Sportsmanship is a core value of the NCAA. The NCAA Committee on Sportsmanship and Ethical Conduct has identified respect and integrity as two critical elements of sportsmanship and launched an awareness and action campaign at the NCAA Convention in January 2009. Athletics administrators may download materials and view best practices ideas at the website below:

www.NCAA.org/about/what-we-do/fairness-and-integrity/sportsmanship
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.

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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.
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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution or Conference</th>
<th>Term Expiration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jen Adams</td>
<td>Loyola University Maryland</td>
<td>9-1-18</td>
</tr>
<tr>
<td>Melissa Falen</td>
<td>Notre Dame of Maryland University</td>
<td>9-1-15</td>
</tr>
<tr>
<td>Alicia Groveston</td>
<td>Grand Valley State University</td>
<td>9-1-17</td>
</tr>
<tr>
<td>Abigail Lee Jackson</td>
<td>Union College, New York</td>
<td>9-1-18</td>
</tr>
<tr>
<td>Kate McAfee</td>
<td>University of New Hampshire</td>
<td>9-1-17</td>
</tr>
<tr>
<td>Laura Moan</td>
<td>Susquehanna University</td>
<td>9-1-16</td>
</tr>
<tr>
<td>Julie Myers, chair</td>
<td>University of Virginia</td>
<td>9-1-17</td>
</tr>
<tr>
<td>Rachelle Paul</td>
<td>Monmouth University</td>
<td>9-1-15</td>
</tr>
<tr>
<td>Stefanie Sparks Smith*</td>
<td>Secretary-Rules Editor</td>
<td>9-1-18**</td>
</tr>
</tbody>
</table>

* 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

Those seeking interpretations of rules or play situations may contact:
Stefanie Sparks Smith
NCAA Women’s Lacrosse Secretary-Rules Editor
ssmithsre@gmail.com
603-494-1865
The changed rules listed below are identified in the rules text by a shaded background.

<table>
<thead>
<tr>
<th>Rule(s)</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-12</td>
<td>The bottom of the goalkeeper’s uniform must be a predominantly solid school color, white, black or gray.</td>
</tr>
<tr>
<td>4-3</td>
<td>If a team is leading by 10 or more goals in the last two minutes of the half, the clock is not stopped.</td>
</tr>
<tr>
<td>4-7</td>
<td>Change the overtime procedure to sudden victory.</td>
</tr>
<tr>
<td>5-5</td>
<td>By the 2017 season for Division I institutions and by the 2018 season for Division II and Division III institutions, require that a visible 90-second possession clock be in place.</td>
</tr>
<tr>
<td>5, 7</td>
<td>Allow self-starts.</td>
</tr>
<tr>
<td>5-17</td>
<td>Allow any defender to play the ball in their defensive goal circle when their team is in possession of the ball.</td>
</tr>
<tr>
<td>5-17</td>
<td>Eliminate the deputy.</td>
</tr>
<tr>
<td>5-22</td>
<td>Exempt goalkeepers from obstruction of free space to goal.</td>
</tr>
<tr>
<td>5-23</td>
<td>Eliminate the throw and implement a procedure of alternate possession.</td>
</tr>
<tr>
<td>5-31</td>
<td>Check every goal scorer’s stick after each goal.</td>
</tr>
<tr>
<td>5-31</td>
<td>During any stick check, the illegal manipulation of a stick and/or the illegal stringing of a stick will result in a non-releasable yellow card penalty.</td>
</tr>
<tr>
<td>6-1</td>
<td>Add “Horizontal Stick” to the list of major fouls.</td>
</tr>
<tr>
<td>6-2</td>
<td>Change the categorization of three seconds from a major foul to a minor foul.</td>
</tr>
<tr>
<td>6-2.b</td>
<td>Eliminate the minor foul of empty stick check when a player is playing for the ball.</td>
</tr>
<tr>
<td>6-2.f</td>
<td>Eliminate the minor foul of body ball.</td>
</tr>
<tr>
<td>7, 1, 8</td>
<td>Add dots on the field 5 yards from the hash marks on the goal line extended.</td>
</tr>
<tr>
<td>8</td>
<td>Change the critical scoring area from 15m to 12m.</td>
</tr>
</tbody>
</table>
# Significant Editorial Changes

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.

<table>
<thead>
<tr>
<th>Rule(s)</th>
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<tbody>
<tr>
<td>2-2(b)</td>
<td>Clarified the proper procedure for administering a pocket depth check.</td>
</tr>
<tr>
<td>4-4</td>
<td>Clarified that if the request for a possession timeout is made to the official timer, the clock and play shall stop on the sound of the horn.</td>
</tr>
<tr>
<td>4-9(j)</td>
<td>Added notes clarifying when a goal should be disallowed and the collective effort that needs to be made by officials in identifying the goal-scorer’s stick.</td>
</tr>
<tr>
<td>5-2, 5-24(c)</td>
<td>Clarified at what point during the set-up of the draw are substitutes no longer permitted.</td>
</tr>
<tr>
<td>5-8</td>
<td>Clarified the note regarding when a team is playing with fewer than 12 players.</td>
</tr>
<tr>
<td>5-21</td>
<td>Clarified what the goalkeeper may not do when outside of the goal circle.</td>
</tr>
<tr>
<td>5-28</td>
<td>Clarified that no coaching may take place during an injury timeout.</td>
</tr>
<tr>
<td>5-29</td>
<td>Clarified equipment inspection.</td>
</tr>
<tr>
<td>5-30</td>
<td>Clarified when coaches may request a stick check.</td>
</tr>
<tr>
<td>6-1(a)</td>
<td>Clarified Rough/Dangerous Check.</td>
</tr>
<tr>
<td>6-1(d)</td>
<td>Clarified that Holding can occur when your team is in possession of the ball.</td>
</tr>
<tr>
<td>6-1(e)</td>
<td>Added language to Crosse in the Sphere.</td>
</tr>
<tr>
<td>6-1(h)</td>
<td>Deleted an example of an Illegal Use of the Crosse in light of the fouls Horizontal Stick and Cross-Check.</td>
</tr>
<tr>
<td>6-1(w)</td>
<td>Clarified Dangerous Shot.</td>
</tr>
<tr>
<td>6-2(c)</td>
<td>Added a note to Empty Stick Check.</td>
</tr>
<tr>
<td>7-2</td>
<td>Added clarifying language about free positions.</td>
</tr>
<tr>
<td>7-14</td>
<td>Clarified that on an 8-meter free position, the shooter’s stick is permitted to be in the 8-meter arc.</td>
</tr>
<tr>
<td>7-22</td>
<td>Clarified when the scoring play is complete by deleting the example of the attacking team passing or carrying the ball behind the level of goal line extended.</td>
</tr>
<tr>
<td>8</td>
<td>Added definitions for the following terms: Free Position, Held Whistle, Stop-Clock, Offsetting/Simultaneous and Subsequent Foul.</td>
</tr>
<tr>
<td>App. B</td>
<td>Updated signals.</td>
</tr>
<tr>
<td>App. F</td>
<td>Clarified carding and substitution procedures for goalkeepers.</td>
</tr>
</tbody>
</table>
Points of Emphasis

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:

**Obstruction of Free Space to Goal**
While improvement in calling obstruction of free space to goal has been made, the committee encourages officials to be vigilant in making this call **early** and before the shooter releases the ball. To assist in making the call early, officials should focus on whether the defense is in an illegal position and whether the attack has the opportunity to shoot safely and is looking to shoot. The committee also requests that coaches instruct their players **not** to shoot when another player is obstructing their free space to goal.

**Professionalism**
The committee continues to encourage all coaches, players, officials 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 and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches and officials.

**Offside Violations**
The committee requests that officials pay particular attention to offside violations. Specifically, the committee encourages officials to call reckless checks and other fouls against players carrying the ball over the restraining line as players that are offsides often commit uncontrolled and dangerous swings.
New Officiating Procedures

1. Officials must take control of the goal scoring stick each time a goal is scored and perform a mandatory pocket depth check pursuant to Rule 2-2(b). No substitutions will be permitted until after the mandatory pocket depth check has been administered and only if the stick is deemed legal.

2. Stick checks requested by teams will consist of a pocket depth check and full examination of the stringing and head of the crosse, including measurements of the stringing and head of the crosse pursuant to Appendix E. These requests are permitted during the following time periods:
   a. timeouts;
   b. at halftime;
   c. before the game;
   d. before overtime; and
   e. prior to the start of the draw.

3. During any stick check, violations of Appendix E (excluding pocket depth) will result in a non-releasable yellow card.

4. The Head Umpire will be responsible for maintaining an accurate record for alternate possession. Alternate possession will initially be determined at the pre-game meeting with the captains.

5. Officials shall call timeout following major and minor fouls in the critical scoring area, illegal draws, offside violations and to administer alternate possession.

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

7. The penalty lane above the goal line extended shall be cleared for goal circle fouls.

8. Following a whistle blown for a major or minor foul outside of the critical scoring area, the player awarded the free position is permitted to self-start, and no additional whistle is necessary. If the spot of the foul cannot be determined, the official shall indicate the location of the free position. If the official has to reset the free position, the whistle of the official will restart play. Repeated false starts, delays in moving 4m by the defense or self-starts by the attack beyond the playing distance of the foul may result in a delay-of-game card.
RULE 1

The Playing Area and Goals

The Playing Area

Field Dimensions
SECTION 1. The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 101m and 110m (110 to 120 yds.) from end line to end line; and between 55m and 64m (60 to 70 yds.) from sideline to sideline. The goals shall be placed not more than 92m (100 yds.) and not less than 82m (90 yds.) apart, measured from goal line to goal line. There must be 9m (10 yds.) of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4m (4.4 yds.) of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline and any spectator area. There should be 2m (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 1-3 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. No additional marks may be added to the field.

New Field Construction
SECTION 3. Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. Additional space outside the playing area is required. See Rule 1-1.

Line Size and Color
SECTION 4. All lines are 5cm-10.1cm (2”-4”) wide, except the goal line, which shall be 5cm (2”) wide. It is recommended that all lines be painted white or a single contrasting color.

Restraining Line
SECTION 5. The restraining line, a solid line 27m (30 yds.) 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, or marked in a different color, or marked with X’s. Cones shall not be used for this purpose.
Center Circle
SECTION 6. There is a circle, with a radius of 9m (30’), in the center of the field and through the center of this a line 3m (9’11”) in length, parallel to the goal lines.

Arc and Fan
SECTION 7. An arc and fan shall be marked 8m (26’4”) and 12m (39’4”), respectively, from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6m (34’10”) for the 8-meter mark and 14.6m (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 8. The 8-meter arc will be sectioned off by hash marks 30.5cm (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 (10.6m/34’10”). Two additional 30.5cm (1’) marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

Below Goal Markings
SECTION 9. Two small circles 5-6 inches in diameter must be added to the field behind each goal. The circles should 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.). The circles are hereinafter referred to as the “dot”.

Substitution Area
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, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yds.) from the center line of the field.

Penalty Area
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
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 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
SECTION 13. A scorer’s/timer’s table will be set up at midfield, at least 4m (4.4 yds.) 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. A visible possession arrow is optional, but not required.

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 is misconduct.

**A.R. 1-1.** An assistant coach is on the opposite side of the field from the scorer’s table coaching his/her team. **RULING:** ILLEGAL. A coach may move along the bench/table side boundary line from the substitution area to his/her end line only. Violation is considered misconduct.

**Spectator Areas**

**SECTION 15.** Spectators must be kept back at least 4m (4.4 yds.) 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' (2.6m) 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” (5cm-10.1cm) wide.
2. The goal line should be 2” to 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” (8.58m) to point C.
4. To mark the curve of the arc, measure from the center of the goal line (D) 34’-10” (10.6m) to G connecting the sidelines. The arc will now be 8 meters from the circle.
5. The center hash mark 1’ (30.5cm) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34’-10”/10.6m). 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) 14.6m (47’ 9”). The flat side of the semicircle should be marked from the points on the goal circle (B) to the semicircle.
14.6m. 47'9"
12m. 39'4"
10.6m. 34'10"
8m. 28'3"
8.58m. 26'4"
4m. 13'2"
1 ft.
RULE 1 / THE PLAYING AREA AND GOALS

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

SECTION 15. Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 1.83m (6’) high and 1.83m (6’) apart, joined at the top by a crossbar 1.83m (6’) from the ground (inside measurements). The goal posts (pipes) must not extend upward beyond the crossbar nor the crossbar sideways beyond the goal posts. The posts and crossbar must be a solid white, orange or silver color and be 4 to 5cm (1.5 to 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 4cm (1.5”) mesh, must be attached to the posts and crossbar and to a point on the ground 2.1m (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.

Goal Circle

SECTION 16. The goal circle is a circle, with a radius of 2.6m (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 5cm-10.1cm (2”-4”) wide.

DIAGRAM 3 - The Goal
RULE 2

Equipment and Uniforms

Equipment

Field Crosse
 SECTION 1. The field crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic or any other synthetic material. (Recessed screws must be used to affix the head to the handle.)

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

   The pocket of the stick shall be strung with four or five longitudinal leather and/or synthetic thongs, eight to 12 stitches of cross-lacing and not more than two “shooting/throw” strings (hereinafter referred to as “shooting string”). Mesh pockets are not allowed.

   The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

   The crosse’s overall length shall be a minimum of 35-1/2” and a maximum of 43-1/4”.

SECTION 2. A crosse meets specifications if:

   a. It complies with the criteria in this rule and it meets the Manufacturer’s Specifications as approved by US Lacrosse and listed in Appendix E.

   b. The top of the ball remains visible/seen above the top of the wooden or plastic sidewall after the ball has been dropped into the pocket of a horizontally held crosse and reasonable force with one hand has been applied to the ball one time and released.

   c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

A.R. 2-1. A player has woven the thongs of the crosse back up through the head of her crosse. RULING: ILLEGAL. A crosse may have only four or five thongs. Weaving the existing thongs through the head essentially adds extra thongs. Umpires should watch for this during pregame stick check.

A.R. 2-2. During the pregame stick check, it is discovered that a field player is using flat shoelaces as her shooting strings. RULING: ILLEGAL. The player may not use this crosse until the shoelaces have been removed and the player will be issued a non-releasable yellow card. If the shoelaces are discovered on a crosse in play, it will be removed from the game and the player will be issued a non-releasable yellow card.

Goalkeeper Crosse

SECTION 3. The goalkeeper crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic or any other synthetic material. (Recessed screws must be used to affix the head to the handle.)
The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle. The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs and crosse lacing, or be mesh. The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous, to players in any way. The crosse’s overall length shall be a minimum of 35-1/2” and a maximum of 52”.

SECTION 4. A crosse meets specifications if:

a. It complies with the criteria in this rule and it meets the Manufacturer’s Specifications as approved by US Lacrosse and listed in Appendix E.

b. The ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

A.R. 2-3. The blue goalkeeper is using three shoelaces as her shooting strings, with two across the top of the stick and one forming a “V” down the middle. RULING: LEGAL. The goalkeeper crosse may have more than two shooting strings and may use shoelaces as those strings. With the mesh pocket, the goalkeeper crosse may contain some stringing other than at the top of the crosse.

A.R. 2-4. The goalkeeper who is outside the goal circle switches crosses with a field player. RULING: ILLEGAL. The field player is penalized for having a crosse that does not meet specifications. The field player will be called for a minor foul.

The Ball

SECTION 5. 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.

Goalkeeper Equipment

SECTION 6. 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 7. 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.

A.R. 2-5. A goalkeeper wears football shoulder pads. RULING: LEGAL, if they do not exceed the maximum legal thickness of 1”.

A.R. 2-6. A goalkeeper wears a throat protector that is attached to her helmet using screws. RULING: LEGAL. This is one type of “separate” throat protector.

Mouthpiece

SECTION 8. 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.

**A.R. 2-7.** At the center draw, the umpire notices one of the players without her mouthpiece. The player then reaches into her sock, gets her mouthpiece and puts it in. **RULING:** ILLEGAL. Minor foul for not wearing her mouthpiece properly. Appropriate delay of game card is issued. Because the player was able to correct the problem immediately, she does not have to leave the game unless she is to receive a green/red card. The opposing center is awarded the ball at the spot where the draw was to take place, and the offending player moves 4m away.

**Eye Protection**

SECTION 9. All field players must properly wear eye protection. For the 2016 season, eye protection must meet either the current ASTM Specification Standard for eye protectors for selected sports or the 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. Beginning with the 2017 season, eye protection must meet the most current ASTM Specification Standard for eye protectors for women's lacrosse.

**Other Personal Equipment**

SECTION 10. Close-fitting gloves, nose guards and soft headgear may be worn by all players. Further protective devices necessitated on genuine medical grounds may be used by players, providing that the umpires 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.

Players may only wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands. 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. **Note:** 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.

**A.R. 2-8.** A field player asks to wear a hard helmet to protect an injury. **RULING:** ILLEGAL. A player cannot wear a hard helmet that would be dangerous to other players. She could wear a soft helmet made of foam-type material. Soft headgear is defined as any head covering without hard or unyielding parts that have the potential to injure another player. Soft headgear must allow for the integration of required legal eye protection and is to be worn as directed.

**A.R. 2-9.** A player is wearing a soft cloth bracelet. **RULING:** ILLEGAL, minor foul. This is considered jewelry.

**A.R. 2-10.** A field player is wearing a hard-brimmed baseball cap. **RULING:** ILLEGAL. A player may not wear/use any type of equipment
that is dangerous to other players. Players may wear soft-brimmed visors or caps.

Uniforms

Footwear/Cleats
SECTION 11. 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 12. All team members shall be dressed uniformly with the exception of the goalkeeper, whose colors must be of the same corresponding colors as her teammates. Her top (shirt) must be of the same color as her team; the 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 13. 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. 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.

A.R. 2-11. A team chooses to memorialize a former player by wearing her number on the uniform shirt sleeve. RULING: ILLEGAL. No number other than that of the player may be worn on the player's uniform. (It is suggested that the memorialized player's initials be used, or that a ribbon or cloth sweatband be worn in her memory.)

A.R. 2-12. A red player number 00 plays goalkeeper the first half of the game. The second half, she plays in the field as number 32. RULING: LEGAL, if both numbers were recorded on the roster that is placed at the scorer's table before the start of the game; but it must be noted on the official score sheet. All warnings and cards must be carried with her name and recorded on the score sheet.

A.R. 2-13. Before the game begins, the officials discover that a team has illegal uniforms that cannot be corrected prior to the beginning of the game. RULING: A minor foul is called and the game will begin with a free position for the opponent at the center line. If both teams are illegally dressed the game will begin with the awarding of alternate possession at the center. Player positioning for the draw will apply.

SECTION 14. 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 15. 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 16. 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 who choose to wear visible undergarments must wear the same color. This does not apply to medical sleeves.
RULE 3

Game Personnel

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 table with 10 minutes showing on the pregame clock. Each coach will verbally certify to the umpires that all equipment is legal under these rules, including eye protection that meets the most recent ASTM Specification Standard, goalkeeper helmets that meet the NOCSAE standard for lacrosse and game balls that meet the NOCSAE standard for lacrosse balls.

Note: A minor foul may be called if the head coach does not make a timely appearance at the coach/officials meeting.

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 their 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 umpire pregame, at halftime or during timeouts for clarification of rules.
  c. Requesting a timeout from the umpire.
  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 coach.

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 umpire.
  b. To indicate that her team is ready to play at the beginning of each half.
  c. To approach the umpire for clarification of rules.
The Umpires

SECTION 7. It is highly recommended that three officials be used to umpire the game. A minimum of two officials must be used. It is recommended that the umpires 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 umpires’ jurisdiction extends from 30 minutes before the game begins until the umpires approve the Carding/Score Verification Form and leave the playing venue.

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

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 umpires will enforce the rules and umpire 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 nonoffending team.

In games for which an alternate or table official is assigned, he or she will follow the duties outlined in Appendix G of these rules.

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

Note: The umpires will obtain verbal certification from the head coach that all equipment is legal under these rules, including eye protection that meets the most current ASTM Specification Standard for Women’s Lacrosse at the appropriate level of play (adult), goalkeeper helmets that meet the NOCSAE Lacrosse Helmet Standard and balls that meet the NOCSAE standard and display the NOCSAE seal.

SECTION 9. Other umpire responsibilities 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 Umpire by the game assigner. The duties of the Head Umpire 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 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 table.

d. Lead the pre-game meeting with the umpiring team and the head coaches.

e. Lead the pre-game 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 umpiring 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.

Official Scorer

SECTION 11. 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 12. 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. Changes to the lineup cannot be made until the game starts. A roster with names and numbers of all players must be at the scorer’s table before the start of the game.

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 umpires.

d. Accept substitutes and enter their names and numbers before they enter the game.

e. Notify the umpire as soon as possible if there has been an illegal substitution.

f. Record any cards next to the player’s name in the scorebook: delay of game (green-“g,” green/yellow-“gy,” green/red-“gr”); warning (yellow-“y”); or ejection (red “r”). Any card issued to the head coach must also be recorded in the scorebook.

g. Notify the umpire immediately when a second warning is given to the same player.

h. Record the delay of game suspensions, including the time on the game clock when a player is suspended.

i. Record the time on the game clock when a player is given a yellow or red card.

j. Notify the umpire when a 10-goal differential exists.

k. Present an accurate NCAA Carding/Score Verification Form to the umpires for their signature immediately after the game ends.

A.R. 3-1. A coach attempts to change his/her lineup after it has been given to the scorer and five minutes before game time. RULING: No changes to the lineup will be allowed fewer than 10 minutes before the game. The only exception is a change due to injury.

l. Maintain an accurate record for alternate possession.

Note: This should be kept by the official scorer or their substitute at the table.

Official Timer

SECTION 13. The official timer will be from the home team and should sit at the scorer’s/timer’s table opposite the center circle.

SECTION 14. 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.
c. Sound a horn as soon as possible:
   1. To notify the umpire of an illegal substitute.
   2. If a clock has malfunctioned.
d. Sound the horn to indicate a timeout request by the team in possession during a live-ball or dead-ball situation.
e. Notify the umpire when there are two minutes remaining in each half of the game.
f. During the last two minutes of each half of the game, stop the clock on every whistle, then restart the clock on the umpire’s whistle.
g. Indicate to the nearest umpire when there are 30 seconds remaining in each half.
h. Sound a horn to indicate the end of the half and the end of the game.
i. Stop the clock for any other circumstances only upon the timeout signal and whistle from the umpire.
j. Notify the umpire when a team requests a timeout and 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.
k. Note the time on the clock when a player is issued a green/red card for delay of game, time the two-minute elapsed playing time penalty and notify the carded player when the penalty time has ended.
l. 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.
m. Start and stop the possession clock.
n. Sound a horn to indicate a possession clock violation.

Note: The home team must ensure that direct two-way communication is available at all times between the press box and the scorer’s table if official scoring and/or timing functions are not handled at field level.
RULE 4

Time Factors and Scoring

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 umpire, timeout may be taken for unusual circumstances, for example, a broken crosse, animal on the field, lost ball, a ball that has gone too far out of bounds, spectator interference, or delay of game. Timeout must be taken in case of illness, accident or injury, for the issuance of a card, when a free position will be awarded to the attack on the 8m arc (including the “hanging” hash marks), all minor fouls within the critical scoring area, alternate possessions, illegal draws, offside violations, and to check a crosse. EXCEPTION: When the 10-goal rule is in effect (See Rule 4-3), no timeout should be called for the 8m free position on the arc or for a redraw. If time runs out prior to the complete administration of a free position, then it shall not be administered. Timeouts will still be taken for stick check requests (this does not include the mandatory pocket depth stick check conducted following a goal).

SECTION 2. In all games, the clock is to be stopped on the umpire’s whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last two minutes of each half. EXCEPTION: When the 10-goal rule is in effect (See Rule 4-3).

SECTION 3. If a team is leading by 10 or more goals, the clock will continue to run after goals (no stop clock). If the difference becomes fewer than 10 goals, the stop clock is reinstated. If the goal differential during the last two minutes of each half is 10 or more goals, then the clock will continue to run. The clock will only stop in case of illness, accident or injury, for the issuance of a card, to check a crosse (this does not include the mandatory pocket depth stick check conducted following a goal), or as a result of an unusual circumstance as outlined in Rule 4-1.

A.R. 4-1. A foul is called with 2:03 remaining on the clock. Play is not resumed until the clock reads 1:57. A coach argues that the timer should have stopped the clock at 2:00. RULING: The timer was correct to let the clock run. The clock stops for every whistle to stop play that occurs within the last two minutes of each half.

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 to indicate the timeout request, and both the clock and play shall stop on the sound of the horn. If a possession timeout is called, players must leave their crosse in place on the field and return to that same place for the restart of play. No substitutions will be allowed during this stoppage of play. The timeout shall be two minutes in duration commencing at the time the umpire 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 minor foul will be called if a team is not ready to start after two minutes. Successive timeouts will not be allowed.

Note: If a possession timeout is requested and play will resume with a free position, the umpire should set up the free position, signal for the timeout and then allow the teams to leave the field.

Suspended/Interrupted Game

SECTION 5. Once play begins, the umpires shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The umpire's decision is final. A game is considered legal and complete if 80 percent (48 minutes) of playing time has elapsed. 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 from its point of interruption.

Note: If 80 percent of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.

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 nonstudent 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 nonoffending team. If the suspended or ejected individual is a student, that individual may remain in the team bench area.

Overtime Procedures

SECTION 7. The procedure for stop-clock 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 stop-clock 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 center 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 stop-clock sudden-victory overtime. Substitutions may occur at this time. The game will be restarted by a center draw. This procedure of play will continue until the first goal is scored.  

*Note: During sudden-victory overtime, the clock will stop on every whistle.*

**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 propelled by the legal crosse of an attacking player, or the crosse or person of a defending player before time expires. If a violation of jewelry, eye protection or mouthpiece rules is discovered immediately after a goal, the goal counts and the free position is taken at the center circle.

**SECTION 9.** A goal is not scored when:

a. The ball is put through the goal by a nonplayer.

b. The ball comes off the person of an attacking player.

c. The ball enters the goal after the whistle has blown or the horn has sounded.

d. The player shooting has stepped on or into the goal circle, or any other attacking player has entered the goal circle.

e. The goalkeeper, while within the goal circle, is interfered with in any way by an attacking player.

f. The field umpire has ruled that the shot or follow-through is dangerous.

g. The ball enters the goal while the attacking team has an illegal player on the field.

h. The ball enters the goal when the attacking team is offside.

i. The ball enters the goal from a crosse that does not meet specifications.

j. The player who shot the goal does not drop her crosse or hand her crosse to the nearest official in a timely fashion; the goal scorer or any teammate adjusts the goal-scoring crosse in any way before dropping the crosse or handing it to the official. The crosse will be considered illegal and will be removed from the game. This will be penalized as a minor foul.

*Note: A goal should only be disallowed if the dropping of additional sticks (or other conduct) by the goal scorer’s teammates prevents the officials from being able to identify the goal scorer’s stick.*

*Note: Officials should make a collective effort to identify the goal scorer’s stick. Disallowing the goal is not a default rule.*

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

l. The ball is put through the goal by the attacking team’s goalkeeper or her stick.

**A.R. 4-2.** During the game, a goalkeeper with the goalkeeper’s crosse, outside her goal circle, tosses the ball back into her circle. In doing so, the ball goes into the goal. **RULING:** Goal. A goal may be scored off the crosse or person of a defending player.

**A.R. 4-3.** The attack shoots and scores a goal. The umpire immediately realizes that the attack is offside. **RULING:** The umpire should sound her whistle, have everyone stand and indicate no goal. In this instance, the goalie is the closest defender to the ball and she will be awarded a free position in her goal circle. The attack player who shot the ball will go 4m behind the goal circle. The attack player closest to the restraining line will move back onside.
A.R. 4-4. A goalkeeper throws the ball the length of the field from her goal circle, and it goes in her opponent’s goal. RULING: ILLEGAL, no goal. She may not score for her team. A major foul is called, and a free position is awarded to the opposing goalkeeper in her goal circle. The goalkeeper who shot the ball is allowed to remain in her goal circle. No other player is placed behind the opposing goalkeeper.

m. The ball enters the goal as a result of a shot from the opposing team’s goalkeeper.

n. The ball enters the goal as a result of a kick from an attacking player. Note: If a player kicks the ball into her team’s own goal, it is a goal.
RULE 5

Play of the Game

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. A maximum of three players from each team may be between the restraining lines during the draw until the whistle blows. All other players, including each team’s goalkeeper, must be below either restraining line. Players must not enter the circle or cross the restraining lines until the whistle blows.

Note: When the game starts/restarts with a free position or alternate possession at the center line rather than with a draw, player positioning for the draw will apply.

A.R. 5-1. The umpire has the two centers in position for the draw. As she is backing out and blowing the whistle to start, one of the centers fails to draw up and away. The umpire blows her whistle to indicate an illegal draw and awards a free position to the nonfouling center. Must all other players return to their original positions? **RULING:** No, players must simply remain where they were when the whistle blew to indicate a foul. The game restarted with a draw, then a free position was awarded as a result of a foul.

A.R. 5-2. As A1 scores a goal, B1 roughly checks the player to the ground. The umpire signals goal and then requests a timeout. She issues a card for dangerous play, either yellow or red, to B1 and sends B1 from the field. How is play restarted? **RULING:** Player B1 is out of the game for two minutes of elapsed playing time and no substitute may take her place. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A’s center at a 45-degree angle. No player from Team B is placed 4m behind. The mandatory stick check found that the attacker’s stick was legal.

A.R. 5-3. As time expires in the half, B1 checks A1 in the head. The umpire blows her whistle and issues a card to B1. How is play restarted? **RULING:** The game is restarted with a free position for Team A’s center at the center line. Player B1 is out of the game for two minutes of elapsed playing time and no substitute may take her place. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle and have everyone stand; administer the free position at the center line. The center for Team B is placed 4m away from Team A’s center at a 45-degree angle. No player from Team B is placed 4m behind.

A.R. 5-4. Timeout has been taken after a goal, and as the teams are walking to their benches, B1 (on Team B’s bench) verbally abuses the umpire. The umpire issues a red card to the head coach. How is play restarted? **RULING:** After the timeout ends, play is restarted with a free position for Team A’s
center at the center line. The head coach for Team B must designate a player who will leave the field, enter the penalty area, and serve the two-minute non-releasable penalty. The head coach for Team B is ejected from the game and must leave the area, including the spectator area. Player positioning for the draw will apply. Allow players to take their legal positions, blow the whistle, have everyone stand, and administer the free position at the center line. The center for Team B is placed 4m away from Team A's center at a 45-degree angle in front.

The Draw
SECTION 2. The opponents each stand with one foot toeing the center line. The crosses (shaft and head combined) are held in the air, above hip level with the lower side above the center line and back to back, so that the players' crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the center line. A player's top hand may not contact any part of the sidewall or pocket. The ball is placed between the crosses by the umpire and must be placed in the upper third of each head at its widest point. 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 crosses up and away from one another. The flight of the ball must attain a height higher than the heads of the players taking the draw. Goalkeepers may not take the draw.

Note: The lower side of the crosse is defined as the right side of the crosse as the player looks at it with the open pocket facing her.

Note: Once the official’s hands are on the drawers’ sticks, the draw is being set, and no substitutions may occur. If a team attempts to substitute, it will be considered an illegal substitution.

SECTION 3. An illegal draw results in a free position for the opponent at the center line. For the free position, a player from the offending team is placed 4m away to either side at an angle of 45 degrees to the center line toward the goal she is defending. If both players draw illegally or it cannot be determined why the draw was illegal, the umpire will call timeout, and a redraw will occur.

EXCEPTION: When the 10-goal rule is in effect (See Rule 4-3), no timeout should be called for a redraw.

Start/Restart of Play
SECTION 4. The whistle is used to stop and start play. When starting play, the umpire also 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 will indicate the end of each half and overtime.

90-Second Possession Clock
SECTION 5. By the 2017 season for Division I institutions, and by the 2018 season for Division II and Division III institutions, the following rule requiring a visible 90-second possession clock will be implemented. 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 will be reset as a result of any of the following occurrences:

a. Any card (yellow, red or green) has been issued to the team without possession;

b. Shot on goal by the team with possession (this excludes a shot that goes wide of the pipes or above the crossbar);
c. Save by the goalkeeper of the team without possession;
d. Shot by the team with possession that hits a pipe or rebounds off a save and
   the team who shot the ball has retained possession; or
e. Change of possession.

The 90-second possession clock must stop:
a. at any point the game clock is stopped.
b. after all major and minor fouls within the critical scoring area.
c. when the ball goes out of bounds on the end line.

If the 90-second possession clock expires before any of the above occurs (a-e):
a. Sound horn and whistle immediately.
b. Award free position to the opposing team at the spot of the ball within the
   playing area at the time of the violation.
c. No player may be closer than 4m to the free position.

The 90-second possession clock has no effect on Rule 5-16.a. The 90-second
possession clock will stop regardless of whether there is a score differential of ten
or more goals and the game clock is continuing to run.

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 mid-
field will satisfy the requirement of this rule.

Self-Start

SECTION 6. Following a whistle blown for a major or minor foul outside
of the critical scoring area, the player who is awarded the free position may
continue the course of play from a settled stance (both feet stationary on the
ground and the ball positioned in the head of the crosse) without waiting for an
additional whistle. The offending player must immediately move 4m behind or
to the side of the player taking the free position as indicated by the official. Any
other player(s) within 4m must move to a position indicated by the official. All
players farther than 4m from the foul must “stand”.

The player who has been awarded the free position may self-start following the
official’s signal of the foul and the official’s awarding of the free position.

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

If the ball ends up outside the playing distance of the foul, the player who has
been awarded the free position and the ball must return to the spot of the foul
for the self-start. If the spot of the foul cannot be determined, the official shall
indicate the location for the free position. If the official has to reset the free
position, the whistle of the official will restart play.

If the player who has been awarded the free position chooses to self-start, then
defensive players may play her immediately following the self-start.

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

A self-start is not an option in the following circumstances:
a. Stoppage of the game clock;
b. The ball has gone out of bounds;
c. Offside violation;

d. Illegal draw;

e. Awarding of alternate possession; and

f. All major or minor fouls occurring in the critical scoring area.

Note: Part b above includes both the sideline and end line. Part f above includes offensive fouls and goal circle fouls.

Note: Self-starts are permitted when the ball goes out of bounds if the ball goes out of bounds as a result of a foul that occurs inbounds.

Note: If the player who is awarded the free position attempts to self-start from a position farther than a playing distance from the spot of the foul, the official shall blow the whistle, set the free position up at the spot of the foul, and commence play with a whistle. Repeated attempts to self-start from a position farther than a playing distance from the spot of the foul may result in a delay-of-game card.

Note: If the player who is awarded the free position self-starts when self-starts are not permitted, the official shall blow the whistle, set the free position up at the spot of the foul, and commence play with a whistle. Repeated attempts to self-start when self-starts are not permitted may result in a delay-of-game card.

Note: Self-starts are not permitted during the last two minutes of each half (clock is stopped on every whistle). EXCEPTION: When the 10-goal rule is in effect.

Note: Self-starts are not permitted during sudden-victory overtime (clock is stopped on every whistle).

Note: Mere instruction by the official as to the location of the free position does not preclude a self-start.

**Stand**

**SECTION 7.** For all major and minor fouls in the critical scoring area and circumstances when the self-start is not permitted (see Rule 5, Section 6), the ball is “dead” when the umpire blows the whistle and no player, except the goalkeeper or defender within the goal circle, may move unless directed by the umpire until the game has been restarted. The umpire directs any player who moves to return to her original position.

Note: When a self-start is permitted, all players farther than 4m from the spot of the foul must stand.

**Restraining Line**

**SECTION 8.** A team must:

a. Have five players behind the restraining line when the ball is in their offensive end.

b. Have four players behind the restraining line when the ball is in their defensive end.

Note: Players may exchange places during play, but a player should have both feet out before a teammate can enter. Any part of the foot on or over the line is considered a violation. 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.

Note: If a team is playing with fewer than 12 players due to injury or other circumstances not related to carding, it 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.
Out of Bounds

SECTION 9. When the ball goes out of bounds, the umpire blows the whistle to stop play, and the players must “stand.” 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 opponents will be awarded the ball when play resumes. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

SECTION 10. When a player’s foot/feet is out of bounds, she may not take an active part in the game (Minor foul). During the game, players may not run out of bounds and re-enter to a more advantageous position (Minor foul).

SECTION 11. When a player has possession of the ball and steps on or over the boundary line, or any part of her body or crosse touches the ground on or over the boundary line, the ball is out of bounds, and the player will lose possession.

a. A player is in possession of the ball when the ball is in her crosse and she can perform any of the normal functions of control, such as cradle, carry, pass or shoot.

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

c. 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 a major foul.

d. 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 major foul.

SECTION 12. 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 of it, unless it was a shot or a deflected shot on goal.

SECTION 13. To resume play when the ball has gone out of bounds:

a. The opponent nearest the ball will place the ball in her crosse and stand 2m inside the boundary from the spot where the ball went out of bounds. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play.

b. Any other player(s) directly involved in the play or in the immediate vicinity of the spot where the ball went out of bounds may also be moved. They must maintain the same relative position to the player with the ball that they occupied when the whistle blew to stop play. Opponents must give the player with the ball at least 1m of free space (stick and feet).

c. All other players must maintain the field position they had when the whistle blew to stop play. Play is resumed with the whistle.

Note: Players should move only upon the direction of the umpire.

SECTION 14. When a shot or deflected shot on goal goes out of bounds, the player who is inbounds and nearest to the ball when it crosses the boundary will place the ball in her crosse and stand 2m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1m of free space. If two opposing players are equidistant
from the ball (stick or body) when it goes out of bounds, alternate possession will be awarded.

If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play.

SECTION 15. 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 umpire’s responsibility to determine if a thrown ball is a shot.

Note: A deflected shot is one that goes directly out of bounds after hitting the goal post or the goalkeeper’s crosse or body. A ball that rebounds off the goal post, the goalkeeper, or the goalkeeper’s crosse and then off any field player’s crosse/body or the umpire’s body and directly out of bounds will be considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with her crosse or body and does not gain any distinct/clear advantage or control the ball.

SECTION 16. When the ball goes directly out of bounds from a legal draw, the umpire will call timeout, and the draw will be retaken. EXCEPTION: When the 10-goal rule is in effect (See Rule 4-3), no timeout should be called for a redraw.

A.R. 5-5. A Red defense player is in pursuit of the Blue attacker with the ball. The Red player runs out of bounds to avoid a legal pick and comes back onto the field in a position where she makes a check on the Blue attacker. RULING: ILLEGAL. A player may not run out of bounds and re-enter to a more advantageous position. A minor foul should be called against the Red defender.

A.R. 5-6. A Red defense player leaves the field during play to talk with her coach near her bench area. As she returns to the field, the Blue team has the ball along the opposite sideline boundary. RULING: LEGAL. The Red player did not re-enter the field in a more advantageous position.

A.R. 5-7. A loose ball is rolling toward the sideline boundary. A Red player runs to the ball and is able to stop it from rolling out of bounds. Her momentum then carries her out of bounds as the ball comes to rest still in play. The Red player stops, turns, re-enters the field and picks the ball up to continue with play. RULING: LEGAL. The Red player returned to the position on the field she occupied before her momentum carried her out of bounds, not to a more advantageous position.

A.R. 5-8. A Red player near the sideline attempts to pick up a loose ball but instead kicks the ball out of bounds. RULING: No foul, this is simply a change of possession on a ball out of bounds. The ball is awarded to the nearest Blue player, and she is positioned 2m inside the boundary from the spot where the ball went out of bounds. The umpire should reposition any other players if necessary before play is restarted.

Goal Circle Rules

SECTION 17. Outside of the goalkeeper, one of the following criteria must be met in order for a player to enter or to have her feet, body or crosse on or over the goal circle at any time.

a. On a shot, the shooter may follow through with her crosse over the goal circle. Her feet must not touch the goal circle. The attacker’s 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 her crosse(s) to block the shot or check the shooter’s crosse.
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 they are wholly grounded (e.g., both feet 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.

Note: Any defender moving through the goal circle must still abide by all provisions of the obstruction of the free space to goal rule.

Note: A ball on the ground or in the air within the goal circle constitutes possession for the defending team. 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 crosse 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 18. 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 her clothing or protective equipment (if the goalkeeper), place it in her crosse, and proceed with the game.

c. May reach out her crosse and bring the ball back into the goal circle provided no part of her body is grounded outside the goal circle.

SECTION 19: While within the goal circle, only the goalkeeper may:

a. Stop a shot with her body as well as her crosse.

b. Stop the ball with her hand; if she catches the ball with her hand, she must put it in her crosse and proceed with the game.

A.R. 5-9. The goalie stops a shot and the ball rebounds off her body and is now on the ground outside the goal circle. The goalie reaches out and "rakes" the ball back into her circle. RULING: This is a legal play provided that no player from the other team is within playing distance and is disadvantaged because the goalie covered the ball. If an opponent could have played the ball, the goalie will be called for a minor foul.

A.R. 5-10. A team chooses to have 12 field players on the field with no one wearing the protective equipment mandated for the goalkeeper. RULING: LEGAL. However, no one has the privilege of going into the goal circle to block a shot.

A.R. 5-11. A member of the team with no properly dressed goalkeeper runs into the goal circle to prevent a rolling ball from crossing the goal line. RULING: LEGAL. She has entered the goal circle after the shot has been taken and while the ball is on the ground. The defending team must still clear the ball within 10 seconds and immediately vacate the goal circle if/when her team loses possession of the ball.

A.R. 5-12. Team B's goalkeeper has the ball within the goal circle and the umpire has begun the 10-second count. Team B then calls a possession timeout. What happens when play resumes? RULING: The umpire will
continue the 10-second count from where she left off when play was stopped. If the attack fouls, the original count is over.

SECTION 20. 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 the ball has been played by another player.

SECTION 21. When the goalkeeper or any defender is outside the goal circle:
   a. She may only re-enter the goal circle without the ball.
   b. She may propel the ball into the goal circle and then follow it in.
   c. She must return to the goal circle to play the ball if it is inside the goal circle.

SECTION 22: When the goalkeeper is outside the goal circle:
   a. She may not take the draw.
   b. She may not be positioned between the restraining lines during the draw.
   c. She may not shoot or score on the opposing team.
   d. She may not bat, throw, catch or carry the ball with her hand.
   e. She is exempted from the obstruction of free space to goal rule.

Alternate Possession

SECTION 23. At the pre-game meeting with the captains, the team that wins the coin toss will be able to choose either the side that they want to defend in the first half or whether they want the first possession after any of the events listed under Rule 5-20(a)-(h) have occurred. After the initial possession is awarded, the possession will then alternate. Alternate possession is continuous through any overtime period (not reestablished at the coin toss that takes place prior to the first overtime period). The Head Umpire and table personnel will keep the record of alternate possession. If there is a discrepancy between the Head Umpire and table personnel then the Head Umpire’s record governs. A visible possession arrow is optional, but not required.

The alternate possession shall be taken by the two opponents closest to the foul/incident. No other players may be within 4m of the player awarded the alternate possession.

If the alternate possession would be awarded outside of the critical scoring area, it is taken where the incident or foul occurs that caused play to stop except that no alternate possession is taken within 4m of the boundaries. The opponent will stand 4m away and nearer to the goal she is defending.

If the alternate possession would be awarded inside of the critical scoring area and below the goal line extended, it shall be awarded at the closest dot. The opponent will stand 4m away and nearer to the goal she is defending.

If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended (including the goal circle), it shall be awarded at the closest 8m mark on the goal line extended. The opponent will stand 4m away on the goal line extended on either side of the ball. The penalty lane above goal line extended shall be cleared.

*Note: Only the team that is awarded the alternate possession may call a timeout.*

*Note: 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.*

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 or umpire.
f. Two players commit offsetting fouls (major and/or minor), 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.

A.R. 5-13. The defense is called for an illegal check. Once play has stopped, the umpire discovers that both the attack and the defense are offside. **RULING:** Alternate possession is awarded for offsetting fouls. A player from each team closest to the restraining line should be moved back onside. The ball will be awarded to the player whose team has possession that is closest to the spot where the play was stopped.

A.R. 5-14. The umpire is holding whistle on an offside by the defense because the attack is on a scoring play. The attack charges into the defense player. **RULING:** Alternate possession is awarded for offsetting fouls. The defense player closest to the restraining line should be placed back onside. The umpire should pick one player from the team that is awarded alternate possession and administer alternate possession.

A.R. 5-15. Defense player B1 is called for an illegal check against A1. Play is stopped and A1 is awarded a free position. Before play is restarted, the umpire notices that A1 is wearing jewelry. **RULING:** Alternate possession is awarded for offsetting fouls. A1 must remove the jewelry before play is resumed. If a player cannot remove it without delay, a substitute must replace her.

A.R. 5-16. Attack player A1 is checked in the head by B1. The umpire calls timeout, issues a card to B1 and awards A1 a free position. As B1 is leaving the field, she is pushed by A2. The umpire issues a card to A2 and sends both players from the field with no substitutes allowed. How is play restarted? **RULING:** Because Team A committed a subsequent foul before play had restarted, there is a change of possession at the site of the ball. A member of Team B closest to this spot will be moved to take the free position. A1 and all other players should be moved 4m away from the player now taking the free position. Because each team is playing a person down, no player from Team A is placed 4m behind.

**Substitution**

SECTION 24. Each team may substitute an unlimited number of players at any time during play (including overtime), after every goal (immediately following the official's performance of the mandatory stick check) and at halftime. During a substitution because of injury or player suspension, or if a player is sent from the field for any reason, no other players may substitute or exchange positions on the field. In these situations, the umpire will make sure that any substitute assumes the same location as the player she is replacing and that no advantage is gained. Timeout is not taken for substitution during the normal course of play. Re-entry is permitted.
Substitution Procedures

SECTION 25. 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 her substitution is imminent. A substitute must not go onto the field until the player she is replacing has entered the substitution area (this includes 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 her to exit. No other players shall be in this area except those involved in the imminent substitution. Substitutes must not block the view of scorer's table personnel.

Note: A guideline to follow when judging “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 stick check on the goal scorer’s stick. The umpires will ensure that all replaced players leave the field before the game restarts.

Note: 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. EXCEPTION: In the event of an injured goalkeeper, if the backup goalkeeper is in the game as a field player she 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. If a free position is to be taken and a team has no substitute available, the umpire may move the nearest player to assume the position of the player who left the field.

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 her 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, she 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.

A.R. 5-17. The goalkeeper is hurt, while in the goal circle, and the backup goalie is on the field as a field player. The backup goalie leaves the field during the injury timeout to put on goalkeeper equipment. When play is to resume, she is in the goal circle. RULING: LEGAL. If the backup goalkeeper is in the game as a field player, she will be allowed to assume the position of the injured goalkeeper when play is to resume.

Illegal Substitution

SECTION 26. Should an illegal substitution occur, the umpire will call a timeout and remove the illegal player. The penalty for illegal substitution is a free position for the opposing team at the spot where play was to resume before the illegal substitution occurred. For breach of this rule simultaneously, the umpire will award alternate possession at the spot where play was to resume. 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, 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 the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered.

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 shall be removed, and a free position shall be awarded to the opposing goalkeeper.

Note: An extra player, suspended/ejected player, or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game is considered an illegal substitute. 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 her team.

A.R. 5-18. A player is found to be wearing jewelry. RULING: ILLEGAL, minor foul. If it can be removed without delay, the player may remain on the field. If not, she must leave the game, and a substitute must replace her.

A.R. 5-19. Player A is running toward her team substitution area when the whistle blows to stop play. She continues moving and attempts to complete the substitution. RULING: ILLEGAL. She must be directed to return to her original position when the whistle blew. After the whistle is blown to restart play, she may move to complete the substitution. Continued violation should be penalized as an intentional delay of game.

Accident, Interference, or Any Other Incident

SECTION 27. 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 on a spot determined by the umpire. Play shall not be restarted within 8m (8.8 yds.) of the goal circle or within 4m (4.4 yds.) 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.

A.R. 5-20. An incident off the ball causes play to be stopped. There is no foul, and the person in possession of the ball is only 3m from the goal circle. RULING: The player with the ball and all those around her will remain where they are, and play will be restarted at the spot of the ball.

SECTION 28. Timeout is called at the discretion of the umpire. No one from the sideline may come onto the field without the permission of the umpire. No coaching may take place during an injury timeout. If medical personnel or a coach comes onto the field to attend to an injured player, or if a player is bleeding, that player must leave the field. A substitute must take her place. If a free position is to be taken and a team has no substitute available, the umpire may move the nearest player to assume the position of the player who left the field. If the injured player is the goalkeeper and there is no other “dressed” goalkeeper for her team, the goalkeeper may remain in the game.

Ball Lodged in Clothing or Crosse

SECTION 29. When the ball lodges:

a. In the clothing of a field player outside of the goal circle, alternate possession is awarded.
b. In the crosse of a field player, the crosse no longer meets specifications and must be removed from the game immediately. A minor foul is called, and the umpire will take timeout to remove the crosse.

c. In the goal netting, or in the protective equipment, clothing or crosse of the goalkeeper (or field player legally in the goal circle) while she is within the goal circle, she removes the ball, places it in her crosse and proceeds with the game.

d. In the clothing of an umpire, alternate possession is awarded.

**Equipment Inspection**

Equipment Inspection

**SECTION 30.** The head coach is required to verbally certify that all of his or her team’s equipment (e.g., crosses, eye protection, balls, etc.) is legal under these rules. Officials must inspect all equipment that might be used in the game before the game begins. Pre-game inspections of crosses will include the following:

a. pocket depth check (pursuant to Rule 2-2(b));

b. examination of the stringing and head of the crosse; and

c. the random selection of 5 crosses 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).

*Note: If an official suspects violations of Appendix E during the pre-game inspection of a crosse, a closer examination of the stringing and head of the crosse (including measurements) will be conducted at that time.*

Any crosse that fails the pocket depth check may be re-inspected prior to the first draw by the official for use in the game without penalty.

If illegal manipulation of a shaft/head of a crosse and/or illegal stringing of a head pursuant to Appendix E (excluding pocket depth) are found during the pre-game stick check, 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 nonstarting player then the coach must designate a starting player to serve the penalty (although the card itself will be issued to the nonstarting player whose stick was deemed illegal, not the starting player who the coach designates to serve the penalty). Both the nonstarting player and the starting player designated 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 pre-game stick check, the penalties will be served concurrently and all of the players serving the penalties will be released after the first 2 minutes of elapsed playing time.

Any crosse that is found to violate Appendix E (excluding pocket depth) during the pre-game stick check may be re-inspected prior to the first draw by the official for use in the game. However, the crosse must remain in the penalty box until the penalty for the non-releasable yellow card has been served.

Should any crosse not meet specifications, it shall be placed at the scorer’s table.

**SECTION 31.** 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. The officials shall also inspect the pocket, stringing, and head of any
crosse in use upon request of the opposing coach (head coach or assistant) or any opposing player on the field. Each team will be allowed three stick check requests per game for any crosse in use. These requests are permitted during the following time periods:

a. timeouts;
b. at halftime;
c. before the game;
d. before overtime; and
e. prior to the start of the draw.

Stick checks requested by teams will consist of a pocket depth check and full examination of the stringing and head of the crosse, including measurements of the stringing and head of the crosse pursuant to Appendix E.

Upon a request for a stick check:

a. Should the crosse meet specifications, the game shall be restarted by the ball being given to the player who was in possession of the ball.
b. Should the crosse not pass the pocket depth check, it shall be removed from the game by the official and placed at the scorer's table for the remainder of the half. After the removal of the crosse not meeting specifications, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. However, if the illegal crosse is an offsetting foul, alternate possession will be awarded.
c. Should the crosse violate a section of Appendix E (excluding pocket depth), the player will be issued a non-releasable yellow card. After the removal of the crosse not meeting specifications, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. However, if the illegal crosse is an offsetting foul, alternate possession will be awarded.
d. Any crosse not meeting specifications may be re-inspected (at halftime or before any overtime period) by the official for use in the second half or overtime period. The team requesting the stick check will not lose any of its three allowable requests if the crosse is found to be illegal.

Note: The player found to have an illegal crosse because of pocket depth will be allowed to enter the bench area to obtain another crosse and immediately return to her place on the field. No substitutes are allowed during this stoppage of play.

Note: The player found to have an illegal crosse because of violations of Appendix E (excluding pocket depth) must enter the penalty area and remain there for two minutes of elapsed playing time.

Note: 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 table.

Note: At any time following the pre-game stick check, if any crosse 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 crosse may not enter the field of play until the officials have inspected it.

SECTION 32. Once a goal is scored, the official will take possession of the goal-scoring crosse and will perform a pocket depth check. If an official suspects violations of Appendix E during this inspection of a crosse, a closer examination of the stringing and head of the crosse (including measurements) will be conducted at that time.
a. In the event that a goal was scored with a crosse that does not meet specifications, the goal shall not count, the crosse shall be removed, and play shall be resumed with a free position at the center line. Player positioning for the draw will apply. Should the crosse violate a section of Appendix E (excluding pocket depth), the player will be issued a non-releasable yellow card.

b. If after a goal is scored and before the game is restarted with the draw, any player other than the shooter is found to have a crosse not meeting specifications, the goal shall stand and a free position will be taken at the center by the opposing team. Should the crosse violate a section of Appendix E (excluding pocket depth), the player will be issued a non-releasable yellow card.

Note: If the head of the stick becomes disconnected from the shaft, the stick no longer meets specifications. It shall be removed from the game by the official and placed at the scorer’s table for the remainder of the half. There will be no penalty assessed. It may be re-inspected (at halftime or before any overtime period) by the official for use in the second half or overtime period. It may not be re-inspected during the time period after a 3-minute half of overtime play when teams change ends and play is restarted with a draw.

SECTION 33. The head 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).
RULE 6

Fouls

Major Fouls
SECTION 1. The following are major fouls:

a. **Rough/Dangerous Check**: Roughly or recklessly checking/tackling another player’s crosse. (The direction of the check must be away from a 7-inch sphere around the head.) Any part of a crosse may be checked, in a direction toward the body, if the check is controlled, and the crosse or ball does not go into the sphere. A player may reach into the sphere to make a safe check. No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s body.

b. **Check to the Head** (MANDATORY CARD): No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s head.

c. **Slash** (MANDATORY CARD): Swinging the crosse at an opponent with deliberate viciousness or recklessness.

d. **Holding**: Holding an opponent’s crosse.

e. **Dangerous Crosse in the sphere**: Holding her crosse within the sphere around the face or throat of an opponent.

f. **Horizontal Stick**: Initiating crosse-to-body contact with the crosse parallel to the ground (3 and 9 o’clock) and hands apart. If hands are touching on the crosse, then initiating contact with the hands while the crosse is parallel to the ground (3 and 9 o’clock) is legal.

Note: If a player initiates contact with the crosse and the crosse is not parallel to the ground, but, for example, the head of the crosse is positioned at 11 and 1 o’clock, and the player is not using the shaft of the crosse to hit, push or displace her opponent, this may be deemed legal positioning.

g. **Cross-Check**: Using the shaft of the crosse to hit, push or displace an opponent. This includes, but is not limited to, thrusting, jabbing, pushing or displacing any part of an opponent’s body.

h. **Illegal Use of the Crosse**: Using the crosse in a dangerous and/or intimidating manner, for example:
   1. Directly poking or waving the crosse near an opponent’s face;
   2. Making a sweeping check from behind that contacts the opponent’s body; or
   3. Any other action with the crosse that, in the umpire’s opinion, amounts to dangerous or intimidating play.

i. **Hooking**: Using the webbed area of her crosse to hook the bottom end of an opponent’s crosse.

j. **Reach across the body**: Reaching across an opponent to check the crosse when she is level with or behind her.

k. **Illegal cradle**: Holding, with or without cradling, the head of her crosse in front of her face or her teammate’s face, within the sphere or close to her body, or her teammate’s body, making a legal/safe check impossible.
l. **Blocking:** Blocking her opponent by moving into her path without giving her a chance to stop or change direction.

*Note:* In establishing and maintaining legal picking tactics, the picker shall:
1. Stay within her 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 the feet are stationary.
2. Not be required to face any particular direction at any time.
3. Give her opponent a chance to stop or change direction.

*No player, while moving, shall set a pick that causes contact and delays an opponent from reaching a desired position.*

m. **Charging:** Charging, barging, shouldering or backing into an opponent.

*Note:* Body-to-body contact may be called charging, blocking or no call (incidental contact). Crosse-to-crosse contact is either a legal or illegal check.

n. **Pushing:** Pushing the opponent with the hand or body.

o. **Obstruction of the Free Space to Goal (shooting space):** With any part of her 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 shoot at a player.

*The goalkeeper is exempt from this rule.*

1. This positioning applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player.
2. This positioning applies to a defender not marking a player within a stick's length.

*Note 1:* This call should be made only if the player with the ball is looking to shoot. If she is being double- or triple-teamed and she has no opportunity to shoot for goal, the call should not be made. If the player with the ball is outside the 12m fan area, she must be advancing toward goal and looking to shoot, or the call should not be made.

*Note 2:* Defense players who are double- or multiple-teaming a player without the ball and are within a stick's length are exempt from the obstruction of free space to goal. They must, however, continue to abide by the three-second rule.

*Note 3:* While the goalkeeper is exempt from this rule, it is still the responsibility of the attacker to shoot safely. Dangerous follow-through and dangerous propelling may still be called. However, these fouls should not be called if the goalkeeper moves into the path of the ball or follow through.

p. **Tripping:** Tripping an opponent, deliberately or otherwise.

q. **Detaining:** Detaining an opponent at any time by holding or pushing against her body, clothing or crosse with an arm, leg, body or crosse. A player may not hold her crosse in such a manner as to restrain or hold back a player.

r. **Forcing Through:** While in possession of the ball, trying to force her crosse through an opposing crosse(s) in such a way as to cause her own crosse to contact her body.

s. **False Start:** Before the whistle, stepping or making any movement simulating the beginning of play designed to gain an advantage over one’s opponent. On a self-start, moving prior to the player who has been awarded the free position self-starting.

t. **Playing the Ball off an Opponent:** Pushing, flicking or batting the ball into an opponent’s feet or body causing the ball to go out of bounds.

u. **Dangerous Propelling (MANDATORY CARD):** Propelling the ball with her crosse in a dangerous or uncontrolled manner at any time.
Note: Any shot directed at or taken without regard to the positioning of a field player is dangerous propelling.

v. **Dangerous Follow-Through** (MANDATORY CARD): Following through with her crosse in a dangerous or uncontrolled manner at any time.

w. **Dangerous Shot**: Shooting dangerously or without control at the goalkeeper who is positioned within the goal circle.
   1. A dangerous shot is judged on the basis of the combination of distance, force and placement.
   2. A shot should not be directed at the goalkeeper's body, especially her head or neck. This would not apply if she moves into the path of the ball.
   3. A shot may be uncontrolled even if it misses the goal.

x. **Illegal Shot**: Shooting from an indirect free position.

y. **Goalkeeper Fouls**: If a goalkeeper attempts to take the draw, lines up between the restraining line during the draw, shoots or scores for her team.

   **Note**: Repeated violations of minor fouls should be penalized as major fouls. Any minor foul done in a dangerous manner may be penalized as a major foul.

   **A.R. 6-1.** Incidental contact occurs between A1 and B1 when both are going for the ball. **RULING:** NO CALL. Realize some incidental contact may occur when two players are going for the ball.

   **A.R. 6-2.** Attack player A1 has the ball in front of the goal between 8 and 12m, and her teammate A2 is being guarded deep and to the side of the goal circle by a defensive player. The low attack (A2) player begins to run across the goal, and her defense (D2) player decides to stop and tries to play the attack (A1) player, moving straight on to her, more than a stick's length away. **RULING:** ILLEGAL. Major foul, obstructing free space to goal. The defense must approach from an angle. The defense cannot run directly at A1 (body-to-body), with her body in the free space to goal. She would be legal if she ran at an angle with the body out of the free space to goal. The defender is permitted to hold her stick in the free space to goal.

   **A.R. 6-3.** Attack (A1) shoots on goal, the ball goes into the goal as A1 hits the defender (B1) on the shoulder with her follow-through. **RULING:** ILLEGAL. No goal; free position for B1 8m from the goal. A card (yellow or red) must be given to A1. No substitution is allowed, and no player from Team A is placed 4m behind B1.

   **A.R. 6-4.** An attack player false starts when she has a free position at an 8m hash mark. She is warned and given a second chance. **RULING:** Incorrect procedure. False start is a major foul with a change of possession.

**Minor Field Fouls**

**SECTION 2.** The following are minor field fouls:

a. **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 three-second rule is in effect (the count begins) when the team in possession of the ball crosses the ball over the restraining line into its attacking end of the field.

   The defense is not exempt from the three-second rule by virtue of double-teaming/multiple-teaming a non-ball attack player in the arc. The three-second count will continue against the original nonmarking defense player within the arc, until there is again only one defender on the non-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 the shooting space rule. 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 non-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.

Details relating to the procedural set up of players following a three-seconds violation are delineated under Rule 7-17.

Note: The defensive player may exit the arc by moving through and out of the goal circle in order to avoid a three-second call.

Note: Crowding by the defense in front of the goal shall be called immediately.

b. Covering: Guarding a ground ball with her foot or crosse.

Note: A player may cover or rake the ball when the ball is not contested by an opponent.

c. Empty Stick Check: Rather than playing the ball, preventing an opponent from playing the ball by checking an opponent’s crosse. This applies only if the opponent could have received or gained possession of the ball.

Note: Incidental empty stick checks during 50/50 balls shall not be called.

d. Warding Off: Guarding the crosse with an arm. If one hand is removed from the crosse, 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 crosse.

e. Hand Ball: Touching the ball with her hand, except the goalkeeper outside or inside the goal circle. However, the goalkeeper may not bat, throw, catch or carry the ball with her hand when outside the goal circle.

Note: A field player while legally in the goal circle may remove a ball lodged in the goal netting or her clothing with her hand.

f. Squeeze the Head of the Crosse: Using her hand or body to keep the ball in the crosse, that is, squeezing the head of the crosse.

g. Body Ball: If a player blatantly attempts to stop a shot on goal by playing the ball off of her body while outside the goal circle, it shall be called a major foul (if inside the goal circle, it is a red card). The goalkeeper is exempt from this rule. (See A.R. 7-5).

h. Head Ball: Using her head to stop or otherwise control the ball, except the goalkeeper outside or inside the goal circle.

i. Throwing her crosse in any circumstance.

j. Taking part in the game if she is not holding her crosse.

k. Illegal Draw: Drawing illegally.
   1. Either player draws too soon.
   2. No attempt is made to draw up and away.
   3. Movement of the crosse is not up and away.
   4. Player taking the draw moves after the umpire says “ready” and before the umpire’s whistle.
   5. Ball does not go higher than the heads of the players taking the draw.
   6. Player steps on/into the center circle or illegally crosses the restraining line before the whistle.
l. **Illegal crosse:** Playing with a crosse that does not meet field crosse pocket depth specifications or a goalkeeper playing with a goalkeeper's crosse that does not meet specifications.

m. Scoring a goal with a crosse that does not meet the field crosse pocket depth specifications.

n. Adjusting the strings/thongs of her crosse after an official inspection of her crosse has been requested during the game. The crosse must be removed.

o. Requesting any additional crosse inspections beyond the three allowed per team.

p. Failing to be ready to start play after a two-minute team timeout or after halftime.

q. **Jewelry:** Taking part in the game if she is wearing jewelry.

r. **Illegal Uniform:** Taking part in the game if her uniform does not meet specifications.

s. **Illegal Substitution:** Substituting illegally.

t. **Delay of Game:** Intentionally delaying the game:
   1. Failure to stand when the whistle is blown to stop play (creeping).
   2. Failure to move 4 meters away on a free position.
   3. Failure to properly wear a mouthpiece.
   4. Failure to properly wear eye protection.
   5. Any type of behavior that, in the umpire's opinion, amounts to delay.
   6. Repeated violations by the attack or defense on the self-start (see Rule 5-6).

u. **Play from out of bounds:** Taking an active part in the game when her foot/feet are out of bounds.

v. **Illegal re-entry:** Running out of bounds and re-entering to a more advantageous position.

w. **Illegal Timeout:** A team requesting more than two timeouts.

x. Failure of the head coach to appear at the pre-game meeting in a timely manner.

A.R. 6-5. As a number of players are attempting to gain possession of a ground ball, the ball takes a bad bounce, hits off the back of B1's leg and goes directly to her teammate B2. **RULING:** LEGAL. B1 is permitted to use her leg to direct the ball to her teammate.

A.R. 6-6. A1 attempts a pass across the field to her teammate A2, who is standing alone near the sideline. As the ball approaches, A2 realizes she won't be able to stop it with her stick. She uses her leg and makes contact with the ball to slow the ball and prevent it from going out of bounds. **RULING:** LEGAL. A2 is permitted to use her leg to deliberately impede or change direction of the ball.

A.R. 6-7. Blue attack has the ball below the restraining line in their attacking end when the trail official calls an offside foul against Blue. The officials then discover that Blue also has too many players on the field. What happens? **RULING:** Call time out. Both the offside and illegal substitution fouls can be corrected by removing an attack player who is below the restraining line from the field. Move the closest defender to the spot of the ball and award a free position. The attack player who had possession is placed 4m behind.
Goal Circle Fouls
SECTION 3. A field player must not enter or have any part of her body or crosse on or in the goal circle at any time except in the following circumstances:
   a. The shooter may follow through with her crosse over the goal circle; however, her feet must not touch the goal circle, and her shooting motion must be initiated from outside the goal circle.
   b. The player(s) directly defending the shooter may reach into the goal circle with her crosse(s) to block the shot or check the shooter’s crosse.
   c. Players on the defending team in their defensive end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. 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 they are wholly grounded (e.g., both feet within the goal circle). Defenders must immediately leave the goal circle when their team loses possession of the ball.
   e. When the goalkeeper is not within the goal circle, her teammate may go into the goal to prevent a rolling ball from crossing the goal line.
SECTION 4. A field player must not enter or remain in the goal circle illegally.
SECTION 5. The goalkeeper or any defender within the goal circle must not:
   a. Allow the ball to remain in the goal circle longer than 10 seconds.
   b. When inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with her hand.
   c. When any part of her is grounded outside the goal circle, draw the ball into her goal circle.
   d. Step back into the goal circle when she has possession of the ball.
SECTION 6. The goalkeeper must not, when outside the goal circle, throw any part of her equipment to her teammate who is positioned within the goal circle.
SECTION 7. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not intentionally return the ball to its goal circle until the ball has been played by another player.

Team Fouls/Offside
SECTION 8. A team must have five players behind the restraining line when the ball is in their offensive end, and must have four players behind the restraining line when the ball is in their defensive end.
Note: Players may exchange places during play, but the player should have both feet out before a teammate may enter. Any part of the foot on or over the line is considered a violation. 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.
Note: If a team is playing with fewer than 12 players due to injury or other circumstances not related to carding, it may have fewer players behind the restraining line.

Misconduct
SECTION 9. The following are misconduct fouls:
   a. Excessively rough, dangerous or unsportsmanlike play.
   b. Persistent or flagrant violation of the rules.
   c. Deliberately endangering the safety of an opposing player.
d. Baiting or taunting that is intended or designed to embarrass, ridicule or demean others.

e. Excessive dissent or abusive language.

f. Nonplaying team member leaving the team bench area during the game.

g. Coach leaving his/her coaching area.

h. Violations of Appendix E (excluding pocket depth).

i. Any deliberate attempt to impede the officials from obtaining the goal scorer's stick should be considered misconduct and carded.

Note: If players on the opposing team of the goal scorer drop their sticks in an attempt for the officials to disallow the goal, this is considered misconduct and a yellow card should be issued to the player(s) on the opposing team who dropped their sticks.

j. Any type of behavior that, in the umpire's opinion, amounts to misconduct.

A.R. 6-8. Defender B1 is marking an attack player A1 in front of the goal, and the attack player with the ball (A2) shoots at goal; at the last second, A1 ducks out of the way. RULING: This can be dangerous play. A free position can be awarded to the defensive player and a card given to the shooter.
RULE 7

Penalty Administration

General Penalty Administration

SECTION 1. The penalty for fouls is a “free position.” In the event of two
players committing offsetting fouls, alternate possession is awarded. Repeated or
persistent minor fouls may be penalized as major fouls. Repeated or persistent
major fouls may be carded. Timeout must be taken for the issuance of a card.

Fouls committed while the attack player is in the act of shooting, or after the
goal has scored and before play has restarted, will be penalized. Fouls called
against the defense and certain fouls called against the attack will result in a free
position at center to restart play. Certain fouls called against the attack, such as
charging, dangerous propelling and dangerous follow through, will result in no
goal and a free position awarded to the defense no closer than 8m (8.8 yards)
to the goal circle.

When the game starts/restarts with a free position or alternate possession at
the center line rather than with a draw, player positioning for the draw will
apply. For the free position, a player from the offending team is placed 4m
away to either side at an angle of 45 degrees to the center line toward the goal
she is defending.

Repeated major fouls and 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. No players are moved, except the one taking
the free position and as necessary to clear the 8m arc. Play is resumed with the
whistle.

A.R. 7-1. The White team attack player is completing her shot on goal
when the Blue team defender commits a cross check foul against her. The
goal scores. RULING: Signal the goal, call timeout and indicate the cross
check foul on Blue. Play will be restarted with a free position for White
administered at the center line. The mandatory stick check found that the
attacker’s stick was legal.

A.R. 7-2. Green team attacker has just scored a goal. As she moves up the
field towards the center circle she pushes the White team defensive player
who had been marking her. RULING: The pushing foul occurred well after
the goal had scored so the goal will count. The foul is called and play will
restart with a free position for White administered at the center line.

A.R. 7-3. Green team attacker is on her way to goal. As she shoots and
scores she charges into the White team defender who had established legal
position. RULING: No goal. The charging foul was committed during
the act of shooting. The White team defender is moved 8m from goal and
awarded a free position to restart play.

A.R. 7-4. The Blue team attack player moves towards goal, shoots and
scores. As the teams are moving back towards the center to restart play,
the umpire discovers that the goal scorer is not wearing a mouth guard.
RULING: Per Rule 4-8, if this violation is discovered immediately after a goal, the goal counts and the free position is taken at the center to restart play. The official should call timeout, indicate the foul and then administer the free position.

SECTION 2. The umpire indicates where the player taking the free position is to stand. The free position shall be at the spot of the foul unless specifically directed by the rules or if the spot of the foul would disadvantage the non-offending team in which case the free position shall be at the spot of the ball. No player or her crosse is allowed within 4m of the player taking the free position; if anyone is within this distance, she must move to a position indicated by the umpire. With the exception of when self-starts are permitted, no free position may be taken closer than 4m to a boundary line. No free position may be taken closer than 8m to the goal circle, except by the goalkeeper who may be awarded a free position inside the goal circle. Free positions below the goal line extended and in the critical scoring area shall be taken at one of the dots marked on the field.

SECTION 3. If any foul prevented an almost certain goal, the umpire can order the goalkeeper from between such a free position and the goal.

A.R. 7-5. The goalie is out of the goal circle when a foul is called against the defense. The resulting free position calls for the arc to be cleared with the goalie remaining outside the goal circle. As the whistle blows to start play, the attack player prepares to take a shot at the undefended goal. A defender flagrantly obstructs the free space to goal. The umpire blows her whistle immediately, thus stopping the shot. RULING: Obstruction of the free space to goal requires an immediate whistle from the umpire. Because the foul prevented an almost certain goal, the umpire must remove the goalkeeper from the goal circle. The umpire must issue a red card to the player who committed the flagrant foul.

**Free Position—Placement of Players**

**Major Fouls**

SECTION 4. For major fouls anywhere on the field, the offending player will stand 4m behind the player taking the free position. This also applies to the goalkeeper, whether she is within or outside the goal circle, or a defender if within the goal circle. A verbal caution or warning may be given. When the goalkeeper is awarded a free position within the goal circle, the player committing a major foul is placed 4m behind the goal circle.

A.R. 7-6. An attack player is running down the far side of the field with the ball. The umpire calls timeout to warn an attacking teammate who has been verbally abusive. RULING: Issue a yellow card for misconduct. Change of possession at the site of the ball.

**Minor Fouls**

SECTION 5. For minor fouls anywhere on the field, the offending player will stand 4m (4.4 yds.) away in the direction from which she approached before committing the foul. This applies to the goalkeeper if she is wholly outside the goal circle. For minor fouls involving jewelry, illegal uniform, or failure to wear a mouthpiece or eye protection, a substitute must replace the offending player unless correction can be made without delay.
Team Fouls/Offside

SECTION 6. If the attack fouls, the closest defender to the spot of the ball will be awarded a free position at that spot (no closer than 8m to the goal circle). The attack player with the ball will go 4m behind; the attack player closest to the restraining line will move back onside. If the attack player with the ball is closest to the line, the next closest attack player will move back onside.

Note 1: If the attack has possession of the ball, the whistle should sound as soon as the violation occurs.

Note 2: If the attack is offside but the defense gains possession of the ball before the foul can be called, the umpire may hold the whistle and not penalize the offside if the defense is able to maintain the advantage and clear over the restraining line to go on attack.

SECTION 7. If the defense fouls and the ball is outside the critical scoring area when the violation is called, the attack will be awarded a free position at that spot. The closest defender will go 4m behind; the defender closest to the restraining line will move back onside.

SECTION 8. If the defense fouls and the ball is inside the critical scoring area and above the goal line extended when the violation is called, the attack will be awarded a free position at the center of the 12m fan. The closest defender will go 4m behind; the defender closest to the restraining line will move back onside; the penalty lane will be cleared; and the goalkeeper may return to the goal circle. If the ball is inside the critical scoring area and below goal line extended, the penalty will be administered at the closest dot.

Note: The entire goal circle is considered to be above the goal line extended.

SECTION 9. If the defense fouls and the play ends with another major foul by the defense:

a. Inside the 8m arc: Penalize this foul, not the offside foul.
b. Outside the 8m arc, but inside the 12m fan: Penalize this foul, not the offside foul.

Note: Violation of the restraining line by the defense may be a held whistle. The umpire must evaluate if the attack is on a scoring play/maintaining advantage.

SECTION 10. If players from both teams are offside, alternate possession will be awarded below the restraining line at or near the spot of the ball when play stopped. The players nearest to the restraining line from both teams will move back onside.

A.R. 7-7. The ball is below the restraining line with the attack in possession. Defense causes a turnover, but the whistle then sounds for an offside foul by the defense. Where is the free position taken? RULING: If the ball is outside the critical scoring area or below the goal line extended, the free position is awarded at that spot. If the ball is inside the critical scoring area and above the goal line extended, or inside the goal circle, the free position is awarded at the top center of the 12m fan. Attack with the ball to the spot of the free position; nearest defender placed 4m behind; closest defender to the restraining line will move back onside.

A.R. 7-8. The goalkeeper has moved outside her goal circle to play the ball when offside is called on the defense. The free position is being awarded at the top of the 12m fan. Is the goalkeeper allowed to return to the goal circle? RULING: Yes, she may move back into her goal circle.

Goal Circle Fouls

SECTION 11. The penalty for goal circle fouls by the defense shall be a free position taken 8m out to either side, level with the goal line. The offending
player, except the goalkeeper who is within the goal circle, shall be placed 4m behind the player taking the free position. The goalkeeper remains at the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle. The penalty lane above the goal line shall be cleared. The goalkeeper in the penalty lane may clear back into the goal circle if she did not foul.

The penalty for goal circle fouls by the attack shall be a free position taken by the goalkeeper, or a defender, within the goal circle.

A.R. 7-9. A goalkeeper is grounded, straddling the goal circle, and pulls the ball back into the crease. RULING: ILLEGAL. Goal circle foul. The goalkeeper may return to the goal circle, and the free position is taken 8m out to either side level with the goal line. The penalty lane above goal line extended shall be cleared.

Resumption of Play
SECTION 12. The player awarded the free position takes the ball in her crosse, and on the whistle with arm signal from the umpire, the game is restarted. The player may run, pass or shoot. EXCEPTION: The player taking an indirect free position may not shoot until the ball has been played by some other player.

Special Situations - Placement of Players
In the Critical Scoring Area, Outside the 8-Meter Arc
SECTION 13. For a major foul by a defense player, the free position will be taken on the spot of the most recent foul. All players’ bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle. The goalkeeper in the penalty lane may clear back into the goal circle if she did not foul.

In the 8-Meter Arc
SECTION 14. For a major foul by a defense player that occurs in the 8-meter arc, all players’ bodies and crosses must be cleared from the 8-meter arc and penalty lane. The goalkeeper may clear back into the goal circle if she did not foul. All players must take the shortest route out. The player who was fouled will move to a hash mark nearest the spot of the foul, on the 8-meter arc. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.

Note: In taking the shortest route out of the arc, the arc is cleared relative to one’s position inside the arc. The intent of clearing the arc is not to further penalize the defense. In other words, if a defensive player is ball-side of an offensive player when the whistle is blown, the defense is entitled to a ball-side position on the arc, not necessarily at a hash mark. If a defensive player is not ball-side when the game is stopped, she is not entitled to that position on the arc.

Note: On an 8-meter free position, the shooter’s stick is permitted to be in the 8-meter arc.

SECTION 15. For a major foul by a defense player that occurs outside the 8-meter arc, and the scoring play ends inside the 8-meter arc without an additional foul occurring, the free position will be taken on the spot of the foul by the player who was fouled or attack player nearest to the spot of the foul. All players’ bodies and crosses must be cleared sideways from the penalty lane relative to their position at the time of the whistle.

A.R. 7-10. Blue team attack player charges while within the 8m arc. The White defense is awarded a free position 8m from goal with the ball going
out. The White team player with the ball commits a false start foul. How is play restarted? **RULING:** While the defending team did commit a major foul, the player with the ball is considered outside the 8m arc. The closest Blue team player is moved to the spot of the ball just outside the arc. The defender who fouled is placed 4m behind and the lane is cleared.

**Minor Field Fouls Inside the 12-Meter Fan**

**SECTION 16.** When a minor foul by a defense player occurs in the 12-meter fan and the slow whistle rule is not in effect, the player fouled will move to the nearest spot on the 12-meter fan. All other players shall remain in their same positions with the exception of the fouling defense player, who shall move 4m from the player taking the free position, relative to her position at the time of the foul. This is an indirect free position, and no shot may be made by the player taking this free position until the ball has been played by some other player.

**SECTION 17.** For a minor foul by an attack player, the player fouled will take the free position on the spot of the foul, but not closer than 8m from the goal circle, unless the goalkeeper has been fouled within the goal circle.

**Three-Seconds Violation**

**SECTION 18.** If the ball is outside the 12m fan when a three-seconds violation occurs, the penalty shall be administered at the spot of the ball. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m from the player taking the direct free position, relative to her position at the time of the foul.

If the ball is inside the 12m fan when a three-seconds violation occurs, the player with the ball shall be placed at the 12m relative to her position at the time of the foul. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m to the side of the player taking the direct free position, relative to her position at the time of the foul. The lane is cleared.

If the ball is inside the critical scoring area but below goal line extended when a three-seconds violation occurs, the player with the ball shall be placed at the closest dot relative to her position at the time of the foul. All other players shall remain in their same positions with the exception of the offending defensive player who was in three seconds, who shall move 4m (in the direction towards the sideline) from the dot where the player taking the direct free position has been moved.

*Note: Umpires are encouraged to hold their whistle in the event that a minor foul is committed by a defense player when the attack player may have the opportunity to shoot.*

**Slow Whistle**

**SECTION 19.** A slow whistle is a held whistle for a major foul by the defense in the critical scoring area when an attack player is on a scoring play. The umpire will indicate this slow whistle by raising a yellow flag vertically above her head.

**SECTION 20.** A slow whistle is in effect when an attack player in the critical scoring area is on a scoring play and is fouled by the defense committing a major foul but retains possession of the ball or when an attack player in the critical scoring area is on a scoring play and a major foul is committed against an attack teammate without the ball.
SECTION 21. The umpire immediately blows the whistle when there is an obstruction of the free space to goal. The umpire may, at any time after the flag, blow the whistle to halt potentially dangerous play.

**Scoring Play**

SECTION 22. 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 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 her forward momentum.

d. The attacking team fouls.

**Enforcement of the Slow Whistle**

SECTION 23. If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the umpire lowers the flag, and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded to the player fouled or to the attack player nearest the spot of the foul 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.

SECTION 24. The offending or nearest defense player is penalized according to major foul conditions. The next nearest defense player may move to 4m (4.4 yds.) relative to the player with the ball. All players and their crosses must move out of the penalty lane until play is restarted.

SECTION 25. During a slow whistle situation, if there are additional major or minor fouls by the defense, the attack will be awarded the ball at the 8-meter hash mark nearest to the most recent foul at the end of the unsuccessful scoring play.

**A.R. 7-11.** On a slow whistle (flag has been raised), the goalkeeper commits the next foul, ending the scoring play. **RULING:** Free position to the attacking team, the arc is cleared, and the goalkeeper is placed 4m behind the 8m free position.

SECTION 26. The goalkeeper may return to her goal circle if she has moved outside the goal circle during the slow whistle (flag raised) and has not fouled. **Note:** The goalkeeper will be allowed to return to the goal circle if she moved outside the circle during the time the slow whistle was in effect and she has not fouled. If she was outside the goal circle when the foul was committed and the flag was raised, she will remain outside when the free position is set up except in the following two circumstances: (1) She has not fouled and was in the 8m arc when the scoring play ended and the arc is to be cleared; and (2) She has not fouled and was in the penalty lane when the scoring play ended and the penalty lane is to be cleared.

SECTION 27. If during a slow-whistle situation, the attack player or one of her teammates commits a foul, it will be treated as an offsetting foul, and alternate possession will be awarded at the designated spot nearest to the spot of the foul that caused play to stop.
Delay of Game

SECTION 28. Timeout must be called to administer a delay-of-game card. The first violation should be followed by a green card given to the team captain. A change of possession takes place, if applicable, for the minor foul.

On the next delay of game, the umpire will show a green and yellow card to the offending player and issue the appropriate penalty (major foul). The offending player may remain in the game.

Any subsequent delay-of-game offenses will result in a green and red card being given to the offending player and issuing the appropriate penalty (major foul). The player receiving the green/red card must leave the field and enter the penalty area for two minutes of elapsed playing time, which will carry over to the second half or overtime, if necessary. A substitute must take her place. The official timer will be responsible for timing the two minutes and indicating to the scorer when the player may return. If the player receiving the green/red card attempts to return before the penalty time has elapsed, it will be considered misconduct.

Misconduct and Suspension

SECTION 29. The penalty for misconduct shall be the same as for all major fouls. In addition to awarding a free position, the umpire will issue a yellow or red card. A yellow card may be a two minute releasable or non-releasable penalty. A non-releasable yellow card is only issued for violations of Appendix E (excluding pocket depth) pursuant to an official's inspection. A red card is a two-minute non-releasable penalty. Issuance of cards should be considered a warning to all players. Timeout must be called to administer warnings, suspensions and ejections. 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 will begin with a free position at center for the non-offending team. Player positioning for the draw shall apply.

SECTION 30. The umpire may warn the offending player by issuing a yellow card. The player receiving the yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time which will carry over to the second half or overtime if necessary. No substitutions may take her place. If the opposing team scores during this time the player will be released from the penalty area (unless a non-releasable yellow card) and is eligible to re-enter the game. If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional two-minute penalty and no substitute may take her place. If the player receiving the yellow card is the goalkeeper and there is no other “dressed” goalkeeper for her team, the 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.

Note: A team with a player or players 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 player is serving a releasable penalty). If a team has more than one player in the penalty area and the opposing team scores, the player serving the non-releasable penalty who entered the penalty area first will be the first released. If the opposing team scores again, the player who entered the penalty area second will be the next released. If a team has two players who received cards at the
same time, they will both be released if the opposing team scores during penalty time. Any player serving a non-releasable penalty must serve the full two-minute penalty.

Note: When administering a free position after a card has been issued and a team is playing a person down, no player on the penalized team must be moved 4m behind.

**EXCEPTION:** If the goalkeeper is carded, either she or the second dressed goalkeeper who enters the game will be placed 4m behind the player with the ball on the restart of play. This exception will apply no matter where the goalkeeper is when she commits the foul, either inside or outside her circle. 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 her substitute may remain in the goal circle for the restart of play.

Note: A carded player serving a releasable 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 box.

**SECTION 31.** A player who receives a second yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take her place during that two-minute period. She 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. If the goalkeeper receives a second yellow card, she will be suspended from further participation in that game. If the goalkeeper receives a red card, she will be ejected from 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 (yellow) or four minutes (red) of elapsed playing time.

**SECTION 32.** The umpire 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 her 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.

Note: 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 her game uniform, and she may not take part in any warmup activities.

**SECTION 33.** If the carded player or any player replacing her enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional two-minute penalty, and no substitute may take her place. If the player entering early is the player who received the original card, she 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 card, the officials will send a player from the offending team who is closest to her team bench area off the field, and the player who received the original card will serve the remainder of the penalty time and then serve the additional two-minute penalty. A change of possession will take place at the spot of the ball if warranted, and any free position will be awarded at the spot of the ball with a player from the offending team placed 4m behind the player with the ball.

SECTION 34. 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. The player will serve a two-minute penalty. If the second card issued is a red card, the penalty will be non-releasable. Once the penalty time has been served, or the player has been released, she may not re-enter the game, but the team may substitute another player.

SECTION 35. 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 the ball when play was stopped. Any head coach who is suspended (two yellow cards) 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.

SECTION 36. If a situation occurs after the game ends and before the umpires leave the playing venue where conduct occurs that would warrant a red card during play, the umpire(s) can issue a postgame ejection to the offending player or coach to be served in the team's next game. The umpires must inform their assigner or the offending team's head coach or game administrator immediately after the game to report the ejection.

A.R. 7-12. A team follower has become unruly and abusive. The umpire approaches the appropriate head coach and asks to have this person warned and/or removed. RULING: Allow the coach and/or game administrator the time necessary to handle the problem. If possible, continue with the game while the situation is being resolved. If the problem persists the coach may be carded.

A.R. 7-13. The umpires have issued yellow cards for the same type of offense (e.g., slashing, dangerous/rough checks, etc.). A player who has not previously been issued a yellow card then commits a slash. The umpire calls timeout and issues a red card to the offending player. RULING: LEGAL. The umpires are not required to issue a verbal caution before issuing a yellow card, or a yellow card before issuing a red card. Issuance of cards should be considered a warning to all players.
RULE 8

Definition of Terms

**Blocking**
This takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a “blind-side” defense player must give her enough time and/or space to change her direction.

**Body Checking**
This is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent’s body and crosse with her body and causing her to slow down, change direction or pass off.

**Charging**
This takes place when the player with the ball pushes into, shoulders, or backs into, and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).

**Checking**
This is an attempt to dislodge the ball from an opponent’s crosse by using controlled crosse-to-crosse 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 crosses 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 at the end of the field where the attacking team is shooting for goal. Its boundaries are approximately 12m (13.1 yds.) in front of the goal circle to 9m (10 yds.) behind the goal line extended and 12m (13.1 yds.) 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 umpire using the 12m fan and end line as helpful references.
**Critical scoring area**

**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](image)

**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.

**Field Player**
This is any player other than the goalkeeper. It is a defense or attack 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 defense player will be penalized if positioned below the extension of the goal line.

**Green Card**
This is presented to the captain, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.

**Grounded**
This refers to any part of the goalkeeper’s (or a defender’s) body touching the ground outside the goal circle while she 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.

**Indirect Free Position**
This is the penalty awarded for a minor field foul by the defense inside the 12-meter fan. The player taking the free position may run or pass, but may not shoot, until another player has played the ball.

**Lower Side of Crosse**
This refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player.

**Marking**
This is guarding an opponent within a stick’s length.

**Non-releasable Penalty**
Any red card offense 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.
**Offsetting/Simultaneous**
When a player from each team commits a foul (major and/or minor) 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 scorers/timer’s table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving her penalty time.

**Penalty Lane**
This is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.

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**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 her 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 her opponent a chance to stop or change direction.

**Played**
This refers to an action whereby the ball leaves the player’s crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by the defense. The ball does not have to be successfully dislodged from the crosse.
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 yellow card (unless issued for violations of Appendix E, excluding pocket depth) offense will be considered a releasable penalty. A player will be released from the penalty area once the two-minute penalty has been served or if the opposing team scores a goal. If a player has received a second yellow card, she may not return to the game, but her team may substitute another player.

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

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 her forward momentum.
   d. The attacking team fouls.

Slashing
This is the swinging of a crosse at an opponent’s crosse or body with deliberate viciousness or recklessness, whether or not the opponent’s crosse 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 18cm (7”) (average crosse width) surrounding the head.

Stop-Clock
This means that the clock stops after each goal and on every whistle within the last 2 minutes of play in each half 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 her opponent but then before play starts she or her team commits another foul such as taunting the opponent.

Substitution Area
This is the area in front of the scorer’s table, centered at midfield, and sectioned off by two hash marks that are each 4.5m (5 yds.) 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 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 12m (39’4”) from the goal circles.

Within a Stick’s Length
This is when any part of the opponent’s body is inside a crosse’s length. It is the distance a player must be to her opponent to be actively marking this 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 that person being suspended from further participation in the game.
Appendix A

Pregame Protocol

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:

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

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.
Appendix B

Umpire Signals

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

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 crosse would be held.

DANGEROUS PLAY: Signal the dangerous foul and then use appropriate carding procedure.

DANGEROUS SHOT ON GOALKEEPER: Open palm in front of face moving in an in-and-out motion.

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.

EARLY ENTRY ON DRAW: With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.

EMPTY CROSSE 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.

HORIZONTAL STICK VIOLATION: Place fists (one up, one down) in horizontal position in front of hips. Then extend arms outward in a pushing motion.

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

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

ILLEGAL DRAW: Whistle + Direction Signal.

ILLEGAL PROCEDURE/POSSESSION CLOCK VIOLATION: (False Start, Illegal Substitution, Too Many Players, Possession Clock Violation, etc.) Bend arms at the elbows and circle forearms around each other at chest height.

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

OBSTRUCTION OF FREE SPACE TO GOAL: 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.

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

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: Raise an open right palm above the head and an open left palm to the side to indicate that the possession clock must stop.

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.

ROUGH CHECK/ILLEGAL CHECK ON BODY: Use the arm to make a large chop motion against the wrist of the opposite arm.

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 CROSSE
IN THE SPHERE

DANGEROUS FOLLOW-THROUGH
AND PROPELLING

DANGEROUS SHOT ON GOALKEEPER

DETAINING

DIRECTION OF POSSESSION
EARLY ENTRY ON DRAW  EMPTY CROSS CHECK  FORCING THROUGH

GOAL  GOAL CIRCLE FOUL  HELD WHISTLE

HOLDING  ILLEGAL BALL OFF THE BODY  ILLEGAL CRADLE IN SPHERE

ILLEGAL DRAW  ILLEGAL PROCEDURE/POSSESSION CLOCK VIOLATION
APPENDIX B / UMPIRE SIGNALS

HORIZONTAL STICK VIOLATION

NO GOAL

OBSTRUCTION OF FREE SPACE

OFFENSIVE FOUL

OFFSETTING FOUL

OFFSIDE

POSSESSION CLOCK RESET

POSSESSION CLOCK START

(when no reset of possession clock)

POSSESSION CLOCK STOP

PUSHING OR BODY CONTACT

RE-DRAW

ROUGH CHECK / ILLEGAL CHECK ON BODY
Lightning Policy

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 lighting 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 eight 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 eight 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.

REFERENCES


5. NOAA lightning safety website: www.lightningsafety.noaa.gov.


8. The Weather Channel on satellite or cable, and on the Internet at www.weather.com

Appendix D

Blood Guidelines

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). She may re-enter the game in the same half.

If the umpire stops the game because a player is discovered to be bleeding, the player must leave the game, and a substitute must enter. If the umpire 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 she is the only dressed goalkeeper for her team, the game should be stopped at the earliest practical time. She should be given appropriate medical treatment, and she 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 umpire(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 she re-enters 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 umpires 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.
Appendix E

US Lacrosse Manufacturer’s Specifications for Equipment

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

All Field Crosses

SECTION 1. The primary intent of the field crosse 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 a crosse without an excessively forceful check. A crosse 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. Note: Examples of clear attempts to circumvent the intent of the rules include but are not limited to placing the top shooting string close to the scoop and the bottom shooting string in such a position as to create a "lip" or "cup" in an effort to control the draw and placing two shooting strings close in distance to channel the ball between the shooting strings and the scoop in an effort to control the draw (see Diagram 17).

SECTION 2. The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. An exception is that a handle 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 handle is mounted in the head. Recessed screws must be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or 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 crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.

SECTION 4. To determine crosse compliance with the linear measurement specifications in US Lacrosse Rule 9, all measurements shall be made to the nearest 0.01 cm. The allowed deviation from the standard is 0.09 cm. Note: If the maximum specified length for a particular measurement is 5.1 cm, then a measurement of 5.19 cm is legal, but 5.20 cm is not legal. If the minimum specified
length for a particular measurement is 5.1 cm, then a measurement of 5.01 cm is legal, but 5.00 cm is not legal.

SECTION 5. The unstrung head and the handle of a field crosse must lie within a 6.55 cm horizontal plane (see Diagram 10).

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 handle.

b. The top edge of the sidewall must not be more than 0.6 cm below the centerline of the handle.

c. The top edge of the sidewall must not drop below the centerline of the handle 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 crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle 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” handle may only be used with the heads that are specifically designed to accommodate them; “Bent” handles are head and manufacturer specific. Heads designed for use with a “bent” handle are not legal when mounted/attached to a straight handle. Heads designed for use with a straight handle are not legal when attached to a bent handle.

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 handle.

SECTION 7. The overall outside width of the head of the crosse 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 handle.

SECTION 8. Sidewall stringing holes: Pockets must be attached to/anchored along the bottom rail of the head through stringing holes. The top of the stringing hole shall not be more than 1.0 cm from the bottom of the sidewall. Pockets must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall (i.e., similar to sewing stitches). Decorative holes/spaces between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes. Each attachment to the sidewall shall be no more than 1.5 inches from its adjacent attachment when measured in a straight line from hole to hole (measured from the inside edges of each hole) (see Diagram 15).

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

Wooden Field Crosses

SECTION 10. The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop (see Diagram 11).
a. The bridge is the woven ball stop of a wooden crosse. 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 Crosse

SECTION 12. The head of the plastic/molded head field crosse is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop (see Diagram 11).

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 handle. The height of the ball stop shall be 6.55 cm maximum to 3.2 cm minimum.

Note: To determine crosse 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 rules committee upon submission of the crosse by the manufacturer.

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

**SECTION 18.** The head of the crosse 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 12).

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 14).

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 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 Crosses)**

**SECTION 20.** The pockets of all field crosses shall be strung with four or five longitudinal leather and/or synthetic thongs. Mesh pockets are not allowed. Longitudinal leather or synthetic thongs and/or other second material shall be 0.3 cm to 1.0 cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. Thongs must nominally be the same width along their full length. Thongs must be attached to the head through holes in the scoop and at the ball stop. A second material may be used to allow attachment to the scoop and the ball stop of each thong to the head. However, this second material may not be more than .5 inches from the bottom of the scoop and no more than 1.5 inches from the ball stop (see Diagram 16). The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must not be bunched along the width of the head (top to bottom), must not touch in the top third of the head, and must not be more than 1.5 inches apart as measured from the inside of the adjacent thongs, regardless of material (see Diagram 16). The loose ends of the thongs may not be woven back up through the pocket or the sidewall of the crosse. The loose
ends of the thongs must remain below the ball stop. Any additional strings used for attachment of the pocket to the head of the crosse may not be tied behind the pocket above the ball stop. Additional strings not directly required for attachment of the pocket to the head of the crosse are not allowed.

SECTION 21. The pockets of all field crosses shall be strung with eight to 12 stitches of cross lacing. Cross-lacing in a traditionally strung pocket is defined as eight to 12 knots/stitches, where two pocket nylon laces intertwine at a common place on a thong.

SECTION 22. Cross-lacing in a premanufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven, glued or otherwise safely affixed between properly spaced longitudinal thongs.

SECTION 23. The nominal diameter of the shooting/throw-string (hereinafter referred to as “shooting string”) nylon cord and sidewall nylon cord shall be 0.3 cm maximum. The nominal diameter of pocket nylon must be less than 0.3 cm.

SECTION 24. Field crosses 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.

SECTION 25. Any shooting string must be directly attached to both sidewalls in the upper third of the head, or, the top shooting string must be directly attached to both sidewalls in the upper third of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls in the upper two-thirds of the head, as measured from 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. (See Diagram 17).

SECTION 26. 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.

SECTION 27. The combined height of the sidewall and the depth of the pocket containing the ball shall not exceed 6.4 cm, the diameter of the ball. The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible/seen above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from the ball.

SECTION 28. The ball must move freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down.

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 Crosse

SECTION 29. The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be straight and may be constructed of wood, metal alloy or other composite material. Recessed screws must be used to attach the head of a plastic/molded head goalkeeper’s crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall
not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

SECTION 30. The overall length of the crosse shall be 90 cm minimum to 135 cm maximum. The end cap is included when measuring the overall length of the crosse.

SECTION 31. To determine crosse compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01 cm. The allowed deviation from the standard is 0.09 cm.

SECTION 32. The unstrung head and the handle of a goalkeeper's crosse 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 handle.

b. The top edge of the sidewall shall not be more than 0.6 cm below the centerline of the handle.

SECTION 33. 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 34. The height of the bridge or ball stop of a goalkeeper's crosse 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 35. The height of the woven wall of a wooden goalkeeper's crosse 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 36. The entire head of the crosse 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 handle.

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 crosse 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 crosse 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 crosse 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 crosse shall be 28.5 cm to 30.5 cm. The maximum outside width of the head shall be 33 cm.

SECTION 37. The pocket of the crosse may be strung with six or seven longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.
SECTION 38. The goalkeeper’s crosse may have more than two shooting strings. Flat laces or nylon cord may be used as shooting strings. There are no restrictions regarding the design or placement of shooting strings in the pocket of a goalkeeper’s crosse.

SECTION 39. The entire crosse (strung head and handle) shall not weigh more than 773 g.

*Note: The intent of the rule governing the design of the goalkeeper’s crosse is to disallow any crosse 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 crosse 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 processes, timelines, and lists of USL approved equipment.

**Eye Protection**

SECTION 40. All eye protection must meet the most current version of the ASTM Specification Standard for women's lacrosse, either at the adult or youth level.

SECTION 41. All eye protection must be tested by an accredited testing facility. This list shall be posted on the US Lacrosse rules page and test results must be sent to the US Lacrosse Women's Game Senior Manager and Rules Committee chair. Eye protection that has been tested by an accredited testing facility will be listed on the US Lacrosse website and considered legal for use in women's lacrosse play. Go to [www.uslacrosse.org](http://www.uslacrosse.org) for complete equipment certification processes, timelines, and lists of USL approved equipment.
Ball
SECTION 42. For information on lacrosse ball specifications, please refer to NCAA Rule 2-5.

Goals
SECTION 43. For information on lacrosse goal specifications, please refer to NCAA Rule 1-15.

Nets
SECTION 44. For information on lacrosse goal net specifications, please refer to NCAA Rule 1-15.
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 crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.
Diagram 10 - Offset specifications within 6.55 cm horizontal plane
Diagram 11 - The Field Crosse

Diagram 12 - Triangular in concept
Diagram 13 - Plastic/molded head specifications

Diagram 14 - Cross section of unstrung head

Bottom Width — Top Width < 0.65
Vertical Sidewall Height

APPENDIX E / SPECIFICATIONS FOR EQUIPMENT
Diagram 15 - Stringing holes

Diagram 16 - Pockets and thongs
Diagram 17 - Shooting strings

Two separate horizontal shooting strings both attached in upper third of head.

Two separate shooting strings. One horizontal upper third of the head; one inverted "L" in upper two-thirds of head.

Legal positioning of shooting strings.

Attachment and demonstration of shooting strings not touching between outside thongs and sidewalls.

Illegal positioning of shooting strings
Appendix F

Carding Procedures

Penalty time for all 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, must serve full 2 minutes.
All carded players must serve their penalty time in the Penalty Area directly in front of the scorer'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 scorer's table personnel, medical staff may also move the player to the team bench area to continue treatment.

Two 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 not scoring will be released should a goal be scored during the penalty time.

Two players from same team, each with a 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.

One player, two yellow cards on same play: If one player receives two yellow cards during the same play/stoppage of play, she will serve consecutive 2 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. 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 player will be released.

Red card, then 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 her team be released if multiple players are in the Penalty Area. If another goal is scored, then a yellow carded teammate may be released, but the red carded player would remain to finish her 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 red carded player will serve the full two minutes. The player who receives a second yellow card will be released if the opposing team scores. When the penalty is over, the player must return to her 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 (no release on red card).

**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 second yellow card or a red card, she 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 players will remain there until the penalty time is over or they are released (no release on red card). If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time.

**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 her 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.
Appendix G

Alternate Official Responsibilities and Duties

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 table and do the following:

1. Oversee the scorers and timers to determine that:
   a. Both teams’ rosters (a separate roster form is acceptable) are in the official scorebook at least 15 minutes before the start of the game. Confirm that jersey numbers in the book match those on the players.
   b. The clock is started and stopped correctly and appropriately. Correct any mistakes made in this area. Ensure that a radio is available if necessary (i.e., official time is being kept away from table). Ensure that there is a clock at the 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. Maintain an accurate record for alternate possession.
   g. Accurately start and stop the possession clock.

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. [See Alternate Official Carding Procedure]

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 and timer’s table.

6. Assist field officials in weather-delay procedures. The alternate official is responsible for noting field position of players during suspension of play due to dangerous weather conditions.

7. Assist with identifying the appropriate times to call television timeouts. The calling of television timeouts will be administered by a “red-cap”, who will be located at the scorer’s table with the alternate official. Timeouts 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;
   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 an 8m free position.
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.

9. If a coach has requested a stick check, call timeout at a stoppage of play and indicate that all players must drop their crosses. 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 field official.

**Alternate Official Carding Procedure**

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 (red card). If a red card has been issued, play will not resume until the head coach leaves the playing area.
Appendix H

Concussions

In July 2014, the NCAA, in partnership with numerous medical and sport organizations, announced “InterAssociation Guidelines” (www.NCAA.org/ssi) that addressed diagnosis and management of sport-related concussion. The section in teal that follows is taken directly from these guidelines.

BACKGROUND

There are more than 42 consensus-based definitions of concussion. A recently published, evidence-based definition of concussion follows.¹

Concussion is:

- a change in brain function,
- following a force to the head, which
- may be accompanied by temporary loss of consciousness, but is
- identified in awake individuals, with
- measures of neurologic and cognitive dysfunction.

Diagnosis and management of sport-related concussion is a clinical diagnosis based on the judgment of the student-athlete’s health care providers.² The diagnosis and management of sport-related concussion is challenging for many reasons:

- The physical and cognitive examinations are often normal, and additional tests such as brain computerized tomography (CT), brain MRI, electroencephalogram and blood tests are also commonly normal. Although comprehensive neuropsychological tests may be a useful adjunctive tool supporting the diagnosis of sport-related concussion, there remains controversy regarding interpretation and utility as a clinical tool.
- The clinical effects of sport-related concussion are often subtle and difficult to detect with existing sport-related concussion assessment tools.
- The symptoms of sport-related concussion are not specific to concussion and it is challenging to evaluate a student-athlete who presents non-specific symptoms that may be related to other conditions.
- Sport-related concussion may manifest with immediate or delayed-onset symptoms. Symptom manifestation can vary between individuals and in the same individual who has suffered a repeat concussion.
- Modifying factors and co-morbidities — such as attention deficit hyperactivity disorder, migraine and other headache disorders, learning disabilities and mood disorders — should be considered in making the diagnosis, in providing a management plan, and in making both return-to-play and return-to-learn recommendations.³⁷
- “Signal detection” on clinical measures (e.g., cognitive and balance testing) often quickly diminishes in the acute setting of early recovery.
Although cognitive function and balance assessed within 24 hours with various sideline tests (Standardized Assessment of Concussion [SAC] and Balance Error Scoring System, respectively) have been shown to be useful in diagnosing concussion, these tests often normalize within a few days and cannot be used to make a definitive diagnosis.

- Student-athletes may underreport symptoms and inflate their level of recovery in hopes of being rapidly cleared for return to competition.
- Clinical assessment of sport-related concussion is a surrogate index of recovery and not a direct measure of brain structure and functional integrity after concussion.

In summary, the natural history of concussion remains poorly defined, diagnosis can be difficult, there are often few objective findings for diagnosis or physiological recovery that exist for clinical use, and there often remains a significant reliance on self-report of symptoms from the student-athlete.

The NCAA Concussion Policy and Legislation mandates that institutions implement the following:

1. An annual process that ensures student-athletes are educated about the signs and symptoms of concussion;
2. A process that ensures a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities and evaluated by a medical staff member with experience in the evaluation and management of concussion;
3. A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity for at least the remainder of that calendar day; and
4. A policy that requires medical clearance for a student-athlete diagnosed with a concussion to return to athletics activity as determined by a physician or the physician’s designee.

GUIDELINES

The goals of developing guidelines for the diagnosis and management of sport-related concussion are: (1) helping athletic health care providers to diagnose and manage sport-related concussion; (2) developing prevention strategies for sport-related concussions and repeat sport-related concussion; (3) promoting sport-related concussion injury resolution; (4) minimizing factors that contribute to prolonged or recurrent symptoms of sport-related concussion; and (5) preventing or minimizing complications of other co-morbidities that may accompany sport-related concussion (e.g., ADHD, migraine and other headache disorders, learning disabilities and mood disorders).

CONCUSSION MANAGEMENT PLAN

Institutions should make their concussion management plan publically available, either through printed material, their website, or both. Guideline components of a concussion management plan are:

1. Education: Institutions should provide applicable NCAA concussion fact sheets or other applicable educational material annually to student-athletes, coaches, team physicians, athletic trainers, and athletics directors. There should be a signed acknowledgement that all parties have read and understand these concussion facts and their institution's concussion management plan.
2. **Pre-participation assessment:** A onetime, pre-participation baseline concussion assessment for all varsity student-athletes should include, but not necessarily be limited to:

- A brain injury/concussion history;
- Symptom evaluation;
- Cognitive assessment; and
- Balance evaluation. The team physician should determine pre-participation clearance and/or the need for additional consultation or testing.\(^\text{11}\)

3. **Recognition and diagnosis of concussion:** All student-athletes who are experiencing signs, symptoms or behaviors consistent with a sport-related concussion, at rest or with exertion, must be removed from practice or competition and referred to an athletic trainer or team physician with experience in concussion management. A student-athlete’s health care provider experienced in the diagnosis and management of concussion should conduct and document serial clinical evaluation inclusive of symptom inventory and evaluation of cognition and balance. A student-athlete diagnosed with sport-related concussion should not be allowed to return to play in the current game or practice and should be withheld from athletic activity for the remainder of the day. Disposition decisions for more serious injuries such as cervical spine trauma, skull fracture or intracranial bleed, should be made at the time of presentation.

4. **Post-concussion management:** The foundation of sport-related concussion management is initial physical and relative cognitive rest as part of an individualized treatment plan.\(^\text{2}\) Initial management of sport-related concussion is based on individual serial clinical assessments, taking a concussion history, modifying factors, and taking specific needs of the student-athlete into consideration. Such management includes, but is not limited to:

- Clinical evaluation at the time of injury. When the rapid assessment of concussion is necessary (e.g., during competition), symptom assessment, physical and neurological exam, and balance exam should be performed. Brief concussion evaluation tools such as the Standardized Concussion Assessment Tool 3 (SCAT3), which includes the Standardized Assessment of Concussion (SAC), provide standardized methods and can be compared to a baseline evaluation.\(^\text{12}\)
- Assessment for head and cervical spine injury at time of injury and implementation of the emergency action plan, as warranted.
- Transportation to the nearest hospital if any of following signs and symptoms are present: Glasgow Coma scale score less than 13; prolonged period of loss of consciousness (longer than one minute); focal neurological deficit; repetitive vomiting; persistently diminished or worsening mental status or other neurological signs or symptoms; and potential spine injury.
- Serial evaluation and monitoring for deterioration following injury. Upon discharge from medical care, both oral and written instructions for home care should be given to the student-athlete and to a responsible adult (e.g., parent or roommate) who should continue to monitor and supervise the student-athlete during the acute phase of sport-related concussion.\(^\text{12}\)
RETURN TO ACTIVITY

Sport-related concussion is a challenging injury for student-athletes and, unlike other injuries, the timeline for return to full activity (including return-to-play and return-to-learn) is often difficult to project. The psychological response to injury is also unpredictable. Sometimes, student-athletes who are kept out of their sport for a prolonged period of time experience emotional distress related to being unable to participate in sport. It is important that health care providers remain alert to the signs and symptoms of depression and other emotional responses to injury that can be particularly challenging following concussive injury. A student-athlete’s health care providers should verify the diagnosis instead of assuming that the student-athlete has prolonged concussion symptoms. These symptoms may represent post-concussion syndrome, sleep dysfunction, migraine or other headache disorders, or co-morbid mood disorders such as anxiety and depression. Passive management, such as prolonged physical and cognitive rest, may be counter-productive in these scenarios.

RETURN-TO-PLAY

Once a student-athlete has returned to his/her baseline, the return-to-play decision is based on a protocol of a stepwise increase in physical activity that includes both an incremental increase in physical demands and contact risk supervised by a physician or physician-designee. Most return-to-play protocols are similar to those in the Consensus Statement on Concussion in Sport guidelines, which outline a progressive increase in physical activity if the individual is at baseline before starting the protocol and remains at baseline throughout each step of the protocol. It is noteworthy that all return-to-play guidelines are consensus-based and have not been validated by evidence-based studies. McCrea and colleagues have reported that a symptom-free waiting period is not predictive of either clinical recovery or risk of a repeat concussion. Further, student-athletes have variable understanding of the importance of reporting possible concussion symptoms. In summary, it should be recognized that current return-to-play guidelines are based on expert consensus.

There is emerging evidence that focused exercise or recovery techniques may be utilized before full recovery has occurred, but more study is needed. Given the paucity of scientific evidence regarding return-to-play and expert consensus documents that have been published, adherence to consensus guidelines is recommended. However, it is important to stress an individualized approach for return-to-play. Some student-athletes may have minimal concussive symptomatology with minimal symptom duration and no modifiers (conditions that may prolong recovery such as prior concussion, migraine, ADHD, depression/anxiety). In scenarios of this nature, and with experienced clinicians in a highly select setting, the return-to-play protocol may be modified. In contrast, if a student-athlete has a concussion history, increased symptom burden or duration, or has symptoms for three to four weeks with other concussion modifiers, then the return-to-play progression should proceed more cautiously and each stage may take more than a day.

Distinctive neurological deficits, such as vestibular or oculo-motor dysfunction, should be specifically addressed to avoid prolonged return-to-play. For example, if a student-athlete suffers from vestibular dysfunction as a manifestation of sport-related concussion, and is unable to progress in the return-to-play protocol, it is important to address the specific vestibular
dysfunction rather than to simply return the student-athlete to the previous level of return-to-play progression. In other words, ‘rest’ can sometimes lead to adverse outcomes if an accurate diagnosis based on neurological dysfunction is not made. The guidelines presented herein serve as a general guide and are not meant to be prescriptive.

**STEPWISE PROGRESSION**

The initial management of sport-related concussion is relative physical and cognitive rest. Athletes diagnosed with sport-related concussion must be removed from play and must not return to sport-related activity for at least one calendar day and are to be evaluated by a health care provider with expertise in sport-related concussion. Once a concussed student-athlete has returned to baseline level of symptoms, cognitive function and balance, then the return-to-play progression can be initiated, as follows in this general outline:

1. Light aerobic exercise such as walking, swimming or riding a stationary bike. No resistance training. If asymptomatic with light aerobic exercise, then;
2. Mode, duration and intensity-dependent exercise based upon sport. If asymptomatic with such exertion, then;
3. Sport-specific activity with no head impact. If asymptomatic with sport-specific activity, then;
4. Non-contact sport drills and resumption of progressive resistance training. If asymptomatic with non-contact drills and resistance training, then;
5. Full-contact practice. If asymptomatic with full-contact practice, then;
6. Return-to-play. Medical clearance will be determined by the team physician/physician designee, or athletic trainer in consultation with a team physician.

At any point, if the student-athlete becomes symptomatic (i.e., more symptomatic than baseline), or scores on clinical/cognitive measures decline, the team physician should be notified and the student-athlete should be returned to the previous level of activity. Final determination of return-to-play ultimately resides with the team physician/physician designee.

**RETURN TO ACADEMICS**

Return to academics (return-to-learn) is a parallel concept to return-to-play but has received less scientific evaluation. Return-to-learn guidelines assume that both physical and cognitive activities require brain energy utilization, and that after a sport-related concussion, brain energy may not be available for physical and cognitive exertion because of a brain energy crisis. Return-to-learn should be managed in a stepwise program that fits the needs of the individual, within the context of a multi-disciplinary team that includes physicians, athletic trainers, coaches, psychologists/counselors, neuropsychologists, administrators as well as academic (e.g. professors, deans, academic advisors) and office of disability services representatives. The return-to-learn recommendations outlined below are based on expert consensus. Like return-to-play, it is difficult to provide prescriptive recommendations for return-to-learn. The student-athlete may appear physically normal but may be unable to perform as expected due to concussive symptomatology.

**STEPWISE PROGRESSION**

As with return-to-play, the first step of return-to-learn is relative physical and cognitive rest. Relative cognitive rest involves minimizing potential cognitive
stressors, such as school work, video games, reading, texting and watching television. Data from small studies suggest a beneficial effect of cognitive rest on concussion recovery. For the college student-athlete, consideration should be given to avoiding the classroom for at least the same day as the sport-related concussion. The period of time needed to avoid class or homework should be individualized. The gradual return to academics should be based on the absence of concussion symptoms following cognitive exposure. The consensus to date includes:

1. If the student-athlete cannot tolerate light cognitive activity, he or she should remain at home or in the residence hall.
2. Once the student-athlete can tolerate cognitive activity without return of symptoms, he/she should return to the classroom, often in graduated increments.

At any point, if the student-athlete becomes symptomatic (i.e., more symptomatic than baseline), or scores on clinical/cognitive measures decline, the team physician should be notified and the student-athlete's cognitive activity reassessed.

The extent of academic adjustments needed should be decided by a multidisciplinary team that may include the team physician, athletic trainer, faculty athletics representative or other faculty representative, coach, individual teachers, neuropsychologist and psychologist/counselor. The level of multidisciplinary involvement will vary on a case-by-case basis. The majority of student-athletes who are concussed will not need a detailed return-to-learn program because full recovery typically occurs within two weeks. For the student-athlete whose academic schedule requires some minor modification in the first one to two weeks following a sport-related concussion, adjustments can often be made without requiring meaningful curriculum or testing alterations.

For those student-athletes whose symptoms persist for longer than two weeks, there are differing ways to access academic adjustment or accommodations. The student-athlete may need a change in his or her class schedule; special arrangements may be required for extended absences, tests, term papers and projects. Many institutions offer "provisional or temporary" accommodations for individuals who have impairments that are short-term in nature – six months or less (such as a broken arm or concussion). Such accommodations are often accessed through the disability services office.

A more difficult scenario occurs when the student-athlete experiences prolonged cognitive difficulties. In this case, considerations should include neuropsychological evaluation to: (a) determine the nature and severity of cognitive impairment, and (b) identify the extent to which psychological issues may be present and may be interacting with the cognitive processes. Institutions can develop a detailed academic plan that specifies the support services available for that student-athlete. The student-athlete can also choose to disclose the documentation to the disability office in order to seek long-term accommodations or academic adjustments. The disability office will verify if the impairment is limiting a major life activity per the Americans with Disabilities Act. Accommodations or academic adjustments are often provided in order to "level the playing field" for the student-athlete with prolonged cognitive difficulties resulting from a concussion. A detailed academic plan coupled with accommodations can provide the needed support for a student-athlete as he or she returns to learning after a concussion.

The successful implementation of return-to-learn depends on several variables:
• Recognition that concussion symptoms vary widely among student-athletes, and even within the same individual who may be suffering a repeat concussion.
• Identification of a point person or case manager for the student-athlete who can navigate the dual obligations of academics and athletics.
• Identification of co-morbid conditions that may impair recovery, such as migraine or other headache conditions, attention-deficit hyperactivity disorder, anxiety and depression, or other mood disorders.
• Identification of campus resources that can help assure that student-athletes are provided their full rights during this transition period.

Campus resources vary, and may include the following:
• Learning specialists. Many college campuses have certified learning specialists who have specialized knowledge of medical conditions such as concussion and post-concussion syndrome. They usually work directly with the disability office.
• Office of disability services. Most campuses have a disability office that is responsible for verifying each student’s impairment under the Americans with Disabilities Act Amendments Act (ADAAA). Sometimes there is a separate disability office and ADAAA office. In this case the first resource is the campus disability office. Concussion and mild traumatic brain injury are covered under ADAAA.

It is advisable for the concussed student-athlete’s medical team to identify an academic point person and to be certain this academician is interwoven into the medical management plan. Because return-to-learn is often under-managed and under-recognized, there should also be broad discussions of this important paradigm with athletics departments across the country, engaging organizations such as the National Association of Academic Advisors for Athletics, the American College Personnel Association, NASPA, Student Affairs Administrators in Higher Education, the Coalition on Intercollegiate Athletics, National Athletic Trainers Association, College Athletic Trainers Society, American Medical Society for Sports Medicine and other allied organizations. Student-athletes are more likely to return successfully to full classroom activity in the setting of a proactive and well-integrated management plan.

SPORTS PARTICIPATION DEFINITIONS AND CONCUSSION EPIDEMIOLOGY

Concussion incidence varies among sports. The American Academy of Pediatrics published a classification of sports by contact in 2001. Then in 2013, the American Academy of Neurology’s statement described contact and collision sports as those in which athletes purposely hit other athletes or inanimate objects. The purposeful collisions put athletes participating in this class of sports at greater risk for concussions. Limited contact sports were described as those in which the force and the frequency of collisions, whether with other athletes or inanimate objects, are decreased. Noncontact sports were described as those in which players do not come in contact with athletes or inanimate objects by force.

The rate of concussion in NCAA sports can be assessed in various ways. Figure 1 demonstrates the rate of competition concussion per 1,000 student-athlete exposures. It is noteworthy that the higher rates occur in contact/collision sports. All meaningfully measurable rates occur in either contact/collision or limited contact/impact sports. It is also noteworthy that women
have a higher rate of concussion than men for soccer and basketball. Another way to look at concussion is through annual estimates of the actual number of concussions within the sport, combining both practice and competition sessions. Figure 2 depicts the percentage of concussions from each sport given the total number of concussion in 14 NCAA sports.

Because of the large size of football teams and the higher rate of concussion relative to other sports, concussion incidence is highest in football. In assessing the available data, anticipating concussion risk can be made based on the sport; anticipating concussion risk can also be guided by impact expectation. For each sport, it is important to follow the institution’s concussion management plan.

The NCAA reviewed various concussion guidelines in addition to the injury data across sports to classify sports by an expectation for impacts and collisions. Unlike the previous two classifications, this classification (Figure 3) lists lower-tier sports as limited contact because athletes are still at risk of a concussion both in sports and daily life.

**POST-CONCUSSION RAMIFICATIONS**

There is considerable controversy with regard to long-term implications of concussion. On one end of the spectrum, some claim that repeated concussions cause a neurodegenerative brain disease called chronic traumatic encephalopathy or CTE. On the other end of the spectrum, some claim that there are no significant long-term sequelae of concussion. The murky evidence lies somewhere in between.

**Post-Concussion Syndrome.** Post-concussion syndrome refers to prolonged concussion symptoms following concussion. It is not truly a “syndrome” because there is no core of consistent symptoms and there is no clear correlation with type or severity of concussion, biomarkers, or genetic/personality predisposition. Symptoms may be neurologic (e.g., dizziness, light sensitivity), cognitive (memory, attention deficits) and emotional (depression, anxiety). Post-concussion syndrome is best considered a neuropsychiatric disorder, and it is important to recognize that it has no bearing on the extent of, or expected recovery from, concussion. Postconcussion syndrome is best managed in a multidisciplinary manner that includes gradual increase in physical and cognitive activity. Management is distinctly different from acute concussion management, and individuals should not simply be relegated to prolonged rest, which may perpetuate the symptomatology.

**Chronic Neurobehavioral Impairment.** Cognitive and executive dysfunction has been described following multiple concussions. However, only two Class I studies exist, and these are for jockeys and rugby players. There are seven Class II studies that include boxers, NFL players and soccer players, which demonstrate long-term cognitive impairment. Two studies show an association with apoE4 genotype, suggesting a genetic predisposition, and one study shows an association with a prior history of learning disability. There is one Class III study of NFL players. There is some correlation with magnitude of exposure and chronic neurobehavioral impairment in professional athletes, but the relationship between exposure and chronic neurobehavioral impairment in amateur athletes is uncertain. This may be from a combination of underpowered studies and possible brain adaptations that are different in younger individuals.

**Depression.** Depression also has been reported as a possible long-term manifestation of repeated concussion. Two Class II studies of retired NFL players note
Chronic Traumatic Encephalopathy (CTE). CTE is a progressive neurodegenerative disease whose pathologic hallmark is abnormal tau deposition, with clinical manifestations of mood disorder, neuromuscular incoordination, dementia and death. There are not agreed upon pathological and clinical criteria for CTE, although it seems clear that CTE is a distinct clinical entity from Alzheimer's disease. In a 2012 publication of CTE case series (Brain), CTE is described as a “progressive tauopathy that occurs as a consequence of repetitive mild traumatic brain injury.” In the Zurich 2012 consensus paper, it is noted that “it is not possible to determine the causality or risk factors [of CTE] with any certainty. As such, the speculation that repeated concussion or subconcussive impacts cause CTE remains unproven.” The universal consensus in the NCAA Concussion Task Force was that we need to better understand CTE with regard to genetic predispositions and biomarkers. No task force member noted a clear cause-and-effect relationship between concussion and CTE.

REFERENCES

**NCAA CONCUSSION POLICY AND LEGISLATION**

The NCAA Executive Committee adopted (April 2010) the following policy for institutions in all three divisions: “Institutions shall have a concussion management plan on file such that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletics health care provider with experience in the evaluation and management of concussions. Student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the team physician or his or her designee according to the concussion management plan. “In addition, student-athletes must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions. During the review and signing process, student-athletes should be presented with educational material on concussions.”

**NCAA adopted concussion management plan legislation**

An active member institution shall have a concussion management plan for its student-athletes. The plan shall include, but is not limited to, the following:

- a) An annual process that ensures student-athletes are educated about the signs and symptoms of concussions. Student-athletes must acknowledge that they have received information about the signs and symptoms of concussions and that they have a responsibility to report concussion-related injuries and illnesses to a medical staff member;
- b) A process that ensures a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions;
- c) A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity (e.g., competition, practice, conditioning sessions) for at least the remainder of that calendar day; and
- d) A policy that requires medical clearance for a student-athlete diagnosed with a concussion to return to athletics activity (for example, competition, practice, conditioning sessions) as determined by a physician (e.g., team physician) or the physician’s designee.

**Effect of violation.**

A violation of Constitution 3.2.4.17 shall be considered an institutional violation per Constitution 2.8.1; however, the violation shall not affect the student-athlete’s eligibility.
Appendix I

Accommodations for Student-Athletes with Disabilities

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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Sportsmanship is a core value of the NCAA. The NCAA Committee on Sportsmanship and Ethical Conduct has identified respect and integrity as two critical elements of sportsmanship and launched an awareness and action campaign at the NCAA Convention in January 2009.

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