is inside a stick's length. The length of a stick only, not stick and body, is the distance a player must be to one's opponent to be actively marking one's opponent.

**Yellow Card**

This is given as a warning to an offending player, coach or team personnel. A second yellow card to the same individual will result in a suspension, prohibiting the individual from further participation in the game.

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# Appendix A

## Pregame Protocol

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This pregame protocol must be followed for every game and will allow for a standard warm-up procedure at every venue.

A 3 p.m. game time is used in this example:

<b>Real Time</b>	<b>Clock Time</b>	<b>Activity</b>
1:50	60:00	Field Open
2:40	10:00	Coaches/Officials Meeting
2:45	05:00	Captains Meeting
2:50	00:00	Clear Field/Stick Check
2:55	00:00	Lineups Announced
2:57	00:00	National Anthem
3:00	00:00	Opening Draw

When an adjustment is necessary because the game is on TV or radio, there must still be 10 minutes before the start of the game when the clock is at 00:00. The protocol may be modified for special events (senior day, field dedications, etc.) provided the visiting team is notified and agrees before the game, and the officials are notified before the game.

As part of the pregame protocol, once a team's sticks are checked, the sticks should not be removed from the field of play before the start of the game. If the team or an individual player leaves the field for any reason after the completion of the stick check, all sticks must remain in the bench area. Game officials may amend this policy in situations, such as inclement weather, when teams return to the locker rooms.

Once the pregame countdown clock has started, each team will conduct any pregame warm up on its half of the playing field only.

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# Appendix B

## Official Signals

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*Additional officiating signals are currently being developed. A full listing of signals with illustrations is available on both the NCAA and US Lacrosse websites.*

### **Description of Arm Signals**

**ALTERNATE POSSESSION** (when no offsetting fouls): Place palms in front of stomach, begin with elbows at 45 degree angles, and then extend arm out on the side that indicates direction of possession.

**BLOCKING**: Place open hands on the hips and move them to touch hips with in-and-out motion.

**CHECK TO THE HEAD**: Make a chopping motion with the hand close to the head.

**COVER**: Arms extended downward in front of body with the right palm held on top of the left palm.

**DANGEROUS FOLLOW-THROUGH AND DANGEROUS PROPELLING**: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. Fist of lower hand down, fist of upper hand up like a stick would be held.

**DANGEROUS STICK IN THE SPHERE**: Move hand with open palm over the head in an arching motion from one shoulder to the other.

**DETAINING**: Place fists (one up, one down) in horizontal position in front of hips.

**DIRECTION OF POSSESSION**: Point with open hand in the direction of play.

**EMPTY STICK CHECK**: Use the right hand with clapping motion on the left hand.

**FORCING THROUGH**: With open palm, push out away from the face followed by the Offensive Foul signal.

**GOAL**: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.

**GOAL CIRCLE FOUL**: Simultaneous directional signal with one arm, and chopping motion toward the goal circle with the other arm.

**HELD WHISTLE**: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.

**HOLDING**: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.



**ILLEGAL BODY BALL:** Indicate by pointing to the body part that touched the ball.

**ILLEGAL CHECK:** Use the arm to make a large chop motion against the wrist of the opposite arm.

**ILLEGAL CRADLE:** Make a cradling motion using the hand pulled in close to the face.

**ILLEGAL DRAW - EARLY ENTRY** (center circle and restraining line): With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.

**ILLEGAL DRAW - HEIGHT OF THE BALL:** Whistle + Direction Signal.

**ILLEGAL PROCEDURE** (False Start, Delay of Game Fouls, Possession Clock Violation, center draws illegally, etc.): Bend arms at the elbows and circle forearms around each other at chest height.

**ILLEGAL USE OF THE STICK:** Place fists (one up, one down) in horizontal position in front of hips. Then extend arms outward in a pushing motion.

**NO GOAL:** With the arms extended toward the ground, swing them out and in so that they cross each other.

**OFFENSIVE FOUL:** Place one hand behind head and indicate direction of possession with other hand.

**OFFSETTING FOULS:** Extend arms horizontally to the sides with hands in fist, followed by a show of each foul signal.

**OFFSIDE:** Raise an open hand above the head to indicate the foul. Close the fist when making the call.

**POSSESSION CLOCK RESET:** Raise right arm fully extended above the head and using your index finger, which is pointed upward to the sky, draw a circle in a repetitive motion.

**POSSESSION CLOCK START** (when no reset of possession clock): Raise right arm fully extended above the head and have left arm fully extended down the side of the body then switch so that your left arm is fully extended above the head and right arm is fully extended down the side of the body. Continue this rotation twice.

**POSSESSION CLOCK STOP:** Using one hand, perform a repeated tapping motion to the top of your head.

**PUSHING OR BODY CONTACT:** Make a pushing motion with two arms out in front of the body.

**RE-DRAW:** Place crossed palms in front of body, begin with hands together, and then extend them up and out with a quick motion.

**SHOOTING SPACE:** Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.

**SLASH:** Long swiping motion of the extended arm from high to low across the body.

**10-SECOND GOAL CIRCLE COUNT:** One arm, shoulder high, moving from chest (90-degree bend) to full extension.

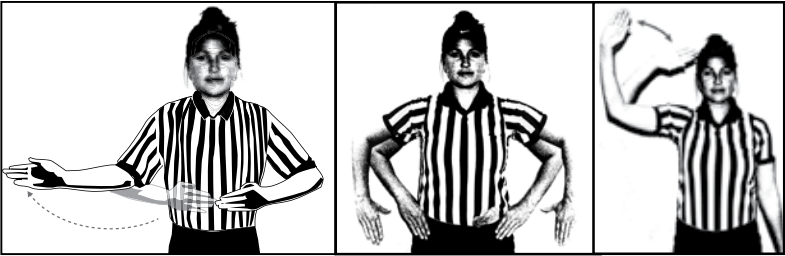
**THREE-SECOND RULE:** Three fingers raised, palm away.

TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.

TIMEOUT: Turn toward the timer and cross fully extended arms at the wrist above the head.

TRIP: Point to the ankle while performing a kicking motion.

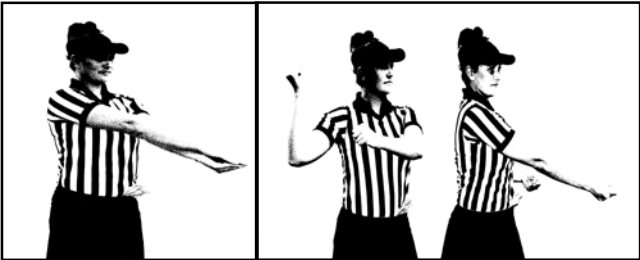
WARDING: Use the forearm in an upward motion away from the body.



**ALTERNATE POSSESSION**  
(when no offsetting fouls)

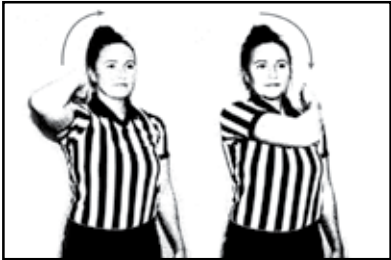
**BLOCKING**

**CHECK TO  
THE HEAD**

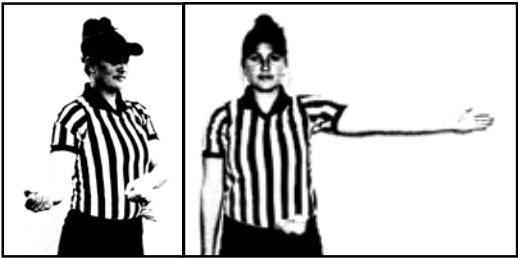


**COVER**

**DANGEROUS FOLLOW-THROUGH  
AND PROPELLING**



**DANGEROUS STICK  
IN THE SPHERE**



**DETAINING**

**DIRECTION OF  
POSSESSION**



**EMPTY STICK  
CHECK**

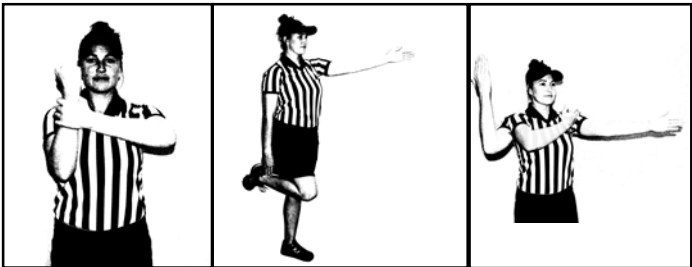
**FORCING THROUGH**



**GOAL**

**GOAL CIRCLE FOUL**

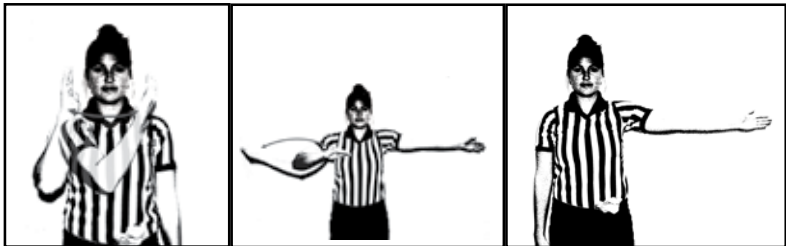
**HELD WHISTLE**



**HOLDING**

**ILLEGAL BODY BALL**

**ILLEGAL CHECK**



**ILLEGAL CRADLE**

**ILLEGAL DRAW -  
EARLY ENTRY**

**ILLEGAL DRAW -  
HEIGHT OF THE BALL**



**ILLEGAL PROCEDURE/  
POSSESSION CLOCK  
VIOLATION**



**ILLEGAL USE OF THE  
STICK**



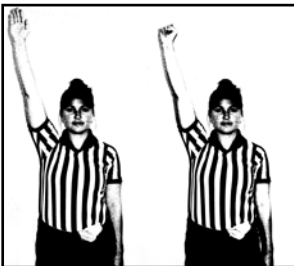
**NO GOAL**



**OFFENSIVE FOUL**



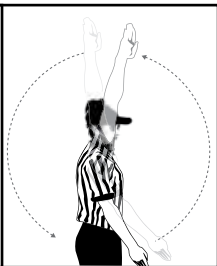
**OFFSETTING FOULS**



**OFFSIDE**



**POSSESSION  
CLOCK  
RESET**



**Possession Clock Start**  
(when no reset of  
possession clock)



**POSSESSION  
CLOCK STOP**



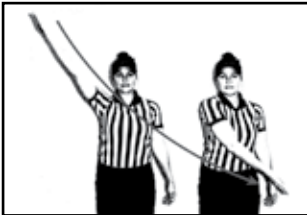
**PUSHING OR  
BODY  
CONTACT**



**RE-DRAW**



**SHOOTING  
SPACE**



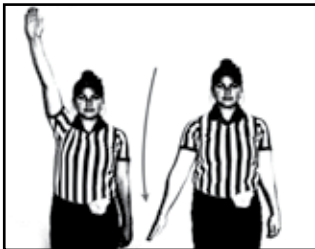
**SLASH**



**10-SECOND GOAL  
CIRCLE COUNT**



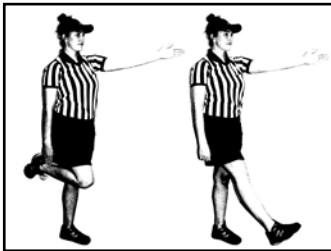
**THREE-SECOND  
RULE**



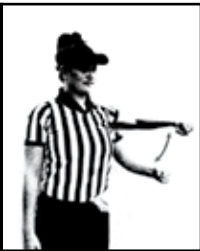
**TIME IN**



**TIMEOUT**



**TRIP**



**WARDING**

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# Appendix C

## Lightning Policy

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Lightning is the most consistent and significant weather hazard that may affect intercollegiate athletics. Within the United States, the National Oceanic and Atmospheric Administration (NOAA) estimates that 40 fatalities and about 10 times that many injuries occur from lightning strikes every year. NOAA estimates that as many as 62 percent of lightning strike fatalities occur during outdoor organized sport activities. While the probability of being struck by lightning is low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed.

Education and prevention are the keys to lightning safety. The references associated with this guideline are an excellent educational resource. Prevention should begin long before any intercollegiate athletics event or practice occurs by being proactive and having a lightning safety plan in place. The following steps are recommended to mitigate the lightning hazard:

1. Develop a lightning safety plan for each outdoor venue. At a minimum, that plan should include the following:
  - a. The use of lightning safety slogans to simplify and summarize essential information and knowledge. For example, the following slogan from the National Lightning Safety Institute is an effective guide: “If you see it, flee it; if you can hear it, clear it.” This slogan reflects the fact that upon the first sound of thunder, lightning is likely within 8 to 10 miles and capable of striking your location. No punishment or retribution should be applied to someone who chooses to evacuate if perceiving that his or her life is in danger due to severe weather.
  - b. Designation of a person to monitor threatening weather and to notify the chain of command who can make the decision to remove a team, game personnel, television crews, and spectators from an athletics site or event. That person must have recognized and unchallengeable authority to suspect activity.
  - c. Planned instructions/announcements for participants and spectators, designation of warning and all clear signals, proper signage, and designation of safer places from the lightning hazard.
  - d. Daily monitoring of local weather reports before any practice or event, and a reliable and accurate source of information about severe weather that may form during scheduled intercollegiate athletics events or practices. Of special note should be National Weather Service-issued thunderstorm “watches” or “warnings,” and the warning signs of developing thunderstorms in the area, such as high winds or darkening skies. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been

reported in an area and for everyone to take the proper precautions. It should be noted that neither watches nor warnings are issued for lightning. An NOAA weather radio is particularly helpful in providing this information.

- e. Identification of, and a mechanism for ensuring access to, the closest safer buildings, vehicles, and locations to the field or playing area, and an estimate of how long it takes to evacuate to that location for all personnel at the event. A safer building or location is defined as:
  - Any fully enclosed building normally occupied or frequently used by people, with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using the shower, plumbing facilities, and electrical appliances, and stay away from open windows and doorways during a thunderstorm.
  - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (neither a convertible nor a golf cart) with the windows shut provides a measure of safety. The hard metal frame and roof, not the rubber tires, are what protects occupants by dissipating lightning current around the vehicle and not through the occupants. It is important not to touch the metal framework of the vehicle. Some athletics events rent school buses as safer locations to place around open courses or fields.
2. For large-scale events, continuous monitoring of the weather should occur from the time pre-event activities begin throughout the event.
3. Venue-specific activity-suspension, venue evacuation, and activity-resumption plans:
  - a. Upon the first sound of thunder, lightning is likely within 8 to 10 miles and capable of striking your location. Please note that thunder may be hard to hear if there is an athletics event going on, particularly in stadia with large crowds. Lightning can strike from blue sky and in the absence of rain. At least 10 percent of lightning occurs when there is no rainfall and when blue sky is often visible somewhere in the sky, especially with summer thunderstorms. Lightning can, and does, strike 10 (or more) miles away from the rain shaft. Be aware of local weather patterns and review local weather forecasts prior to an outdoor practice or event.
  - b. Ensure a safe and orderly evacuation from the venue with announcements, signage, safety information in programs, and entrances that can also serve as mass exits. Planning should account for the time it takes to move a team and crowd to their designated safer locations. Individuals should not be allowed to enter the outdoor venue and should be directed to the safer location.
  - c. Avoid using landline telephones except in emergency situations. People have been killed while using a landline telephone during a thunderstorm. Cellular or cordless phones are safe alternatives to a landline phone, particularly if the person and the antenna are located within a safer structure or location, and if all other precautions are followed.



- d. To resume athletics activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and last flash of lightning. A useful slogan is “half an hour since thunder roars, now it’s safe to go outdoors.” At night, be aware that lightning can be visible at a much greater distance than during the day as clouds are being lit from the inside by lightning. This greater distance may mean that the lightning is no longer a significant threat. At night, use both the sound of thunder and seeing the lightning channel itself to decide on re-setting the 30-minute “return-to-play” clock before resuming outdoor athletics activities.
4. Emergency care protocols: People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need prompt emergency help. If you are in a 911 community, call for help. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strike. Automatic external defibrillators (AEDs) are a safe and effective means of reviving persons in cardiac arrest. Planned access to early defibrillation should be part of your emergency plan. However, CPR should never be delayed while searching for an AED.

**NOTE:** Weather watchers, real-time weather forecasts and commercial weather-warning and lightning monitoring devices or services are all tools that can be used to aid in the monitoring, notification, and decision-making regarding stoppage of play, evacuation and return to play.

## DANGEROUS LOCATIONS

Outside locations increase the risk of being struck by lightning when thunderstorms are in the area. Typically, anything referred to as a “shelter” is not safe from lightning. Dugouts, refreshment stands, open press boxes, rain shelters, golf shelters and picnic shelters, even if they are properly grounded for structural safety, are unsafe and may actually increase the risk of lightning injury. Other dangerous locations include high ground, bodies of water (pools, ponds, lakes) and areas connected to, or near, light poles, towers and fences that can carry a nearby strike to people.

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3. National Lightning Safety Institute website: [www.lightningsafety.com](http://www.lightningsafety.com).
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9. Walsh KM, Cooper MA, Holle R, Rakov V, Roeder WP, Ryan M. *National Athletic Trainer's Association Position Statement. Lightning Safety for Athletics and Recreation. Journal of Athletic Training.* 48(2);258-270. 2013

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# Appendix D

## Blood Guidelines

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*Outlined below is the official US Lacrosse policy regarding the handling of blood/bleeding situations during games. This policy is specific to women's lacrosse and should be followed by all teams in addition to guidelines developed by their schools.*

When a player suffers a laceration or wound in which oozing or bleeding occurs, the game should be stopped at the earliest practical time, and the player should be given appropriate medical treatment. The player may return to the game with the approval of medical personnel (team doctor, trainer or other designated person with medical training). The player may re-enter the game in the same half.

If the official stops the game because a player is discovered to be bleeding, the player must leave the game, and a substitute must enter. If the official stops the game because an injury has occurred, the regular injury timeout procedure is followed. If an injury timeout has been called and it is then determined that it is a bleeding problem, the player must leave the game, even if medical personnel/coach have not come onto the field, and a substitute must enter.

In cases in which a goalkeeper is discovered to be bleeding and is the only dressed goalkeeper for the team, the game should be stopped at the earliest practical time. The goalkeeper should be given appropriate medical treatment, and then may remain in the game.

If there is blood on any part of a player's uniform/personal equipment, medical personnel should determine if the blood has saturated the uniform/equipment enough to require a change. In the absence of medical personnel, the official(s) will make this determination. A uniform is considered saturated when blood has soaked through the uniform to the player's skin or is capable of being transferred to another player. The same saturation criteria should be applied to a player's personal equipment (stick, gloves, knee brace, etc.). If a uniform shirt is changed, the player's new number must be recorded in the scorebook before re-entering the game.

Any playing surface contaminated with blood must be cleaned by appropriate medical personnel before the game is restarted. In the absence of medical personnel, the home team is responsible for properly cleaning the affected area.

The officials will not make medical evaluations. Their responsibility is to keep the playing field clear of players who are bleeding, who have open wounds, or who have uniforms that may be saturated with blood.

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# Appendix E

## US Lacrosse Manufacturer's Specifications for Equipment

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*Coaches and officials should access the latest version of the stick specifications on the NCAA and US Lacrosse websites.*

### All Field Sticks

SECTION 1. The primary intent of the field stick specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from the front or back of the pocket of a stick without an excessively forceful check. A stick may be deemed illegal even though it meets all technical specifications if its design is a clear attempt to circumvent the intent of the rules.

SECTION 2. The head of the stick shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut and any other synthetic material. The shaft of the stick shall be constructed of wood, metal alloy or other composite material. The head of the stick shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft. An exception is that a shaft may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5 cm from the ball stop when the shaft is mounted in the head. The end of all shafts shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The stick shall not have sharp or protruding edges, and shall not be dangerous to players in any way. US Lacrosse approved heads may not be altered. Prohibited alterations to heads include, but are not limited to: baking, drilling additional holes, breaking and/or reconstructing with adhesive material, stretching, pinching and shaving.

SECTION 3. The overall length of the stick shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a stick.

SECTION 4. To determine stick compliance with the linear measurement specifications in US Lacrosse Appendix B, all measurements except for overall stick length shall be made to the nearest 0.01 cm. The allowed deviation from the standard is 0.10 cm.

*Note: If the maximum specified length for a particular measurement is 5.1 cm, then a measurement of 5.20 cm is legal, but 5.21 cm is not legal. If the minimum*

*specified length for a particular measurement is 5.1 cm, then a measurement of 5.00 cm is legal, but 4.99 cm is not legal.*

SECTION 5. The unstrung head and the shaft of a field stick must lie within a 6.55 cm horizontal plane (see Diagram 4).

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

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

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

SECTION 6. The overall length of the head, as measured from the center of the bridge or ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4 cm minimum to 30.5 cm maximum. With the open pocket of the head facing up, all length measurements are taken along the centerline of the shaft.

SECTION 7. The overall outside width of the head of the stick when measured at the widest point at the top of the head shall be 18 cm minimum to 23 cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the shaft.

SECTION 8. Strung pockets must be attached to the bottom of the bottom rail of the head through stringing holes. Mesh pockets are also allowed and do not require the stringing or attachment specifications as outlined above.

SECTION 9. The entire stick (strung head and shaft) shall not weigh more than 567 g.

### **Wooden Field Sticks**

SECTION 10. The head of a wooden field stick is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop (see Diagram 5).

- a. The bridge is the woven ball stop of a wooden stick. The height of the bridge shall be 5.1 cm maximum to 3.2 cm minimum.
- b. As measured from the bridge to the midpoint of the head, the height of the wooden sidewall shall be 4.5 cm maximum to 3.2 cm minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
- c. The guard is the soft woven wall of the head. The height of the guard shall be 7 cm maximum to 3.2 cm minimum.

SECTION 11. The head shall be triangular. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.

- a. The inside width between the sidewalls of the head, as measured 3.2 cm from the center of the bridge, shall be 6.7 cm to 7.6 cm and the outside width of the head shall be 7.6 cm to 10.1 cm.
- b. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the bridge, shall be 7 cm minimum.
- c. The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the bridge, shall be 8 cm minimum.
- d. The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the bridge, shall be 9 cm minimum.
- e. The inside width between the walls at the widest point at the top of the head shall be 15 cm to 16 cm.

### **Plastic/Molded Head Field Stick**

SECTION 12. The head of the plastic/molded head field stick is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop (see Diagram 5).

SECTION 13. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7 degrees from perpendicular to the long axis of the shaft. The height of the ball stop shall be 6.55 cm maximum to 3.2 cm minimum.

*Note: To determine stick compliance with the angular measurement specifications in US Lacrosse Appendix B, all measurements and calculations will be made to the nearest 0.01 degree. The allowed deviation from the standard is 0.44 degrees. If the maximum specified angle is 7 degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.*

SECTION 14. Stop pads shall not be more than 0.5 cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad may not, in any way, interfere with the free movement of the ball within the pocket or affect ball retention.

SECTION 15. The stop area ends and the sidewall begins at 3.4 cm as measured from the center of the ball stop. The sidewall ends and the scoop area begins at the widest point at the top of the head.

SECTION 16. From the beginning of the sidewall at 3.4 cm to the midpoint of the head, as measured from the center of the ball stop to the top of the scoop, the actual height of the sidewalls shall be 4.7 cm maximum to 2.8 cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop.

SECTION 17. There may be no protrusions or outcroppings on the inside surface of the sidewalls that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be allowed. The legality of these protrusions/

outcroppings will be determined by the US Lacrosse Rules Committee upon submission of the stick by the manufacturer.

*Note: If the testing lab determines that a stick contains outcroppings or protrusions on the sidewalls, the stick must be submitted to the US Lacrosse Rules Committee.*

SECTION 18. The head of the stick shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measurements outlined in other sections of US Lacrosse Appendix B (see Diagram 6).

- a. The inside width between the sidewalls of the head, as measured 3.2 cm from the center of the ball stop, shall be 6.7 cm minimum to 8.0 cm maximum. The radius of the ball is 3.2 cm.
- b. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the ball stop, shall be 6.8 cm minimum.
- c. The inside width between the sidewalls of the head, as measured 7.6 cm from the center of the ball stop, shall be 7.4 cm minimum.
- d. The inside width between the sidewalls of the head, as measured 10.2 cm from the center of the ball stop, shall be 8.7 cm minimum.
- e. The inside width between the walls at the widest point at the top of the head shall be 16.0 cm minimum.
- f. The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.

SECTION 19. At all points along the sidewall, the formula outlined below shall be used to determine the maximum slant/angle that the sidewalls of the head may deviate from vertical (see Diagram 8).

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

### **The Pockets (Field Sticks)**

SECTION 20. The nominal diameter of the shooting string nylon cord and sidewall string nylon shall be 0.3 cm maximum. The nominal diameter of pocket nylon shall be 0.3 cm maximum unless fused mesh is utilized to attach the pocket to the head of the stick.

SECTION 21. Field sticks shall have no more than two separate "shooting" strings. "Shooting" strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting strings. "Shooting" strings are not required.

SECTION 22. Any "shooting" string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop, or the top shooting string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop, and the bottom shooting string may be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches of the top outside edge of the scoop. "Shooting" strings may not be

crossed. "Shooting" strings may not touch from outside the outermost thongs to the sidewall.

SECTION 23. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing, or similar items on any part of the pocket. Other materials that may be prohibited: any materials that are sharp/unyielding - i.e., metal or hard rubber material that could be dangerous to another player.

SECTION 24. The combined height of the sidewall and the depth of the natural forward facing pocket containing the ball shall not exceed 6.4 cm, the diameter of the ball. The combined height of the sidewall and depth of the reverse (backside) pocket containing the ball shall not exceed 6.4 cm, the diameter of the ball. The top of the ball must remain visible above the top of the wooden or plastic sidewall after the ball has been dropped into the front and back of the pocket of a horizontally held stick. The top of the ball must remain visible above the sidewall on both sides of the pocket.

SECTION 25. The ball moves freely within all parts of the head of the stick, both laterally and along the full length of the front and back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden stick, or in the ball stop or under the walls of a plastic/molded head stick. The ball must easily fall out of the pocket when the stick is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5" (38.1 mm) diameter.

*Note: The following are some examples that either alone or in combination might cause a lack of free ball movement in the head/pocket: Shooting strings that are not interwoven with the cross lacings and thongs and are allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket; thongs made from a sticky/tacky substance or this type of substance added to the thongs.*

### **Goalkeeper's Stick**

SECTION 26. The stick shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut and any other synthetic material. The shaft of the stick shall be straight and may be constructed of wood, metal alloy or other composite material. The head of the stick shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft. The end of all shafts shall have an end cap, be taped or be sanded smooth, if wood. The stick shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

SECTION 27. The overall length of the stick shall be 90 cm minimum to 135 cm maximum. The end cap is included when measuring the overall length of the stick.

SECTION 28. To determine stick compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01 cm, except for overall stick length. The allowed deviation from the standard is 0.10 cm.

SECTION 29. The unstrung head and the shaft of a goalkeeper's stick shall lie within a 7.6 cm horizontal plane.



- a. No part of the head shall pass beyond a plane 2.5 cm above the centerline of the handle and/or 5.1 cm below the centerline of the shaft.
- b. The top edge of the sidewall shall not be more than 0.6 cm below the centerline of the shaft.

SECTION 30. The head shall have a maximum length of 42 cm. The length of the head is measured from the center of the bridge or ball stop (where the top back edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

SECTION 31. The height of the bridge or ball stop of a goalkeeper's stick shall be 5.4 cm maximum to 3.2 cm minimum. The bridge or plastic wall of the ball stop must not deviate by more than 10 degrees from perpendicular to the long axis of the handle.

SECTION 32. The height of the woven wall of a wooden goalkeeper's stick shall be 7 cm maximum. As measured 3.4 cm from the top center of the bridge or the ball stop, the sidewall begins. The height of the sidewall shall be 5.1 cm maximum to 2.54 cm minimum. The sidewall ends at the widest point at the top of the head.

SECTION 33. The entire head of the stick shall be triangular in concept. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the centerline of the shaft.

- a. When measured 5.1 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 13 cm to 17 cm. The maximum outside width of the head shall be 20 cm.
- b. When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 18.5 cm to 22.5 cm. The maximum outside width of the head shall be 26 cm.
- c. When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 23 cm to 26 cm. The maximum outside width of the head shall be 30 cm.
- d. At the widest point of the head, the inside width between the sidewalls of a plastic/molded head stick shall be 28.5 cm to 30.5 cm. The maximum outside width of the head shall be 33 cm.

SECTION 34. The pocket of the stick may be strung with six or seven longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

SECTION 35. The goalkeeper's stick may have more than two "shooting" strings. Flat laces or nylon cord may be used as "shooting" strings. There are no restrictions regarding the number, design or placement of "shooting" strings in the pocket of a goalkeeper's stick.

SECTION 36. The entire stick (strung head and shaft) shall not weigh more than 773 g.

*Note: The intent of the rule governing the design of the goalkeeper's stick is to disallow any stick to which excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.*

**Stick Certification Procedures:** Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in US Lacrosse Appendix B, a report noting this compliance will be sent to the US Lacrosse Women's Game Senior Manager and Rules Committee Chair. The stick will then be listed on the US Lacrosse website as legal for use in the United States. If a stick has been submitted to the testing lab and it is determined that it meets all Federation of International Lacrosse (FIL) specifications, it will automatically be considered legal for use in the United States. These sticks will also be listed on the US Lacrosse website. For more information about the testing procedures, please contact the US Lacrosse Rules Committee Chair.

The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing; however, only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the US Lacrosse website will be contingent on the submission to the testing lab of a final production model that meets all specifications.

Approved stick heads and/or pockets may not be sold as US Lacrosse approved if the head, the pocket, or how the pocket is attached to the head, is altered in any way from its original lab approval. The testing lab will send the approval documents for heads and pockets to the US Lacrosse Women's Game Senior Manager and the Rules Committee Chair. All documents will include photos of the side and the front of the head with an attached pocket. Pre-sewn/ synthetic pockets may only be certified by the lab when attached to a head. The attachment must meet all stringing specifications. The US Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/ or designs independent of lab approval.

Go to [www.uslacrosse.org](http://www.uslacrosse.org) for complete equipment certification process procedures and timeline, and for lists of USL approved equipment.

## **Eye Protection**

SECTION 37. All field players must wear eye protection properly. Eye protection must meet the most current ASTM Specification Standard for eye protectors for women's lacrosse, must be tested by an accredited testing facility and must be listed on the US Lacrosse website ([www.uslacrosse.org](http://www.uslacrosse.org)).

## **Ball**

SECTION 38. For information on lacrosse ball specifications, please refer to Rule 2-23.

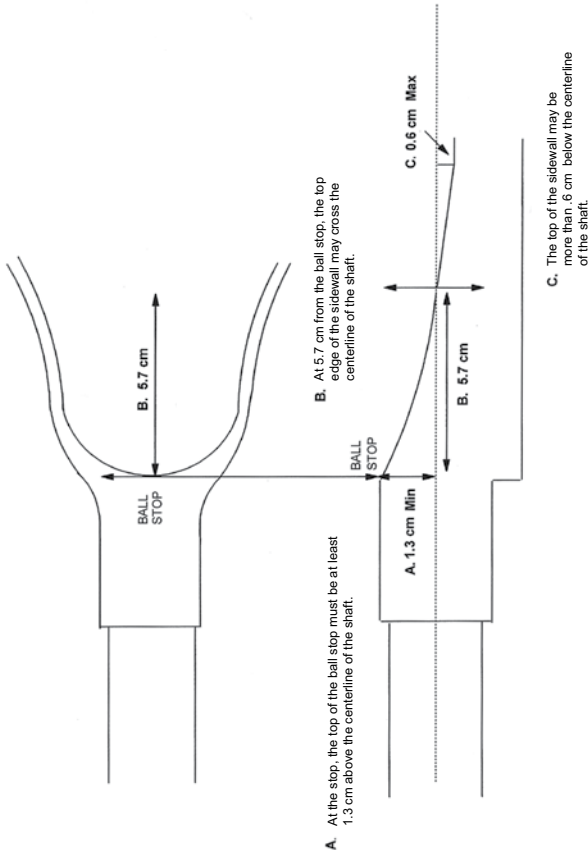
## **Goals**

SECTION 39. For information on lacrosse goal specifications, please refer to Rule 1-16.

## **Nets**

SECTION 40. For information on lacrosse goal net specifications, please refer to Rule 1-16.

Note: Specifications for all equipment are modified periodically by the US Lacrosse Women's Rules Committee. Although the committee will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to the committee, the committee expressly reserves the right to change any specification at any time if, in its sole discretion, the committee deems the change to be in the best interest of the sport of women's lacrosse. US Lacrosse does not test or approve equipment to determine compliance with specifications. US Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the stick after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing lab and approved.



**Diagram 4 - Offset specifications within 6.55 cm horizontal plane**

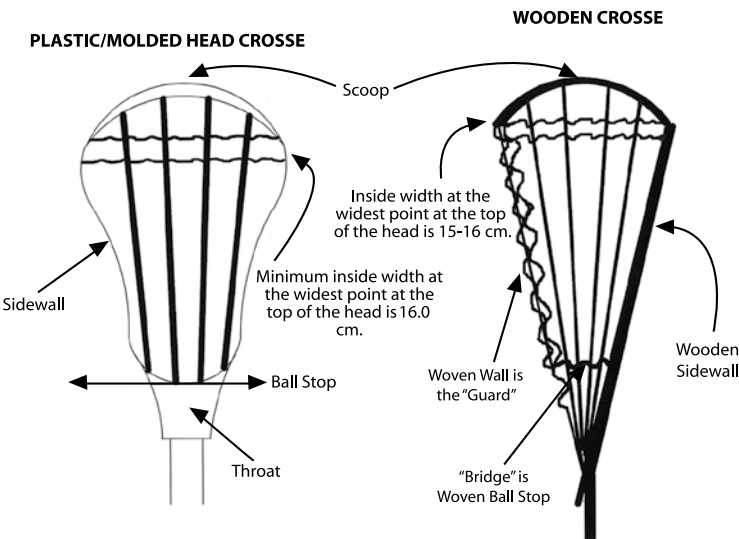


Diagram 5 - The Field Stick

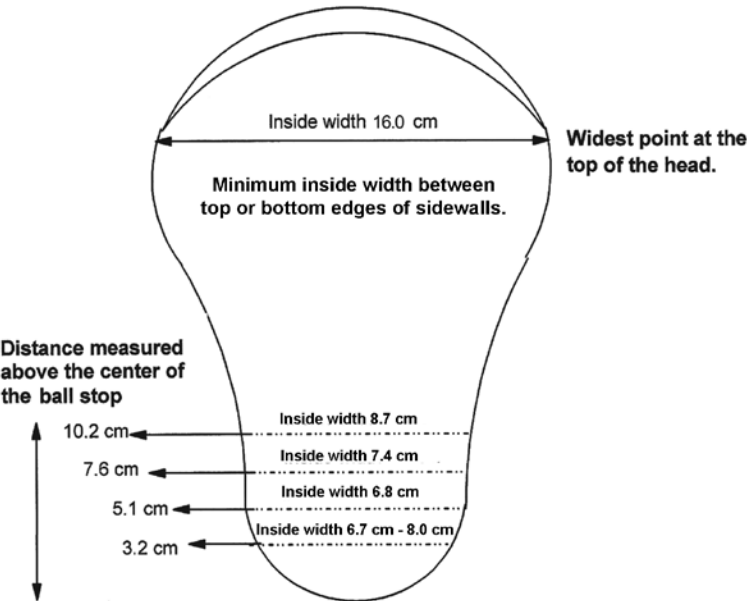


Diagram 6 - Triangular in concept

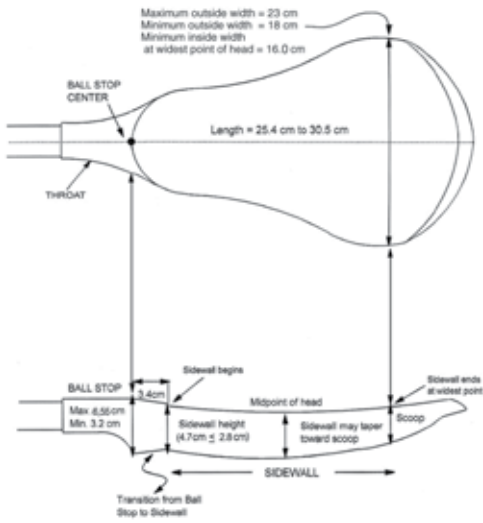


Diagram 7 - Plastic/molded head specifications

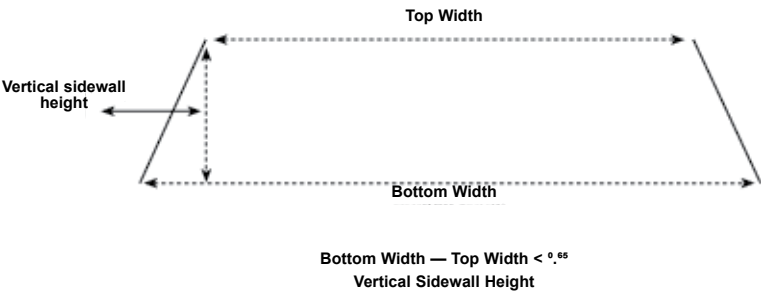


Diagram 8 - Cross section of unstrung head

Two separate horizontal shooting strings directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop.



Two separate shooting strings with one horizontal shooting string directly attached to both sidewalls within 3.5 inches of the top outside edge of the scoop, and one inverted "U" shaped shooting string directly attached to both sidewalls within 6.5 inches of the top outside edge of the scoop.

### **Legal positioning of shooting strings**

### **Diagram 9 - Shooting strings**

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# Appendix F

## Carding Procedures

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Penalty for all green cards = 1 minute.

Green card - player will be released/penalty time ends if opponent scores.

Penalty time for all yellow and red cards = 2 minutes.

Yellow Card - player will be released/penalty time ends if opponent scores.

Non-releasable Yellow Card - player must serve full 2 minutes.

Red Card - non-releasable, player must serve full 2 minutes.

All carded players must serve their penalty time in the penalty area directly in front of the scorer's/timer's table at the rear of the substitution area. They **must** sit or kneel.

Coaches must remain outside the penalty area. If a carded player needs medical attention, medical staff may enter the penalty area to check on or treat the player. After notifying the scorer's/timer's table personnel, medical staff may also move the player to the team bench area to continue treatment.

**Green Cards:** All players serving a releasable one-minute penalty for a green card in the penalty area will be released when the opposing team scores, regardless of whether the green cards were issued at the same time/during the same stoppage of play or at different times of the game. All players serving a releasable one-minute penalty for a green card in the penalty area will be released when the opposing team scores even if teammates are serving a yellow and/or red card in the penalty area.

**Green Cards and Yellow Cards:** The release of a yellow card is not affected by whether the same team also has a player(s) serving a green card penalty in the penalty area.

**Two releasable yellow cards, one to each team:** If a player from each team receives a yellow card at the same time/during the same stoppage of play, any release will depend on which team scores a goal. Only the player from the team that has not scored will be released should a goal be scored during the penalty time. Note, however, if one of the yellow cards issued is a team's fourth or subsequent yellow card, the player issued the team's fourth or subsequent yellow card must serve the entire two-minute penalty.

**Two players from same team, each with a releasable yellow card:** If two players from the same team each receive a yellow card at the same time/during the same stoppage of play, they will serve concurrent penalties. They will be released together should the other team score a goal before the end of the two-minute penalty. Note, however, if one of the yellow cards issued is a team's fourth or subsequent yellow card, the player issued the team's fourth or subsequent yellow card must serve the entire two-minute penalty.

**Two players from same team, non-releasable yellow card followed by a releasable yellow card:** A player receiving a non-releasable yellow card will not be released if a goal scores; however, the carded player's teammate who received the releasable yellow card will be released unless it is the team's fourth or subsequent yellow card.

**One player, two releasable yellow cards on same play:** If one player receives two yellow cards during the same play/stoppage of play, they will serve consecutive two-minute penalties in the penalty area. Penalty number one will be over after two minutes, or if the opposing team scores during the penalty time, unless penalty one is the team's fourth or subsequent yellow card. The second penalty will begin once the original time is over, either because the full two minutes has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the second penalty, the penalty will be released, unless the second penalty is the team's fourth or subsequent yellow card; however, the player who received two yellow cards is not permitted to re-enter the game. The team may substitute another player for the player who has been suspended.

**Red card, then releasable yellow card to players on same team:** A player receiving a red card will not be released if a goal scores, nor will any other player from the red-carded player's team be released if multiple players are in the penalty area, unless the red-carded player's teammates are serving green card penalties. If another goal is scored, then the teammate who received the yellow card may be released, unless the yellow card is the team's fourth or subsequent yellow card; regardless, the player who received the red card will remain in the penalty area to finish the two-minute penalty.

**Red card or second yellow card to one player:** A player receiving a red card or a second yellow card must enter the penalty area to serve the two-minute penalty. The player who receives the red card will serve the full two minutes. The player who receives a second yellow card will be released if the opposing team scores, unless the yellow card is the team's fourth or subsequent yellow card. When the penalty is over, the player must return to the team bench area and may not re-enter the game. The team may substitute another player for the player who has been ejected/suspended.

**Goalkeeper carded, second goalkeeper available:** If the goalkeeper is carded and the team has a second dressed goalkeeper, the second dressed goalkeeper must enter the game and, by rule, the coach must remove a field player to serve the two-minute penalty. In this instance, both the carded goalkeeper and the field player who has been removed will enter the penalty area. They will both remain there until the penalty time is over, or they are released.

**Goalkeeper carded, no second goalkeeper:** If the goalkeeper is yellow carded but the team has no second dressed goalkeeper, the goalkeeper must remain in the game. The coach must remove a field player to serve the two-minute penalty.

**Goalkeeper red card, second yellow card:** If the goalkeeper receives a red card or second yellow card, the goalkeeper must be removed from the game and enter the penalty area. The team must substitute another goalkeeper and the coach must designate another player who must leave the field and enter the penalty area. Both the carded goalkeeper and the field player who has been removed will remain there until the penalty time is over or they are released. If



there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time. When the penalty is over, the carded goalkeeper must return to the team bench area and may not re-enter the game.

**Early re-entry:** The head coach will NOT be assessed a card. The player who originally received the card will return to the penalty area to serve the remainder of the penalty time. Should the opposing team score a goal during this time, the original penalty will be considered complete. This player will also serve an additional two-minute penalty though no additional card will be administered. The added two minutes will begin once the original time is over, either because the full two minutes has expired, or because the opposing team has scored a goal. If the opposing team scores a goal during the added two minutes, the player will be released.

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# Appendix G

## Concussions

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### Revised April 2016

A concussion is a brain injury that is most commonly caused by a blow to the head or trunk, or by the head or body forcefully impacting the ground. Concussions most commonly occur without loss of consciousness. Typically, there are subtle indications that a concussion has occurred, such as the student-athlete shaking his head, stumbling, or appearing dazed or stunned.

Game officials are often in a best position to observe student-athletes up-close, and may be the first to notice the unusual behaviors that indicate a concussion may be present. Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any unusual behavior, the official should stop play immediately and call an injury time-out so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury time-out."

An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be removed immediately from practice or competition and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

### **IF A CONCUSSION IS SUSPECTED:**

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury time-out to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only with permission from the primary athletics healthcare provider.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate time to return to play.

Please refer to the NCAA Sports Medicine Handbook and the Diagnosis and Management of Sport-Related Concussion Guidelines for additional information and details regarding concussions. Both are available at [www.NCAA.org](http://www.NCAA.org).

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# Appendix H

## Accommodations for Student-Athletes with Disabilities

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The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

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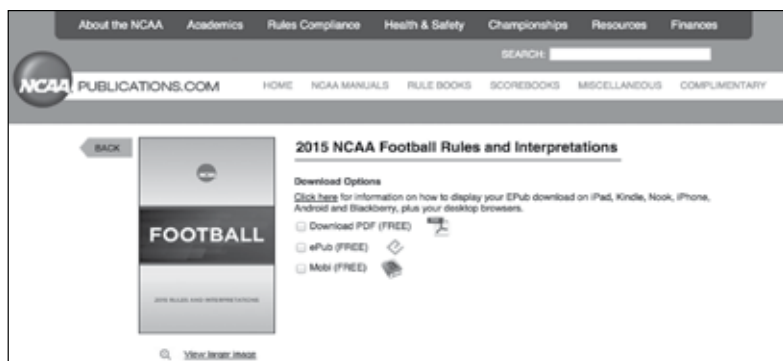
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