WOMEN'S GAME

OFFICIALS TRAINING MANUAL

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PART 1: Introduction

SAFETY

SAFETY AND RESPONSIBILITY

Participants in women's lacrosse must be aware of the Official Rules for Girls & Women's Lacrosse and are expected to play, coach, officiate and observe according to the spirit and intent of the women's game. Emphasis is placed on safety and good sportsmanship. Everyone involved with the women's game must act with consideration for the safety of others. Players must ensure that their behavior, equipment and uniform conform to all required and allowable standards, as defined by US Lacrosse rules. Coaches must ensure that they are teaching their players to play by the rules of the women's game and should participate in continuing lacrosse–specific education and training that helps them to understand and teach new rules and address safety concerns. Officials must ensure fair and safe play by consistently enforcing the rules and by participating in continuing lacrosse–specific education and training that helps them to understand and interpret new rules. Spectators must contribute to a safe–play environment by demonstrating positive and sportsmanlike conduct and by understanding and appreciating the unique rules and culture of the women's game.

IMPLEMENTATION AND AUTHORITY

The US Lacrosse Women's Game Rules Sub–Committee and NFHS is responsible for establishing, reviewing, maintaining, and disseminating the rules of women's lacrosse for scholastic and youth play. US Lacrosse offers the public the opportunity to suggest rule changes to the Rules Committee through written submission by June 1st each year. Each June, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations to the US Lacrosse Board of Directors. The women's rules are annually voted on in September by the members of the US Lacrosse Rules Committee and are issued under the authority of US Lacrosse and endorsed by the National Federation of State High School Associations as the official rules for girls' and women's lacrosse.

AVAILABILITY OF RULES INFORMATION

Information about the rules and about the purchase of Rulebooks can be found at www.uslacrosse.org

MESSAGE TO OFFICIALS

The US Lacrosse Women's Officials Education Development Team has written this manual to assist officials at all levels in their pursuit of officiating excellence. The Officials Development Team urges all officials to read the US Lacrosse Official's Code of Conduct, the US Lacrosse Code of Ethics, and the Statement of Philosophy. US Lacrosse Officials Development challenges each and every official to commit these statements to heart and to action both on and off the field.

In an effort to promote, educate, and develop consistency among officials as we interpret and apply the rules, US Lacrosse sponsors a National Rules Interpretation Clinic annually at the USL Convention. Each local representative is then responsible for disseminating the current rules and interpretations through a rules and officiating meeting prior to the start of the lacrosse season. Local Officials Organizations should encourage their Certified Trainers and/or Training Coordinators to attend the US Lacrosse Convention National rules interpretation session.

While the US Lacrosse Women's Officials Education Development Team wishes to preserve the movement, freedom and flow of the women's game, we must remind all US Lacrosse officials to consistently and strictly enforce all rules involving player safety. Even though penalizing every dangerous or potentially dangerous action by players limits the flow of the game and brings criticism from coaches, players and spectators alike, not to call these fouls may result in serious injury.

US Lacrosse is asking coaches, players, trainers, and officials to share the responsibility for making the game safe for every player on the field. Persistent enforcement, strict interpretation, and consistent implementation of the rules are necessary during daily practices as well as during scheduled contests. Penalizing dangerous play may alter the flow of the game but may also help to preserve the beautifully free, fast moving and safe game of women's lacrosse as we know it and like to see it played. Officials alone cannot make the game safe, but we can call a good game and continue to be ambassadors of safety, fair play, and good sportsmanship both on and off the field. We must convince players and coaches that they share the responsibility for keeping lacrosse safe and injury–free.

US Lacrosse Officials Development

HOW TO USE THE MANUAL

This Manual is "REQUIRED READING" for all officials and "HIGHLY RECOMMENDED READING" for all coaches, players, and spectators.

PART ONE:

Contains the "Code of Conduct" for officials, USL "Code of Ethics" and a "Statement of Philosophy."

PART TWO:

Deals with each of the rules listed in the NFHS Girls' Lacrosse Rules Book and focuses on the practical aspects of the rules and officiating.

This section has been written so the official can better understand the intent and application of each of the rules. This material is meant to clarify and supplement the rule book and should be read in conjunction with it. In addition, a variety of situations are illustrated with diagrams to give the official a clearer visual picture of the topic being discussed.

PART THREE:

Offers general suggestions for officials, discusses techniques and positioning, and gives specifics for officiating two and three–person systems.

PART FOUR:

A complete list of the documents available in this section is included in the Table of Contents of this Manual.

Please note that for convenience and clarity, the feminine gender is used throughout this Manual.

CODE OF CONDUCT

Women's lacrosse is one of the fastest growing competitive sports. As the sport grows, it is important that we continue to expect all participants to understand that "how the game is played" or sportsmanship, ethics, and integrity are as integral to the sport as are the skills and tactics used in playing the game. Playing to "win at all costs" –– with disregard for the rules and safety of all participants –– is not acceptable if we are to be ambassadors for maintaining the integrity of the beautiful game of women's lacrosse.

As officials, we are an integral part of the game. We are very visible and our decorum is constantly being scrutinized by coaches, players, spectators, and our fellow officials. We are paid to be professional in our job and, in spite of the pressure, we are neither adversaries nor advocates. We are facilitators whose responsibility it is to demand and enforce fair play and sportsmanship if we expect to earn the respect we feel we deserve.

An official who fails to stay current with the game, arrives habitually late, is not physically "game ready," or is improperly dressed/equipped reflects poorly on us all. We are regarded as a team on the playing field, and if any one of us acts unprofessionally, the officiating team is perceived as unprofessional. It is difficult for coaches, players, and spectators to look at us as individuals no matter how well the game is officiated.

As part of this team sport, we must arrive properly dressed and be on the field 30 minutes (high school) before game time. If other commitments prevent you from arriving at a game on time, do not take the game. However, if you are going to be late, have the courtesy to call the host school and your fellow official(s) to let them know. Arriving properly dressed and on time to a game alleviates some of the pre-game tension felt by coaches and your partner(s). By arriving late to a game, the officials have one strike against them even before the game begins.

Regardless of how well either one or both or all three of you may know a coach, greet each coach briefly together, and thereafter, concern yourselves with only the game. Avoid fraternizing with players and spectators. Remember, you are an official, and therefore by definition, neutral. Continue your pre-game duties together. Inspect the grounds, goal cages, and equipment together and answer any questions concerning rules interpretations together. At half time, stay on the field together and discuss in private any problems that may have occurred in the first half. If necessary, confer together with the captains or coaches of both teams about possible misapplications of the rules. After the game, sign the scorebook (if readily available) and leave the field together without delay.

During the game, respect your partners' space. Prior to the game, you will have discussed field coverage, advantage signals, and double whistles. Be aware that a "no call" is a decision not to stop play. If you continually blow a whistle "under your partner's nose," you communicate a lack of confidence in your partner's officiating ability.

Avoid reacting to or responding to any comments or criticism from coaches, players, or spectators about either your calls or your partners' calls. Remember, an official is closer to play and at a better angle to make a call than are the coaches, bench players, or spectators. Secondly, coaches do not have an objective view of the game. Coaches have an inherent bias and are emotionally attached to one team engaged in the contest. Therefore, no matter how antagonistic or abrasive a coach becomes, repress the urge to retaliate verbally. Coaches and players are fully responsible for their conduct. If criticism becomes offensive, you have a responsibility to yourself, your partner(s), and to the game to administer a card. Set your standards of behavior and limits well in advance and stick to them. Misconduct is a coach's or player's problem and will only become an official's problem if it is not dealt with quickly, dispassionately, and professionally — act, do not react.

Finally, never forget that we represent the profession of sports officiating both on and off the field. Do not accept games at your Alma Mater, at the school where you work, or at the school your children attend. When watching a game, do not make any critical comments about the officiating and do not cheer heartily for a particular team or player. During casual contact with coaches, try to avoid being drawn into making comments on calls made in previous games, as you may be indirectly criticizing a fellow official. As officials, it is our responsibility to encourage the highest level of play and to model good sportsmanship.

CODE OF ETHICS

The mission of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation, while preserving the integrity of the game. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) and organizations committed to the tenets of its mission.

Inherent within all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical behavior. Through the establishment of an organizational Code of Ethics, US Lacrosse has defined a set of guidelines to promote and protect the spirit of the game, safeguard the best interest of the participants, and establish and maintain standards of behavior. The Code is not intended to serve as a set of rules, but rather to outline general principles and guidelines of aspirational virtues and proper ethical standards for all members, volunteers, staff, and any other individuals and organizations that choose to affiliate with US Lacrosse.

The definition of ethical behavior is having an understanding of the difference between right and wrong, and at all times choosing to do what is right. This definition should be applied at the individual level to those within the US Lacrosse umbrella: employees, volunteers or individuals who represent US Lacrosse within the community at large, as well as at the corporate level, pertaining to the actions of US Lacrosse and other affiliated organizations. Ethical considerations are integral, not optional, elements of all sports activities and apply to all levels of participation.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development by teaching the values of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

RESPECT

A key component of ethical behavior is respect, which is defined at individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse in an effort to further the growth and development of the sport.

FAIRNESS

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sports. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

TEAMWORK

Teamwork is a cooperative and coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every aspect of the sport. US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team and the lacrosse community.

COMMUNICATION

Communication is the process whereby individuals create shared understanding. It is an active "two-way street," requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing and evaluating. Communication may be verbal, nonverbal or written. It can be sent through various media and transmits a thought-provoking idea, gesture, or action.

US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations should communicate with clarity, honesty, timeliness and openness. Communication should include all pertinent information shared transparently with all appropriate recipients. Clear, honest and timely communication allows for collaboration and cooperation, building a stronger game and community for the sport.

CONFLICT OF INTEREST

A conflict of interest is present in any instance in which the actions or activities of an individual, including members, volunteers, staff and affiliates representing or acting on behalf of US Lacrosse could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels, have a duty to disclose any financial interest or personal obligation that may actually or perceptually affect the independence of their judgment.

LEGALITY

US Lacrosse members, volunteers, staff, and other affiliated individuals and organizations are obligated to comply with all applicable laws. Violation of the law is not tolerated.

Representing the fastest growing national sport as an emerging force in sports organizations and leadership, US Lacrosse has a duty to provide positive influence over athletic administrators, programs, officials, coaches, players, and affiliated individuals and organizations. The goal of US Lacrosse is to promote sportsmanship and character by teaching, advocating, modeling and enforcing ethical principles, while preserving the integrity of the game.

By affiliating with US Lacrosse, individuals and organizations agree to comply with the aspirational guidelines set forth in the Code of Ethics. Failure to adhere to this Code may result in revocation of membership or affiliation. US Lacrosse encourages others involved with the sport of lacrosse to adopt and follow these important guidelines.

PART 2: The Rules and Penalties

RULE 1: THE PLAYING AREA AND GOALS

Section 1: The Field and Markings (1–1)

PLAYING AREA

The playing area shall be rectangular and marked with solid boundary lines. The maximum playing area is 140 x 70 yards and the minimum is 110 x 60 yards. The goals should be no less than 90 yards and no more than 100 yards apart. There must be a minimum of 10 yards or a maximum of 20 yards of space behind each goal line to the boundary line. There must be 4m 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.

An optional unified field is also legal for play. If using a unified field for high school play, the 120 yard field is required.

Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if personnel from both participating teams agree and the visiting team has been notified in writing prior to the day of the game. However, the minimum distance of 10 yards of space from the goal line to the end line must be maintained. Soft/flexible cones, pylons or flags must be used to mark the corners of the field.

Spectators must be kept at least 4m from each sideline. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing. No spectators are allowed immediately behind the team bench or table area except in permanent stadium seating.

How To Inspect The Field:

1. Pace off the 8m arc and 12m fan (they are often incorrect). It is important that all lines be correctly placed on the field so that the game can be fairly and safely administered.

2. Pace off the restraining line --- A solid line 30 yards up field from each goal line and extending 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, etc.) Cones shall not be used for this purpose.

3. While it is the host institution's responsibility to see that the playing field is in proper condition for safe play, the officials must also walk the field to see that it is free from glass, stones, sticks, depressions (sprinkler heads) and deep holes. While the officials should handle minor things such as picking up glass, they should alert the home team coach to other problems and be sure they are corrected before starting the game.

4. Inspect the boundaries with your partner. Ensure that boundaries have been placed correctly and that soft/flexible cones, pylons or flags mark the corners of the fields. Fields that do not fully meet specifications may be used, provided both teams and officials agree.

5. Ensure team substitution area is in front of the scorer's table and centered at the midfield line. The area should 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 5 yards from the centerline of the field.

6. Ensure a table has been placed at midfield, at least 4m from the designated boundaries. Also ensure that the table personnel have a horn and an alternate possession indicator. In those cases where the timer and scorer are in an above field booth, the home team must provide a table person for communication with booth personnel.

Section 2: The Goals (1-2)

Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 6' high and 6' apart, joined at the top by a cross-bar 6' from the ground (inside measurements). The goal posts (pipes) must not extend upwards beyond the cross-bar nor the cross-bar sideways beyond the goal posts. The posts and cross-bar must be a solid white, orange or silver color and be 1.5-2" in diameter. Any additional goal supports which 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 which prevent the ball from re-entering the playing area after hitting the ground pipe do not have to be padded.

How To Inspect The Goals:

1. The back of the goal posts shall be placed even with the back edge of the goal line.
2. All base and side supports which are exposed, except flat supports or goal supports that angle out before going back, must be padded. The padding must extend from the front of the goal supports all the way to the back of the base point.
3. Check to see that the nets are fastened securely to the goal posts, and that they are free of tears or holes.
4. It is recommended that all goal cages be pegged securely to the surface.

Note: The home team is responsible for fixing incorrect goals, nets, and line markings

RULE 2: EQUIPMENT AND UNIFORMS

Check uniforms and protective equipment 5 minutes (5:00) before game time.

Section 1: The Ball (2-1)

The ball shall be yellow, lime green or bright orange color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture. The home team will provide the game balls.

Section 2: Field Crosse (2-2)

Although some of the stick specifications in Appendix B of the high school rule book have changed, Rule 2 Section 2 of the rulebook has been simplified.

Officials are responsible for inspecting sticks prior to a game, however the focus is now based on a performance standard rather than the manufacturer's specification. These changes allow for a greater variety of pockets, including mesh, at all levels.

During a stick check, either pregame or during the game, the officials shall check the pocket depth on both the front and back of the head of the stick. Along with the depth check, the ball must move freely in the front of the pocket. Also, the ball must roll out of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees.

If a stick is strung with shooting strings, the pocket must have no more than two shooting strings, which must be attached directly the sidewalls. The shooting strings do not need to be attached through the stringing holes. Shooting strings may not be coiled more than twice between thongs, nor be made from flat, shoelace-type material.

The pocket may not have holes or gaps that are larger than 1.68 inches in diameter. This can be measured using a spherical shaped object of this size such as an American golf ball. If this ball can fit through any gaps in the pocket, the stick is not legal for play.

All wooden crosses are legal. The wooden crosses have been measured, but because wood is a "living" material, they will not be certified. Wooden crosses have set the standard for women's field lacrosse since the game's inception, and their basic design has not undergone significant changes over the years.

Section 3: Goalkeeper Crosse (2-3)

The goalie may use shoelaces as throw strings in the larger, mesh pocket goalie stick and she may have more than two of them. The throw strings may be woven across the top of the stick and/or woven through the pocket of the stick.

Section 4: Crosse Inspection (2-4)

How To Perform a Stick Check:

1. Conduct a stick check to make certain sticks meet specifications. All sticks that might be used in the game, including each player's extra sticks, must be checked. When performing the stick check, also check that each player has a mouth guard and is not wearing jewelry.

2. Instruct the teams to form a line with sticks raised to shoulder height. Drop the ball into the pocket of the horizontally held stick. With the stick held at her eye level the official will ensure that the top of a ball is visible/seen above the top of the wooden or plastic sidewall after reasonable force with one hand has been applied one time and released from the ball. Tilt the stick in both directions to confirm that the ball moves freely within all parts of the head of the stick, from the ball stop to the scoop and out of the stick, ensuring that the ball moves freely within all parts of the head/pocket both laterally and along its full length, including when the stick and head are tilted 90 degrees. Turn the stick over and confirm that the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees. If the stick is legal, the player moves on. If the stick is illegal, the player moves to the side of the line, adjusts her pocket and has it re-inspected by the official. All players with illegal sticks are instructed to remain together and to have their pockets re-checked.

3. If a stick is discovered to be illegal during the stick check, and if the problem cannot be corrected before the start of the game, the stick will be placed at the scorer's table. The stick may not be removed from this area, but team personnel may come to the table area to fix/adjust the stick. It can be rechecked at half time if the problem has been corrected.

4. During the stick check, visually check sticks to see that they are legal in length. Measure any stick that appears questionable. Visually check the head and stop of molded head sticks to determine if they have been altered in any way. Check to be sure there are no more than two shooting/throw strings in the field player's stick and that these two shooting/throw strings are not rolled, coiled or twisted more than twice between each thong. Shoelaces may not be used as shooting/throw strings.

Stick check requests may be made in a game during a stoppage of the game clock, including immediately following goals in regulation or overtime periods while players are still on the field. Stick check requests are not granted during an injury timeout. Teams are allowed up to two stick check requests during a game, however the team requesting the stick check will not lose any of its two allowable requests if the stick is found to be illegal.

Upon the team's second request where the opponent's stick is found to be legal, no penalty will be assessed to the requesting team. Teams will only be assessed a penalty if a third stick check is requested.

Following a requested stick check the following will happen:

- Should the stick pass the pocket depth check, the game shall be re-started by the ball being given to the player who was in possession of the ball, or closest to the ball if there was no possession when time was called.

- Should the stick not pass the pocket depth check, the stick shall be removed from the game by the official and placed at the scorer's table for the remainder of the half. The player with the illegal stick may enter the bench area and return to the game with another stick. The official shall check the stick entering the game before play resumes. Change of possession (if applicable) and a free position to the opponent closest to the ball when play was stopped, at least 8m from the goal circle and 4m inside the boundary. Offending player will stand 4m away.

Section 5: Crosse Failure (2-5)

If the shaft breaks or the head of the crosse becomes disconnected from the shaft, the crosse no longer meets specifications and must be removed from the game immediately. A free position for a minor foul is awarded to the opponent. If the ball entered the goal, the goal shall not count. See the rulebook (section 2-5, Art 2) regarding how to restart play.

Section 6: Goalkeeper Equipment (2-6)

Make certain the goalkeeper's equipment and uniform meet specifications:

1. The goalkeeper must wear a NOCSAE-approved helmet with facemask, a separate throat protector and a properly secured chinstrap, padded gloves, a mouthpiece, and a chest protector. It is recommended that the goalkeeper wear padding on arms and shoulders.

2. For high school level and below, the goalkeeper must wear padding on the shins and thighs (it is recommended for goalkeepers above high school level.) Any additional body padding may be no thicker than legal goalkeeping gloves (1"). Goalkeeping gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball. The goalkeeper's shirt must be worn over the chest and shoulder protector.

3. When checking the goalkeeper's equipment, take the time to measure the goalkeeper's stick. The crosse's overall length shall be between 35 1/2" and 52". Checking the stick early allows time for any necessary corrections.

Make certain to check the goalkeepers for the following:

1. The goalkeeper must wear a NOCSAE-approved helmet with face mask, a separate throat protector and a properly secured chin strap, padded gloves, a mouth piece, and a chest protector.

2. For high school level and below, the goalkeeper must wear padding on the shins and thighs.

3. Any additional body padding may be no thicker than legal goalkeeping gloves (1").

4. Goalkeeping gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

5. The goalkeeper's shirt must be worn over the chest and shoulder protector.

6. Any eyewear under the goalkeeper's helmet cannot be tinted.

Section 7: Personal Equipment (2-7)

Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

1. Mouthpiece -- All players must wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. It shall include occlusal and labial portions and shall cover the posterior teeth with adequate thickness, as well as protecting the anterior (leading) dental arch. It shall be of any color other than clear or white and must not have graphics of WHITE teeth. There may be no protruding tab for field players. Failure to properly wear a mouth guard is a minor foul.

2. Eye protection -- Properly worn eye protection is mandatory. The eye protection must meet the ASTM standard F3077 for women's lacrosse. If a player is wearing any "approved" protective equipment, the eye protection is still required to be worn under the protective equipment. Failure to properly wear eye protection is a minor foul. All eyewear must bear the SEI mark for certification by January 1, 2025.

3. Headgear -- Any player choosing to wear headgear will only be allowed to wear headgear that has been tested by the manufacturer and meets ASTM F3137 standard for women's lacrosse headgear. The headgear must be labeled that it meets the standard. Any headgear must be properly worn and securely fixed with the chinstrap in place as intended for use. Any headgear manufactured on or after 1/1/2018 must be permanently labeled with the SEI certification mark. All ASTM women's lacrosse eyewear and headgear that is legal for play is listed on the US Lacrosse website.

4. 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 1/2" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

5. Jewelry -- Check all players to see that they are in compliance with the "no jewelry" rule. If an official notices that a player has tape on any exposed area that might be covering jewelry (earrings, bracelets, rings, etc.), then ask the player to remove it to see if it is covering jewelry. If any jewelry is found, that player cannot enter the game until the player removes the jewelry.

6. Players may 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.

7. Barrettes are legal as long as they do not endanger other players.

Section 8: Electronic Equipment (2-8)

Electronic equipment may be used during play by coaches on the sideline or within the coaches' area. Electronic equipment may not be used to communicate with the 12 on-field players or any other coach present on the team sideline or coaching area. Electronic devices, video replay or television monitoring equipment shall not be used for any review of an officials decision.

Section 9: Uniforms (2-9)

Check to see that all parts of the team's uniforms comply with US Lacrosse rules depending on the level of play.

A team with illegal uniforms that cannot be corrected prior to beginning the game shall be penalized with a free position for a minor foul for the opponent at the center to begin the game. If both teams are illegally dressed, the game shall begin with an alternate possession at the center to the team determined at the captains' meeting to have the first possession. Draw positioning shall apply.

This does not preclude additional penalties during the game should a player(s) illegally modify her uniform or the violation is discovered, by the officials, after the start of the game. Should the non-compliance be discovered after the game has begun, the player shall be removed, and free position for a minor foul shall be awarded.

RULE 3: GAME PERSONNEL

Section 1: The Teams (3-1)

Twelve players constitute a team. Any number up to 12 players of each team may be on the field of play at the same time.

Section 2: Head Coach Responsibilities (3-2)

Head Coach must verbally certify that all her team's equipment (crosses, eye protection, balls, goalkeeper helmet, etc.) is legal under NFHS rules during the coaches and captain's meeting with officials. Note: meeting takes place 10 minutes (10:00) before game time.

Section 3: Game Administrator (3-3)

It is strongly recommended that the host team assign a representative to handle game management issues. If no game administrator is available, the head coach of the home team will be responsible.

Section 4: Captains (3-4)

Captains call any coin toss for choice of ends or initial alternate possession; indicate her team is ready to play at the beginning of each half; and may approach officials for clarification of rules. The visiting captains will call all coin tosses.

Section 5: Officials (3-5)

The game should be officiated by at least two US Lacrosse-certified officials. Officials will:

1. Arrive at the game site 30 minutes prior to the scheduled game time for a high school game. This allows time to get into uniform, find your partner(s), and have a pre-game discussion. The official's jurisdiction extends from 30 minutes

before the game begins until the officials leave the playing venue.

2. Be neatly dressed in the official uniform: black kilt, shorts, or slacks; one inch vertically striped black and white shirt (short or long sleeves); one inch vertically striped jacket or solid black jacket (if called for because of the weather;) and black accessories (visor, hat, turtleneck, shoes, whistle, lanyard, sunglasses). Officiating teams should make every effort to match each other. The team should determine if they will be wearing long or short sleeves, long pants or short kilts (shorts for men) prior to the game and all wear the same.

3. Use a bag, preferably black, to carry a rule book; a whistle; green, yellow and red warning cards; a yellow flag; a tape measure; a pen or pencil and a coin.

4. Hold a pre-game meeting before going out onto the field. Possible discussion topics would include such things as field coverage, new rules (if it's early in the season), expected level of play (league game, rivalry, etc.), unusual situations and difficult rule interpretations, and what help does each official want from her partner(s) when she's the Lead official.

5. Inspect the field (See Section 1-1 of this manual for "How To Inspect The Field.")

6. Captains' and Coaches' Meeting -- When no on-field agenda is provided by the home team, meet with the head coaches and captains of both teams 10 minutes (10:00) before and perform stick checks 5 minutes (5:00) before the game clock goes to zero.

   A. Although not a necessity, you may ask the captains to introduce themselves and take time to introduce yourselves.
   B. Toss a coin for choice of end or first alternate possession (AP). Allow the visiting team to call all coin tosses.
   C. Agree upon a length of halftime. Note: Halftime will be 10 minutes, but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game.
   D. Ask if a tie is to be played off.
   E. Inform both teams of the designated field markings and any potential field hazards.
   F. Discuss critical new rules and points of emphasis, especially early in the season. Ask if there are any questions.
   G. Inform the captains that they may address the officials for rule clarifications or concerns at half time or prior to overtime.
   H. Ask the Head Coaches:
      - ★ If all equipment is legal under NFHS rules, including eye protection that meets the most recent ASTM Specification Standard F3077 for women's lacrosse at the appropriate level of play (youth or adult), and that the ball and goalkeeper helmets meet the NOCSAE standard for lacrosse.
      - ★ If medical personnel is present. If "yes," identify that person. If "no," then know that the default (for both coaches and officials) if signs & symptoms of a concussion exist is that there is NO RETURN TO PLAY for that player.
      - ★ If a game administrator is present. If "yes," identify that person. If "no," then know that the default (for both coaches and officials) is that the home team coach is in charge and shall execute the duties of the game administrator.
      - ★ Note: In the event there are Co-Head Coaches, one coach must be designated as the "Head Coach" who may talk to the officials and who will receive a card if/when appropriate.

7. Speak with the scorers and timers to ensure they understand their responsibilities as well as the length of halftime determined at the coaches and captains meeting. Review the need for a 2 minute warning at the end of the half and the game, after which the timer moves to a stop-clock on every whistle. (Exception: when 10-goal differential in effect, game remains running clock.)

Section 6: Scorer (3-6)

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

1. Review the procedure for recording warnings, suspensions, and ejections, and for timing the green/red card and yellow card warnings. The official closest to the scorer's table ensures that all warnings [players, coaches and team personnel] are recorded correctly, including noting the time on the game clock when a yellow card or green/red card is issued.

2. Instruct the official scorer to notify the official immediately when a second yellow card is given to the same player

[two yellow cards result in suspension of the player] and when a team receives its fourth card [results in the team playing short].

Note: If the scorer is not seated at field level, the home team is responsible for ensuring that the scorer's table is manned and they have communication to the scorer and timer.

Section 7: Timer (3–7)

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

1. Review clock procedures with the timer (see Rule 3–7 for additional information.)
2. A horn will be used to signal the end of each period of play:
    - If the clock has a functioning automatic horn, that horn will indicate the end of play.
    - If an electronic horn is not available, the timer's manual horn will indicate the end of play.
3. Review the time out procedures with the timer (see Rule 3–7 for additional information.) Note that the horn should sound twice to indicate a time–out.
4. If a team is not ready to play after 2 minutes (for a time out after a goal is scored,) award the free position to the center for the other team. If the delay occurs after a possession time out, award a free position to the closest player of the non–offending team, at the spot of the ball.
5. Decide before the game begins who will time the time out, the official or the timer at the table. It is not unusual, especially at the high school level and below, for the officials to handle the time outs.
6. The timer may sound the horn twice to indicate a time out request by the team in possession of the ball. The head coach or any player on the field may request a time out.
7. Substitutes must always enter the game through the Team Substitution Area, whether during play, during a time out, or after a goal. A player who is subbing "on the fly" must be an "imminent sub" and remain in the team substitution area until the player she is replacing has entered the team substitution area. Substitutes may enter the game during a team time out after a goal provided there is no delay of game. During a time out to issue a card or during an injury time out, no substitutes will be allowed.
8. No substitutions are allowed during the time for switching of ends in overtime play.
9. Instruct the official timer to notify the coach and/or player when the 2 or 4–minute penalty time is over.

Note: Table personnel [timer/scorer] should be instructed to notify the officials of an early re–entry on a card, by sounding a horn at the first stoppage of play.

AN OFFICIAL'S PRE–GAME CHECKLIST:

- **Arrive 30 minutes prior to game time**
- **Be neatly dressed in the official uniform.**
- **Bring a bag with rulebook, a whistle, warning cards, yellow flag, tape measure, pencil and coin.**
- **Inspect the field for correct markings and safety conditions.**
- **Inspect the goals.**
- **Meet with other official(s) to review new rules and special situations.**
- **Speak with scorers and timers about the rules.**
- **Meet with team captains and Head Coaches.**
- **Check teams' uniforms and equipment. Perform a stick check.**

RULE 4: TIME FACTORS, SUBSTITUTION AND SCORING

Section 1: Duration of Play (4-1)

1. The maximum regulation time is 50 minutes, divided into two halves. Halftime shall be 10 minutes unless agreed upon by the coaches prior to the game.

2. In all games, the clock is stopped after goals and on every whistle in the last two minutes of each half.

3. If a team is leading by 10 or more goals, the clock will run after goals and under two minutes in each half.

Section 2: Official Time Outs (4-2)

1. Timeout must be called and the clock must stop for the following:

    - Illness
    - Accident or injury -- If the official stops the game because a player is discovered to be bleeding, the player must leave the game and a substitute must enter. The game will not be delayed to allow medical personnel to treat the bleeding player. A substitute must enter and the game is restarted immediately. Once the bleeding has been treated, the player may return using normal substitution procedures.
    - The issuance of a card
    - Requested stick check
    - Redraw (except when 10-goal rule is in effect)

2. Additionally, at the discretion of the umpire, timeout may also be taken for unusual circumstances:

    - A broken stick
    - Animal on the field
    - Lost ball
    - A ball that has gone too far out of bounds
    - Spectator interference
    - Delay of game, etc.

3. If a foul has occurred, play resumes with a free position at the spot of the foul.

4. If there is no foul (broken stick, animal on the field, lost ball), the player who was in possession or nearest to the ball when play was stopped will have the ball. If two players are equidistant from the ball, the alternate possession (AP) procedure will be used to determine which team will have possession of the ball for the restart of play. Self-starts are not allowed following an Alternate Possession.

5. Time out for injury may be taken at the discretion of the official. If play must be stopped due to player injury or suspected injury, whether or not medical personnel or a coach comes onto the field to attend to a player, that player(s) must leave the field. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. Any player who is bleeding must leave the field. (See Appendix I regarding Sports Hygiene, Skin Infections and Communicable Diseases of the NFHS Rule Book.) Coaching and substitution (except for the injured player) is prohibited during an injury time-out.

    a. If a player is bleeding or a coach or medical personnel comes onto the field to attend to an injured player, the player must leave the field until the next regular substitution opportunity. A substitute must take her place. If the injured player is the goalkeeper and there is no other "dressed" goalkeeper for her team at the time of the injury to the goalkeeper, the goalkeeper may remain in the game. Substitution is not to exceed 30 seconds.

    b. If an injured or bleeding player leaves the field and no substitute is available, a substitute may reenter the game using the regular substitution procedure (i.e., report to the scorer's table and enter through the team substitution area during play or enter after a goal is scored or during a time out).

6. If a player must leave the field due to illegal substitution or illegal equipment which she cannot correct without delaying the game, she must reenter the game using the regular substitution procedure.

Section 3: Team Time Outs (4-3)

1. Coaches or players may notify the officials (either the Table Official during tournament play or any of the on-field officials) or the official timer that they will be calling a timeout the next time their team is in possession of the ball. This will alert the officials and official timer to be listening for the timeout call. Despite the advanced notification of the timeout, it is still the team's responsibility to actually call timeout when they gain possession.

2. During game play when a table official is available, a coach may request a possession timeout through the table official. The table official will assess play on the field to determine if the team requesting a timeout is in clear possession of the ball. She will then sound her whistle, or horn, give a timeout signal so the clock will be stopped, and approach the nearest on-field official and indicate to her that a possession timeout has been requested. The on-field officials will have the ultimate authority to grant the timeout. Once they have signaled the timeout and released the players from the field, the clock will start to begin the two-minute timeout. The table official at each game will be expected to stand in front of the scorer's table and be visible and available to both coaching staffs.

3. If a request for a timeout is made to the official timer, the official timer will assess play on the field to determine if the team requesting a timeout is in clear possession of the ball and then shall immediately sound the horn twice to indicate the timeout request, and both the clock and play shall stop on the sound of the horn. Again, the on-field officials will have the ultimate authority to grant the timeout. Once they have signaled the timeout and released the players from the field, the clock will start to begin the two-minute timeout.

4. If a possession time out is called, play will be started at the spot of the ball or, if the ball is in the critical scoring area, play will start on the closest dot. Substitutions will be permitted, with the exception of the player being awarded the ball and the offender (if there was a foul prior to the time out.)

Section 4: Suspended/Interrupted Game (4-4)

1. Once officials arrive on the field, they have the authority to determine whether or not to begin the game, or to interrupt or to suspend a game due to weather and/or dangerous field conditions. The official's decision is final.

2. Evaluate the situation with a SAFETY FIRST approach. A guideline for resuming a game after a lightning/thunderstorm is to wait 30 minutes after the last visible sign of lightning and/or audible sound of thunder. The officials may consult with the coaches, athletic trainer or other school officials to determine their lightning policy. School regulations and guidelines governing waiting time will take precedence.

3. The SAFETY FIRST approach is also used when bad weather conditions hamper the ability of the player(s) to see clearly while wearing eye guards. Consider stopping play until conditions improve and players are able to see clearly.

4. A game is considered legal and complete if 80 percent of the playing time has elapsed. If the total playing time is 50 minutes (25 minute halves,) the game is considered legal after 40 minutes of playing time has elapsed. For a 60-minute game (30 minute halves,) the game is considered legal after 48 minutes.

   Note: If 80% of the playing time has not elapsed and a game is interrupted because of events beyond the control of the responsible authorities, the game may be terminated by mutual agreement of the opposing coaches.

5. A suspended game to be restarted on the same day or another day will start at "the point of interruption." In order to restart play from "the point of interruption," the officials will need the following information: score, time on clock, team [player] in possession of the ball, location of the ball on the field, players in close proximity to the ball, card information (player #s with a card, time remaining on any penalties being served.) If the player/ball field location information is not available to the officials for the restart of a suspended game on another day, play would be started with a center draw (if there was no possession at the time of the suspension) or with possession at the center circle by the team in possession at the time of the suspension.

Section 5: Forfeited Game (4-5)

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 ahead at the time, otherwise the score shall be 1-0 in favor of the team remaining on the field.

Section 6: Overtime Procedures (4-6)

When the score is tied at the end of regular playing time, a sudden victory overtime will be played.

1. Both teams will have a five-minute rest period.
2. A coin toss (visiting captain calls) will determine choice of ends.
3. The winner will be decided by "sudden victory". The team scoring the first goal wins. A three minute period will be played, if neither team scores a goal, another three minute period will be played. Teams shall change ends, with no coaching or substitutions allowed. Play will end, and a winner declared, on the first goal that is scored. Note: All overtime play is stop clock, therefore self-starts are not allowed.
4. If no winner is determined after the completion of the six minutes of playing time, the teams will have a three-minute rest period (substitutions are allowed at this time) and change ends. Game will be restarted with a center draw for the next six-minute overtime (two 3-minute periods with a change of ends after three minutes.) This will continue until there is a winner.
5. Each team will have one timeout for the entire duration of the overtime.
6. The Alternate Possession (AP) procedure will be continuous from the game (not reestablished at the coin toss).

Section 7: Substitution (4-7)

Unlimited; re-entry permitted. All substitutes must report to the scorer's table.

1. If substituting during play, the player going into the game must be an 'imminent' sub and wait in the team substitution area until the player she is replacing has entered the team substitution area.

   NOTE: 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.

2. If substituting after a goal has been scored (no time out,) the substitution must be through the substitution area and may not take place after the official's hand is in contact with both centers' sticks at the draw.
3. During a team timeout after a goal has been scored, substitutions may be made provided there is no delay of game.
4. During a team possession timeout, substitutions are allowed, with exception to the player being awarded the ball and the offender if the possession time out was called following the whistle for a foul.
5. During an injury timeout, the player substituting for the injured player taking a free position must assume the spot vacated by the injured player who is leaving the field. No other players may substitute.

   Exception: In the event of an injured goalkeeper, if the backup goal keeper is in the game as a field player she will be permitted the time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace the field player.

6. No substitutions permitted in cases where a card is being given.
7. No substitutions permitted during the change of ends during each six-minute overtime period or during a redraw situation. Substitution may take place between six-minute overtime periods.

Section 8: Scoring (4-8)

A goal is scored when the ball passes wholly over the goal line into the goal, propelled by an attacking player's stick or by the stick or person of the defending team (including the defensive goalkeeper).

1. As a Lead Official, after a shot from close to the goal circle, closely watch the player's follow through and body movement, and whether or not the ball goes into the goal cage. If the ball does enter the goal legally, hold the whistle a little longer to watch for any goal circle violations. Make eye contact with your partner(s) to be sure no other fouls have occurred that may cause the goal to be disallowed. (At all Youth levels, a player may not follow through into the goal circle on a shot.)

2. As a Trail Official, watch for dangerous follow through and whistle immediately, but defer to the Lead Official and allow her to administer the mandatory card.

3. The goalkeeper may not score for her team.

4. The attacking team player's scoring stick must meet field stick specifications in order for the attacking team to score.

5. A goal scored with a non-NOCSAE "approved" ball will stand. The ball will be replaced with an approved ball prior to the ensuing draw.

6. A goal is scored if the ball/shot is released before time expires (the horn sounds).

7. The shot is deemed complete when:

   a. The ball enters the goal
   b. Any player gains possession
   c. The ball goes out of bounds
   d. The ball comes to rest on the field of play or inside the goal circle
   e. The ball touches the ground below the goal line extended

RULE 5: STARTING AND RESTARTING PLAY

Section 1: Stopping and Starting Play (5-1)

The whistle is used to stop and start play, except on self-starts. When starting play, the official will give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. (Try to whistle first so as not to cause a 'false start' with your arm.)

When a player's required safety equipment [goggles, soft headgear, goalkeeper helmet] comes off during play, the officials should stop play immediately so the player may get the equipment back on. The game may be restarted in one of the following ways:

1. If a foul has occurred, a free position is awarded on a spot determined by the official. Play shall not be restarted within 8 meters of the goal circle or within 4 meters of the boundaries.

2. 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. Play is restarted at the spot of the ball. If the ball is within the critical scoring area, the play will be restarted at the closest dot.

Section 2: Starting Play – Draw (5-2)

1. The officials must count the number of players on the field before every draw. Any number up to 12 players of each team may be on the field before the start of each draw.

2. The official administering the draw is the one who calls any illegal draws involving the two centers.

3. The official(s) not administering the draw watch(es) for players pushing and jockeying for position. If a player enters the center circle, the official(s) makes the call immediately.

4. If a player(s) cross the RL prior to the possession, a minor foul will be called and administered at the spot of the ball at the time of the foul. If both teams foul, then an Alternate Possession will be called and administered at the spot of the ball at the time of the foul.

5. If both teams have players who enter the circle prior to the start whistle or step over the restraining line prior to possession, Alternate Possession will determine which team is awarded the ball at the spot of the ball.

6. When one player draws illegally, an "illegal draw" is called.

7. When it is impossible to determine who committed the illegal draw, if both players draw illegally, or the ball goes directly out of bounds without being touched, the draw will be retaken.

8. If any action on the part of the official causes the draw to be illegal, the draw will be retaken.

9. Any time the draw is to be retaken, the official will signal timeout. Exception: When the 10-goal rule is in effect, no timeout is called for a redraw.

How To Set the Draw:

1. The opponents each stand with one foot toeing the center line and both feet must be on the same side of the line behind her stick. The stick (handle and head combined) are held in the air, above hip level. The sticks are aligned "lower side to lower side" with the entire length of both sticks within the vertical plane over the center line, parallel to the center line and open to the goal they are defending. The lower side is the wood of a wooden stick and the right side of the molded head stick pocket open to the goal the player's team defending.

2. The players' sticks are between the ball and the goal they are defending.

3. A player's top hand may not contact any part of the sidewall or pocket.

4. The official rests the sides of the sticks lightly on the palm of her hand. Prior to placing the ball between the sticks, the official must verify that a NOCSAE ball is in use. Once positioned, the ball is placed between the backsides of the sticks in the upper third of the head, at the widest part of the head.

5. When setting up the draw, the official should be aware of possible height differentials between the centers and place sticks in such a way that neither player gains an advantage.

6. Once the ball has been placed between the sticks, the official makes sure that the players are all set before removing her hand. The word "ready" followed by the whistle indicates the start of play. The official says "ready" as she begins to step away from the players, then blows the whistle and lowers her arm while moving backwards.

7. On "ready" the two centers must remain motionless, except for head movement, until the whistle.

8. While officials may vary the time interval between the word "ready" and the whistle to avoid anticipation of the signal to start play, they must also realize that asking the two players to remain motionless for an extended period of time is unfair.

9. Upon the whistle, the players draw up. The official does not have to be outside the circle before blowing the whistle.

> NOTE: Players may not enter the field after the official's hand is on the sticks for the draw until a player has gained possession of the ball, the ball goes out of bounds or crosses the restraining line, or a whistle stops play for a foul.

Section 3: Restarting Play – Free Position (5-3)

1. The penalty for a foul is a free position. The official indicates where the player taking the free position is to restart play.

2. No free position may be taken closer than 4 meters to the boundary line and no closer than 8 meters to either goal circle.

3. The free position shall be at the spot of the foul unless specifically directed by rules, or the spot of the foul would disadvantage the non-offending team.

4. Free positions below the goal line extended and in the critical scoring area shall be taken to the closest dot marked on the field.

5. The player committing the foul (in most cases) will be directed either 4 meters away from the player awarded the free position (in the case of a minor foul), or 4 meters behind the player awarded the free position (in the case of a major foul).

6. No players shall be within 4 meters of the player awarded a free position, except when play commences on a self start and the ball carrier chooses to start play prior to all players moving 4 meters away.

Section 4: Restarting Play – Self-Start

1. Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse). The player fouled must take the free position within playing distance of the spot of the foul. The offending player shall move 4 meters from the player taking the free position as directed by the official. All players must move 4 meters away from the free position.

2. Play will commence once the ball carrier steps or passes. Once play has commenced, the defenders may engage in play with the ball carrier. A player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials' whistle.

3. Repeated failure to move away from the free position, move behind the ball carrier, or self-start from beyond the playing distance may result in the official stopping play, warning the offenders and restarting play on her whistle. This may result in a delay of game penalty.

4. Self-Starts "Re-sets"

   a. When a self-start is not executed correctly: Ex: too far away from spot of foul, no momentary pause, ball thrown in from out of bounds, defender encroaches before ball carrier has commence play, the official will blow their whistle, the offended player will be reset, and a self-start will be allowed

   b. Officials are encouraged not to further disadvantage the offended player by resetting play on defender encroachment unless it disadvantages their opponent.

   c. Repeated mis-starts by offense or defense can be warned, and upgraded to delay of game as necessary.

5. Self-start is not an option when:
   a. The game clock is stopped;
   b. There is an offside foul;
   c. The foul is in the critical scoring area, excluding boundary restarts;
   d. There is an alternate possession;
   e. There is an inadvertent whistle; or,
   f. A goal is scored.

Section 5: Restarting Play – Alternate Possession (5-4)

1. The winner of the coin toss at the beginning of the game shall have the option of choosing either the side they want to defend or whether they want the first Alternate Possession after any of the events listed under Rule 5, Section 4 have occurred.

2. After the initial possession is awarded, it will alternate.

3. The alternate possession (AP) is continuous through any overtime period (not reestablished at the coin toss that takes place prior to the first overtime period).

4. The record of alternate possession will be kept by the table personnel and the officials. The alternate possession (AP) shall be taken by the two opponents closest to the foul/incident.

5. Only the team that is awarded the alternate possession (AP) may call a timeout.

6. If the team awarded the alternate possession (AP) commits a subsequent foul before the free position has been administered, that team will lose possession and its right to call time out.

7. A self-start is not allowed following an Alternate Possession being awarded

RULE 6: BOUNDARIES

Section 1: Ball in and out of play (6-1)

1. The ball is out of bounds when:

    - A player has possession of the ball and steps on or over the boundary line.
    - Any part of her body or stick touches the ground on or outside the boundary while she is in possession of the ball.
    - A loose ball touches the boundary line or ground outside the line.

2. 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. The opponent will be awarded the ball when the play resumes.

3. A player in possession of the ball may hold her stick outside the boundary as long as her foot/feet are not on or over the boundary line.

Section 2: Boundary play (6-2)

1. If an opponent who is in-bounds legally checks a player's stick causing the ball to fall to the ground out of bounds, possession will be awarded to the opponent when play resumes.

2. 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.

3. 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.

4. When a player's foot/feet are out of bounds, she may not take an active part in the game. This will be penalized as a minor foul.

5. Players may not run out of bounds and re-enter to a more advantageous position. This will be penalized as a minor foul.

Section 3: Resuming play (6-3)

1. 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 may commence play with a self-start. It is not required that the player come to a stop prior to commencing play with a self-start. A player may not commence play with a pass from out of bounds. Play begins when the player with the ball steps inbounds relative to 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 on the whistle.
    b. Opponents must give the player with the ball at least 2 meters of free space (stick and feet).
    c. Play is resumed with a self-start or the whistle.

2. When a shot or deflected shot on goal goes out of bounds, the player whose body or crosse that is both inbounds and nearest to the ball (stick or body) when it crosses the boundary will gain possession of the ball.

    a. She will place the ball in her crosse and may commence play with a self-start. It is not required that the player come to a stop prior to commencing play with a self-start. A player may not commence play with a pass from out of bounds. Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds. Opponents must give the player with the ball at least 2 meters of free space. If the goalkeeper, while within her goal circle, is nearest the ball when it crosses the boundary, she will remain in her circle to restart play on the whistle.

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

b. If two opposing players are equidistant from the ball (stick or body) when it goes out of bounds, alternate possession will be awarded.

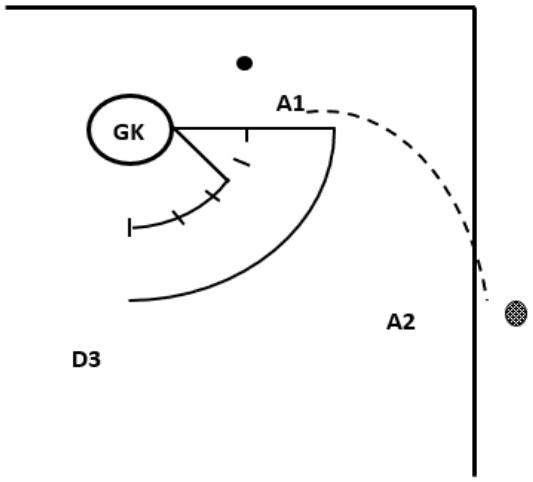
3. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds.

4. It is the Lead Official's responsibility to determine if there is a shot, a pass, a check before the shot, a simultaneous contact of shooter stick and defender stick, or stick contact after the shot.

5. When the ball goes directly out of bounds from a legal draw, the official will call timeout and the draw will be retaken.)

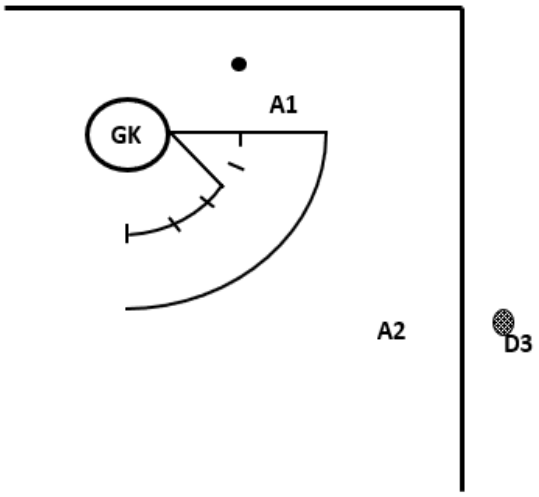
Exception: When the 10-goal rule is in effect, no timeout is taken.

Situation #1



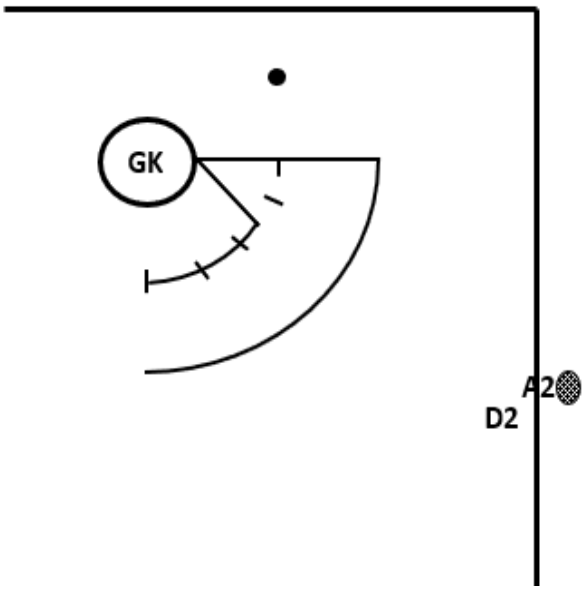
A1 passes to A2 who misses the catch and the ball goes out of bounds.

To Resume Play



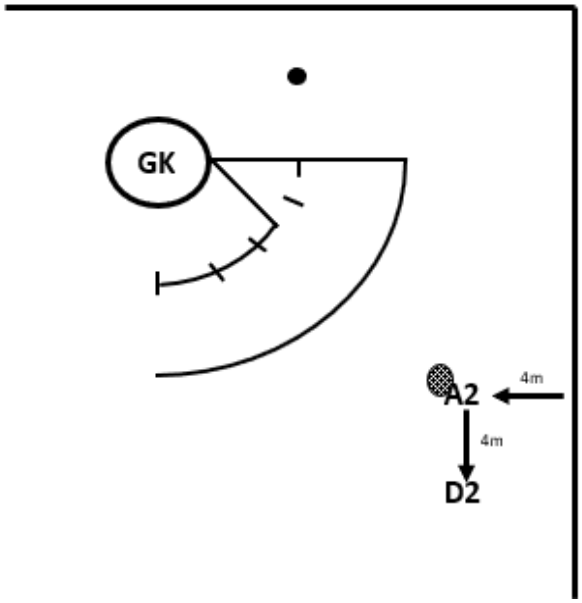
D3 will place the ball in her crosse and may commence play with a self-start. Player is not required to come to a stop prior to commencing play. D3 may not commence play with a pass from out of bounds. Play begins when D3 steps inbounds relative to the spot where the ball went out of bounds. Opponents must give the player with the ball at least 2m of free space.

Situation #2



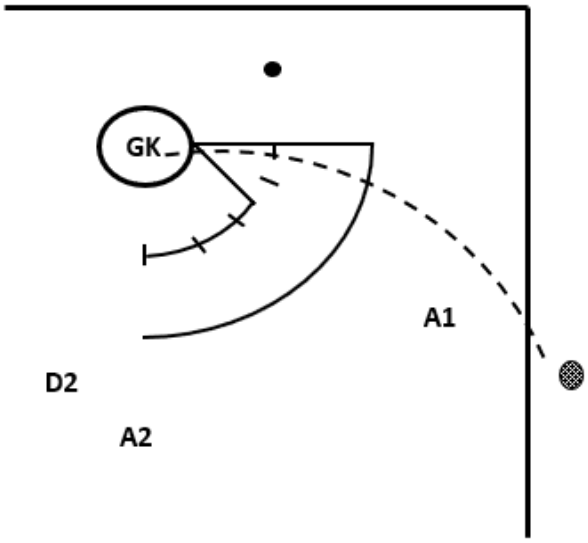
D2 Fouls A2, pushing her out of bounds.

To Resume Play



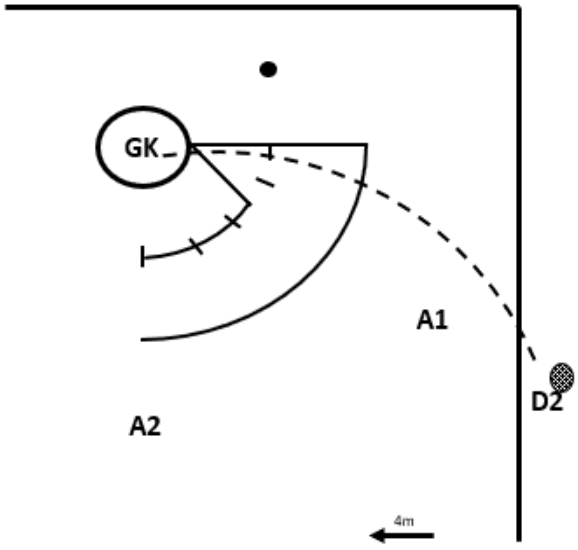
As receives the ball 4m in from where she went out of bounds and D2 is directed 4m behind. Self-start is permitted.

Situation #3



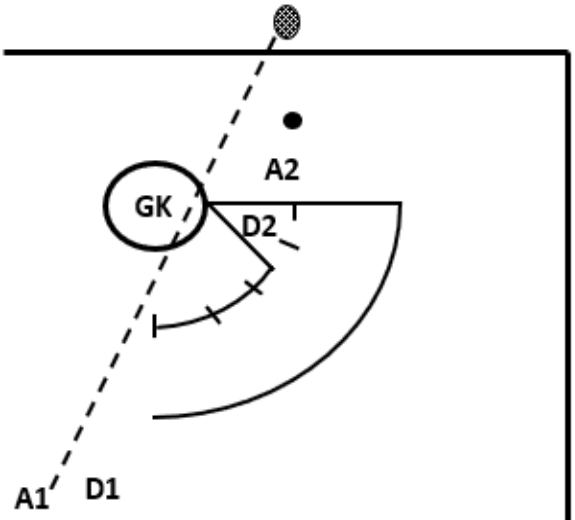
GK passes to teammate A1 (unmarked) who misses the catch and the ball goes out of bounds.

To Resume Play



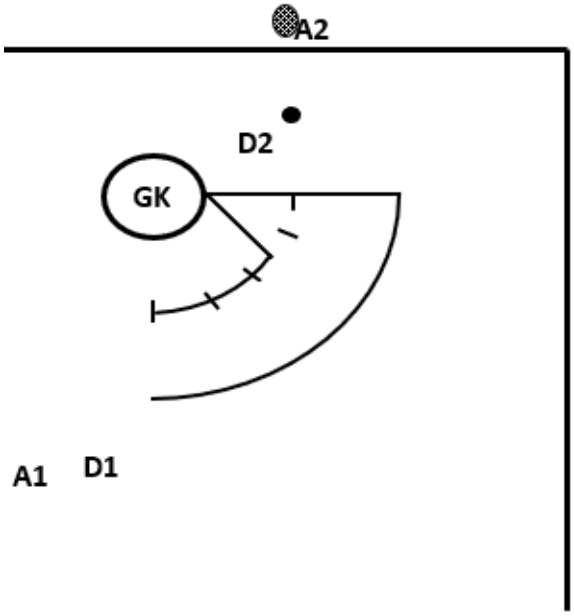
D2, the closest defender, may run out of bounds to pick up the ball and commence play with a self-start. Player is not required to come to a stop prior to commencing play.

Situation #4



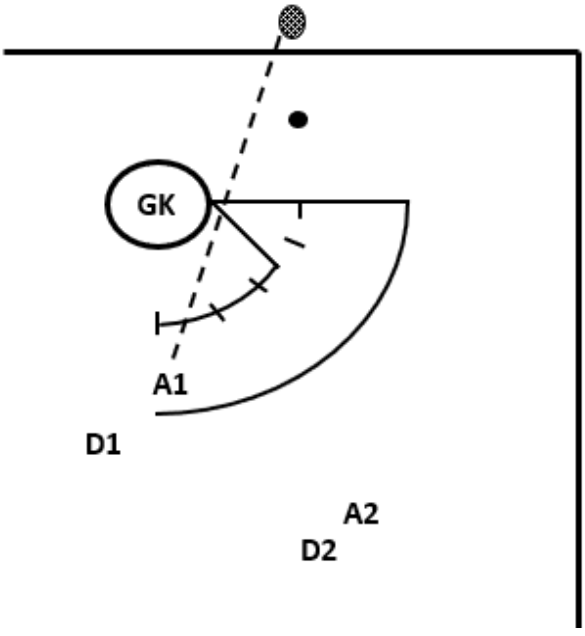
A1 shoots high on goal and the ball sails out of bounds.

To Resume Play



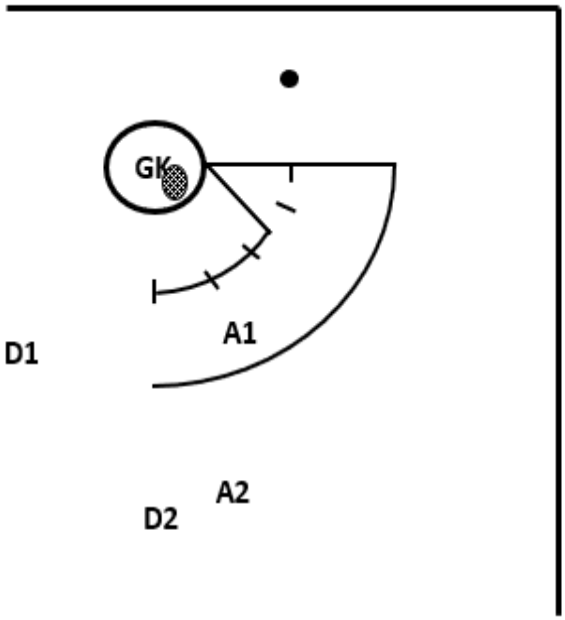
A2, the player closest to the ball when it went out of bounds, retrieves the ball and may commence play with a self-start. Player is not required to come to a stop prior to commencing play.

Situation #5



A1 shoots on the goal during a fast break situation and misses. The ball sails out of bounds.

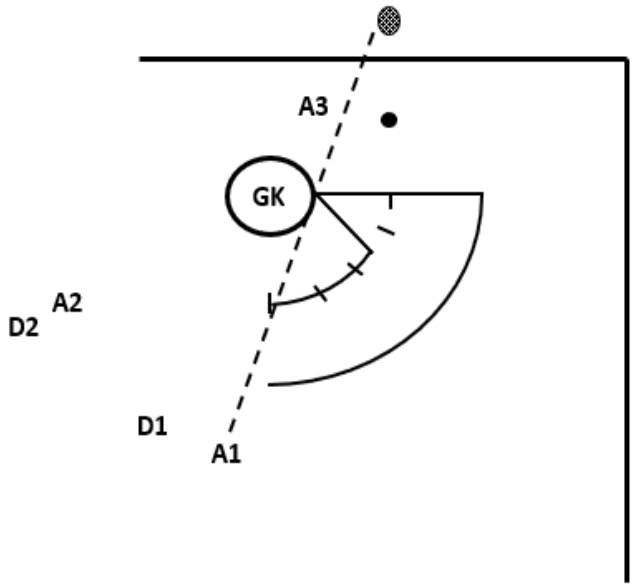
To Resume Play



The GK is awarded the ball in her goal circle as she is the closest person to the ball when it went out of bounds and was in her goal circle when the ball left the playing area. Play will commence on the official's whistle (NO self-start.)

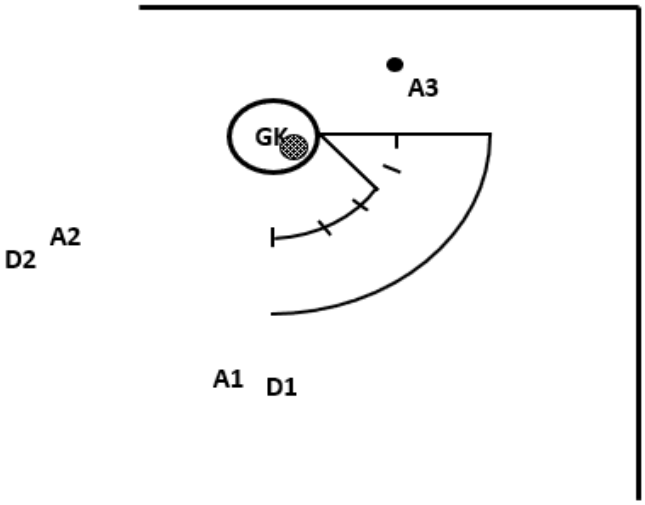
Situation #6

A1 passes to A3 who is near the end line. A3 misses the ball and it sails out of bounds.



To Resume Play

The GK is awarded the ball in her goal circle as she is the closest person to the ball when it went out of bounds and was in her goal circle when the ball left the playing area. Play will commence on the official's whistle (NO self-start.)



NOTES

RULE 7: GOAL CIRCLE

Section 1: Goal Circle Rules (7–1)

1. Only one player, either the goalkeeper or the deputy, is allowed in the goal circle at one time.
2. Any ball resting on the goal circle line belongs solely to the goalkeeper or her deputy. Any other player touching this ball would be committing a goal circle foul.
3. The goalkeeper or her deputy may step on, but not over, the goal circle line and still be considered "in the goal circle" when playing the ball. If the goalkeeper does step out with one foot (not a part of her foot, but her entire foot) and then steps back into or onto the goal circle, she would be committing a goal circle foul (if she was in possession of the ball.)
4. If an attacker's shooting motion is initiated from outside the goal circle, she may follow through with her stick over the goal circle. Her feet must not touch the goal circle.
5. The player(s) directly defending the shooter may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick. A defender's feet must not touch the goal circle.
6. Goalkeeper/Deputy may propel the ball into the goal circle and then follow it in. She may not carry the ball into the goal circle.
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 their goal circle until another player has played the ball.

Section 2: Goalkeeper Rules (7–2)

1. The goalkeeper must clear the ball within 10 seconds after it has entered the goal circle.

   The official shall use a visible hand signal to count the 10 seconds that the ball remains in the goal circle, and may use an audible count as well, especially if there is an interchange to allow another player to clear the ball for the goalie.
2. The goalkeeper may stop the ball with her hand and/or body as well as her stick. If she catches the ball with her hand, she must put it in her stick and proceed with the game. She may not reach beyond the goal circle to play the ball in the air or on the ground with her hand. She may not throw it with her hand.
3. The goalkeeper may reach out her stick and bring the ball back into the goal circle, provided no part of her body is grounded outside the circle. She may "rake" the ball into the circle only if there are no opposing players in proximity to play the ball when she is doing so.
4. If the goalkeeper or the deputy is fouled while inside the goal circle, she will take the free position from within the goal circle.
5. While outside the goal circle, the goalkeeper may not throw any part of her equipment to her deputy.

Section 3: Deputy Rules (7–3)

1. A field player may not enter or have any part of her body or stick in the goal circle, unless she is the deputy goalkeeper.
2. The deputy may only enter or remain in the goal circle when her team is in possession of the ball. She must immediately leave the circle when her team loses possession.
3. The deputy may go into the circle to prevent a rolling ball from crossing the goal line.
4. While within the goal circle, the deputy must clear the ball within 10 seconds after it has entered the goal circle.
5. While within the goal circle, the deputy may play the ball with her hand, place it in her stick, and proceed with the game. She may not throw it with her hand.

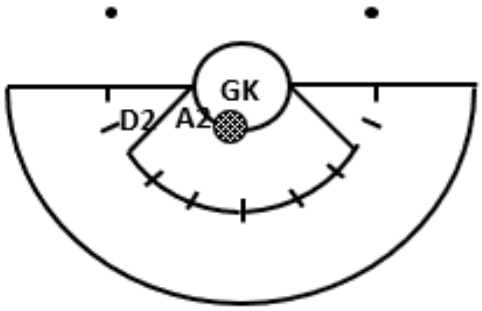
Penalty Administration for Goal Circle Fouls

ATTACK FOULS

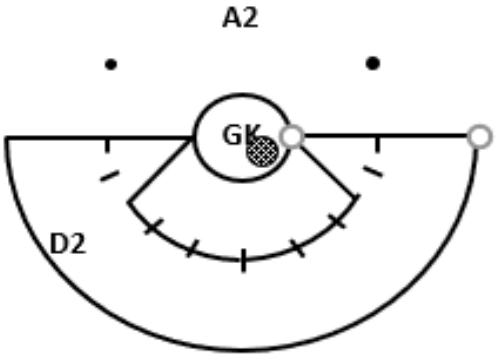
a. (Ball) Award a free position to the goalkeeper, or her deputy, within the goal circle.

b. (Offender) Place the offending player 4m behind the goal circle.

c. (Others) Move all other players 4m from the goal circle.



Foul: As A2 shoots on goal, she steps into the goal circle.



Set Up: Free position to the GK in the goal circle. A2 is moved 4m behind the goal circle. All other players are directed 4m away from the goal circle. NO self-start.

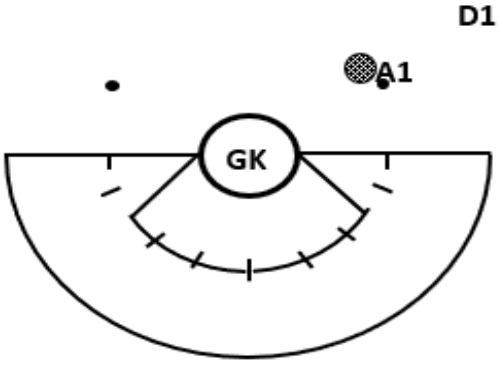
DEFENSE FOULS

a. (Ball) Award a free position to the attack on the closest dot.

b. (Offender) Place the offending player 4m directly behind (farther from the goal circle). If the goalkeeper has committed the foul, she may remain in her goal circle.

c. (Others) All other players should be 4m from the player taking the free position. Play is restarted on official's whistle. NO self–start.

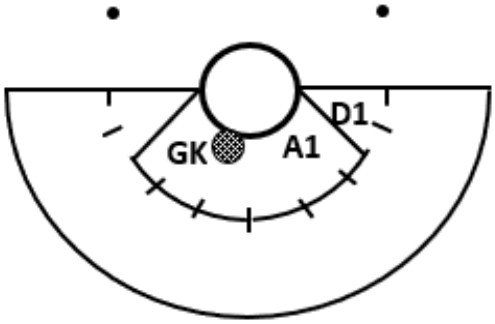
Note: This is NOT an INDIRECT free position. The attack may go to goal and shoot when play is restarted.



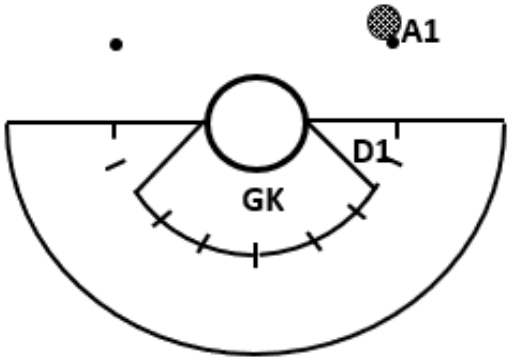
Set Up: Award A1 a free position at the dot. D1 is placed 4m directly behind. NO self-start.

GOALKEEPER FOULS

If the goalkeeper commits any goal circle foul, she may remain on the spot of the foul and does not have to move to within 4m of the player taking the free position. No other defender is moved directly behind the player taking the free position. This is the only goal circle foul situation in which a player is not moved 4m directly behind 4m of her opponent taking the free position. If the goalie is in, or partially in, her goal circle when she commits the goal circle violation, she may remain in her goal circle.



Foul: The GK, who is out of the goal circle, commits a goal circle violation.



Set Up: A1 is awarded a free position at the nearest dot. GK remains out of the goal circle.

More Important Goalkeeper Information

WATCH THAT GOALKEEPER

The goalkeeper is most often the last line of defense and the beginning of the offense. Her play is much more exciting than in the past, and it is not unusual to find her involved in play outside the goal circle. Remember though, a goalkeeper may not draw, shoot or score for her own team and she may not be above the restraining line during the draw. We, as officials, must anticipate what the coaching strategies for the goalkeeper will be and prepare ourselves in advance for how to best position ourselves and what to look for. A goalkeeper does foul, and the official must be prepared to penalize her. We should know the difference between a goal circle foul, a minor foul and a major foul and how these affect the goalkeeper. The official in charge of the goal circle must remain in the vicinity of play until the ball is out of the area.

A . GOAL CIRCLE FOULS

1 . Cleared and Played

a. When the ball enters the goal circle, the goalkeeper or deputy has 10 seconds to either pass the ball from inside the goal circle or to exit the goal circle with the ball in her possession. 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 their goal circle until the ball has been "played" by another player.
Note: (By definition) Played: Refers to an action whereby the ball leaves the player's stick and is touched by another player, or her stick is checked stick to stick by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the stick.

2 . 10 Seconds

a. The Blue GK has not yet cleared the ball and the official's count is 7 seconds. Blue calls a possession timeout. How is play restarted?

Restart: The Blue GK has possession in her goal circle with 3 more seconds left to clear the ball. (RB pg 48, Sit 7.2.1.C)

b. The Blue GK has not yet cleared the ball and the official's count is 5 seconds. The White team commits a goal circle foul. How is play restarted?

Restart: The offending White team player is 4m behind the goal circle. The GK has possession in her goal circle. When the official whistles to restart play, the GK has 10 second to clear the ball.

c. The Blue GK has not yet cleared the ball and the official's count is 6 seconds. A White team player is injured and the official calls an injury timeout. How is play restarted?

Restart: A substitute enters for the injured White team player. The GK has possession in her goal circle. When the official whistles to restart play, the GK has 4 seconds to clear the ball. (RB pg 48, Sit 7.2.1.C)

3 . Clearing and Re-entering

Goalkeepers who are being pressured by opponents create challenges for the official. The official must be prepared to penalize the goalkeeper or deputy when the ball is not cleared from the goal circle within 10 seconds. Officials must also position themselves at a point tangent to the goal circle and be prepared to penalize the goalkeeper if, when under pressure, she carries the ball into the goal circle. The ball may not be in contact with the goalkeeper's stick when she enters the goal circle. Once the goalkeeper leaves her goal circle she becomes another field player and, as such, she may not violate the goal circle when attempting to toss the ball into the circle.

4 . Grounded

When the goalkeeper is attempting to play a ball that is outside the goal circle while she is within the circle, she must do so without becoming grounded. If any part of her body touches the ground outside the goal circle while she is attempting to play the ball, she must continue to move out of the goal circle. If she steps back into the circle with the ball, this is a goal circle foul.

5 . Penalty for Goalkeeper Goal Circle Foul

The penalty for goal circle fouls by the goalkeeper is a free position for the attack on the closest dot. The attack player with the ball may shoot without being played once play is restarted. If the goalkeeper is fully or partially inside the goal circle when she commits the goal circle foul, she may remain in her circle. If she is fully outside the circle and commits a goal circle foul, she remains on the spot of the foul. When the goalkeeper commits a goal circle foul, the rules do not require another defender to move 4m behind the player taking the free position.

B . MINOR FOUL BY THE GOALKEEPER

A goalkeeper may be penalized for a minor foul whether she is inside or outside the goal circle.

1 . Minor fouls while inside the goal circle

The most common minor fouls committed by the goalkeeper from inside the goal circle are covering and empty stick checks. When an attack player is close enough or in position to play the ball, the goalkeeper may not reach out of the goal circle and cover/trap the ball in an attempt to bring the ball into the circle. (She may do so if no attack is in position to play the ball.) The goalkeeper may not check an attack player's empty stick to prevent her from gaining possession of the ball. If the goalkeeper is called for a minor foul while she is in, or partially within, the goal circle, she may remain in the circle. The attack is awarded a free position at a spot on the 12m fan closest to where the foul occurred. To determine this spot, the official must make an imaginary line from the center of the goal line through the spot of the foul to the 12m fan. No other player may be within 4m of the indirect free position.

2 . Minor fouls while outside the goal circle

When the goalkeeper leaves her goal circle, she loses all of her goalkeeping privileges and shall be penalized as any other field player when she commits a minor foul. If the goalkeeper is called for a minor foul while she is outside of the goal circle but still within the 12m fan, the attack is again awarded an indirect free position at a spot on the 12m fan closest to where the foul occurred. The goalkeeper moves 4m away from this player relative to her position at the time of the foul.

C . SITUATIONS TO CONSIDER: MINOR FOUL OR GOAL CIRCLE FOUL?

1 . A goalkeeper in the goal circle catches a shot on goal with her hand. She forgets to put the ball in her stick and tosses it to a teammate with her hand.

GOAL CIRCLE FOUL: Goalkeeper remains in the circle. The attack is awarded a free position on the closest dot. No player is placed 4m behind the free position. The attack player may shoot without being played.

2 . A goalkeeper is fully outside of her circle and covers a ground ball as an attack player approaches.

MINOR FOUL: The goalkeeper is placed 4m from the player taking the indirect free position at a spot on the 12m fan in line with the foul.

3 . As the goalkeeper scoops up the ball and moves out of her circle, she wards off an opponent.

MINOR FOUL: Goalkeeper is placed 4m from the player taking the free position. The free position is indirect as in #2 above if the foul occurred within the 12 meter fan. When a minor foul occurs behind the goal, the free position is awarded at the nearest dot. The goalkeeper is placed 4m away relative to her position when the foul occurred. (Rule 9, PENALTIES, 3 and 4)

4 . While inside the goal circle, the goalkeeper is trying to play the ball which is just inside the goal circle. Another defender at the top of the circle puts her stick into the circle to get the ball.

GOAL CIRCLE FOUL: Goalkeeper remains in her circle. The attack is awarded a free position on the closest dot. The defender who committed the foul is placed 4m directly behind the attack player. The attack player may shoot without being played.

5 . The goalkeeper steps out of the circle with the ball in her stick. Although her feet are completely out of the circle, she continues to hold her stick in the circle so that an attack player may not legally check her stick.

GOAL CIRCLE FOUL: The goalkeeper remains where she is and the attack is awarded a free position on the closest dot. No player is placed 4m behind the free position. The attack player may shoot without being played.

D . MAJOR FOULS BY THE GOALKEEPER

1 . Immediate Whistle

A goalkeeper often helps a teammate with a double team as an attacker is moving close to the goal circle or she may choose to take on a lone attacker as she attempts a shot on goal. Yes, major fouls do occur. Officials must be prepared to penalize, and card if warranted, the goalkeeper for rough checks, tripping, pushing, slashing, checks to the head and obstruction of the free space. Once the foul has been called, the question then becomes one of player placement and who goes behind, the goalkeeper or another defender. Regardless of whether the goalkeeper is in or out of the goal circle, when the goalkeeper commits the major foul and there is an immediate whistle, she will always be placed 4m behind the player taking the free position.

2 . Slow Whistle

The situation will change somewhat when the attack is on a scoring play and a flag has been raised. There are two instances when the goalkeeper will not be the player who has to move 4m behind the attack player taking the free position:

a . When a scoring play ends with no shot taken, a free position is awarded to the attack player nearest to the spot of the foul. The defense player nearest to the spot of the foul is placed 4m behind the attack. If the goalkeeper committed the foul that caused the official to raise her flag, but is not the nearest defender to the spot of the foul when the scoring play ends, the goalkeeper should not be the defender who is made to move 4m behind the attack. (Rule 11, pg 63 PENALTIES, 2)

b . The goalkeeper commits a foul resulting in a flag being raised. During the slow whistle, another defender commits a major foul and then the scoring play ends with no shot being taken. The attack player nearest to the spot of the second foul is awarded the ball on the nearest hash mark. The defense player nearest to the spot of the second foul is placed 4m behind the attack. Since there was a second foul, and the goalkeeper's foul did not end the scoring play, another defender should be the one placed 4m behind the attack.

3 . Goalkeeper Misconduct

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 two minutes of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute and the carded goalkeeper must leave the field and enter the penalty area for the two minutes of elapsed playing time and the team's coach must designate another player who must leave the field and enter the penalty area along with the carded goalkeeper for two minutes of elapsed playing time.

If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team must substitute another goalkeeper if available, and the team's coach must designate another player who must leave the field and enter the penalty area along with the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute. If there is not another "dressed" goalkeeper, time will be permitted to dress a field player. However, if no option exists to dress a goalkeeper, no field player may substitute for the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time.

E . GOALKEEPER FOULED WHILE OUTSIDE THE GOAL CIRCLE

1 . Goalkeeper Checked In the Head

When a goalkeeper moves outside her goal circle, officials must watch to ensure that she does not become "fair game" for the attack simply because she is wearing protective equipment. When the goalkeeper leaves her goal circle, she becomes a field player. If the goalkeeper is checked in the head, play must stop, the offending player must be carded, and a free position awarded to the goalkeeper.

2 . Dangerous Propelling or Dangerous Follow Through at the Goalkeeper

If the goalkeeper comes out of the circle to legally defend the ball carrier, the attacker may not shoot directly at or follow through dangerously into the goalkeeper. Just because the goalkeeper is protected, the attacker is not at liberty to shoot directly at her head, neck or body. The penalty for dangerous propelling or dangerous follow through committed against the goalkeeper is a free position for the goalkeeper 8m from the goal circle. A card is mandatory for dangerous propelling and dangerous follow through.

F . BODY BALL BY THE GOALKEEPER

1 . Deliberate or Blatant

If a field player uses her body to deliberately "impede, accelerate or change the direction of the ball", except when she is kicking the ball in a non–shooting attempt, she will be called for a minor foul. However, if the goalkeeper does this when she is fully outside of the goal circle, the official must decide whether this infraction should be penalized as a major foul or as a minor foul. If the goalkeeper blatantly attempts to stop a shot on goal with her body while she is outside the goal circle, it is a major foul. It is not difficult to see a blatant body ball by the goalkeeper when the shot is high, but when the shot is low the determination becomes less obvious.

2 . Situations to Consider

A goalkeeper runs out of her goal circle toward a shot with her arms and stick outstretched. She makes no attempt to play the ball with her stick and stops the ball with her body. The official should penalize her for a major foul. The goalkeeper should also be penalized for a major foul if she runs out of the goal circle with good stick and body position attempting to play the ball legally but, at the last minute, obviously defends a low shot on goal by reaching with her hand or leg and prevents a goal. What is even more difficult is the low shot that is stopped by the goalkeeper's feet. Did she attempt to stop the ball with her stick and then contact was made with her body because she did not have time to react? If so, this is a no call since it is not deliberate. To summarize, when the goalkeeper is fully outside her goal circle the official must quickly determine whether:

a . The body ball occurred because the goalkeeper did not have time to react (no call).
b . The body ball occurred because the goalkeeper misplayed the ball with her stick (no call).
c . The body ball occurred because the goalkeeper blatantly used any part of her body to defend a shot (major foul).

G . DEPUTY GOALKEEPER

1 . Legal or Illegal Deputy?

The deputy goalkeeper may only enter or remain in the goal circle when her team has possession of the ball. She must immediately leave the goal circle when her team loses possession of the ball. She may go into the goal circle to prevent a rolling ball from crossing the goal line, but she may never enter the goal circle with her stick or body to defend a shot on goal.

2 . Illegal Deputy Penalty

Violation of this rule is an immediate whistle. The penalty for a breach of this rule may result in the issuing of a yellow or red card. The attack is awarded an 8m free position at the center hash mark. The illegal deputy is placed 4m behind the attack player taking the free position. All players, including the goalkeeper, are cleared from the arc. The goal circle remains empty, as the goalkeeper is not allowed to clear the arc by going back into the circle.

RULE 8: OFFSIDE FOULS

Section 1: Offside Fouls (8–1)

The restraining line is at each end of the field, 30 yards from the goal line. The line shall be solid and extend fully from one side of the field to the other. It must be clearly distinguishable as the restraining line, (i.e., the only line on the field,) marked in a different color, or marked with X's, etc. Cones should not be used for this purpose.

A team must not:

1. Have more than seven players below the restraining line in its offensive end of the field; or
2. Have more than eight players below the restraining line in its defensive end of the field.

> Note: If a team has elected to play with fewer than 12 players they may have fewer players behind the restraining line. They must still play short the appropriate number of players below the restraining line should they receive any cards. (Rule 8.1.2 NOTE SITUATION, pg 50)

Any part of the foot on or over the line or touching the ground beyond the line is considered a violation. Players may reach over with their stick (which may be touching the ground) to play the ball as long as no part of the foot is on or over the line.

The offside foul rule remains in effect at all times and for the entire game.

Violation of the restraining line rule is considered a major foul. Officials indicate a violation by raising the arm straight up over the head with the palm open. When the whistle is sounded to make the call the open palm should be closed to a fist.

Players may exchange places during play, but a player should have both feet out before a teammate can enter.

All restraining line violations will be restarted on the official's whistle. Self–starts are not permitted following an offsides violation.

1. IF THE ATTACK IS OFFSIDE:

The closest defense player to the spot of the ball will be awarded a free position at that spot (see Rule 8–1, Penalties 1, for penalty administration.)

Players, especially those on attack, will exchange places with one player going back over the line and allowing a teammate to go in to join play. This is legal provided that the player going out has both feet out before her teammate enters. The official watching for offside should be aware of this exchange, but not to the point that she is constantly watching this and not the play down in the goal area. Try to use preventive officiating (especially early in the game,) warning the players to get all the way out if you see a possible exchange coming.

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

Mechanics to Set Up the Free Position

Once the offside call has been made, what should happen next? Who actually steps in and sets up the free position? Remember, the clock is running and it is important to give clear and concise directions to the players and restart the game quickly and efficiently.

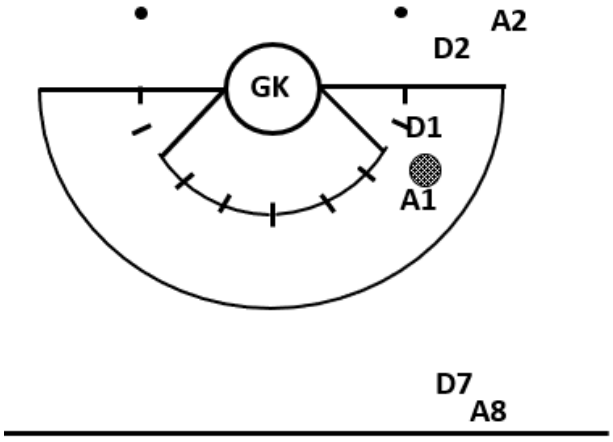
A. The Trail official typically makes the offside call and remains in position long enough to communicate with her partner.

B. The Trail official corrects the offside by moving the closest attack player, without the ball, back onside.

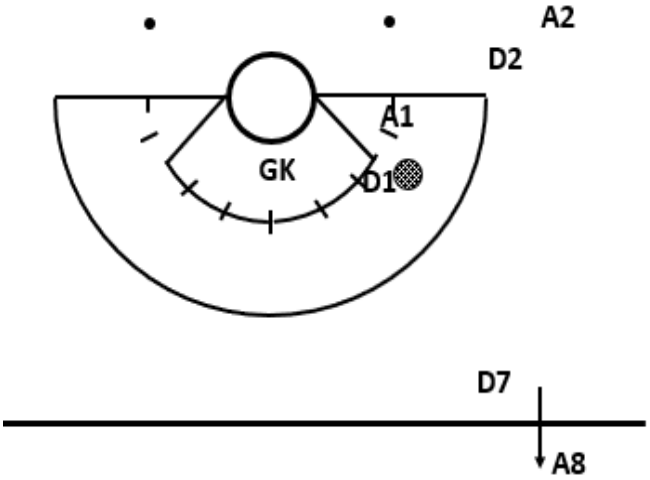
C. The Trail Official would then transition to the Lead position and the Lead official (who is transitioning to the Trail position) would move in to restart the play with her whistle.

D. Since the Trail Official will now be the lead with the ball coming towards her, she should be heading down field to be in proper position when play is restarted with her whistle.

E. The official who was the Lead is now watching off-ball and will trail the play as it moves up the field.



Foul: Attack offside



Set Up: A8, the closest player to the restraining line, will move back onside. D1 is awarded a free position at the spot of the ball (no closer than 8m to the goal circle). A1 will move 4m behind. NO self-start.

2. IF THE DEFENSE IS OFFSIDE

When the defense commits an offside foul, placement of the player for the free position depends on the position of the ball when the foul is called. The key is to determine if the ball is inside or outside the critical scoring area (CSA) and above the goal line extended or below the goal line extended (Note: For restraining line purposes, the entire goal circle is considered to be above the goal line extended):

A. Ball is outside the CSA

B. Ball is inside the CSA and above the goal line extended

C. Ball is inside the CSA and below the goal line extended

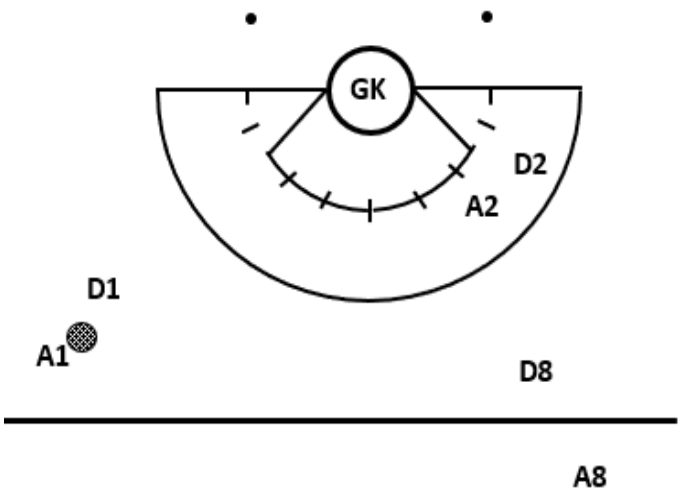
Be aware that you may hold whistle for a limited period of time when the defense is offside. During this period of time, you indicate a violation by raising your arm straight up over your head with your palm open. This is not supposed to be a "gotcha" call, (i.e., the defender has gone over the line and the call is made immediately.) Call the offside foul if the defense makes no attempt to correct the offside or the foul interferes with quality possession of the attack. While each situation is different, the longer you wait to call the foul, the better the chance that the defense will gain an unfair advantage.

Mechanics to Set Up the Free Position

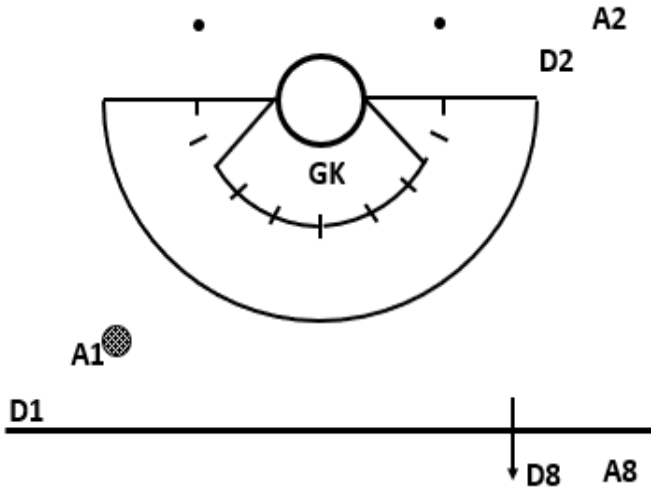
Who sets up the Free Position when Defense fouls? One thing is clear – one of the officials must step in and take charge of the situation.

A. Defense Offside – Ball outside the CSA

1. Trail official makes the call, puts defense player closest to the restraining line back onside.
2. Official closest to the ball then sets up the free position (see Rule 8–1, Penalties: 2, for penalty administration.)
3. Partners should make eye contact when free position is set, then the Lead officials restarts the play with her whistle.



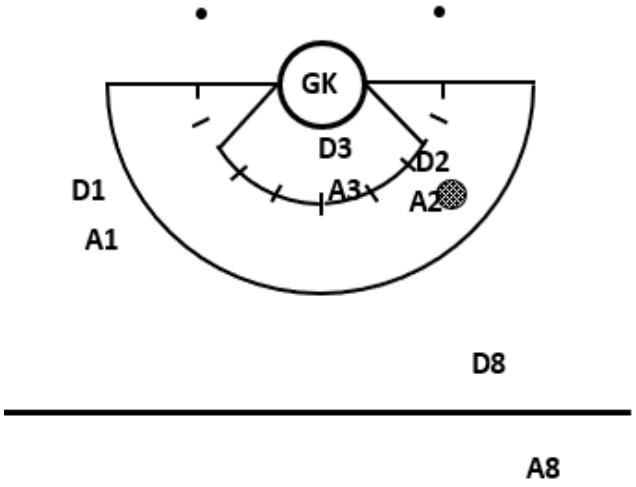
Foul: Defense offside.



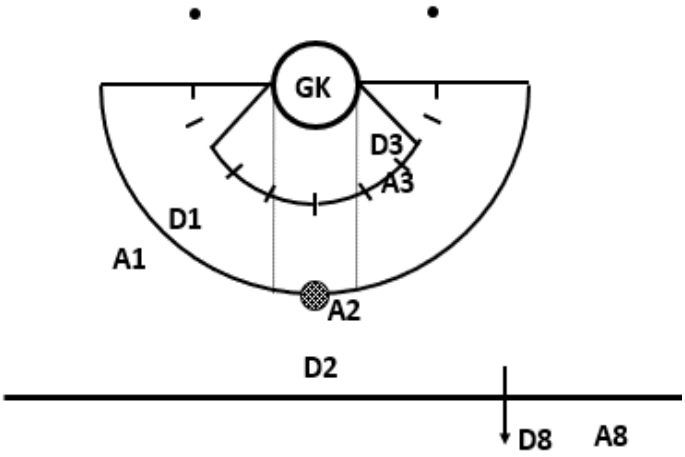
Set Up: D8, the closest player to the restraining line, will move back onside. A1 is awarded a free position at the spot of the ball. D1 will move 4m behind. NO self-start.

B. Defense Offside – Ball inside the CSA and Above Goal Line Extended

1. Trail official makes the call, puts defense player closest to the restraining line back onside.
2. Lead official is closest to the ball and should set up free position at the center of the 12 meter fan. Closest defense player will go 4m behind. Penalty lane will be cleared. (Rule 8–1, PENALTIES: 3, pg 50)
3. Partners should make eye contact when free position is set, then the Lead official restarts the play with her whistle.



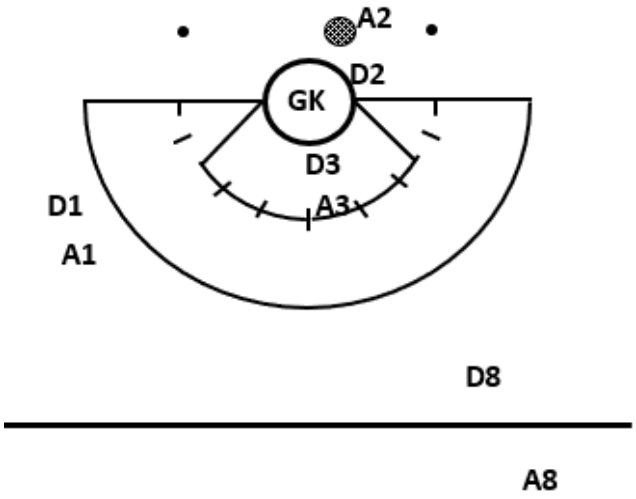
Foul: Attack offside.



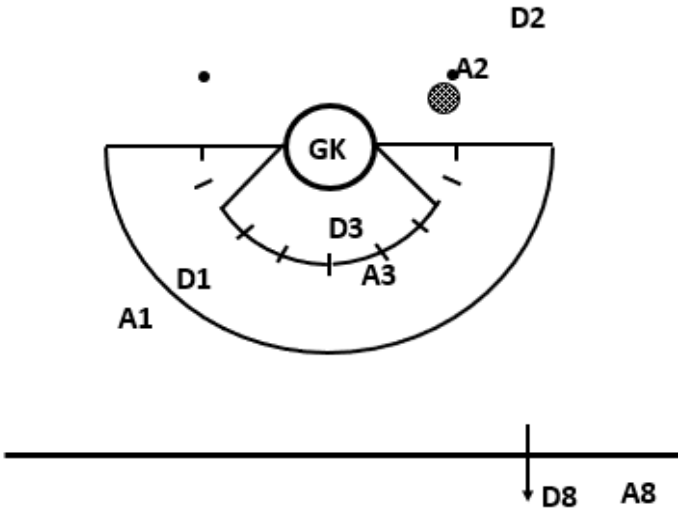
Set Up: D8, the closest player to the restraining line, will move back onside. A2 is awarded a free position at the center of the 12m fan. D2, closest defensive player, will move 4m behind. Penalty lane will be cleared. NO self-start.

C. Defense Offside – Inside the CSA and Ball Below Goal Line Extended

1. Trail official makes the call, puts defense player closest to the restraining line back onside.
2. Lead official then sets up the free position at the closest dot (see Rule 8–1, Penalties: 4, for penalty administration.)
3. Partners should make eye contact when free position is set, then the Lead official restarts the play with her whistle.



Foul: Defense offside.



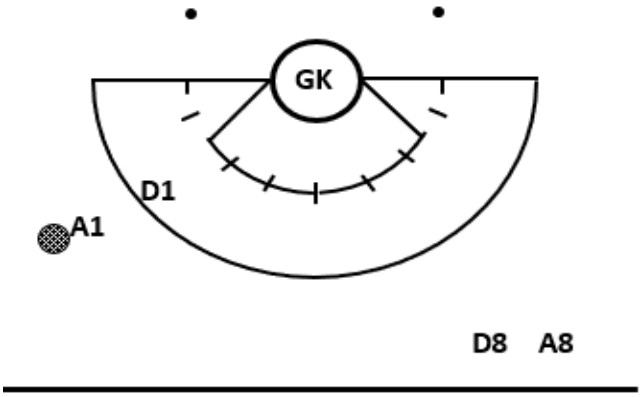
Set Up: D8, the closest player to the restraining line, will move back onside. A2 is awarded a free position at the closest dot. D2, closest defensive player, will move 4m behind. NO self-start.

3. OFFSETTING OFFSIDE FOULS:

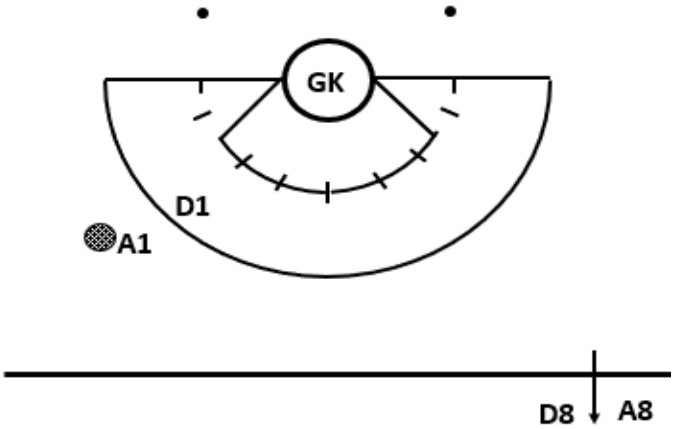
If players from both teams are offside, it should be treated as any other offsetting foul situation. Players nearest to the restraining line from both teams will be moved back onside. (See Rule 8–1, Penalties: 6, for penalty administration.)

An offsetting foul situation can also arise if, for instance, Team A has a player offside and, while you are holding whistle, Team B commits some other foul. The spot of the ball at the time play was stopped will determine where alternate possession will be awarded.

Play will be restarted with the official's whistle, Self–starts are not permitted following an Alternate Possession.



Foul: Offsetting Offside fouls.



Set Up: D8 and A8, the closest players to the restraining line, will move back onside. Alternate possession. NO self-start.

4. HELD WHISTLE:

If you are holding whistle on an offside foul by the defense and another foul is called on either team, you must step in and indicate the offside foul and correct the offside situation. If the attack has committed this other foul, use the alternate possession procedure to determine which team will gain possession of the ball for the restart of play (See Rule 5–4, Art. 3 for penalty administration.)

If the defense has committed this other foul, determine if the foul is major or minor. If it is a minor foul, the major foul for offside will take precedence and you should penalize the offside. If this other foul is also a major foul, you must determine where this second foul occurred:

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.

5. INADVERTENT WHISTLE:

At times, it may be difficult to keep track of the correct number of players allowed below the restraining line with everything else that's going on in the game. This can lead to an inadvertent whistle for an offside foul when no offside has occurred. If this should happen, the ball is given to the player who was in possession, or nearest it, at the time play was stopped. Play is restarted at the spot of the ball when the ball is outside the CSA. If the ball is inside the CSA, play will resume at the dot. If two players are equidistant from the ball, the alternate possession procedure (AP) will be used to determine which team receives possession.

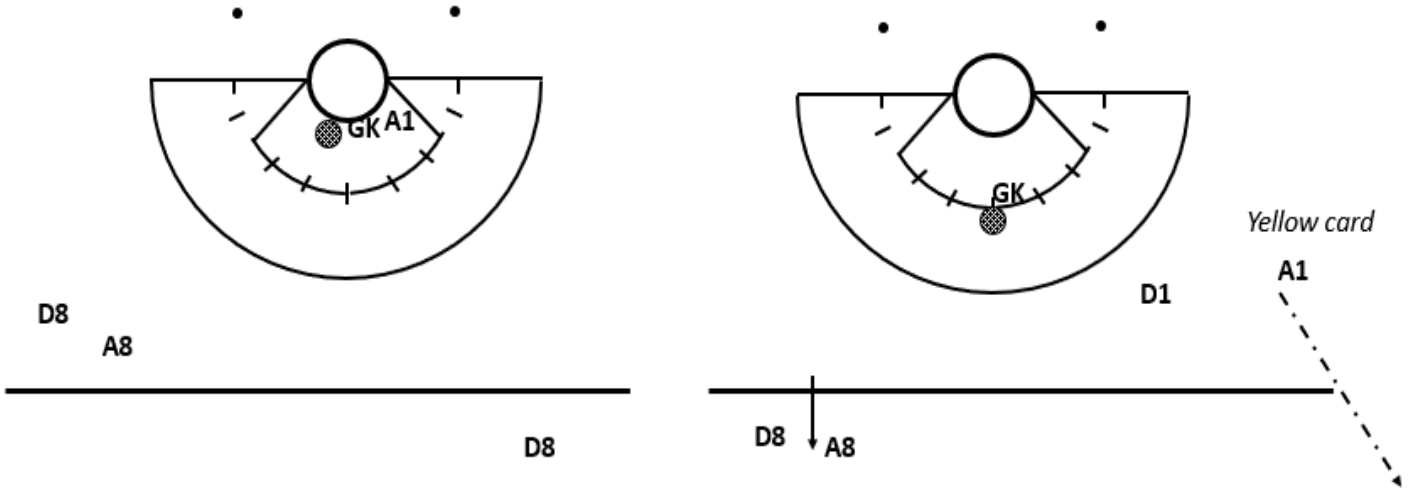
Play will be restarted with the official's whistle, Self–starts are not permitted following an Inadvertent whistle.

THE FOLLOWING ARE SITUATIONS THAT MAY OCCUR DURING A GAME. THE ANSWERS IN THIS SECTION SHOULD BE CONSIDERED OFFICIAL DECISIONS ON A GIVEN STATEMENT OF FACTS.

A . GK makes a save and leaves the goal circle with the ball; A1 tries to check the GK's stick and checks the GK's helmet; when the whistle blows, A8 is offside.

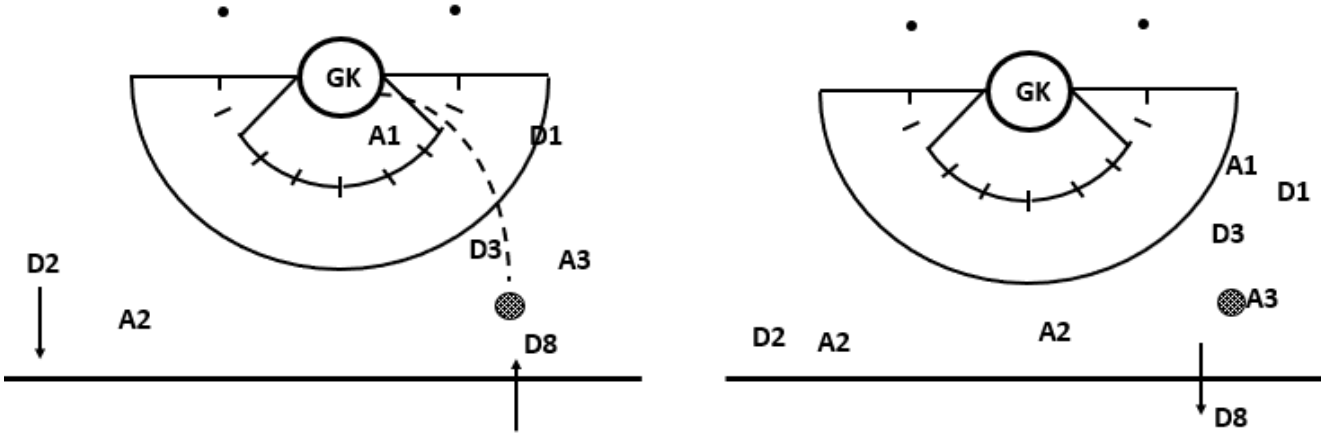
Yellow card A1: A1 must leave the field; A8 is moved back on–side; Award the GK a free position at the spot of the ball and no closer than 8m to the goal circle. (No player is moved 4m behind the GK since the carded player was removed from the field. The offside is being corrected, but not penalized.) Play will commence on the official's whistle, because self–starts are not permitted following an offsides violation.

Note: When an official blows the whistle for a foul by the defense, and another defender is found to be offside, the official must first determine if the defensive foul is a major or a minor. If the foul is minor, penalize the major offside foul. If the foul is major, penalize according to Rule 10, Penalties.



B . Offside during transition

A1 shoots and GK gains possession of the ball; GK clears ball toward D8 who has illegally cut below the restraining line before her teammate D2 has gotten onside.



Move D8 back onside; A3, the nearest attack player to where D8 caught the ball, is awarded the free position; nearest defender, D3, is moved 4m behind A3 for the free position. Play will commence on the official's whistle. Self–starts are not permitted following an offsides violation.

C . Restraining Line Violation/Illegal Substitution. A3 has the ball below the restraining line in their attacking end of the field. The official realizes that Defense is offsides and blows her whistle to stop play. The officials then discover that the Defense has too many players on the field, thus committing an illegal substitution foul.

RULING: The officials should call time out. Correct the offside and illegal substitution by removing the attack player who is closest to and below the restraining line from the field. Award the ball to the closest defender at the spot of the ball and move the attack player, who had possession, 4m directly behind for the offside foul. This free position should be no closer than 8m to the goal circle. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

D . Defense commits a cardable foul, and then the defense is discovered to also be offside. D1, outside the CSA and above the goal line extended, checks A1 on the head. The whistle sounds, and the D2 is then discovered to be offside as well.

RULING: Yellow card D1, and she leaves the field. Then move D2 back onside. Award the white attack, A1, a free position at the spot of the foul. No player is moved 4m behind the FP since the carded player, D1, was removed from the field. [The offside is being corrected, but not penalized.] Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation or a card.

E . Both the attack and the defense are offside, and the ball is outside the CSA and above the goal line extended.

RULING: A player, nearest to the restraining line, from both teams will be moved back onside. Alternate possession will be awarded below the restraining line at or near the spot of the ball when play stopped (not closer than 4M to the boundary). Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

F . The official is holding whistle on an offside by the defense because the attack is on a scoring play. The attack shoots on goal but steps on or over the goal circle thus committing a goal circle foul.

RULING: The defensive player closest to the restraining line should be placed back onside. Alternate possession will be awarded on the nearest dot. with the player awarded possession on the dot. Her closest opponent will stand 4 meters away and nearer to the goal she is defending. No other players may be within 4 meters of the player awarded the alternate possession. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

G . An attack player, in the 8 meter arc, is fouled by the goalkeeper as she attempts a shot on goal. The whistle blows to stop play and the trail official then realizes that both an attack and defense player are offside.

RULING: A player, nearest to the restraining line, from both teams will be moved back onside. Alternate possession will be awarded on the nearest dot. The opponent will stand 4 meters away and nearer to the goal she is defending. No other players may be within 4 meters of the player awarded the alternate possession. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

H . 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, the free position is awarded at the spot of the ball. If the ball is below the goal line extended, the free position is awarded at the nearest dot. If the ball is in the CSA above the goal line extended, the free position is awarded at the center of the 12m fan. In all cases, move the nearest attack player to the spot of the free position. Direct the nearest defender 4m behind. Closest defender to the restraining line will move back onside. Play shall commence on the official's whistle because self-starts are not permitted following an offside violation.

I . The goalkeeper has moved outside her goal circle to play the ball behind goal when offside is called on the defense. Is the goalkeeper allowed to return to the goal circle?

RULING: No, she may not move back into her goal circle until after the whistle blows to restart play. The free position is taken at the nearest dot. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

J . The goalkeeper is attempting to clear the ball to a teammate above the restraining line. The player, in receiving the ball, crosses the line, thus committing an offside foul.

RULING: Because the ball was in flight at the time of the foul, the free position is awarded close to, but below the line. The offside is corrected and the next closest defense from below the restraining line is placed behind the ball. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

K. The attack shoots and scores a goal. The official immediately realizes that the attack is offside.

RULING: The official should sound her whistle, have everyone stand, and signal "no goal". Correct the offside violation. The goalkeeper is awarded the ball in her goal circle and the closest attack player is placed 4m directly behind the goal circle for the restart of play. Play shall commence on the official's whistle because self-starts are not permitted following an offsides violation.

L. The ball is on the ground rolling towards the restraining line. A player from each team is waiting above the line for the ball to reach them. Player A, while leaning over the line reaching for the ball, steps over the line but gets back behind the line before the ball reaches her.

RULING: The official should hold whistle and allow Player A to get back onsides unless Player A gains some type of advantage from going over and back (such as stepping in front of Player B and gaining better position). If the official does make the offside call, possession will go to the non-offending team at the spot of the ball. Player who stepped offside will move back onside, a second player from the offending team will go 4m behind, and play will commence on the official's whistle, because self-starts are not permitted following an offsides violation.

M. The ball is on the ground rolling towards the restraining line. A player from each team is waiting above the line for the ball to reach them. Player A, while attempting to get better position to receive the ball, pushes Player B across the restraining line.

The official should blow the whistle for the pushing foul and award the ball to Player B. If Player B is on the attack team, the free position should be set up above the restraining line with Player A 4m behind. If Player B is on the defensive team, place Player A on the restraining line with Player B 4m ahead of her going out. Self-start is permitted as the call was for a push foul, and not an offside violation..

N. The ball is on the ground rolling towards the sideline boundary in the area where it intersects the restraining line. The ball goes out of bounds below the restraining line having been last touched by Player B. The closest player to the ball at the time is Player A who is standing above the restraining line. Who gets the ball and where?

RULING: According to Rule 6, Section 3. Article 1, the Player A, who is nearest the ball where it went out of bounds, is awarded the ball. However, if we allow her to move to where the ball went out of bounds, we are placing her offside. Therefore, Player A is awarded the ball above the restraining line and 2m inside the boundary line. An opponent may be no closer than 2 m to the ball carrier. Self-start is permitted.

O. The Lead Official calls a major foul, inside the CSA, on the defense and as the free position is being set up, the Trail Official notices that the attack is offside.

RULING: Because the offside was ongoing within the same time frame as the major foul on the defense, it is an offsetting foul. The officials will correct the offside and the alternate possession will be awarded on the nearest dot. The opponent will stand 4m away and nearer to the goal she is defending. No other players may be within 4M of the player awarded the alternate possession. Play shall commence on the official's whistle because self-starts are not permitted following an Alternate Possession.

RULE 9: MINOR FOULS

Section 1: Minor Fouls (9:1)

Minor fouls are fouls that have little or minimal bearing on the safety of play. It may help officials to subdivide the minor fouls into three categories:

- Rules pertaining to improper equipment: the stick, mouth guards, goggles, goalie equipment, uniform, and jewelry.
- Rules pertaining to procedural errors that generally occur during stoppages of play: illegal substitution, illegal stick request, illegal time out, and delay of game.
- Rules pertaining to misplays: covering the ball, empty stick check, warding, playing the ball from out of bounds, etc.

Following is additional information regarding each Minor foul. See Rule 9 for definitions.

BODY BALL

Allowing any part of the body to deliberately impede, accelerate or change direction of the ball other than the foot kicking the ball. Players may kick the ball on a non-shooting attempt.

COVERING

This rule does not prohibit a player from stopping a rolling ball by momentarily placing the stick over the ball -- unless this directly prevents an opponent from playing the ball. It also does not prohibit a player from placing her stick between an opponent's stick and the ball to flick/push a ground ball to an open space or to a teammate. The player may not cover the ground ball with her foot, body or crosse if doing so prevents an opponent from playing the ball.

DELAY OF GAME

Failure to stand when a player is required to stand, excluding the false start penalty for an illegal self-start, failure to move 4 meters away on a free position, repeated self-start beyond the playing distance, or any type of behavior the official deems delay.

1. First Offense:
    a. Call time out.
    b. Issue a green card to the offending team, which serves as a caution to the entire team that the next delay will result in a green/yellow card to the offender. This warning should be recorded in the scorer's book by the official scorer.
    c. Penalize the violation as a Minor foul.

2. Second Offense:
    a. Call time out.
    b. Show both a green card and a yellow card to the offender, which serves as a caution to the entire team that the next delay will result in a yellow card to the offender.
    c. Offender must leave the field for two minutes of elapsed playing time. No substitute.
    d. Penalize the violation as a Major foul.
    e. This card is NOT included in the team or the player's card count.

3. Any subsequent Offense:
    a. Call time out.
    b. Show a yellow card for misconduct to the offender.
    c. Offender must leave the field for two minutes of elapsed playing time. No substitute. The suspension will carry over to the second half or overtime.
    d. Penalize the violation as a Major foul.
    e. This card IS included in the team or the player's card count.

Note: Following all Delay of Game cards, play will commence on the official's whistle, because self-starts are not permitted when the clock has been stopped.

EARLY ENTRY ON THE DRAW

Step on or into the center circle or illegally cross the restraining line before the whistle. Enter the field after the official's hand is on the stick for the draw. Cross the restraining line before possession is established, the ball goes out of bounds off a player or her stick, the ball crosses the restraining line or a whistle stops play for a foul.

EMPTY STICK CHECK

The player does not have to be in control of the ball, but it must be in contact with her stick to avoid an empty stick foul being called. The check is legal if the stick contact is simultaneous with the ball contacting the stick.

This call is frequently made incorrectly because the official is making a judgment on sound (i.e., the noise of sticks making contact with one another) rather than looking at what is actually happening with the ball and the sticks.

HAND BALL

This rule prohibits a player from touching the ball with her hand, except the goalkeeper or deputy within the goal circle.

ILLEGAL CROSSE

The stick does not meet the performance standard; pocket depth on both sides of the stick and correct criteria for shooting strings if the stick has shooting strings. Adjusting the shooting strings after the crosse has been requested for inspection during the game.

ILLEGAL RE-ENTRY

Running out of bounds and returning at a more advantageous position.

ILLEGAL STICK REQUEST

Requesting any additional stick inspections beyond the two allowed per team.

ILLEGAL SUBSTITUTION

The substitute entering the field comes onto the field before the exiting player is completely off the field or a player enters without going through the substitution area, or enters the field after official's hands are on sticks and before possession has been established. Please see Rule 4–7 for other examples.

ILLEGAL TIME OUT

Requesting more than two team timeouts.

IMPROPER EQUIPMENT

Take part in the game if a player is wearing jewelry, is not properly wearing a mouthpiece or eye protection or wearing an illegal uniform. If worn, failure to properly wear headgear.

IMPROPER USE OF CROSSE

Throw the stick in any circumstance or playing without holding the stick.

PLAY FROM OUT OF BOUNDS

Take an active part in the game when a player's feet/foot are out of bounds.

RESUMPTION OF PLAY

Failure to be ready to restart play following a team timeout or halftime.

SQUEEZE THE HEAD OF THE STICK

This rule prohibits a player from using her hand or body to keep the ball in the crosse, (i.e. squeezing the head of the crosse.)

WARDING

This is not to be confused with the natural running movement of a free arm when a player is handling the stick with one hand. However, watch that this natural running movement of the free arm does not become a guarding/warding off movement as a defender approaches to within playing distance of the ball. Officials must not allow the defender to crowd or push the attack player with the ball to the point that she raises her arm to protect herself. An early call made for the pushing foul will prevent the second foul for warding off.

Note: Officials 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 or would be further disadvantaged if they have maintained good possession.

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.

MINOR FOULS (ADMINISTERING THE PENALTY)- OUTSIDE THE CRITICAL SCORING AREA

- **(Ball) Award the free position at the spot of the foul.**
- **(Offender) Move the offending player 4 meters away in the direction from which she approached before committing the foul.**
- **(Others) All other players shall be 4 meters away from the free position.**
- **Self-start is permitted**

MINOR FOULS- INSIDE THE CRITICAL SCORING AREA

A. Inside the 12 meter fan:

1. Attack Fouls
   a . (Ball) Award a free position to the defense on the spot of the foul, except no free position may be taken within 8m of the goal. When a player is within 8m of goal, simply move her so she is 8m from goal.
   b . (Offender) Place the offending player 4m away in the direction from which she approached before committing the foul.
   c . (Others) All other players shall be 4m away from the free position.
2 . Defense Fouls – the slow whistle is not in effect (no flag, no prior major fouls)
   a . (Ball) Award a free position to the attack player fouled and move her to the nearest spot on the 12m fan.
   b . (Offender) Place the offending player 4m away in the direction from which she approached. This also applies to the goalkeeper if she is wholly outside the goal circle.
   c . (Others) Move all other players 4m away in the direction of approach.
   d. If the goalkeeper is partially or completely inside the goal circle, she may remain in the goal circle for the free position.
   e . Announce "Indirect" in a loud, clear voice prior to resuming play. No shot may be taken until the ball has been played. "Played" refers to an action of the player taking the free position whereby the ball leaves the player's stick and is touched by another player, or her stick is checked, stick to stick, by a defense player, or play is stopped due to a foul by the defense.

Note: Play will commence on the official's whistle on all restarts in the CSA

Note: If any defensive player is in the free space to goal, she should not be penalized for obstruction as no shot may be taken. However, once the ball has been played, she must move from the free space to goal.

B. Below the Goal Line Extended:

1. Attack or Defense Fouls
   a. (Ball) If the foul is committed below the goal line extended and inside the CSA, the free position shall be awarded at the closest dot.
   b. (Offender) Place the offending player 4m away in the direction from which she approached before committing the foul.
   c. (Others) All other players shall be 4m away from the free position.
   d. Self start is NOT permitted for fouls in the CSA (below the GLE!)

RULE 10: MAJOR FOULS

Major fouls jeopardize the safety of the players and/or threaten the "spirit of the game". As you review the fouls below, it may help officials to remember fouls subdivide into four major categories:

- Fouls committed by the defense
- Fouls committed by the attack
- Fouls committed by both the defense and attack
- Misconduct or suspension fouls

1. CROSSE IN THE SPHERE

a. A player may not reach into or through the sphere or hold her stick around the throat of an opponent.

b. A player may not directly poke or wave the stick near an opponent's face

c. No player's face is to be threatened by a defender's stick being held within her sphere. However, no defender is penalized when the attack player brings her own stick into the defender's stick thereby checking herself. This is either a "no call" or an offensive foul.

d. When a player checks in the sphere in a dangerous manner, it is strongly advised that the misconduct procedure be followed.

e. illegal Cradle/Protecting the Crosse

1) An attack player in possession of the ball may not hold, with or without cradling, the head of her stick 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.
2) When a defender is in good defensive position to check, the player with the ball may cradle the ball and move her stick from side to side to try and prevent a check from being made, but must not be allowed to hold or cradle the ball too close to her body or face on the side facing the defender. Officials must be especially vigilant when a player is caught in a double or triple team situation when the player with the ball will be most tempted to pull the head of the stick close to her body.

2. DANGEROUS CONTACT (MANDATORY CARD)

Any action that thrusts or shoves any player (with or without the ball) who is in a defenseless position. This includes but is not limited to: blind side, head down, out of the visual field or from behind.

3. CHECK TO THE HEAD (MANDATORY CARD)

No player's crosse may hit or cause her opponent's crosse to hit the opponent's head or neck.

GOALKEEPER CHECKED IN HEAD

When a goalkeeper moves outside her goal circle, officials must watch to ensure that she does not become "fair game" for the attack simply because she is wearing protective equipment. When the goalkeeper leaves her goal circle she becomes a field player. If the goalkeeper is checked in the head, play must stop, the offending player must be carded, and a free position awarded to the goalkeeper.

4. SLASH (MANDATORY CARD)

a. Officials must be alert to reckless and dangerous swipes around the head/body, slipped hands and large swings with the head of the stick, or defenders who are either out of position or in an unbalanced body position to make a safe check. Consider whether the action is in "control".

b. A defender does not need to make contact with an opponent's stick or body to be charged with slashing. Nor does a defender hitting the ground with her stick in and of itself constitute a slash. Remember, a slash has the potential for causing serious injury.

c. The penalty for a slash is a mandatory card. Slashing in the midfield or in the critical scoring area when there is no scoring play must be stopped and penalized immediately. When it occurs in the critical scoring area and the attack is on a scoring play, the slow whistle flag may be raised. A card must be given at the termination of the scoring play. Remember, when raising the flag, to make a mental note of the number of the player who committed the slashing foul.

5. DANGEROUS PROPELLING (MANDATORY CARD)

A player may not, at any time or anywhere on the field, propel the ball at an unprotected player (including the goalkeeper if she is outside her goal circle) in a dangerous or uncontrolled manner. Any pass that is thrown or shot that is taken without regard to the positioning of other players is dangerous. The following guidelines may be helpful:

a. Look for the ball carrier that propels the ball directly into her defense player without regard for that player's positioning or her safety.

b. Look for the ball carrier who blindly initiates a hard, rising underarm pass or shot into a defender or an unsuspecting teammate.

c. Look for the ball carrier that propels the ball into an opponent who is being drawn by attack through the free space to goal.

d. Determine whether the defender moved into the path of the ball after the ball was released. This could be a "no call" situation, or if you determine that the defender deliberately impeded, accelerated or changed the direction of the ball this could be a body ball (minor foul) situation.

e. Watch the defender who is obstructing the free space to goal. If, before the official can blow her whistle to make the obstruction call, the attack player shoots into the defender, consider calling a double foul (obstruction and dangerous propelling). The attack player must be carded for dangerous propelling, and the alternate possession procedure (AP) will be used to determine the team gaining possession after the double foul.

6. DANGEROUS FOLLOW-THROUGH (MANDATORY CARD)

A player must not follow-through with her stick in a dangerous or uncontrolled manner. The trail official is primarily responsible for watching for contact to the defender on the follow-through after a shot. Determine whether the defender moved into the path of the follow-through after the ball was released.

Although a player's follow-through may cross into the plane of the goal circle, the shooter must not interfere with the goalkeeper and must also not follow-through with her stick dangerously onto the goalkeeper. This shall be considered dangerous follow-through and must also be carded.

7. ROUGH OR DANGEROUS CHECKING

a. A player may not check toward the body or make a sweeping check from behind that makes contact with an opponent's body. No player's stick may hit or cause her opponent's stick to hit the opponent's body.

b. Sound is not necessarily a factor in determining a rough check. Look at the control and the direction of the checking movement.

c. Officials must look for space between the defender and the attacker.

d. A defender whose feet are in a poor or stationary position may lead to rough and/or dangerous play.

8. ILLEGAL STICK TO BODY CONTACT

Illegal Contact

A player must not initiate stick to body or body to stick contact.

a. Send a strong message that a player's stick must not be coming into contact with another player's body, nor can a player run into an opponent in order to draw this foul call.

b. Defenders will not be allowed to stand with their stick against a player's body, lower the head of the stick into a horizontal position that makes stick to body contact, reach out with the stick while in motion and hit or hold a player's body, or in any way make stick to body contact. Attack players who initiate contact with a defender's stick in a legal defensive position will be called for a foul.

Considerations: Horizontal Stick

a. A horizontal stick held by a player who is participating in play is in an illegal stick position. If stick–to–body or body–to–stick contact occurs, a foul will be called on the player who is holding the horizontal stick. A horizontal stick is defined as one where the head of the crosse is below 10 o'clock or 2 o'clock.

b. If an attack player makes contact in a "meet and greet" context with a defender and moves away, this continues to be a legal move by the attack. If the defense has her stick in a horizontal position, it is a foul on the defense only.

c. If an attack player charges into a defender, this is a foul on the attack. The same criteria used in the past to determine this foul continues to apply – charge, barge, shoulder, or back into an opponent or her stick. If the defense has her stick in a legal position, it is a foul on the attack only. If the defense has her stick in an illegal position, both players are committing fouls and results in an alternating possession.

d. If an attack player is setting a pick on an opponent and is holding her stick in a horizontal position, this is a foul on the attack if contact is made with the stick.

e. A defender may drop her stick into a horizontal position to fill passing lanes, shadow an opponent's stick and occupy more space provided there is no contact.

Cross Check

Players are not permitted to "cross check", that is, use the shaft of the stick 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.

Illegal Use of the Crosse

No player is allowed to use the stick in a dangerous and/or intimidating manner. For example: Lowering the head of the stick into a horizontal position and initiating stick to body contact or any other action with the stick which in the official's opinion amounts to dangerous or intimidating play.

9. THREE SECONDS

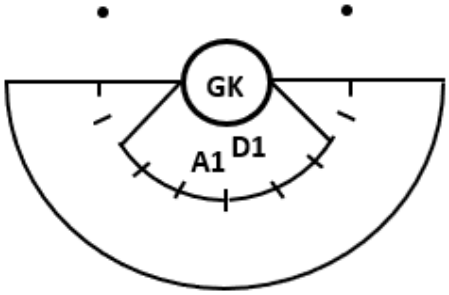
a. A player must not, while defending in the 8m arc, remain in that area for more than 3 seconds unless she is marking an opponent within a stick's length. With the exception of the defender who is "marking" the attack player who is directly behind the goal, "marking" means to be within a stick's length of an opponent. Standing with one foot in the arc and one foot out of the arc is considered to be in the arc; having a foot on any part of the line that defines the arc is considered to be in the 8m arc. The three second rule is in effect when the team in possession of the ball crosses the ball carrier over the restraining line in her attacking half of the field. The intent of this rule is to prevent crowding by the defense in front of the goal.

1. A defense player marking an opponent who is standing directly behind the goal circle is exempt from the three second rule. However, this defender may not remain in the arc if one of her teammates moves to mark the attack player behind the goal.
2. The defense player marking the attack behind goal does not have to position herself directly opposite the attack player's position or mirror her movements. The attack may be moving back and forth behind goal and the defender may be stationary, though the attack player must remain within the imaginary lines extending back from the edges of the goal circle in order to be considered directly behind the goal circle. In order to be considered as the one marking the attack player behind goal, the defender should be in close proximity to the goal circle area. The further she moves from the goal circle the less likely it is that she is marking the attacker behind goal.
3. No more than one defender may mark the same non–ball player in the arc in order to be exempt from the three second violation. When a non– ball player cuts through the arc, the three second count will continue against the original non–marking defender in the arc until there is again only one defender on the non–ball attacker.
4. A defense 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 attacking non–ball players.

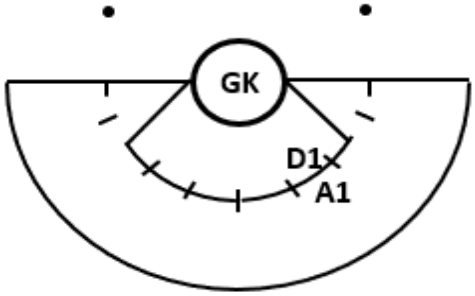
b. Making the Call

1. The official making the call must be in position to see the defense player's feet in relationship to the field markings on the 8m arc. A defense player standing with one foot in and one foot out of the 8m area will be considered to be in the 8m area when judging three seconds.
2. As soon as the ball crosses the Restraining Line in the attacking half of the field, the three second rule is in effect. The official must be aware of the defending players, their positioning, and if they are within the 8m arc, as well as the actions of the attacking team when deciding whether to make a call immediately, hold whistle, or raise the flag.

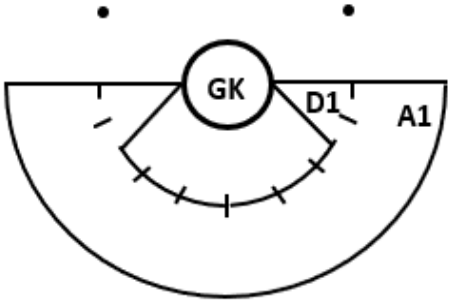
3. When the attacking team is outside the critical scoring area and therefore not on a scoring play, the official may hold her whistle. For instance, if the attacking team is running a stall and would be disadvantaged if the three seconds call was made, the official may hold her whistle. The advantage signal is given to indicate she has seen the foul but is holding whistle. The attacking team could also be outside the critical scoring area and using a spread offense or setting up a play. In these instances, having a defender remain in the 8m arc for more than 3 seconds does disadvantage the attack and the call should be made.
4. Once the attacking team enters the critical scoring area, the official must determine whether the attack is on a scoring play. As soon as the attack moves to begin the scoring play, the official should raise her flag and allow the attack to continue their progress to goal. If no scoring play is initiated, the official must make this call immediately.
5. A single defender may remain in the arc as long as she is continuously defending unmarked players that are cutting through the arc. This positioning is legal provided that no more than 3 seconds elapses before she defends a new cutter
6 If the official determines that the 3 second violation during a slow whistle affects the shot, a free position is awarded. An example of "affecting the shot" would be the violator deflecting a shot with her stick that did not result in a goal. A free position should be awarded.
7. Either the Lead Official or the Trail Official may make the three second call although it is primarily the responsibility of the Trail Official(s) to watch for this foul. In the case of a fast break, the Lead Official may be in the best position to make the three second call. If a flag is raised by the Trail Official, it is her responsibility to whistle the end of the scoring play if no shot is taken. The Trail Official should indicate the number of the player committing the violation and the hash mark where the free position should be set up. The Lead Official should restart play.



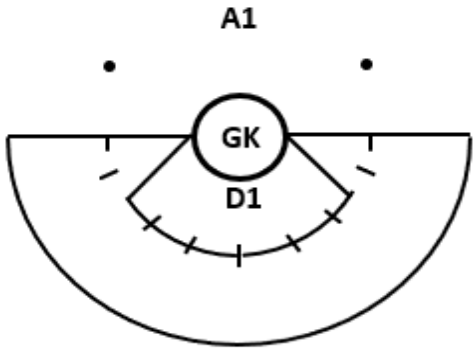
No call. Defense actively marking attack.



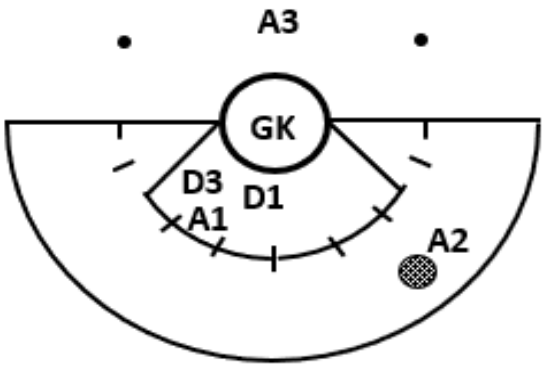
No call. Defense actively marking attack.



No call. Defense not in arc.



No call. Defense marking attack player directly behind goal.



No call. D1 is marking A3 behind the goal, not double-teaming the non-ball player (A1) in the arc.

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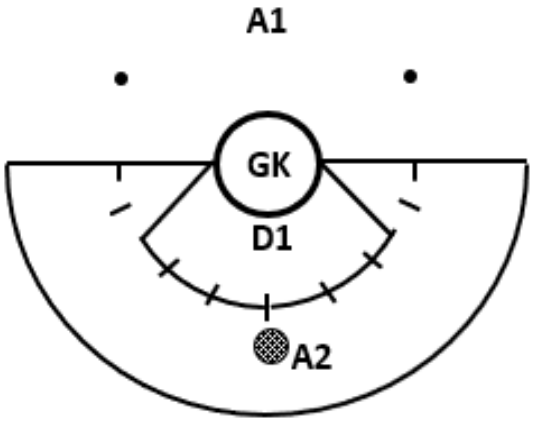

No call for Three Seconds violation, but D1 is in shooting space.

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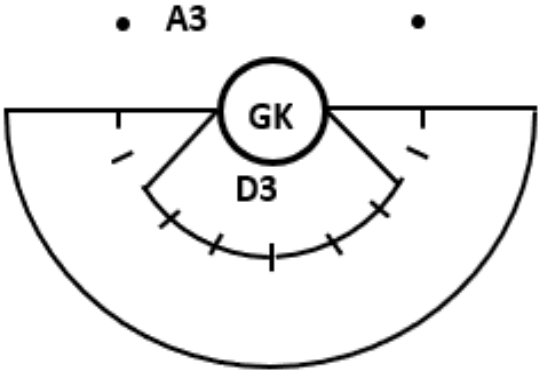

Call. Attack not directly behind goal.

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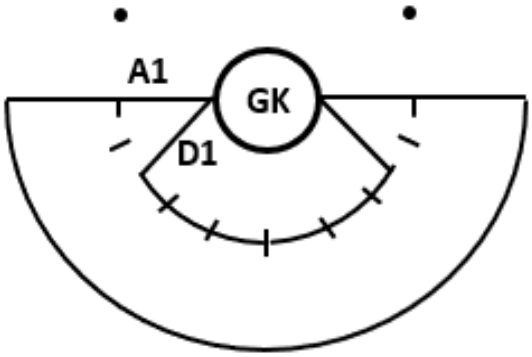
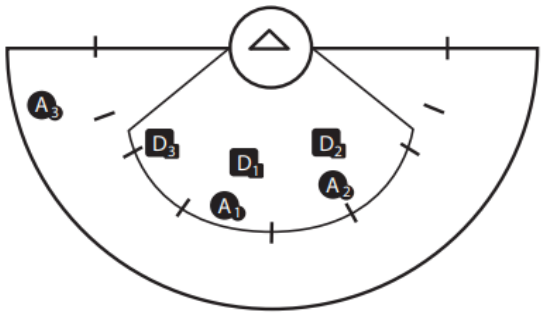


Call. Defender not actively marking "within a stick's length."



Call. D3 not actively marking "within a stick's length."

10. SHOOTING SPACE

a. Rule

1. A player may not, with any part of her body, guard the goal from outside the goal circle so as to obstruct the free space to goal. She may not position herself between the ball and the goal circle, thus denying the attack the opportunity to shoot safely and encouraging shooting at an unprotected player. No defender will be called for shooting space if she is positioned below the goal line extended.
2. The player with the ball must be within 12m of the goal (critical scoring area) and have the opportunity to shoot. If the player with the ball is being so well marked defensively that she has no opportunity to shoot on goal, the call must not be made.
3. Shooting space occurs when the defender is in the free space to goal at her own initiation, not when she is drawn into it by an attacking player. It is not a violation if the defense is in the free space to goal and closely marking (within a stick's length) an opponent. When approaching the ball carrier, a defender must keep her body out of shooting space until she is within a stick's length of her. A defender may run through shooting space without stopping or hesitating when she is marking and being drawn across by an attack player who is behind the goal.

b. Definition

Shooting space is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle. (See illustration and definition in USL Official Rules) A defense player obstructing the free space to goal with any part of her body denies the attack the opportunity to shoot safely and encourages shooting at an unprotected player.

Consider the following points before calling shooting space:

1. The ball carrier must be within the critical scoring area (within 12m of goal) and must have the opportunity to shoot. The call is not made if the ball carrier is being so tightly marked that she cannot execute the shot or if she is below the level of the goal line extended.
2. A defender marking within a stick's length of the ball carrier is not obstructing the free space to goal.
3. Defenders who are being drawn into and through shooting space by cutting attack players they are marking are not obstructing the free space to goal.
4. Do not penalize a defender who adjusts to keep her body out of shooting space and leads with her stick as she moves up to defend the ball carrier.
5. Only those defenders who are in shooting space at their own initiation shall be penalized for obstructing the free space.

c. Shooting Space and Zone Defenses

Zone defenses are legal as long as the defensive players meet the 3 second rule criteria or are set up outside the 8m arc, and observe the shooting space rule. When a team plays a zone, the officials need to be very aware of the players behind the pressure player (that individual marking the ball carrier). Often times the back defenders set up in shooting space when there are no other attack players within playing distance.

When the pressure player is beaten, defenders who are not legally marking attack players must adjust immediately. They must move to play the ball carrier or slide out of shooting space. If the defense stands or moves straight toward the player and has her body in shooting space, the official must blow her whistle immediately.

d. Making the Call

1. Visually identify the illegal defender by mentally noting her number. Any official may make the call, provided she is in the proper position to visualize the free space to goal.
2. Check to make sure the ball carrier is within the critical scoring area and has the opportunity to shoot safely, Be prepared to make the call. Have your whistle ready to make the call before the shot is attempted. Consider the following:
   - Look to see if the attack player is closely marked or double teamed thus denying the opportunity to shoot.
   - Look to see if the attack player has her hands free to execute a shot; is it possible for her to execute a shot?
   - Look to see if the attack player's body is in a position to execute a shot; is she stationary and/or too far away from goal to execute a shot?
   - Look beyond the player with the ball and judge what is happening between that player and the goal. ...See the big picture, i.e.... more than the ball carrier and her immediate defender(s). ...IF there are other players legally in the shooting space and thus the attacker cannot shoot safely ...the call should not be made. IF there are defenders illegally in shooting space and thus the attacker cannot shoot safely ... the call must be made.

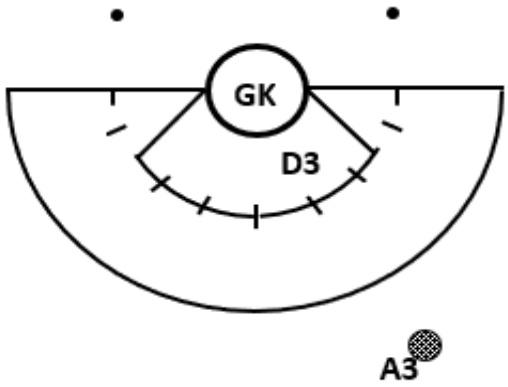
- IF the "opportunity" is there to SHOOT SAFELY, except for the defender in shooting space, call the foul. IF there is no "opportunity" to take a safe shot because other players are in legal position and in the path of the shot, do not call the foul.
- The attack player may be running at goal while looking off to find a teammate. In this instance the official must be aware that a potential shooting space call may develop when and if the ball carrier has the "opportunity to shoot". If she does, and if a defender is in shooting space, the call must be made.

3. If all components are there, whistle to stop play immediately and give the hand signal for shooting space.

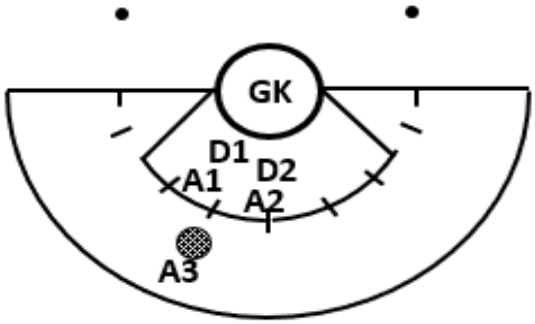
4. When the Trail Official or C Official make the call:
   - She shall give the Lead Official the number of the player who obstructed the free space to goal.
   - If the offending player was in the 8m arc, she shall indicate on which hash mark the free position shall be awarded.
   - The Lead official restarts play

5. When the Lead official makes the call:
   - She shall identify the player who obstructed the free space to goal.
   - IF the offending player was in the 8m arc, she shall indicate on which hash mark the free position will be awarded.
   - The Lead official restarts play

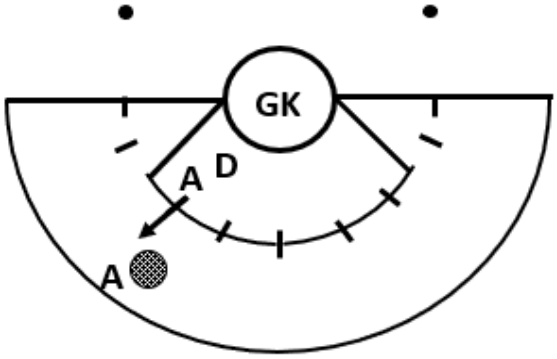
Examples Of "No Call" Shooting Space Situations



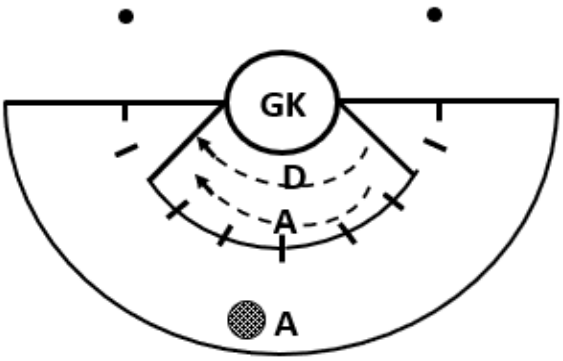
No Call. Ball carrier is not in Critical Scoring Area.



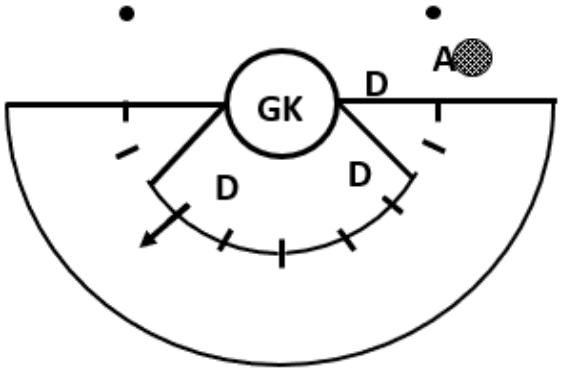
No Call. Defender actively marking attackers "within a stick's length."



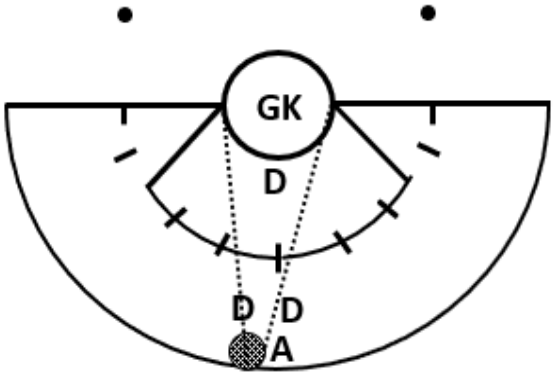
No Call. The attack player is cutting toward her teammate, bringing her marking defender with her.



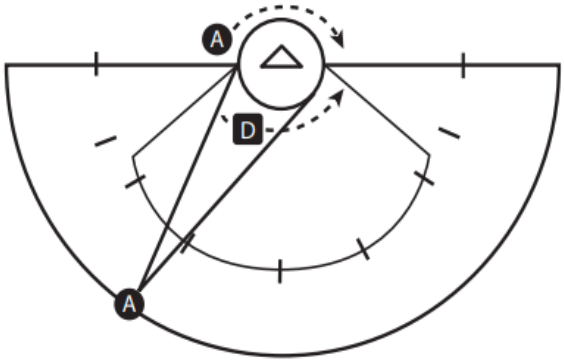
No Call. Defender is marking her opponent as she cuts across the goal.



No Call. Ball carrier is behind the goal line extended, and therefore, has no shot.

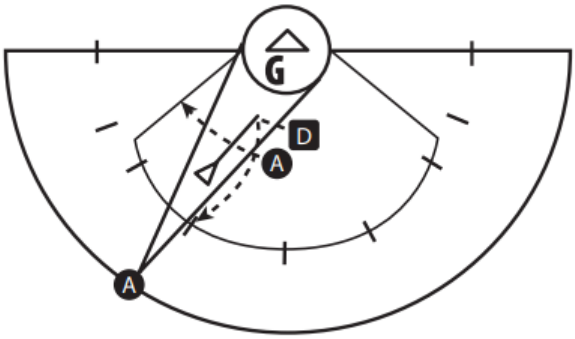


No Call. Ball carrier is being marked by a legal double team and does not have a shot.

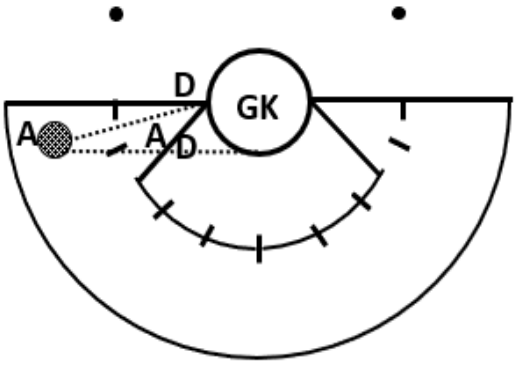


No Call. Defense is being drawn through shooting space by attack behind the goal. Defense must mirror movement of attack, move through quickly, and not hesitate.

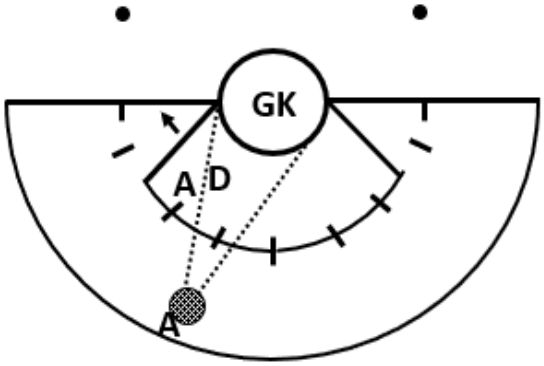
Note: If the defender hesitates at all, she will be penalized for obstructing the free space to goal.



No Call. Defender decides to leave attack cutter to pick up ball carrier. Defender does so in such a way that she leads with her crosse keeping her body out of shooting space.



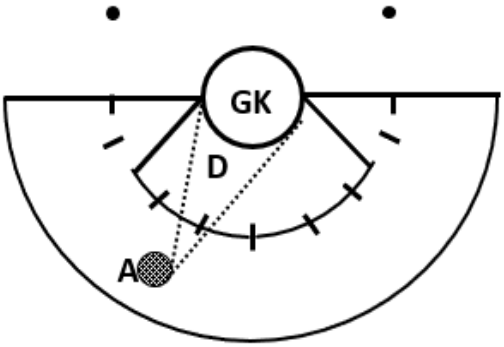
No Call. Low defender is below the goal line extended and defender in the "path" is marking within a stick's length.



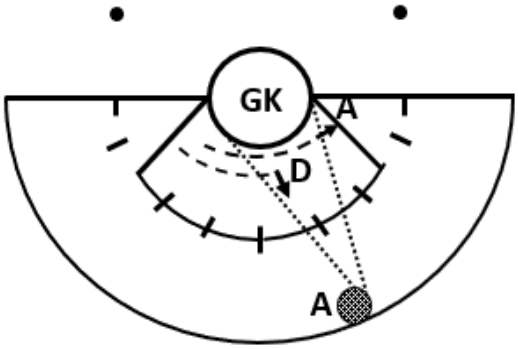
No Call. Defender may appear to be in shooting space, but if she is within a stick's length of the attack player she is marking, the defender is in legal position.

Examples of "Call" Shooting Space Situations

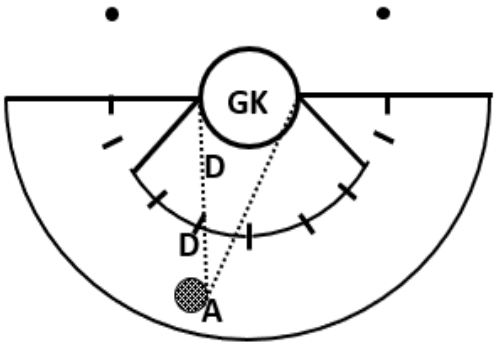
5. Examples Of "Call" Shooting Space Situations



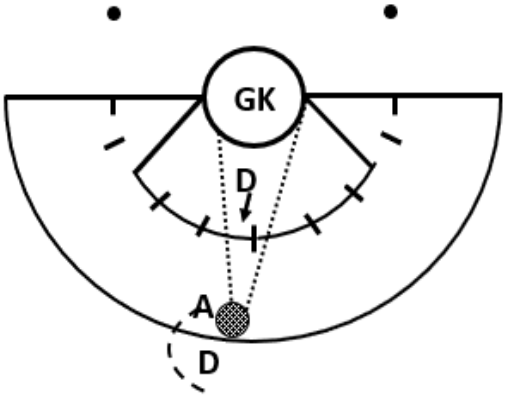
Call. The Defender is standing in the shooting space.



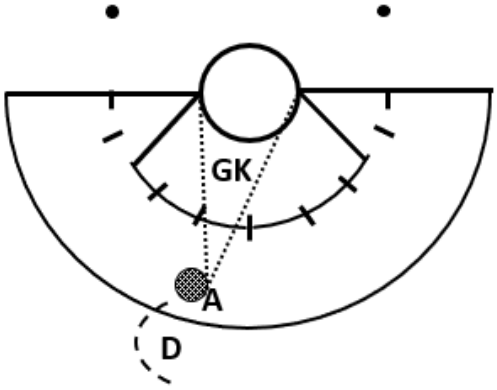
Call. The attack has cut away from the goal, but her defender turns to play the ball carrier.



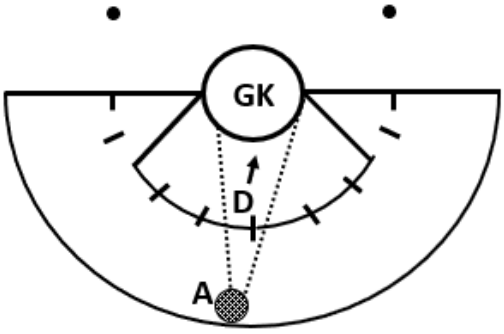
Call. Ball carrier is marked but can safely take a shot. Low defender is obstructing the free space to goal.



Call. The ball carrier dodges the first defender and the low defender is moving directly towards the ball carrier without attempting to get her body out of shooting space.

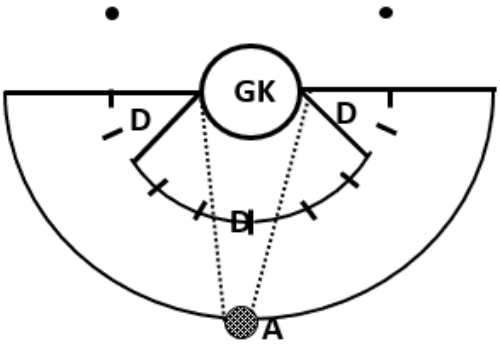


Call. Ball carrier dodges defender. Goalkeeper is well outside the goal circle and makes no attempt to move up to mark the ball carrier. Goalkeeper assumes responsibilities of a field player when she leaves the goal circle.

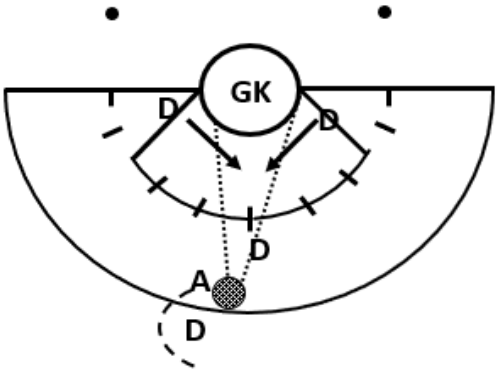


Call. Instead of stepping up to mark the ball carrier, the defender stands or backpedals as the attack attempts a shot on goal.

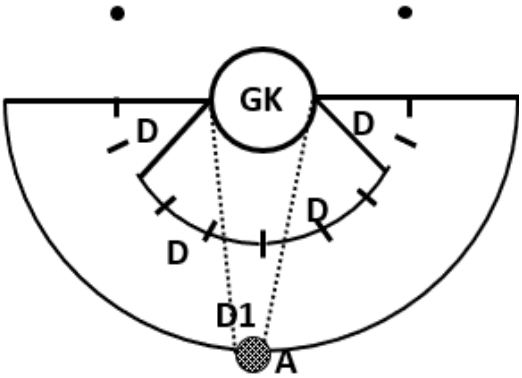
Examples Of Zones & Shooting Space



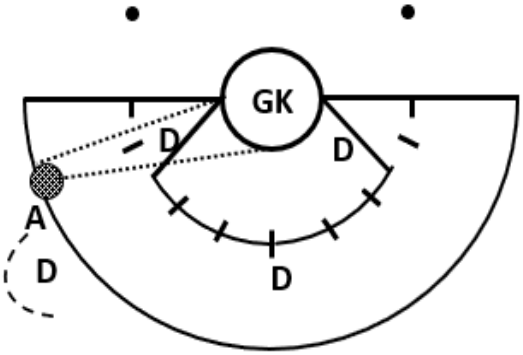
Call. Ball carrier has the opportunity to shoot as soon as she enters the 12m fan. Defender stands on the 8m arc, making no attempt to step sideways out of shooting space or step up to play the ball carrier.



Call. Ball carrier dodges defender marking her. Two low defenders move into free space to goal. Both players are penalized by going 4m behind free position.



No call. D1 is legally marking the ball carrier. All other defenders are outside of shooting space.



Call. Ball carrier dodges defender and has the opportunity to shoot. Low defender is obstructing the free space to goal.

Note: Even though the low defender is outside the 8m arc, she is still in shooting space.

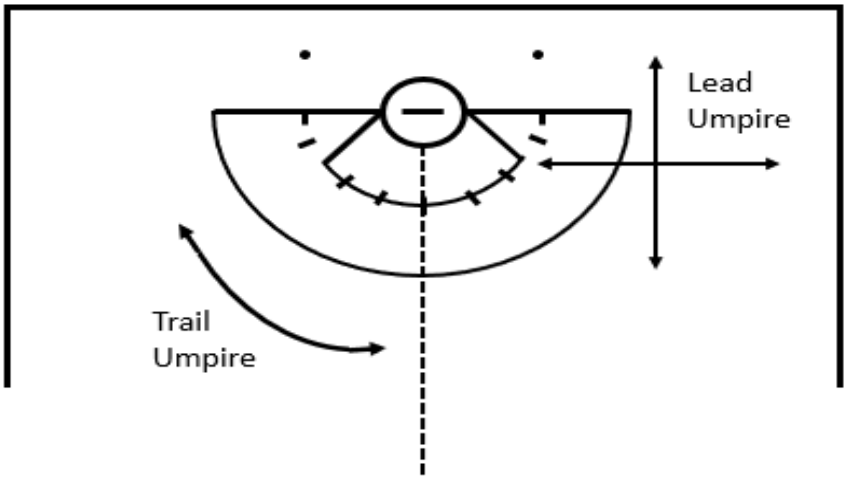
e. Shooting Space: Official Responsibilities

1. Two Person System:

The Trail Official is responsible for shooting space violations on her half of the goal area and must move laterally with the ball to ensure that she is in the correct position to make the call.

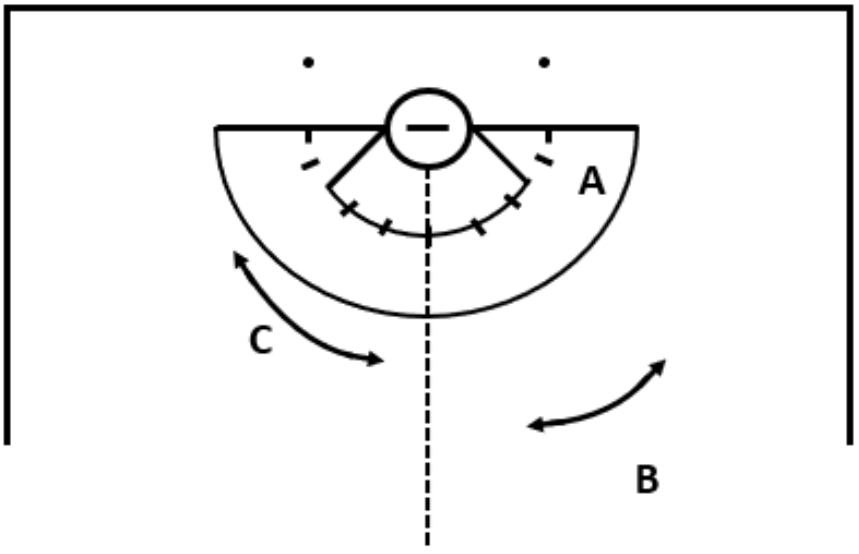
The Lead Official is responsible for shooting space calls on her half of the goal area. This can be a difficult call for inexperienced officials because they tend to be afraid to take their eyes off the ball carrier.

Making shooting space calls from the Lead position requires the official to broaden her view of the goal area to include those defenders below the ball carrier and the pressure player.



2. Three Person System:

The two Trail Officials, "B" and "C" in the diagram below, are primarily responsible for calling shooting space. As they move laterally with the ball from their trail positions, they will have an optimum view of the space below the ball carrier. While this system allows the Lead Official, "A", to focus on the ball carrier and the play around the goal circle, she must still be aware of the possible shooting space call when the defender is low on A's side of the goal.



11. DANGEROUS SHOT

a. A dangerous shot is directed at the goalkeeper. A dangerous shot is judged on the basis of the distance of the shooter from the goal, the force of the shot and the placement of the shot. The following cues can be used to help determine an uncontrolled or dangerous shot:

1. Is the shooter off balance?
2. Is the ball batted or hurled at the goal without regard for the positioning of other players?
3. Did the player shoot blindly?
4. Is the shot a hard, rising underarm shot that goes into the goalkeeper's neck?
5. Is the shot directed with unnecessary force?

b. A shot must not be deliberately directed at a goalkeeper's body, especially her head or neck. This does not apply if the goalkeeper moves into the path of the ball whether it be right, left or forward.

c. A shot can be considered uncontrolled even if it misses the goal.

d. If the official determines that a shot is dangerous, this shall be considered to have occurred outside the goal circle. The closest defender to the shot shall be awarded the ball at least 8 meters from the goal circle and the offender placed 4 meters behind, with all others 4 meters away from the free position in the same relative position that they were prior to the foul.

12. FORCING THROUGH

A player, while in possession of the ball, may not try to force her stick through an opposing stick(s).

13. PUSHING

A player may not push the opponent with her hand or body.

14. REACHING AROUND/ACROSS A PLAYER FROM LEVEL OR BEHIND

a. When an attacker and defender are running side by side, the defender may not attempt to reach across the body of the attack player unless the defender's feet are ahead of the attack. This does not prohibit a defender from checking an attack player's stick from behind whenever the check can be made safely and legally.

b. Checking the bottom end or handle of the stick is legal as long as there is no illegal body contact and the check does not cause the stick or the ball to go into the player's sphere.

15. BLOCKING

a. A player may not move into or be standing in the path of an opponent without giving that player a chance to stop or change direction.

b. When a player is running to receive a ball, a blind side defender must give her enough time and/or space to change her direction.

c. When a defender is legally and closely marking a player who is pursuing a pass, the defender must not be penalized if the receiver subsequently turns into the defender and checks herself.

d. The official must watch for defenders extending hips or knees into an attacker who is changing her path to goal.

16. CHARGING

A player may not charge, barge, push or back into (thereby making contact with) an opponent who has already established a legal body position.

MAJOR FOUL CONSIDERATIONS: BLOCK / CHARGE

Body Contact

Any decision related to body contact is a judgement call which must be made with regard to the following principles:

- It is the duty of each player not to initiate illegal contact
- Any player is entitled to a legal field position not occupied by an opponent, provided that she does not cause contact in taking such a position and that she allows the opponent a chance to stop and/or change direction, thus avoiding contact
- While women's lacrosse is a non-contact sport, incidental contact will occur. When contact occurs, the official must determine if the contact was incidental or illegal. If illegal, the player initiating the contact is responsible for the foul and shall be penalized.

Block/Charge

Blocking takes place when a player moves into the path of an opponent with the ball without giving that player a chance to stop or change direction. 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.

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

Hints to Officials in Determining Block or Charge

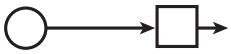
- Each time the attack finds the defense legally ahead of her on a given pathway, the attack must take avoiding action. Note: The defense must give the attack player enough time and/or space to avoid contact
- Once the attack player has worked to get her feet at least even/level with her defender, that attack player is entitled to that pathway.

BLOCK AND CHARGE SITUATIONS

Attack Player | **Defense Player** | **Direction of movement**

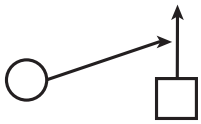
Offsetting fouls – Players are aware of each other but neither player makes an attempt to avoid contact; Use the alternate possession procedure (AP) to determine the team taking possession of the ball OR No Call – Both players trying to play the ball and some incidental body contact occurs.

Charge by Attack – Defender has established her position within the attack's visual field allowing enough time and space for the attack to change directions.

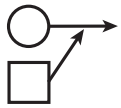


Charge by Attack – Defender has given ground and tries to avoid contact.

Charge by Attack – Defender has given ground and tries to avoid contact.



Block by Defender – Attack has made an effort to go around defender and avoid contact. Defender steps into path of attack causing contact.



Block by Defender – Once the attack has worked to get level with defender, the attack has a right to that space.

No Call; No Contact – The Attack has made the move to avoid contact and the Defender has moved diagonally to maintain the body checking position without contact.

17. ILLEGAL PICK

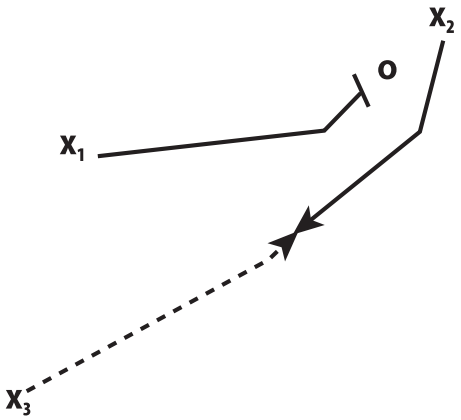
A player must not set a pick out of the visual field of an opposing player which does not allow enough time and/or space to stop or change direction and results in contact.

The "pick" is an offensive technique in which a player without the ball uses her positioning to free a teammate by forcing the opponent to take another route. A pick may be stationary or moving.

Setting a Legal Pick

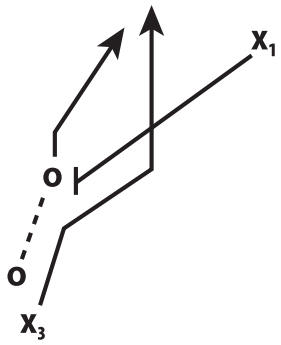
A player may occupy a legal position on the field and have the right to that position provided that:

- The pick is set within the visual field or the pick allows the opponent enough time or space to stop and/or change direction. These principles apply whether the pick that is set is stationary or moving. Note: A visual field is defined as 180 degrees using the opposing player's head (nose) as the point of reference, not the player's shoulders.
- The teammate assumes a stance that, once established, cannot change by extending the stick or moving the legs/knees to a wider position that inhibits or prevents the defender from having the time/space to change direction. If this type of change of stance occurs and contact results the pick is not legal and must be penalized.



Off– Ball Pick

X1 sets a legal pick on O freeing X2 to receive a pass from X3



On–Ball Pick

X3 Channels O into pick set by her teammate X1

18. HOOKING

A player may not use the webbed area of her crosse to hook the bottom end of an opponent's crosse.

19. FALSE START

Before the whistle, a player may not step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent, or self–starting when a self–start is not an option, (i.e., a whistle is required to restart play).

20. TRIPPING

Trip an opponent, deliberately or otherwise.

21. HOLDING

A player may not hold an opponent at any time by holding, detaining, restraining, tagging, pressing or pushing against an opponent's body, clothing, or stick with an arm, leg, body, or stick.

Note: A player's legal body position is as wide as her shoulders. It includes the space in front of a player, extending only as far as the length of her arm when outstretched directly in front of her body. A player may not extend her stick or body beyond this specified distance in order to impede (with contact) an opponent.

22. PLAYING THE BALL OFF OF AN OPPONENT

A player may not push, flick or bat the ball into an opponent's feet or body causing the ball to go out of bounds.

23. ILLEGAL SHOT (SHOOTING FROM AN INDIRECT FREE POSITION)

A player may not shoot from an indirect free position until the ball is passed or her stick has been touched or checked by a defense player's stick or play has been stopped due to a foul by the defense. The free position is awarded to the opponent nearest the spot where the illegal shot was taken and no closer than 8 meters from the goal.

Note: What happens when the defense fouls the attack player taking the indirect free position without checking her stick and/or before the attack player has a chance to pass the ball? Does this mean the attack player may now go to goal and shoot? NO, the attack may not shoot because she has not met the conditions for doing so listed for the indirect free position. You may not raise your flag because the attack is not on a scoring play since the attack cannot shoot during the indirect free position. You have two options when this situation occurs:

- Blow your whistle immediately, call the foul, and award a free position to the attack. If the foul was major, the attack will be allowed to shoot when play resumes.
- Hold whistle, allow play to continue, and see if the attack player maintains the advantage.

24. ILLEGAL DEPUTY

An unprotected field player must not enter or remain in the goal circle illegally as a deputy.

- An illegal deputy is considered a Goal Circle Foul, but it is penalized as a major foul (Rule 7, PENALTIES, #2). For safety reasons an illegal deputy requires an "immediate" whistle.
- The deputy may enter or remain in the goal circle only when her team is in possession of the ball.
- A deputy may enter the goal circle to prevent a rolling ball from crossing the goal line.

Consider the Following Situations:

- The goalkeeper has been penalized for dangerous play and is 4m behind the attack player awarded the free position. The goal circle remains empty and the arc has been cleared. When the whistle blows to start play, the attack shoots a bounce shot. A defender stops the shot by reaching into the goal circle with her stick:
    - MAJOR FOUL – Illegal Deputy. The deputy may only enter the goal circle, with her body or her stick, to play a rolling ball. (Rule 7, Section 3.1 Situation A)
- A deputy has replaced the goalkeeper in the goal circle while her teammate has possession of the ball. The player in possession of the ball drops it and the other team gains possession. The deputy fails to leave the goal circle:
    - MAJOR FOUL – Illegal Deputy. The official sets up a free position at the center hash, the illegal deputy will be placed 4m behind the player taking the free position and the arc is cleared. The goalkeeper may NOT clear back into the goal circle.
- Continuation of the above situation: As the whistle blows to begin play, the attack shoots the ball and another defender runs into the goal circle in an attempt to stop the shot. (Rule 7.3.1 Situation B and C)
    - MAJOR FOUL — Illegal deputy. Set up the free position, again leaving the goal circle empty. Due to the flagrant nature of this foul issue a red card for misconduct to the player who committed this second violation. The free position set up will be similar to "b." above (Rule 12, Misconduct, 12.1.1 Situation D), with the exception that no player will be placed 4m behind the player taking the free position.
- A deputy has entered her team's goal circle to retrieve the ball, left there by her goalkeeper. She picks it up with her

hand (legal) but instead of placing it in her stick she throws the ball out to one of her teammates.

- GOAL CIRCLE FOUL – The attack is awarded a free position on the closest dot. Since her team is no longer in possession of the ball, the deputy may not remain in the goal circle. Have the deputy step outside the circle and restart play. The goalie remains where she was at the time of the foul, but may move into the goal circle as soon as the whistle blows.

25. GOALKEEPER FOULS

a. Goalkeeper may not line up between the restraining lines during the draw, take the draw, shoot, or score for her team.

Major Fouls by the Goalkeeper:

1. Immediate Whistle: A goalkeeper often helps a teammate with a double team as an attacker is moving close to the goal circle or she may choose to take on a lone attacker as she attempts a shot on goal. Yes, major fouls do occur. Officials must be prepared to penalize, and card if warranted, the goalkeeper for rough checks, tripping, pushing, slashing, checks to the head and obstruction of the free space. Once the foul has been called, the question then becomes one of player placement and who goes behind, the goalkeeper or another defender. Regardless of whether the goalkeeper is in or out of the goal circle, when the goalkeeper commits the major foul and there is an immediate whistle, she will always be placed 4m behind the player taking the free position.
2. Slow Whistle: The situation will change somewhat when the attack is on a scoring play and a flag has been raised. There are two instances when the goalkeeper will not be the player who has to move 4m behind the attack player taking the free position.
   i. When a scoring play ends with no shot taken, a free position is awarded to the attack player nearest to the spot of the foul. The defense player nearest to the spot of the foul is placed 4m behind the attack. If the goalkeeper committed the foul that caused the official to raise her flag, but is not the nearest defender to the spot of the foul when the scoring play ends, the goalkeeper should not be the defender who is made to move 4m behind the attack

   ii. The goalkeeper commits a foul resulting in a flag being raised. During the slow whistle, another defender commits a major foul and then the scoring play ends with no shot being taken. The attack player nearest to the spot of the second foul is awarded the ball on the nearest hash mark. The defense player nearest to the spot of the second foul is placed 4m behind the attack. Since there was a second foul, and the goalkeeper's foul did not end the scoring play, anther defender should be the one placed 4m behind the attack.
3. Goalkeeper Misconduct: 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 for two minutes of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute and the carded goalkeeper must leave the field and enter the penalty area for the two minutes of elapsed playing time and the team's coach must designate another player who must leave the field and enter the penalty area along with the carded goalkeeper for two minutes of elapsed playing time.

   If the goalkeeper is suspended (second yellow card) or ejected (red card) from the game, the team must substitute another goalkeeper if available, and the team's coach must designate another player who must leave the field and enter the penalty area along with the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time. If there is a second "dressed" goalkeeper, she must substitute. If there is not another "dressed" goalkeeper, time will be permitted to dress a field player. However, if no option exists to dress a goalkeeper, no field player may substitute for the suspended goalkeeper for two minutes (yellow) or four minutes (red) of elapsed playing time.

b. Goalkeeper Fouled While Outside the Goal Circle

1. Goalkeeper Checked In the Head
   When a goalkeeper moves outside her goal circle, officials must watch to ensure that she does not become "fair game" for the attack simply because she is wearing protective equipment. When the goalkeeper leaves her goal circle she becomes a field player. If the goalkeeper is checked in the head, play must stop, the offending player must be carded, and a free position awarded to the goalkeeper.
2. Dangerous Propelling or Dangerous Follow Through at the Goalkeeper
   If the goalkeeper comes out of the circle to legally defend the ball carrier, the attacker may not shoot directly at or follow through dangerously into the goalkeeper. Just because the goalkeeper is protected, the attacker is not at liberty to shoot directly at her head, neck or body. The penalty for dangerous propelling or dangerous follow

through committed against the goalkeeper is a free position for the goalkeeper 8m from the goal circle. A card is mandatory for dangerous propelling and dangerous follow-through.

c. Body Ball By The Goalkeeper

1. Deliberate or Blatant
If a field player uses her body to deliberately "impede, accelerate or change the direction of the ball", except when she is kicking the ball in a non-shooting attempt, she will be called for a minor foul. However, if the goalkeeper does this when she is fully outside of the goal circle, the official must decide whether this infraction should be penalized as a major foul or as a minor foul. If the goalkeeper blatantly attempts to stop a shot on goal with her body while she is outside the goal circle, it is a major foul. It is not difficult to see a blatant body ball by the goalkeeper when the shot is high, but when the shot is low the determination becomes less obvious. Situations to Consider: A goalkeeper runs out of her goal circle toward a shot with her arms and stick outstretched. She makes no attempt to play the ball with her stick and stops the ball with her body. The official should penalize her for a major foul. The goalkeeper should also be penalized for a major foul if she runs out of the goal circle with good stick and body position attempting to play the ball legally but, at the last minute, obviously defends a low shot on goal by reaching with her hand or leg and prevents a goal. What is even more difficult is the low shot that is stopped by the goalkeeper's feet. Did she attempt to stop the ball with her stick and then contact was made with her body because she did not have time to react? If so, this is a no call since it is not deliberate. To summarize, when the goalkeeper is fully outside her goal circle the official must quickly determine whether:
   * **The body ball occurred because the goalkeeper did not have time to react (no call).**
   * **The body ball occurred because the goalkeeper misplayed the ball with her stick (no call).**
   * **The body ball occurred because the goalkeeper blatantly used any part of her body to defend a shot (major foul).**

26. DANGEROUS PLAY

a. Player actions that are rough, threatening, and /or are without regard to player safety. May be carded.

b. Official's judgment must consider skill level and safety of players.

Penalties for Major Fouls:

MAJOR FOULS – INSIDE THE CRITICAL SCORING AREA

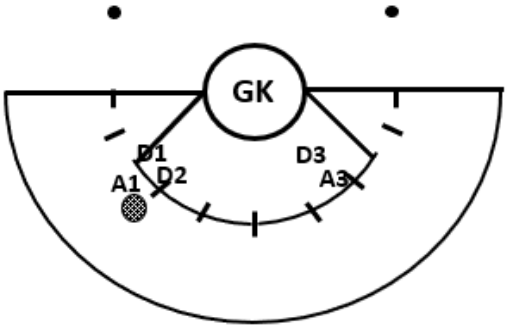
A . Attack Fouls

1. Outside the 8m Arc

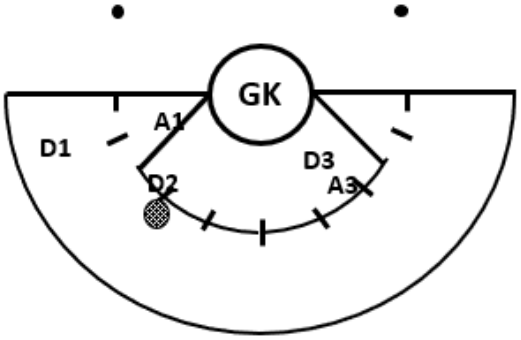
   a. (Ball) Award a free position on the spot of the foul. EXCEPTION: If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
   b. (Offender) Place the offending player 4m behind.
   c. (Others) All other players shall be 4m away from the free position.
   d. Play will commence on the official's whistle.

2. Inside the 8m Arc

   a. (Ball) Award a free position on the 8m arc going out.
   b. (Offender) Place the offending player 4m behind.
   c. (Others) All other players shall be 4m away from the free position
   d. Play will commence on the official's whistle.



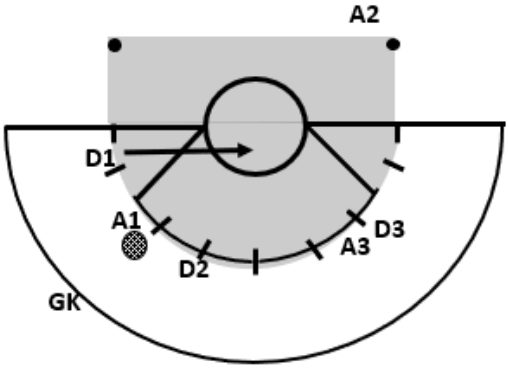
Foul: A1 illegally protects her stick as she tries to go through a legal double team.



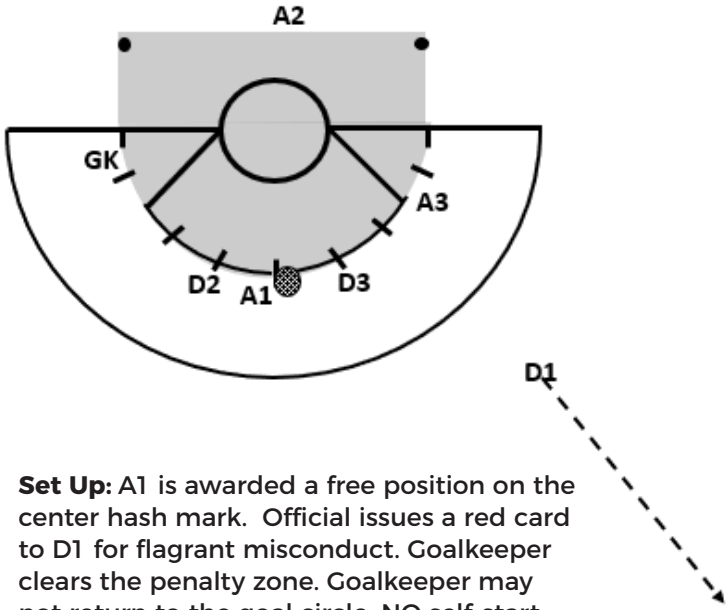
Set Up: D2 is awarded a free position 8m from the goal. A1 moves 4m behind D2. All other players shall be 4m away (free movement.) NO self-start.

B . Defense Foul – Illegal Deputy – Goal Circle Foul

1. (Ball) Award a free position at the 8m center hash mark to the nearest attack player.
2. (Offender) Place the illegal deputy 4m behind on the 12m fan.
3. (Others) All other players are cleared from the penalty zone, including the goalkeeper. The goalkeeper may not clear back into the goal circle, and no other defender may enter the goal circle.
4. (Others) Defending players are entitled to the adjacent hash marks.
5. (Others) If deemed to be a flagrant foul the illegal deputy should be issued a red card [Ejection].
6. Play will commence on the official's whistle.



Foul: Goalkeeper is being penalized for dangerous play. When whistle blows to restart play, D1 (an unprotected defender) jumps into the goal circle to try to save the shot.

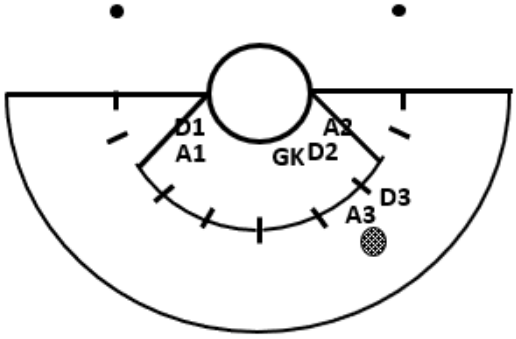


Set Up: A1 is awarded a free position on the center hash mark. Official issues a red card to D1 for flagrant misconduct. Goalkeeper clears the penalty zone. Goalkeeper may not return to the goal circle. NO self-start.

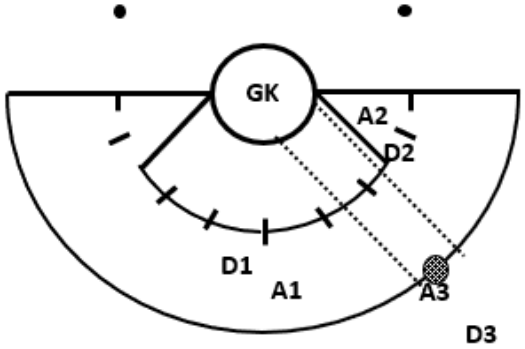
C . Defense Fouls – Non-Scoring Play or Scoring Play with Immediate Whistle

1 . Outside the 8m Arc

a . (Ball) Award a free position on the 12m hash nearest the spot of the foul. Remember that no free position may be taken within 8m of the goal. If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
b . (Offender) Place the offending player 4m behind.
c . (Others) Move all players from the penalty lane, body and stick. If the goalkeeper is in the penalty lane, she may return to her goal circle if she did not foul.
d. Play will commence on the official's whistle.

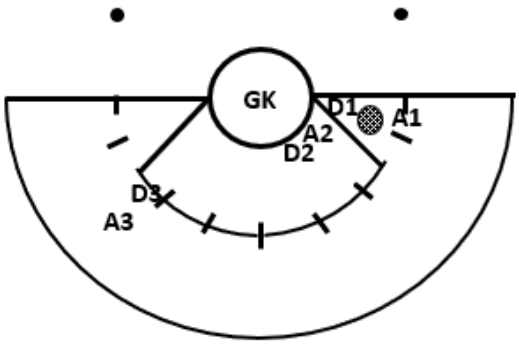


Foul: A3 is fouled by D3 (dangerous check) and A3 drops the ball. Goalkeeper is outside the goal circle when the whistle is blown.

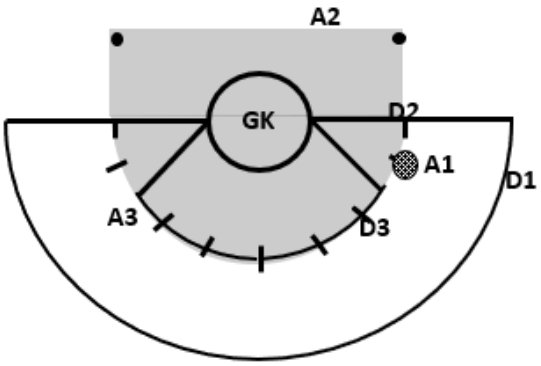


Set Up: Goalkeeper may clear back into the goal circle. A3 will be awarded a free position on the 12m fan closest to the spot of the foul. D3 moves 4m behind A3. A2 and D2 clear the penalty lane. NO self-start.

Note: Any major foul by the defense that occurs within the "pie shaped" area between the goal line extended and the side of the 8m arc will result in a free position for the attack on the outside [hanging] hash. See diagram set up below.



Foul: A1 is fouled by D1 (dangerous check) and A1 drops the ball.



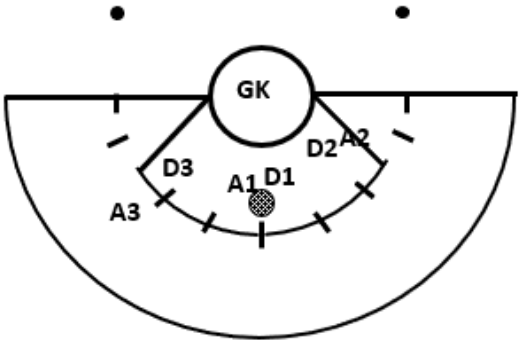
Set Up: A1 is awarded a free position on the outside hash mark. D1 moves 4m behind A1. All other players shall clear the penalty zone and be at least 4m away from the free position. Defenders are entitled to hash marks adjacent to the free position.

2 . Inside the 8m Arc

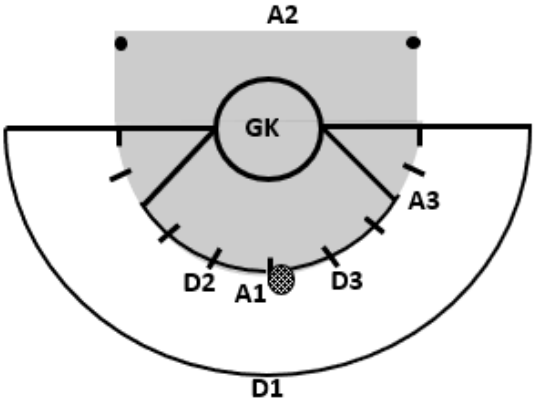
a . (Ball) Award a free position at the 8m hash mark closest to the spot of the foul. EXCEPTION: When a 3 seconds foul is called on a player in the 8m arc and the ball is in the arc, the penalty will be set up at the closest hash to the spot of the ball. When a 3 seconds foul is called on a player inside the 8m arc, but the ball is outside of the 8m arc, the penalty will be set up at the spot of the ball with the offender being placed 4m behind the free position.

b . (Offender) Place the offending player 4m behind on the 12m fan.

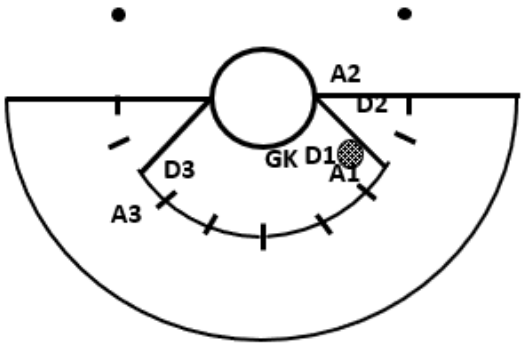
c . (Others) All other players shall be 4m away from the free position. The goalkeeper may clear back into the goal circle if she is within the Penalty Zone and has not fouled. Defending players are entitled to hash marks adjacent to the free position on the 8 meter arc.



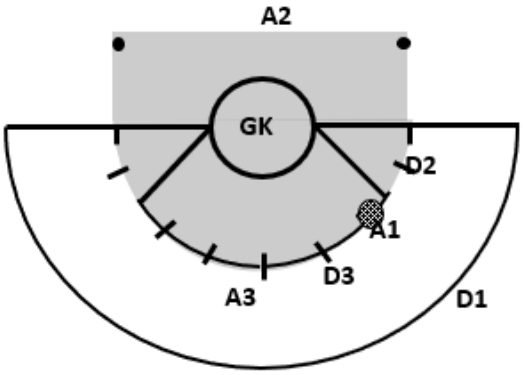
Foul: D1 pushes A1 causing her to lose possession of the ball.



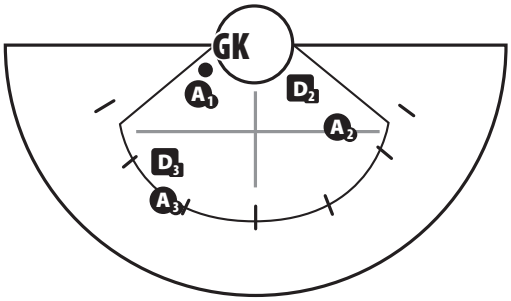
Set Up: A1 is awarded a free position on the nearest hash mark. D1 moves 4m behind A1. All other players shall clear the penalty zone and be at least 4m away from the free position. Defenders are entitled to hash marks adjacent to the free position.



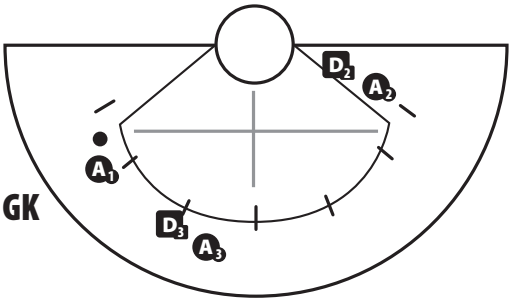
Foul: D1 pushes A1 causing her to lose possession of the ball. GK is outside the goal circle when the whistle is blown.



Set Up: A1 is awarded a free position on the nearest hash mark. D1 moves 4m behind A1. All other players shall clear the penalty zone and be at least 4m away from the free position. Goalkeeper may clear back into her goal circle. Defenders are entitled to hash marks adjacent to the free position.



Foul: GK rough checks A1 as she rolls the goal circle and attempts a shot.



Set Up: A1 is awarded a free position on the 1st inside hash. GK moved 4m behind A1. All other players shall clear the penalty zone and be a minimum of 4m away from the free position. Defending players are entitled to hash marks adjacent to the free position on the 8m arc.

RULE 11: SLOW WHISTLE

Section 1: Implementation (11-1)

1. When a major foul(s) by the defense occurs inside the critical scoring area and the attack is on a scoring play, a "slow whistle" is in effect. A "slow whistle" is the same as a held whistle, but rather than using an arm signal, a yellow flag is raised.

2. The flag is raised in two instances:

    a. The attack player is on a scoring play and is fouled but she or her team retains possession of the ball and continues on the scoring play.
    b. The attack is on a scoring play and the defense commits an "off-ball" foul.

3. The official immediately blows the whistle when there is a shooting space violation. The official may, at any time following a flag, blow the whistle to halt potentially dangerous play.

Section 2: Scoring Play (11-2)

1. A scoring play is a continuous effort by the attacking team within the critical scoring area to move the ball toward goal and to complete a shot on goal.

2. The scoring play ends when 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. Do not allow the scoring play to go on too long. Blow the whistle when the attack loses the immediate thrust towards goal. When a scoring play ends, the penalty administration is dependent on a variety of variables.

3. Scoring play ends and no shot has been taken. [See Slow Whistle Penalty Administration; Outside the 8m Arc and Inside the 8m Arc]

    a. Scoring play ends immediately because the official(s) feel that the foul is leading to potentially dangerous play.
    b. Scoring play ends immediately because the defense is a shooting space violation
    c. Scoring play ends immediately because there is an illegal deputy [See Major Fouls]
    d. Scoring play ends because the attack loses possession of the ball. Note: A bounce pass should not be considered loss of possession.
    e. Scoring play ends because the attack carries or passes the ball behind the level of the goal line and stops the continuous attempt to score.

4. Scoring play ends when a shot is taken and missed. The official lowers the flag and play continues.

5. Scoring play ends when a shot is taken and made. The official signals a goal and play is restarted at the center draw.

6. Scoring play ends when a shot is taken and made and there is a cardable foul by the defense. The officials shall signal a goal; call timeout; administer the card; and restart the game with a free position for the non-offending team at the center.

7. Scoring play ends when a shot is taken and missed because the foul affected the shot. [See Rule 11, Section 2, Article 1, Penalties b]

8. Scoring play ends when a shot is taken and missed and there is a cardable foul by the defense. [See Rule 11, Section 2, Article 1, Penalties c]

9. Scoring play ends when the attacking team fouls. [See Rule 11, Section 2, Article 1e]

SLOW WHISTLE PENALTY ADMINISTRATION

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 if she has not fouled. If the goalkeeper 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. (2) She has not fouled and was in the penalty lane when the scoring play ended and the penalty lane is to be cleared.

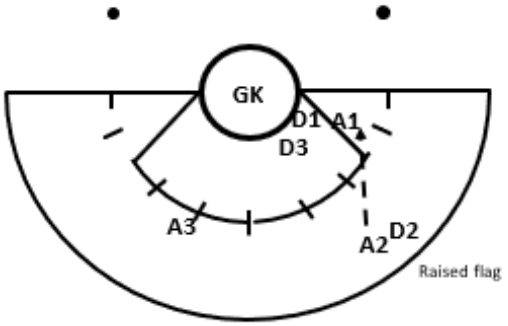
The administration of the slow whistle penalty varies in the following situations. If the scoring play ends and the foul occurs:

1. Outside the 8m Arc (no additional fouls)

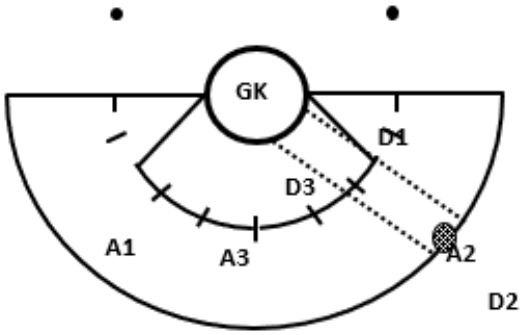
    a. (Ball) Award the free position on the 12 meter fan closest to the spot of the foul by the player who was fouled or attack player nearest the spot of the foul. This may or may not be the player who was fouled. No free position should be taken within 8m of the goal circle.
    EXCEPTION:
        - When a 3 seconds foul is called, the penalty will be set up at the spot of the ball when the flag was raised.
        - If the foul is below the goal line extended but within the CSA, then the free position is set up on the nearest field dot.
    b. (Offender) Place the nearest defense player 4m behind. The nearest defense player may or may not be the player who committed the foul.

    c. (Others) Move all players from the penalty lane, body and stick. If the goalkeeper is in the penalty lane, she may return to her goal circle.

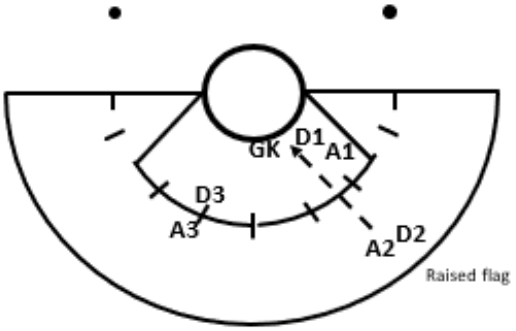
    d. (Others) No defensive player or her stick is allowed closer than 4m to the player with the ball.



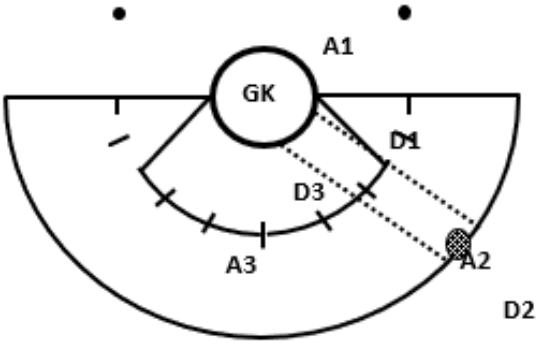
Foul: D2 fouls A2. A2 maintains possession of the ball and the flag is raised. A2 passes the ball to A1 who is forced away from the goal by a good double team. Whistle – end of scoring play.



Set Up: A2 is awarded a free position on the 12m fan closest to the spot of the foul/ raised flag. D2 moves 4m behind A2. Clear D1 and D3 from the penalty lane. NO self-start.



Foul: D2 fouls A2. A2 maintains possession of the ball and the flag is raised. A2 continues toward goal and the goalkeeper steps out to legally check the ball out of A2's stick. Whistle (no shot – end of scoring play.)



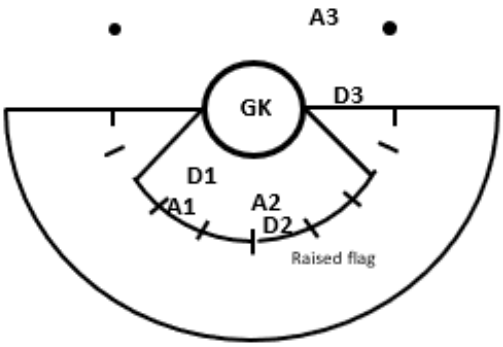
Set Up: A2 (nearest attack) is awarded a free position on the 12m fan closest to the spot of the foul/raised flag. D2 (nearest defender) moves 4m behind A2. A1 and D1 clear the penalty lane. Goalkeeper clears the penalty lane by clearing back into the goal circle. NO self-start.

2. Inside the 8m Arc (no additional fouls OR with additional fouls)

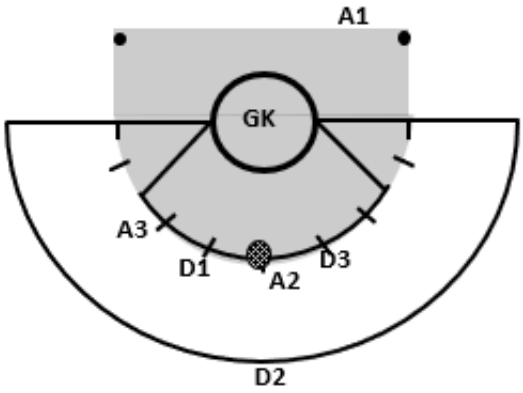
   a. (Ball) Award a free position at the 8m hash mark closest to the spot of the foul or most recent foul to the nearest attack player.

   b. (Offender) Place the nearest defense player 4m behind on the 12m fan. The nearest defense player may or may not be the player who committed the foul.

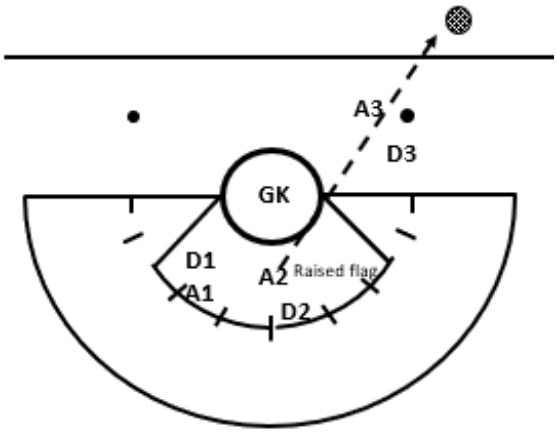
   c. (Others) All players are cleared from the penalty zone. The goalkeeper may clear back to the goal circle if she is within the penalty zoneand has not committed the foul. Defenders are entitled to the hash marks adjacent to the free position on the 8m arc.



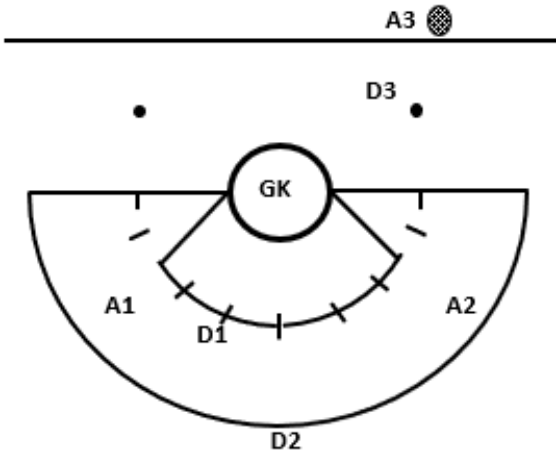
Foul: D2 pushes A2 as she shoots on goal (raised flag.) Shot misses the goal.



Set Up: The foul directly affected the shot. A2 is awarded a free position on the nearest hash mark. D2 moves 4m behind A2. All other players clear the penalty zone. NO self-start.



Foul: D2 pushes A2 (raised flag.) A2 continues toward goal, shoots and misses the goal. The ball rolls out of bounds behind the goal.



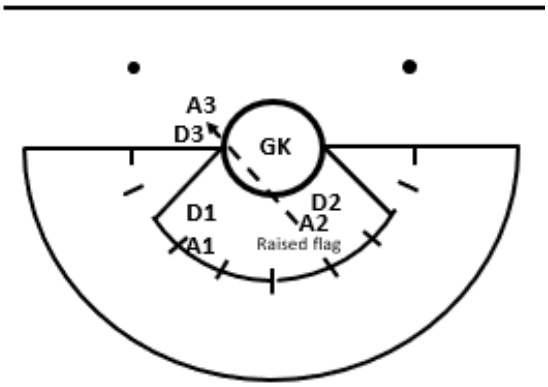
Set Up: Advantage indicated by the raised flag is complete. The player nearest the ball when it went out of bounds, A3, is awarded the ball. A3 may commence play with a self-start by running in from out of bounds.

3. Outside the 8m Arc (with additional fouls)

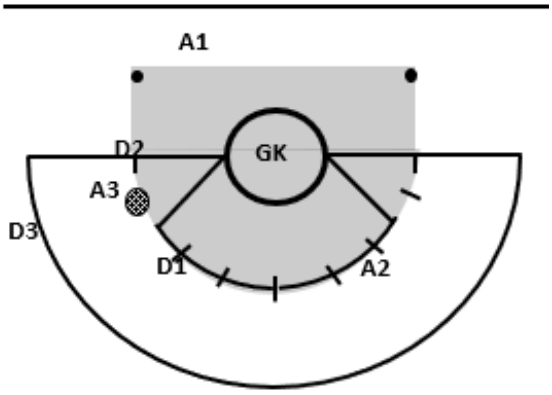
   a. (Ball) Award a free position to the attack at the 8m hash mark nearest to the spot of the most recent foul.
   b. (Offender) Place the nearest defense player 4m behind on the 12m fan. The nearest defense player may or may not be the player who committed the foul.
   c. (Others) All players are cleared from the penalty zone. If the goalkeeper is outside the goal circle and in the penalty zone, she may clear back into her goal circle if she has not fouled.

4. Attack fouls

   a. If during a slow whistle situation, the attack player or one of her team-mates commits a foul, it will be treated as an offsetting foul and alternate possession shall be awarded at the dot nearest to the spot of the foul that caused play to stop.



Foul: D2 checks A2 on the arm (raised flag.) A2 maintains possession and passes the ball to A3. A3 is fouled by D3 as she tries to roll the goal circle. A3 drops the ball. Whistle -- end of scoring play.



Set Up: A3 is awarded a free position on the outside hash. D3, the offender who committed the foul that caused play to stop, goes 4m behind. All other players clear the penalty zone. Defenders are entitled to adjacent hash marks. NO self-start

RULE 12: MISCONDUCT

Section 1: Misconduct And/Or Suspension

The following player behavior constitutes misconduct and must be carded:

A. A player must not conduct herself in a rough, dangerous, or unsportsmanlike manner.

B. A player must not persistently or flagrantly violate the rules.

C. A player must not deliberately endanger the safety of an opposing player.

D. A player must not be involved in baiting or taunting that is intended or designed to embarrass, ridicule, or demean others.

E. A player must not use excessive dissent or abusive language.

F. A non-playing team member or team personnel must not leave their team bench area during the game.

G. A coach must not leave her coaching area. 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 team substitution area to their end line, and behind the scorer's table extended.

H. A player must not demonstrate any type of behavior which in the official's opinion amounts to misconduct.

I. A player must not re-enter the game before suspension period has been served, or if ejected.

J. A player must not be allowed to continue with repeated or persistent fouls.

K. A coach must not coach from outside of their coaching area. See area defined under G (above).

L. Non-team personnel must not leave the team area during the game.

M. Improper use of electronic equipment (includes any electronic equipment used to communicate with any of the 12 on-field players or any other coach not present on the team sideline or coaches' area). Improper equipment also includes the prohibition of voice amplifiers used by coaches from sidelines.

Section 2: Goalkeeper Misconduct

If the goalkeeper is carded, she or her substitute is placed 4m behind the player taking the FP. This will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. However, if a goal is scored and a 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.

If the goalkeeper receives a 2nd yellow card, the substitute goalkeeper entering the game will be placed 4m behind the player with the ball on the restart of play. This will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. If however, a goal is scored and a free position is administered as a result of the card, the free position will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play.

If the goalkeeper receives a red card, the substitute goalkeeper entering the game will be placed 4m behind the player with the ball on the restart of play. This will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. If however, a goal is scored and a free position is administered as a result of the card, the free position will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play.

Section 3: Team Cards

FOURTH AND SUBSEQUENT CARDS [YELLOW/RED]

Should a team receive its fourth card (yellow or red), they will play short in both their offensive and defensive ends of the field for the remainder of the game, and for any overtime periods. Any card given to a player or a Head Coach will count towards their team's cumulative total. For each subsequent card received, the team will play short by an additional player in both their offensive and defensive ends of the field. The player carded must leave the field for two minutes (yellow card) or four minutes (red card) of elapsed playing time and no substitute may take her place for the remainder of the game. However, unless that carded player has received a second yellow card or a red card, she may return to the game after serving her penalty time as long as she follows regular substitution procedures and another player leaves the field when she returns. If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the team's coach will designate another player who must leave the field for two minutes of elapsed playing time.

Section 4: Early Re-Entry

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 for a yellow card or four-minute penalty for a red card. 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 for a yellow card or four-minute penalty for a red card. 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.

NOTE: This administration is an extension of the penalty time and not an additional card.

Section 5: Suspension

Any player receiving a second yellow card is suspended from further participation in that game.

Note: See "2nd Yellow Card" under Duration of Suspension, Section 8.

Section 6: Ejection

EJECTION OF A PLAYER FOR REPEATED MAJOR FOULS/UNSPORTSMANLIKE ACT OF A VIOLENT NATURE

Regardless of where the foul occurred, a free position may be administered on the center hash mark of the 8m arc of the offending team. Obviously, if this severe penalty is deemed necessary, the offending player must receive a red card. Follow the procedures for giving a red card. Only the player taking the free position is moved by the official. The penalty zone must be clear. Free movement applies.

MANAGING INCIDENTS INVOLVING PHYSICAL ALTERCATIONS

US Lacrosse does not condone any confrontational behavior that has the potential to result in a physical altercation. That being said, the following is the suggested practice should a game situation appear to be heading in that direction. The best way to referee a fight in a lacrosse game is not to have one in the first place. When a fight seems imminent, officials should react decisively to redirect the negative energy. This cannot be accomplished by idly standing by and 'taking numbers.' The closest official should use her whistle and voice to approach the players in a loud, decisive, and firm manner. If players are not yet within striking distance of each other, walk in-between them and direct them toward their benches. While this is happening, the other official(s) should be freezing the benches and keeping the teams separate. Officials should carefully consider the circumstances of a fight and their own personal safety before deciding to physically intervene, move, or separate players and coaches. Officials should always err on the side of their own safety, and only if absolutely necessary to prevent further harm, should they make minimal contact with game participants. When prevention tactics fail, it is the responsibility of the home team's game or site management personnel to come on field and address the issue of a fight in progress.

Once the fight has been stopped, the officials will appropriately administer penalties, cards, and/or ejections. They will then decide if the teams are calm enough for the contest to safely continue. The officials have the authority to terminate the game due to safety or other concerns. Officials may terminate contests due to actual or threatened violence. After the game, be sure to call your Local Board Chair, and/or Assigning Authority to let them know what went on and whom you ejected from the game. Fill out any reporting paperwork required of your affiliated organizations as soon as possible. Officials have a responsibility to maintain control at all points of the contest by utilizing preventive officiating with a calm, assertive manner. This remains true for incendiary situations as well normal situations.

These guidelines are meant to apply only to altercations which take place on the field of play between lacrosse players. Should spectator/parents/fans or coaches become engaged in a physical altercation, this is a criminal matter which should be dealt with by game administration, and the local police authorities.

PHYSICAL ALTERCATIONS – ADDITIONAL INFORMATION...

In the event that fighting or any physical violence erupts or is threatened between two or more players or team personnel, including coaches, within the playing venue during a game, the officials will immediately suspend the game and request that the home team game management personnel be brought on to the field to address the issue of fighting.

Officials will not physically insert themselves into the fighting or surrounding encounter. Officials will be involved in assessing and administering appropriate penalties for any players or personnel involved in physical altercations. At the official's discretion, the game may be suspended for up to 30 minutes to allow for the issue to be addressed or the game may be terminated due to safety or other concerns. The league will be responsible for determining whether or not the game may be resumed or re-played at a later date.

During club games where school personnel are not present, it is the responsibility of team representatives to address and bring to an end any fighting or physical violence. At the official's discretion, the game may be suspended or terminated due to actual or threatened physical violence.

MISCONDUCT AFTER THE GAME ENDS:

If a situation occurs after the game ends and before the officials leave the playing venue where conduct occurs that would warrant a red card during play, the official(s) can issue a post-game ejection to the offending player or head coach to be served in the team's next game.

Section 7: Coach Misconduct

COMMITTED BY COACH OR TEAM PERSONNEL

The Head Coach is responsible for the actions of any and all persons officially connected with his/her institution, including assistant coaches, and shall receive any card assessed to bench decorum. If the Head Coach is carded, she/he will designate a player who must leave the field for two minutes of elapsed playing time (yellow card) or four minutes of elapsed playing time (red card) and their team will play short in both their offensive and defensive ends of the field. If the team has received four or more cards, no substitute is allowed for the remainder of the game and their team will play short in both their offensive and defensive ends of the field for the remainder of the game. In the event a coach or any team personnel is warned, suspended, or ejected, play is restarted within one minute with a free position to the nearest opponent at the spot of the ball when play was stopped. Any Head Coach who is suspended [two yellow cards] or ejected [red card] must leave the game area, including the spectator area, and an Interim Head Coach must be specifically designated. If an Interim Coach is not available, the team shall forfeit the game. In the event a Head Coach does not effectively control the actions of their spectators, the Head Coach may be assessed a card.

Note: When a suspended or ejected player (one who is no longer eligible to return to play for that game) reenters the game, it shall be penalized as Coach Misconduct.

Section 8: Duration Of Suspension

Flagrant misconduct fouls are easily recognized by officials. It is easy to card or remove from the game an abusive or extremely dangerous player. The controlled game demands that officials recognize and properly penalize individuals or teams committing repetitive violations by the same player or team or deliberate violations. In addition to awarding the opponent a free position, employment of game management skills such as warning and/or carding must be considered and used appropriately for the safety and integrity of the game. While the officials may verbally caution a player, they are not required to do so before issuing a card, nor are they required to issue a yellow card before they issue a red card. If warranted, the official may immediately red card a player and eject her from the game. To hesitate in these circumstances will only lead to a dangerous and uncontrolled game. Major fouls demand the official's close scrutiny and preparedness to use the cards in situations that include but are not limited to the following:

- Repeated major fouls committed by a player
- Repeated major fouls committed by a team
- Multiple major fouls committed by the defense in an effort to slow the ball carrier
- Break down fouls or those fouls committed deliberately by the defender in an effort to stop a player on her way to goal
- Fouls committed in a reckless or dangerous manner, i.e., without regard for the safety and well-being of others

The most dangerous major fouls involve checking into the sphere around the head. The sphere is recognized as being a stick width side to side and front to back, as well as that same space above the head (approximately 7"). A player may not reach into the sphere to stick check, may not stick check toward a player, may not hold her stick within the sphere, and may not use the stick in a threatening or intimidating manner.

Fouls often occur when an attack player dodges an opponent and the defender tries to check her by reaching from behind or when she is level with the ball carrier, or when the defender attempts a check when she is off balance and out of position. Fouls that threaten bodily injury such as dangerous propelling, dangerous follow through, illegal deputy, and shooting space are called immediately; there is no slow whistle! If the attack is in the critical scoring area and is on a scoring play, other severe fouls such as uncontrolled checks, checks to the head, and slashing may sometimes not be called immediately. A flag is raised, the attack is allowed to complete the scoring play, and then the call is made and a card is given.

When a check makes contact with an opponent's head, when a player dangerously propels the ball or commits a dangerous follow through, (a follow through in the goal circle that hits the goalie is considered dangerous), or when a slash (the swinging of a stick at an opponent's stick or body with deliberate viciousness or recklessness, whether or not contact is made) occurs, it MUST be penalized with a card. If a slash or a check to the head occurs in the critical scoring area, it may be a slow whistle situation. In this case, the card is given to the offender when the scoring play ends. If a goal is scored, the officials will restart play with a free position at the center circle for the non-offending team. If a cardable offense occurs during a scoring play and no goal is scored, the non-offending team will be awarded a free position on the on the dot, the 12m fan, or an 8m free position if the foul occurred in the 8m arc.

Carding Procedure

The key to handling a situation that warrants a card is to stay calm. Make sure your information is correct and that your procedure is sound. Don't take too much time to administer the card. Get on with the game.

Note: Any card that is issued after the end of a half, or at the end of a game that is going into overtime, the free position and ensuing penalty time will be administered at the start of the next period of play.

A. VERBAL WARNING

While a verbal warning may be issued to a player at any time, the use of verbal warnings should be limited in nature. A verbal warning must not be used in cases where the foul requires a mandatory card or where the foul is dangerous, excessively rough or reckless. It is the responsibility of each official to be aware of all warnings.

B. YELLOW CARD (WARNING)

For any single offense which endangers another player, or is excessively rough or reckless, a yellow card must be given. Follow this procedure:

1. Call timeout.
2. Beckon the offending player to you, turn and face the scorer's table, and display the yellow card.
3. State "Yellow card on (color), (number), for (name the foul)."
4. Make eye contact with your partner(s) making certain she is aware of the card.
5. The offending player must leave the field for two minutes of elapsed playing time and no substitute will take her place. She must serve her penalty in the designated penalty area and her team must play short in both their offensive and defensive ends of the field. If the team has only one dressed goalkeeper and she is the player receiving the yellow card, she may remain in the game, but she is penalized for the foul. The team's coach must designate another player who must leave the field for the two minutes of elapsed playing time, and serve the penalty in the designated penalty area. If the team has more than one goalkeeper, the suspended (yellow card) goalkeeper and the designated player must both serve the penalty in the designated penalty area.
6. The official closest to the scorer's table will make certain the scorekeeper records a "Y" and the time of the foul next to the player's name and number. This official should also be the one to keep track of which player received the card and the time it was given.
7. The official(s) not involved at the scorer's table should be sure that no other players enter the field as substitutes.
8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

   Exception: If the goalkeeper is carded, she or her substitute is placed 4m behind the player taking the FP. This exception will apply no matter where the goalkeeper is when she commits the foul, inside her goal circle or outside the circle. However, if a goal is scored and a free position is administered as a result of the card, the free position will take place at the center, the goalkeeper or her substitute may remain in the goal circle for the restart of play.
9. Establish eye contact with your partner(s) before resuming play.
10. Restart play with the whistle and arm signal.
11. Misconduct by anyone in the team bench area will result in a yellow card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for two minutes of elapsed playing time.

C . 2ND YELLOW CARD (SUSPENSION)

For additional violations by a player previously given a yellow card, follow this procedure:

1. Call timeout.
2. Beckon the offending player to you, turn and face the scorer's table, and display the yellow card and then raise the

other hand showing two fingers to indicate this is the 2nd yellow card.

3. State "Yellow card on (color), (number), for (name of the foul), second yellow mandates suspension for the remainder of the game".

4. Make eye contact with your partner(s) making certain she is aware of the card.

5. The offending player must leave the field for the remainder of the game. She must serve her penalty in the designated penalty area and no substitute may take her place for two minutes of elapsed playing time. Her team must play short in both their offensive and defensive ends of the field. If the player receiving the 2nd yellow card is the goalkeeper, she may be replaced by a second goalkeeper and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time and serve the penalty in the designated penalty area. The suspended (2nd yellow card) goalkeeper and the designated player must both serve the penalty in the designated penalty area. The suspended goalkeeper may not return to the game.

6. The official nearest the scorer's table should make certain the scorekeeper records a second "Y" next to the player's name and number in the book.

7. The official(s) not involved at the scorer's table are responsible for noting that no other players enter the field as substitutes and that no other players are moving on the field.

8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

   Exception: If the goalkeeper receives a 2nd yellow card, the substitute goalkeeper entering 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, inside her goal circle or outside the circle. If, however, a goal is scored and a free position is administered as a result of the card, the free position will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play.

9. Establish eye contact with your partner(s) before restarting play.

10. Restart play with the whistle and arm signal.

11. Misconduct by anyone in the team bench area will result in a yellow card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for two minutes of elapsed playing time. Her team must play short in both their offensive and defensive ends of the field. Any Head Coach who is suspended (2 yellow cards) must leave the game area, including the spectator area and an Interim Coach must be specifically designated.

D. RED CARD (EJECTION)

For repeated violation by a player, or for a single severe, flagrant or deliberate violation, a red card must be given. Follow this procedure:

1. Call timeout.

2. Beckon the offending player to you, turn and face the scorer's table, and display the red card.

3. State "Red card on (Color), (number), for (name the foul)."

4. Make eye contact with your partner(s) making certain she is aware of the card.

5. The offending player must leave the field for the remainder of the game.

   She must serve her penalty in the designated penalty area and no substitute may take her place for four minutes of elapsed playing time.

   Her team must play short in both their offensive and defensive ends of the field. If the player receiving the red card is the goalkeeper, she may be replaced by a second goalkeeper and the team's coach must designate another player who must leave the field for four minutes of elapsed playing time and serve the penalty in the designated penalty area. The ejected (red card) goalkeeper and the designated player must both serve the penalty in the designated penalty area. The ejected goalkeeper may not return to the game.

6. The official nearest the scorer's table should make certain the scorekeeper records an "R" next to the player's name and number in the book. This player may be prohibited from attending the next game per state association administration.

7. The official(s) not involved at the scorer's table are responsible for noting that no other players enter the field as substitutes.

8. No player on the offending team is placed 4m behind the player taking the free position when play is restarted.

   Exception: If the goalkeeper receives a red card, the substitute goalkeeper entering 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, inside her goal circle or outside the circle. However, if a goal is scored and a free position, as a result of the card, will take place at the center, the substitute goalkeeper may remain in the goal circle for the restart of play. Any Head Coach who is ejected (red card) must leave the game area, including the spectator area, and an Interim Coach must be specifically designated.

9. Establish eye contact with your partner(s) before restarting play.

10. Restart play with the whistle and arm signal.

11. Misconduct by anyone in the team bench area will result in a red card being issued to the Head Coach. The Head Coach will designate a player who must leave the field for four minutes of elapsed playing time.

E. FOURTH AND SUBSEQUENT CARDS [YELLOW/RED]

Should a team receive its fourth card (yellow or red), they will play short in both their offensive and defensive ends of the field for the remainder of the game, and for any overtime periods. Any card given to a player or a Head Coach will count towards their team's cumulative total. For each subsequent card received, the team will play short by an additional players in both their offensive and defensive ends of the field. The player carded must leave the field for two minutes (yellow card) or four minutes (red card) of elapsed playing time and no substitute may take her place for the remainder of the game. However, unless that carded player has received a second yellow card or a red card, she may return to the game after serving her penalty time as long as she follows regular substitution procedures and another player leaves the field when she returns. If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the team's coach will designate another player who must leave the field for two minutes of elapsed playing time.

Red Card and One Game Suspension

Should a player or a coach receive a red card in the team's last game of the season [regular season or tournament game], a one game suspension will be served during the first regular season game of the following season [not an exhibition game or scrimmage]. An ejected coach serving a next game suspension shall not be allowed in attendance at the site of the game, either on the field, in the team in the team bench area, or in the spectator areas of the site. Any ejected player receiving a red card will be prohibited from participating in the team's next game. If in attendance the ejected player must serve her next–game suspension in her team's bench area for the entire game including on–field pre–game, game or postgame activities. The ejected player may not be dressed in her game uniform. Violation of this policy will result in the game being forfeited and a red card being issued to the offending player or coach.

Key Points to Remember:

All yellow and red cards count in a team's total. Once the team reaches the fourth card, it shall play short in both their offensive and defensive ends of the field for the remainder of the game and any overtime periods.

Any card to the coach will result in a player coming off the field for 2 minutes (yellow card) or 4 minutes (red card).

If a team now must play short, it does not mean the player removed for 2 minutes (yellow card) is out for the remainder of the game; it only means she is out for 2 minutes. She may re-enter unless it is her second yellow (suspension) or she has received a red card (ejection). When she re-enters, she must do so as a substitute for another player.

ADDITIONAL CARDING CONSIDERATIONS:

Delay Of Game

The official has the authority to penalize any type of behavior which, in her opinion, amounts to a delay of game.

Some examples of delay of game:

1. Failure to stand when a player is required to stand, excluding the false start penalty for self-starts when they are not an option.
2. Failure to move 4 meters away or behine as directed on a free position.
3. Repeated self-start from beyond the playing distance, repeated self-starts without coming to a settled stance, or repeated throwing the ball in from out of bounds.
4. Any type of behavior which in the official's opinion amounts to a delay.

In addition to the specific delay of game fouls listed (Rule 9-1-1 Penalties for Violation of 9-1-1q: Delay of Game), the official has the authority to penalize any other type of behavior which, in her opinion, amounts to a delay of game. Any form of delay of game must be penalized. The procedure set forth below, and in the rule book, must be followed:

Delay of Game:

1. Time-out must be called to administer a delay of game card.
2. 1st violation – a green card shall be issued against the offending team. A change of possession takes place if applicable for the minor foul.
3. 2nd violation – a green/yellow card shall be issued against the offending player and award the appropriate penalty for a major foul. The offending player 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. The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time. This card is not included in the team or player's card count. Any subsequent delay of game offenses will result in a yellow card for misconduct and will be included in the team and player's card count.

FOULS DURING OR AFTER A GOAL

Any foul committed during the act of shooting or after a goal has scored and before play has restarted will be penalized. All defensive fouls and attack fouls that are not in the act of shooting will result in a free position at center to restart play. Attack fouls in the act of shooting, such as charging, dangerous propelling and dangerous follow-through will result in a free position awarded to the defense no closer than 8m to the goal circle. A goal circle violation by the attack will result in a free position for the goalkeeper. The alternate possession (AP) procedure will be used to determine team possession if there was a slow whistle. The goal will not count. All free positions at the center will be administered with the opposing center placed 4m

away on a 45–degree angle. Play shall commence on the official's whistle. (Self–start is not permitted). Consider the following situations:

Situation 1

Attack Fouls: Green 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: Because the pushing foul occurred well after the goal had scored, the goal will count. The foul is called and the White team will be awarded a free position at center to restart play. Play shall commence on the official's whistle.

Situation 2

Attack Fouls: Green 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 defensive player is moved 8m from the goal circle and awarded a free position to restart play. The attack player is placed 4m behind the player with the ball. Play shall commence on the official's whistle.

Situation 3

Attack Fouls: The Blue attack player moves towards goal, shoots, and scores. As the teams are moving back towards the center to restart play, the official discovers that the Blue attack player who scored is not wearing a mouth guard.

Ruling: Per Rule 4, Section 8, Article 1, if this violation is discovered immediately after a goal, the goal counts and the free position is taken at the center circle to restart play. The official should call timeout, indicate the foul and then administer the free position. Play shall commence on the official's whistle.

Situation 4

Defense Fouls: As a White attacker is in the act of shooting, she is run into by a Blue defender, and the shot goes into the goal.

Ruling: Signal the goal, call timeout and indicate the pushing foul on Blue and administer a free position at center to the White team center to restart play. Play shall commence on the official's whistle.

CARDABLE OFFENSE AFTER A SHOT IS TAKEN

Some examples:

1. Red player shoots and scores. As she shoots, Blue player commits cardable offense.

Ruling: Goal counts. Signal a goal and then signal a timeout. Card Blue player. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Award a free position to the Red Team at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle; administer the free position at the center line. The center for Blue is placed 4m away from the Red Team's center at a 45 degree angle. No player from the Blue team is placed 4m behind. Play shall commence on the official's whistle.

2. Slow whistle, with a flag raised, for cardable offense by Blue team. Red player shoots and scores.

Ruling: Goal counts. Signal a goal and then signal a timeout. Card Blue player. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Award a free position to the Red Team at the center line. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle; administer the free position at the center line. The center for Blue is placed 4m away from the Red Team's center at a 45 degree angle. No player from the Blue team is placed 4m behind. Play shall commence on the official's whistle.

3. Red player shoots and the ball goes into the goal.

During the "shooting action" (before, during, or immediately after the ball goes into the goal), the Red player commits a cardable foul such as charging into the defense as she is shooting or completing her shooting action; charging into the defense as she is trying to stop or land; or following through dangerously.

Ruling: Goal does not count. Signal no goal and then signal timeout and administer a card to the Red shooter. She is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Restart the game with a free position for the non-offending team (Blue) 8m from the goal or on the spot of the foul if 8m or more from the goal. No player is placed 4m behind. Play shall commence on the official's whistle.

4. Red player shoots and scores. Misconduct by a Blue player occurs after the goal and before the draw.

Ruling: Signal a timeout and card the Blue offender. If the offender is a field player, she is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and administer the free position at the center line. The center for Blue is placed 4m away from the Red Team's center at a 45 degree angle. No player from the Blue team is placed 4m behind. Play shall commence on the official's whistle.

5. Red player shoots and scores.

After the shooting sequence has ended and the official has signaled a goal, a Red attack player commits a cardable foul such as taunting the Blue team during the scoring celebration or mouthing-off to the official on the way back toward the center.

Ruling: Signal a timeout, card the Red offender, and award a free position to the Blue team at the center line. If the offender is a field player she is removed from the game for 2 minutes of elapsed playing time and no substitute will take her place. Her team will play short in both their offensive and defensive ends of the field. Player positioning for the draw will apply. Allow players to take their legal positions, then blow the whistle and administer the free position at the center line. The center for Red is placed 4m away from the Blue team's center at a 45 degree angle. No player from the Blue team is placed 4m behind. In this instance, even though the scoring team committed the cardable offense the goal will count. The offense took place after the immediate scoring sequence and had no bearing on the goal being scored. Play shall commence on the official's whistle.

Note: If in the above examples there is a cardable offense committed by bench personnel, the card is assessed to the Head Coach and the Head Coach will select a player to be removed from the field for 2 minutes of elapsed playing time (yellow card) or 4 minutes of elapsed playing time (red card) and her team will play short in both their offensive and defensive ends of the field. If suspended (2nd yellow card) or ejected (red card) the Blue player may not re-enter the game.

PART 3: Positioning

POSITIONING

In order to set the appropriate tone and "make the call," the official must have in-depth knowledge of the rules and be in good position to see the play. The key to good positioning and movement on the field is familiarity with the game and knowledge of techniques and patterns of play. An awareness of how the ball can move from defense to attack can help you anticipate where the pass or play will go.

Understand that the basis for most rules is safety. Call a foul sooner rather than later. If you think a check is dangerous, call it. Don't worry about holding the whistle. It is better to stop a play and maintain game control than to be too concerned about the flow of the game. That will come with practice and experience.

Be aware that when determining rough, reckless, or dangerous checking, sound does not necessarily equal a rough check. When sticks make contact with one another, it may make a loud sound.

A check may be so forceful that it knocks the stick from the player's hands. You must determine if this is a rough, dangerous check, or was the player with the ball not expecting a check and therefore had her stick knocked away.

After a shot on goal or deflected shot on goal, as the ball goes over the boundary line, blow your whistle and then determine team possession. Don't wait to see who is closest to the boundary line where the ball went out. Sound the whistle and make the decision at that moment. If both players are even, or you cannot determine who is closer (stick or body), use the alternate possession procedure (AP) to determine which team will gain possession for the restart of play. In an intensely contested game, players "play to the whistle". The official cannot rely on a player to slow down as she reaches the boundary.

Be sure that all players, other than the ball carrier, are a minimum of 4 meters away from any free position, and 2 meters away from any boundary restart. Should the player with possession choose to immediately self-start, the official SHALL NOT delay the restart to position players.

When a minor foul is committed, the official shall direct the offender to go 4m away in the direction from which they approached. If a major foul is committed, the official shall direct the offender to go 4m behind the free position. All other players must be a minimum of 4 meters from the free position. Should the fouled player choose to immediately self-start, the official SHALL NOT delay the restart to position players.

Be aware of the importance of your positioning around the goal circle. If you are not in position to call a goal circle violation and a goal results, don't make the call, just because you think the player might have violated the goal circle. Talk with your partner pre-game and establish the kind of help you would like with goal circle violations. Generally, a Lead Official does not want the Trail Official to initiate a goal circle call. But a Lead Official may very well confer with her partner through visual contact prior to signaling the goal if she senses a goal circle violation and feels her partner may have seen it. The Trail Official watches every shot for a possible dangerous follow through. This must be whistled crisply, firmly, and immediately. If the ball does cross the goal line, the Trail Official must alert the Lead Official with a "no goal" whistle and signal before the Lead Official has a chance to signal the goal.

Watch the ball carrier closely. You will learn to tell what she intends to do: carry, shoot, or pass. This will help you anticipate what will follow, both with regard to possible fouls, and with the flow of the play. If you can tell that she is going to pass, you could expect only certain fouls to occur. For example, checking on the hands as the pass is made. If you see that she is going to continue with the ball, look for an acceleration and possible body contact to result. Then determine the call — blocking, charging, holding, or "no call". If she gets by her opponent, look for tripping, dangerous checking, or slashing. Be aware of the consequences of a change of speed by the ball carrier. If her opponent is not quick enough to adjust, some kind of contact will often result. Change of direction can produce the same type of fouls. When a player loses the ball by being checked, be alert for possible dangerous checking to follow due to emotion and/or poor positioning.

When the ball is on the ground, anticipate that there may be a lot of hitting of empty crosses or pushing an opponent off the ball, especially if the skill level is not the best. While there may well be stick to stick contact, be sure to evaluate if it is really an empty stick check or just incidental contact as two players vie for the ball. Don't become so focused on the ball and sticks that you miss the possible pushing and shoving that may occur. Call it one way or the other right away.

Positioning, anticipation, familiarity with the game, and an in-depth knowledge of the rules are the keys to good umpiring. An official must be repositioning frequently so as to look between players where contact is likely to occur.

Anticipating what the player is going to do prepares the official to be in the best possible position to see and make the call. Review your rulebook and manual often, both before and during the season. Take pride in knowing the rules, interpretations, guidelines, and intent of the rules. Practice as much as you can, with a more experienced official helping you if possible. Seeing fouls as a spectator is very different from seeing them on the field and having to make the call. Remember that no one is perfect, but resolve to do the very best you can each time you step onto the field to official.

A . General Suggestions and Techniques

When an official steps onto the field, she is there to provide the opportunity for the players to compete safely and fairly. It is the players' game and a good official will keep it that way. As an official you must have a thorough knowledge of the rules, be in good physical condition, give your best effort during each game, and be in position to see the play and make the correct call. You must be in position to look between players rather than trying to look through, across, or around them. This may require you to reposition frequently so that your view of the ball is never blocked by the players. Anticipate play! Come into the field when necessary, but be prepared to move out of the players' way as play develops. Overall safety and play around the goal areas are the officials' top priorities. Consider a pre-game discussion with partner regarding restarts. Ex: If official transitioning to Lead makes a call, new Trail could watch/manage the restart so new Lead can keep moving to be in position to receive play.

If you are the Lead Official, i.e., officiating the goal area, you must be aware of the ball at all times. Establish a neutral position or a "home base" to the side of the goal then adjust your positioning, based on the movement of the ball — either moving higher or dropping lower, at times even lower than the goal line extended. Open your shoulders to the whole field rather than focusing all your attention on the goal circle. This will allow you to get the best picture of on-ball as well as off-ball play and will help you anticipate what might happen next. While you may not always be "on the ball," you must know where the ball is at all times. One of your most important responsibilities as the Lead Official is to be "on tangent" when a shot on goal is taken. To be on tangent means that you position yourself at a right angle to the approaching ball carrier. Being on tangent will not only take the guesswork out of making goal circle violation calls, but in general it will place you in the best position to see fouls against the ball carrier.

Boundary balls for a rolling or bouncing ball, whether on the side line or the end line, can be challenging. It is critical that you move to be in good position to see who touched the ball last or who is closer (stick or body) on a shot or a deflected shot on goal to correctly award the ball in out of bounds situations. Avoid standing and looking directly at the player's backs as they near the boundary line as you will have no angle to make a proper judgment. For endline calls, you will need to go below the level of the goal in order to get the best view and the best angle. Get in a position to clearly see and make the call when the ball or a player's foot or stick touches the boundary. Get in position to clearly see which player is nearer to the ball (stick or body) on a shot or deflected shot that goes out of bounds. The alternate possession (AP) procedure is only used when the official, by virtue of good position on the boundary, is absolutely certain that the opponents are equidistant from the ball.

Whether you are part of a two person or a three person officiating crew, communication and eye contact with your partner(s) are essential. Prior to the draw, you want to look at your partner(s) to be sure they are ready to start play. Eye contact and a simple nod of the head is all that's needed. After a goal is scored, you'll want to wait an extra second or two before signaling goal as you look towards your partner. If you are unsure about a possible goal circle violation because of a quick shot being taken before you could get on tangent, look to your partner who may have seen the violation. This can be communicated as a yes or no with a simple nod or shake of the head. The extra time will also allow your partner to indicate if a dangerous follow-through has occurred. Partners must also communicate that a verbal warning or a card has been given, and partners must make eye contact before play is restarted after a carding situation has occurred.

B . Two Person System – Specifics

When officiating the two-person system, the officials will be called the Lead Official and the Trail Official and each will:

1. Be responsible for the goal area to her right side.
2. Be the Lead Official when the ball is coming toward her, and for the duration of the attacking play.
3. Become the Trail Official when the ball is moving away from her.

LEAD OFFICIAL

As the Lead Official moves down field and to her right, her position is angled for the best visibility and she is responsible for out of bounds calls on the sideline nearest to her. She always works to be ahead of the play as the ball moves towards her goal circle area. Once the ball is in her goal circle area, the Lead Official is primarily responsible for on-ball fouls, goal circle calls and out of bounds calls over her end line. She must also call obstruction of the free space to goal fouls in the area in front of goal nearest to where she is standing. While she may call three second violations, illegal picks and off-ball fouls, these are primarily the responsibility of the Trail Official.

Note to officials learning the three-person system: When working a two-person system, with a partner who is also learning the three-person system, work on a B-Lead position (Lead moving to her left) rather than an A-Lead position (Lead moving to her right). This will prepare you for one of two major position additions in the three-person system.

TRAIL OFFICIAL

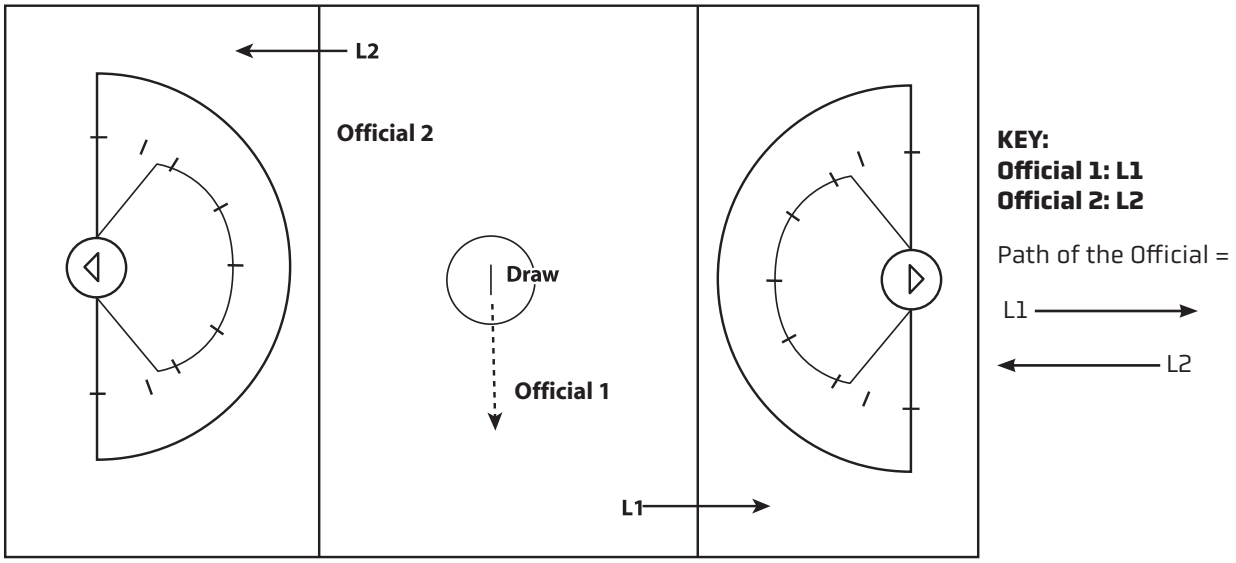
The Trail Official follows the play down field and is responsible for out of bounds calls on the sideline nearest to her. She must be "field conscious" at all times and watch the overall picture as the Lead Official concentrates on the ball and the goal area. As the ball approaches the goal area, the Trail Official takes a position near the restraining line and is responsible for signaling offside violations. When the ball is inside the critical scoring area, the Trail Official will shift laterally with the play in order to see shooting space to goal on her half of the field, off-ball fouls (illegal picks, detaining, blocking, etc.), dangerous follow-through after a shot, and three second violations. The Trail Official must anticipate a change of possession and be ready to quickly transition to become the Lead Official at the other end of the field.

The officials share the responsibility for calling fouls in the midfield. Who calls the foul is often based on who is closest, but sometimes who has the better angle to see the ball and the players may be the deciding factor. Work together as a team in support of one another. Realize that your partner is seeing things from a different angle and something that may look like a foul to you from across the field may not look the same to your partner who is right on top of the play.

In the two-person system, the opening draw of each half is generally administered by the official on the side of the field away from the scorer's table. Subsequent draws after a goal are always taken by the Trail Official. The Lead Official quickly retrieves the ball from the goalie and hands it or tosses it to her partner. When officials choose to exchange positions or rotate, it is recommended that the officials choose a pre-determined number of goals (2, 3, or 4, only) and must follow that rotation for the entire game.

TWO PERSON SYSTEM DIAGRAMS

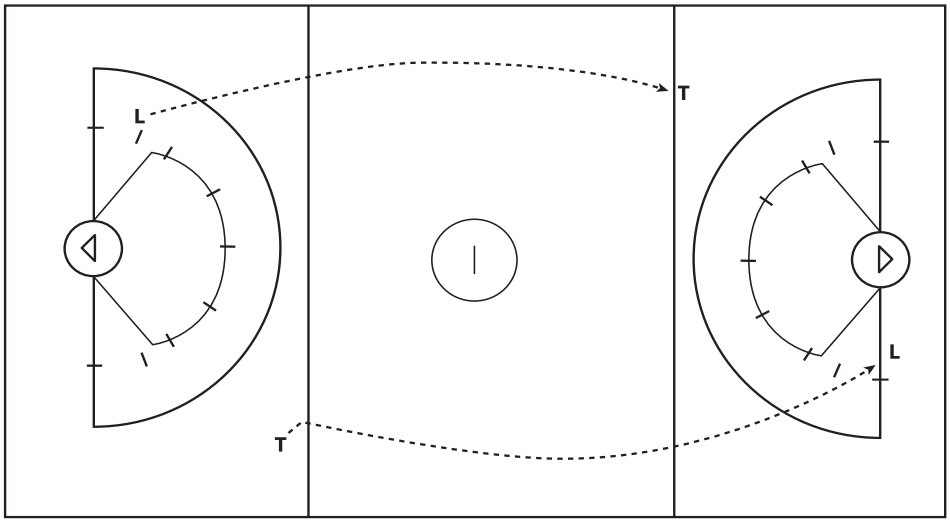
The Draw



The official administering the draw is responsible for calling a draw illegal. After setting the draw, official 1 moves away from the center to her right. Official 2 is standing back from the edge of the center circle and watches for potential off-ball fouls by the players who are outside the circle and for players crossing the restraining line before a team has gained possession.

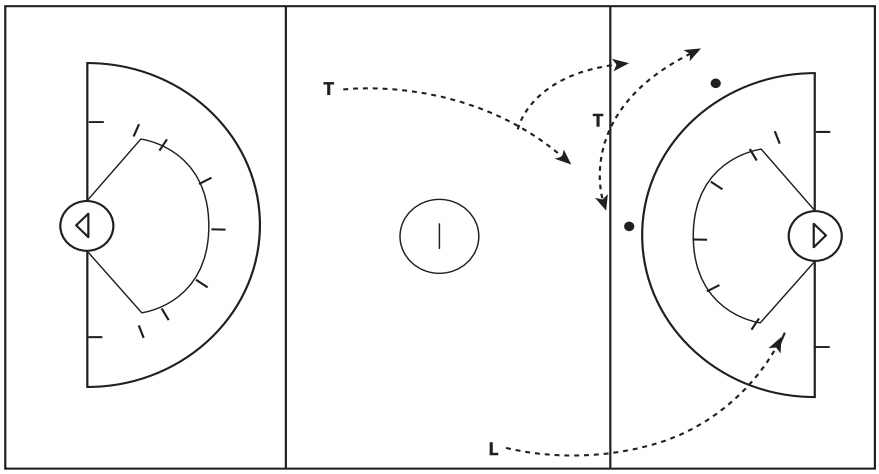
If a player gains possession of the ball, the official witnessing it first will wind her arm and loudly verbalize "Possession". The other official(s) will echo this call by winding her arm and/or verbalizing possession so the entire field will know the draw has ended.

When There Is A Change Of Possession



As soon as there is an apparent change of possession (defense going for a loose ball, the goalkeeper in possession of the ball, an interception, etc.); there is a transition in which the Trail Official becomes the Lead Official and vice versa. In preparation for this, the Trail Official drop steps with her right foot and moves out toward the sideline. She must adjust the angle and the time of movement so as not to interfere with potential cutters or players already in motion. Anticipate, think ahead, and make your move before the players. Keep ahead of the play and, as much as possible, keep the players inside your position as you move up or down field. The Lead Official who transitions to the Trail Official position will follow the play up the field, keeping the players INSIDE of her position as much as possible.

The Trail Official – Midfield and Restraining Line



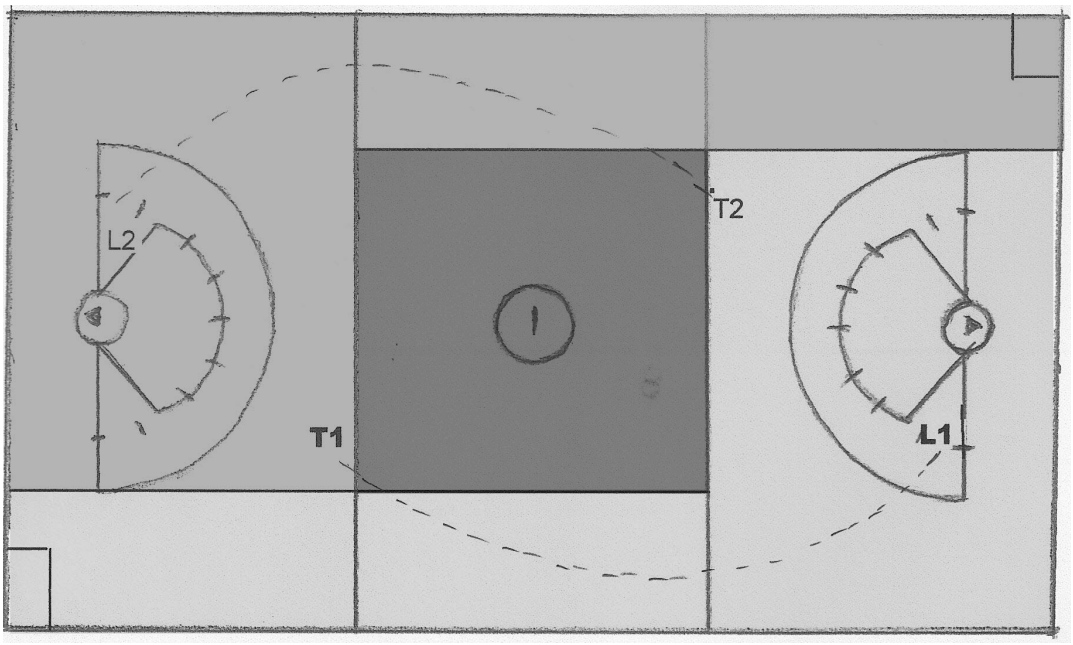
Note: The Trail Official never moves laterally past center into the Lead Official's half of the field.

The Trail Official follows the play on a change of possession. She repositions on or near the restraining line and moves laterally from left of center of the arc over to her left, towards her side boundary and/or from the side boundary to her right towards the left of center in relation to the ball so that she can observe:

1. Shooting Space
2. Three seconds violations
3. Dangerous follow–through after a shot on goal
4. Off–ball fouls such as illegal picks, detaining, or pushing
5. Restraining line violations
6. Side line boundary calls

The Trail Official needs to be prepared to become the Lead Official when there is a change of possession.

TWO-PERSON SYSTEM – RESTARTING PLAY IN L1/T1 AREAS



Restarts below the RL and near the Lead Official:

- The Lead Official (L1) shall manage the restart of play whether play is coming toward or going away from L1 ensuring that the self-start meets requirements. Whistle starts may be requested. Delayed play may also require a whistle.

Restarts in the CSA:

- The Lead Official (L1) shall manage the restart of play whether play is coming toward or going away from L1.

Restarts between the RLs and at the sideline boundary nearest to the L1/T1 official:

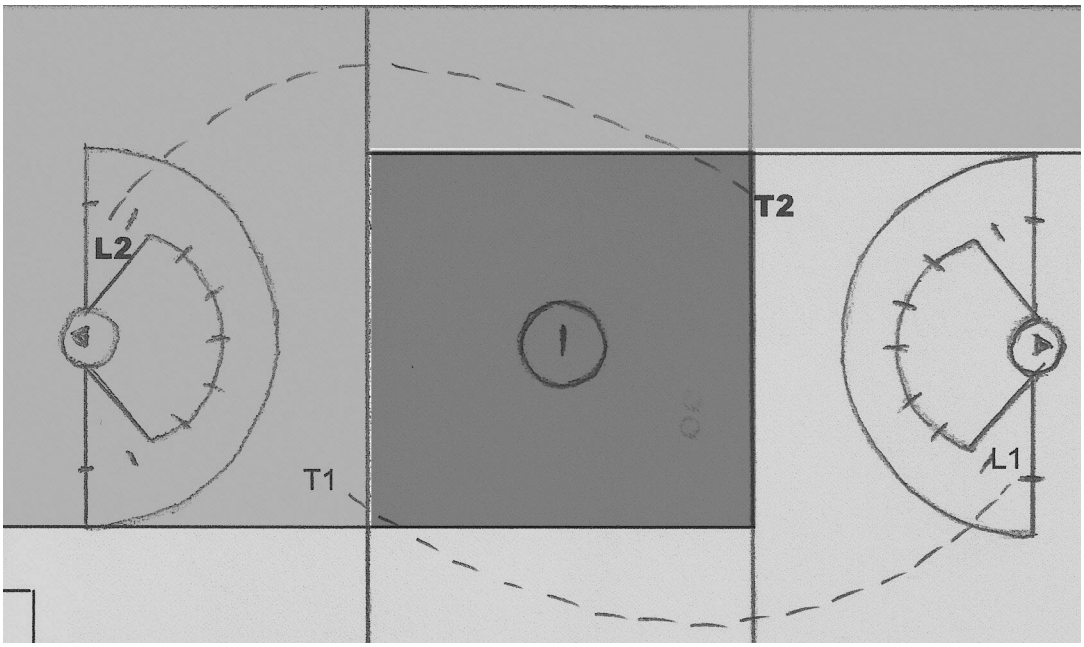
- If Lead (L1) --- set up play, get ahead of play, and manage the restart of play.
- If Trail (T1) --- set up play, stay behind play, and manage the restart of play.

Restarts below the RL and near the Trail Official OR in the "coffin corner":

The Trail Official (T1) must communicate with the Lead Official (L2) about who will manage the restart of play

- When play is going toward the Lead Official (L2) the Trail Official (T1) may manage the restart of play because of the Trail Official is nearest to the restart position
- When play is going toward the Trail Official (T1) the Lead Official (L2) may manage the restart of play because the Trail Official is transitioning to the Lead Official position (T1 to L1).

TWO-PERSON SYSTEM – RESTARTING PLAY IN L2/T2 AREAS



Restarts below the RL and near the Lead Official:

- The Lead Official (L2) shall manage the restart of play whether play is coming toward or going away from L2.

Restarts in the CSA:

- The Lead Official (L2) shall manage the restart of play whether play is coming toward or going away from L2.

Restarts between the RL's and at the sideline boundary nearest to the L2/T2 official:

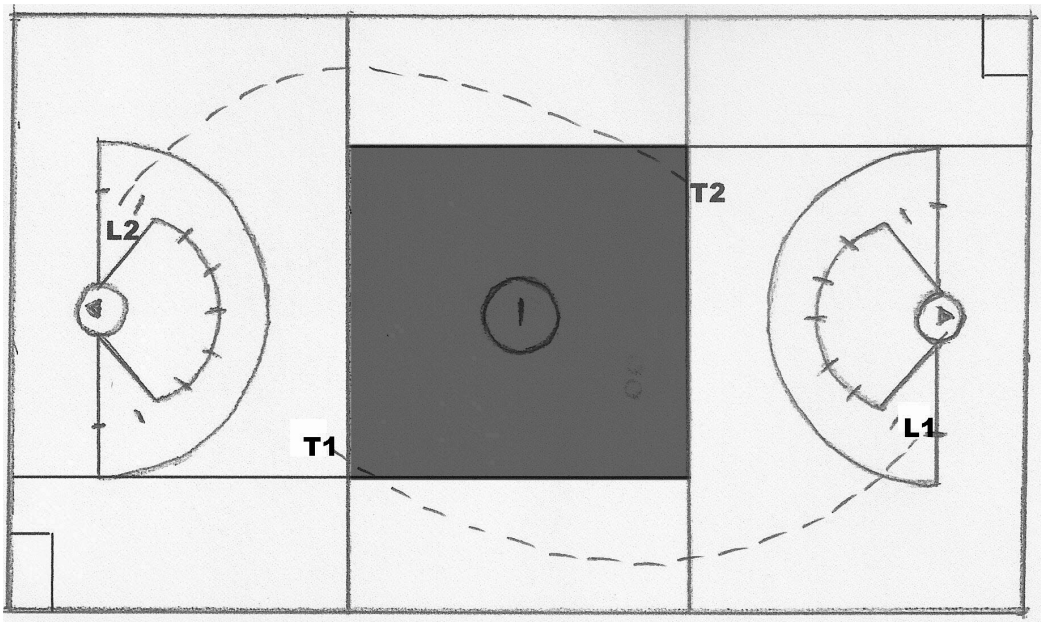
- If Lead (L2) --- set up play, get ahead of play, and manage the restart of play.
- If Trail (T2) --- set up play, stay behind play, and manage the restart of play.

Restarts below the RL and near the Trail Official OR in the "coffin corner":

The Trail Official (T2) must communicate with the Lead Official (L1) about who will manage the restart of play

- When play is going toward the Lead Official (L1) the Trail Official (T2) may manage the restart of play because the Trail Official is nearest to the restart position.
- When play is going toward the Trail Official (T2) the Lead Official (L1) may manage the restart of play because the Trail Official is transitioning to the Lead Official position (T2 to L2).

TWO-PERSON SYSTEM – RESTARTING PLAY IN SHARED AREAS



Restarts between the RLs in the middle of the field:

The officials must communicate and make a decision about who will manage the restart of play based on the direction play is to resume.

- If play will be moving toward L1, then L2 (who is transitioning to T2) will manage the restart of play.
- If play will be moving toward L2, then L1 (who is transitioning to T2) will manage the restart of play.

C. Three Person System – Specifics

When officiating the three person system, the officials will be designated as "A", "B" and "C". The A and B Officials will be on the same side of the field while the C Official will be on the opposite side of the field. The three officials must work to maintain a triangular positioning on the field, and in most instances keeping the ball within the triangle.

1 . The A Official will be responsible for the goal area to her right side and be the Lead Official when the ball is coming toward her.

2 . The B Official will be responsible for the goal area to her left side and be the Lead Official when the ball is coming toward her.

3 . The C Official will both act as Trail Official and as a "second Lead" at each end of the field.

4 . The A and B Officials will be the Trail Official when the ball is moving away from them.

Pre-game communication with your partners will help to ensure that all officials will be able to carry out their responsibilities.

LEAD OFFICIAL (A OR B)

As with the two person system, the Lead Official is responsible for the goal circle area at her end of the field. When the ball starts to move towards her, the Lead Official must pull wide toward the sideline, then angle back into the field as she approaches the goal area. She must always be ahead of play as the ball moves towards her. Because the A and B Officials are on the same side of the field, they share responsibility for making the sideline out of bounds calls. If the A Official makes the call and the ball is coming towards her, generally she moves ahead of play and allows the B Official to move up and manage the restart of the play. The exception is when the out of bounds call is made down near the critical scoring area when it is more practical for the Lead Official to restart play.

Once the ball is in her goal circle area, the Lead Official is primarily responsible for on-ball fouls, goal circle calls, and out of bounds calls over her end line. She must also be aware of obstruction of the free space to goal. Since she has two officials – C and Trail – also watching for this, her focus is on the low obstruction of the free space to goal call where the Trail Official would have a difficult time getting into position to make the call. If the ball enters the goal circle and is stopped by the goalie, the Lead Official must remain in close proximity to the goal circle as the goalie prepares to clear the ball, especially if the other team is challenging the goalie clear. Should the goalkeeper be unchallenged and choose to start walking the ball up field, the Lead Official always remains close by. This will allow her to see possible fouls against the goalie and also to be in position to again become the Lead Official should the other team quickly gain possession of the ball.

TRAIL OFFICIAL (A OR B)

The Trail Official follows the play down field, assisting the Lead Official with making sideline out of bounds calls. As the ball approaches the goal area, the Trail Official takes a position near the restraining line, counts players while looking forward and checking back when possible, and is responsible for signaling offside violations. She will shift laterally with the play in order to see obstruction of the free space to goal, off- ball fouls, dangerous follow-through, and three seconds violations. She is also responsible for all decisions on her sideline. The Trail Official and the C Official share responsibilities for the middle of the field. When C must move wide toward the sideline, the Trail Official must move toward the center of the field even with the second inside hash mark, and when C must move toward the center of the field even with the second inside hash mark, the Trail Official must move wide toward the sideline. The Trail Official must respond to the C Official's adjustments. Neither official moves into the center of the field even with the center hash mark on the 8m arc as this would put either official at a disadvantage should there be a quick transition.

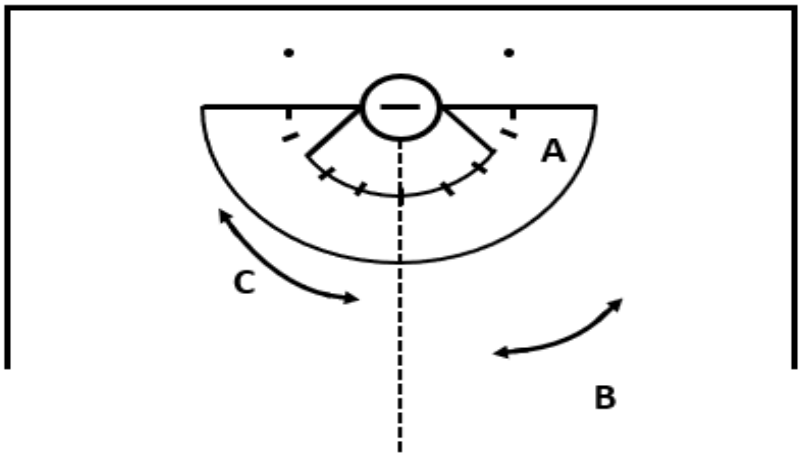
TRAIL OFFICIAL (C)

The C Official has Trail Official responsibilities for the entire game and therefore never has to be ahead of the play. She is responsible for out of bounds calls for her entire sideline boundary and can assist the Lead Official in making calls in the deep corner on the end line. As the play begins to transition from one end of the field to the other, the C Official is able to stay wide of the play yet follow the play closely from end to end acting to escort the ball up or down the field. As a general rule, the C Official is slightly ahead or somewhat behind the ball in transition, maintaining the best position to see spaces between players. The C Official also helps with counting players ahead of play for possible offside violations in transition.

When possible, the C Umpire must assist her partners' transitions by assuming coverage of the restraining line. When the goalie is ready to clear the ball or when players are bringing the ball up the field out of the C Umpire's area of the arc, it is helpful for the C Umpire to check the number of players above the restraining line and signal to the former Trail Umpire. Once this partner receives the communication, she is free to transition further up the field in preparation for becoming the new Lead Umpire.

When the former defensive team is bringing the ball up the field toward the C Umpire's side, she must stay on-ball. If the C Umpire calls a foul, the A and B Umpires must have an awareness of restraining line coverage.

When the ball enters the critical scoring area, the C Umpire must be in a position well below the restraining line and as near to the 12m fan as play will allow. Depending on the position of the ball, the C Umpire will move laterally toward the second inside hash mark on the 8m arc. She will be looking for shooting space to goal on her half of the field, as well as off-ball fouls, dangerous follow-through, and three second violations. She may also assist in calling goal circle violations on the Lead Umpire's side where quick transitions prohibit the Lead Umpire from getting to the tangent. When the ball moves into her half of the field, she must assist the Lead Umpire in making on-ball foul calls, including blocking and charging and goal circle violations away from the Lead Umpire's side of the goal circle.



The Draw

The C official will administer all draws and will be responsible for calling any illegal draws involving the two centers. The A and B officials must put themselves in good position to watch for fouls around the center circle and the restraining line when the draw is taken, including either team stepping on or over the center circle before the draw or either team stepping over the restraining line before possession is gained.

In addition, A and B Officials make the determination that each team has not exceeded the legal number of players allowed between the restraining lines for the draw and has any number up to 12 players of each team before the start of the draw.

Rotating Positions

Three person official teams exchange positions (rotate) after every other goal is scored. With the three person system, the positions rotate clockwise, A moves to B, B moves to C, and C moves to A.

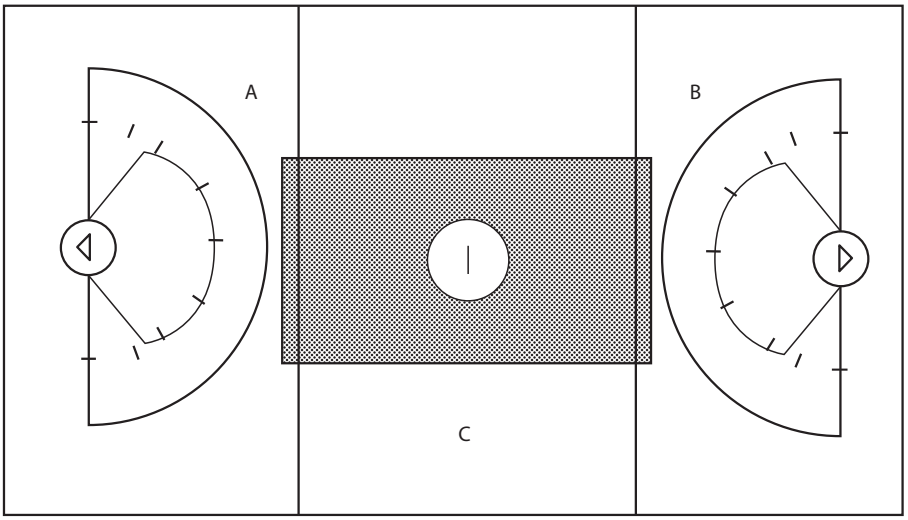
The diagrams and examples on the next few pages will help you to understand the positioning of the Lead and the Trail Officials.

THREE PERSON SYSTEM DIAGRAMS

Starting Positions

To start the game, the A and B officials are positioned on the score table side of the field while the C official positions herself on the opposite side of the field. With the use of the restraining line and substitution on the fly, it's important for the A and B Officials, monitoring the restraining line, to have a good view of the team substitution and bench areas.

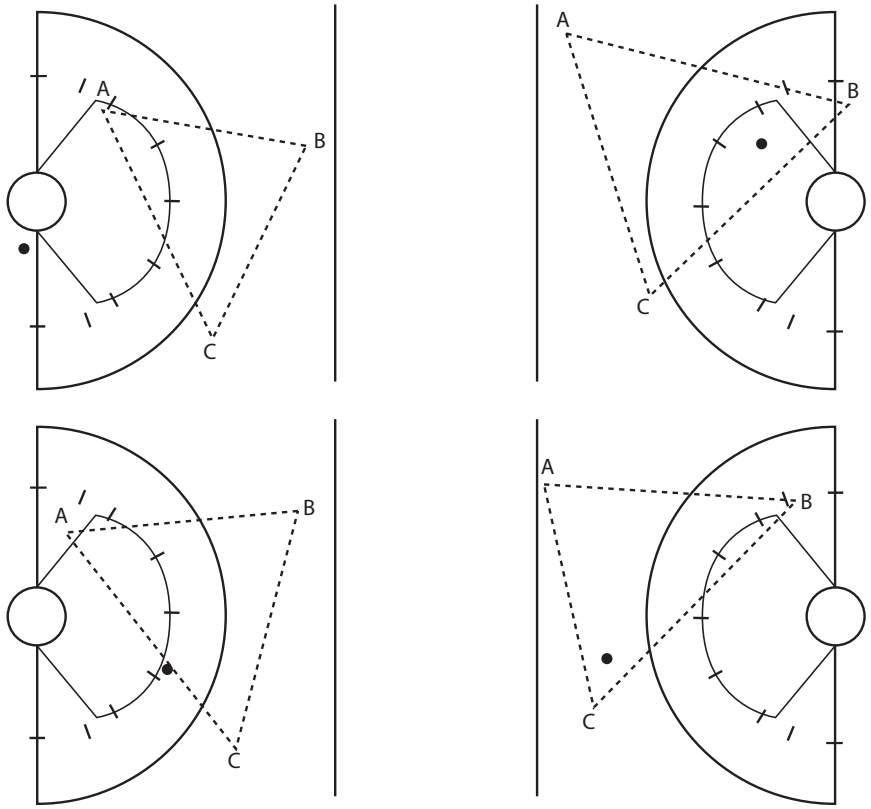
Diagram 1: Field Coverage



TABLE

= shared midfield by the A, B, and C Officials; be certain to discuss all shared areas with your partner(s) prior to each game.

Diagram 2: Positioning Changes – The Umpiring Triangle



The official triangle is defined as the relative position of the officials --- A, B, and C --- that enables the team to best see all play in the CSA (critical scoring area). Note that the ball will not always be surrounded by the triangle. The Lead Official adjusts, moving with purpose in quadrants 1 and 2, in order to be in the best position relative to the position of the ball and on tangent. The C Official, the "second Lead", also adjusts, moving with purpose laterally in quadrant 3 between the sideline and the second inside hash to be in the best position to see both on-ball and off-ball play that is not the focus of the Lead Official. The Trail Official adjusts in opposition to the C Official --- if the C Official moves wide, the Trail Official moves toward the middle and if the C Official moves toward the middle, the Trail Official moves wide toward the sideline. The Trail Official is focusing on off-ball play. The three officials moving in concert appears to be a "triangle dance".

Diagram 3: Change of Possession

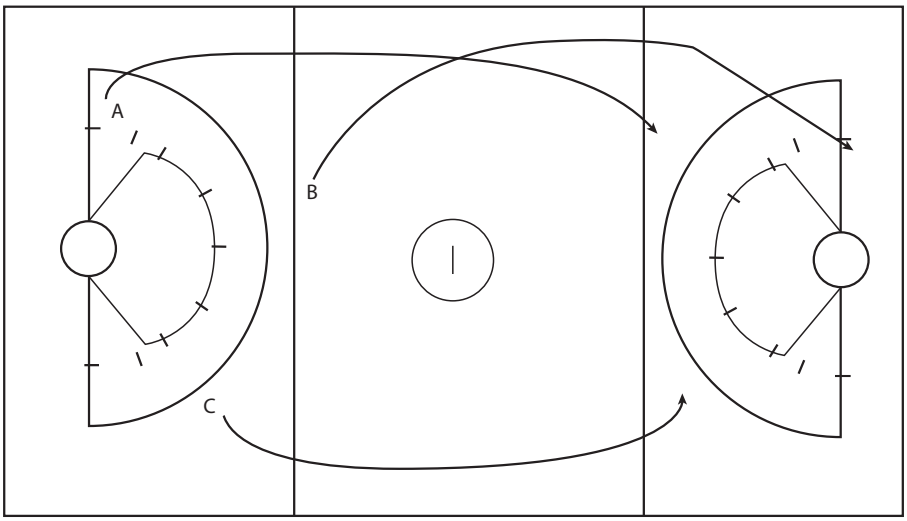
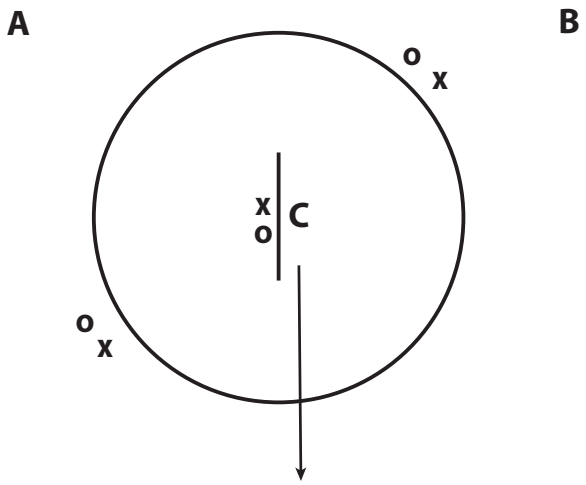
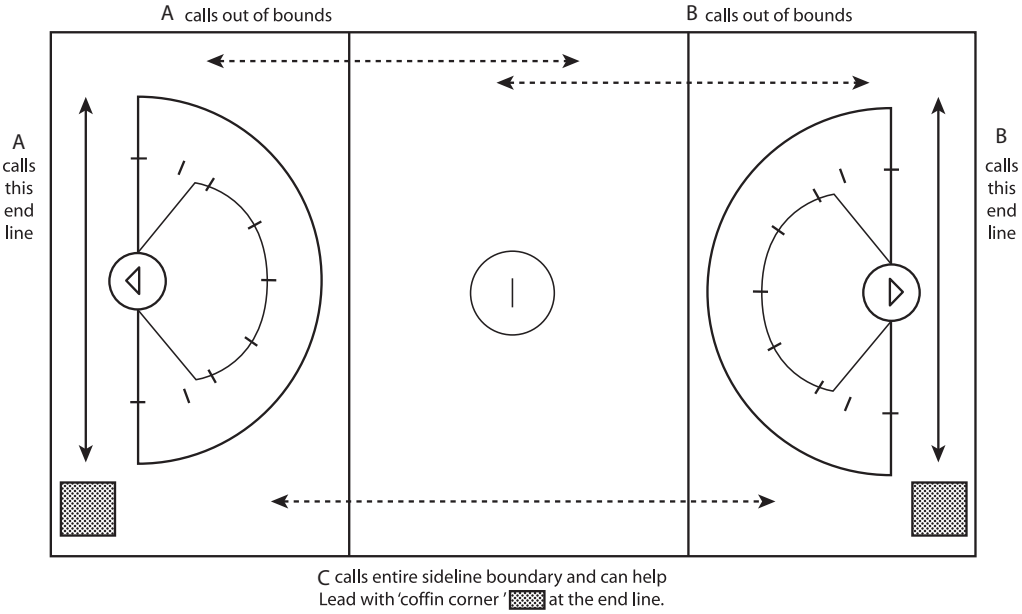


Diagram 4: The Draw



Note: The C Official's positioning, in relation to the center line, will vary depending on player positioning. However, the C Official's exit will always be in a route in line with the center line to facilitate observation of the crosses in the vertical plane.

Diagram 5: Boundaries



OFFICIATING THE GOAL CIRCLE

Officiating the Goal Circle requires purposeful movement. The Lead Official is constantly repositioning within a Quadrant in order to anticipate play and to clearly see the space between the defense and the attack. One of the most important responsibilities of the Lead Official is to ultimately be "on tangent". It takes time and practice to move freely around the goal area in Quadrants 1 and 2, always striving to be "on tangent" to the shooter. Being in the correct Quadrant and "on tangent" places the Lead Official in the correct position for seeing possible fouls committed by the shooter or the defense and for seeing goal circle violations by either the attack or the defense.

QUADRANTS

There are 4 Quadrants in the Critical Scoring Area (CSA) that are defined by a vertical axis that splits the goal circle in half and is perpendicular to the goal line and by a horizontal axis that runs parallel to the goal line and intersects the goal circle at the top and is perpendicular to the vertical axis. The Lead Official is constantly repositioning in quadrants 1 and 2. The horizontal axis serves as the "home base" from which the Lead Official makes adjustments according to the developing offensive play and the position of the ball.

See Figure 1 – "A" Lead Official and Figure 2 – "B" Lead Official.

HOME BASE

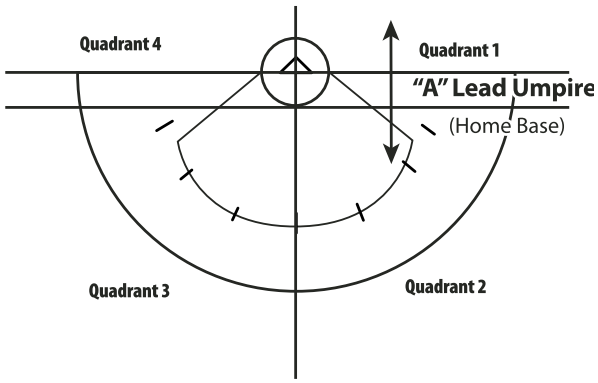


Figure 1
"A" Lead Official
Home Base

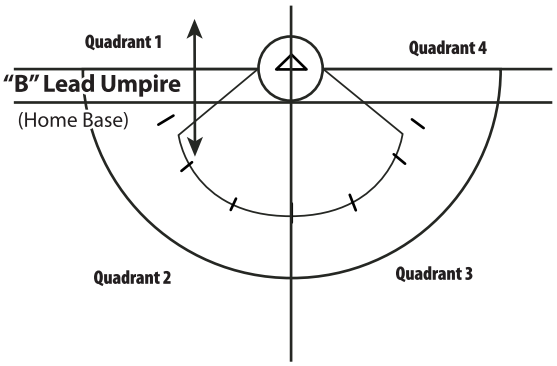


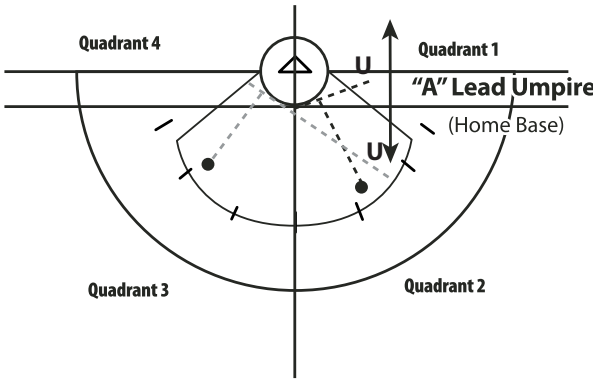
Figure 2
"B" Lead Official
Home Base

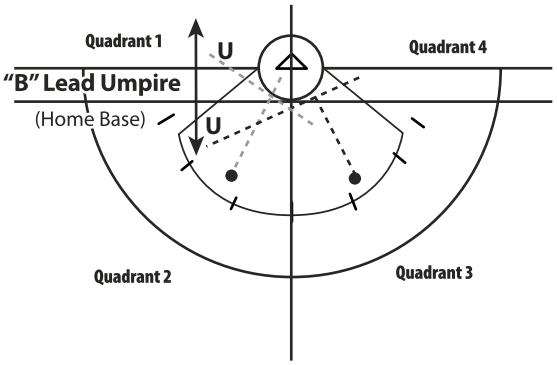
Official Movement

When the ball is in Quadrant 2 the Lead Official is in Quadrant 1 and "on tangent".

When the ball is in Quadrant 3 the Lead Official is in Quadrant 2 and "on tangent".

See Figure 3 – "A" Lead Official and Figure 4 – "B" Lead Official.





OFFICIAL ANTICIPATION

When the ball is in Quadrant 4 or Quadrant 1 below the goal line extended the Lead Official is in Quadrant 1 observing the developing play — what will the ball carrier do with the ball — pass or roll? [Note: It is not possible for the ball carrier to shoot from below the goal line extended.]

The Lead Official makes adjustments in Quadrant 1 to be "on tangent" as the ball carrier rolls from Quadrant 1 toward Quadrant 2.

See Figure 5 – "A" Lead Official and Figure 6 – "B" Lead Official.

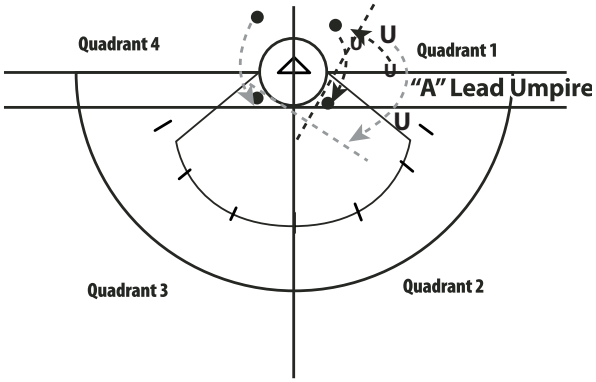


Figure 5
"A" Lead Official
Anticipation and Movement

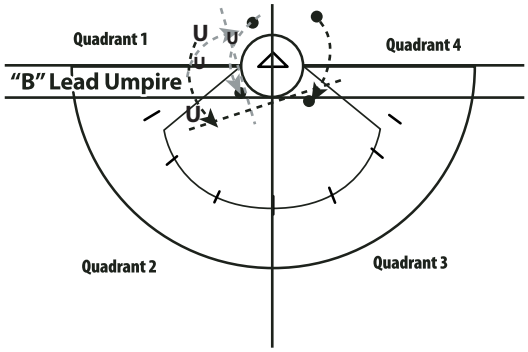
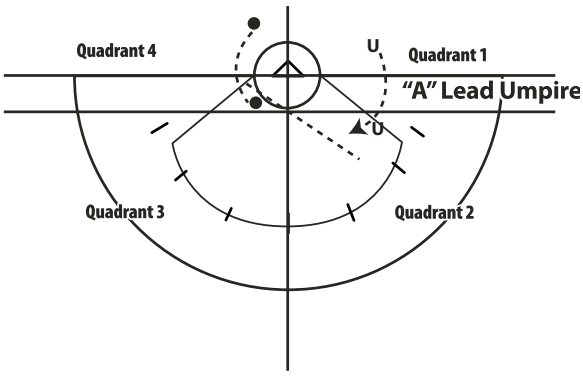


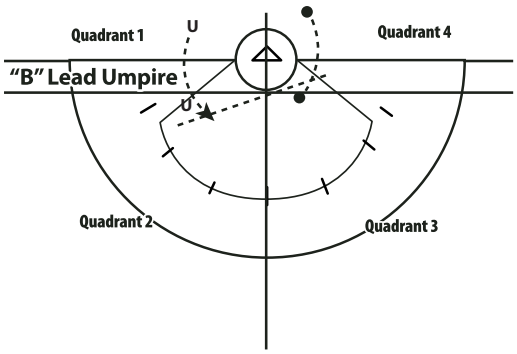
Figure 6
"B" Lead Official
Anticipation and Movement

Official Movement

The Lead Official makes adjustments from Quadrant 1 to Quadrant 2 to be "on tangent" when the ball carrier rolls in Quadrant 4 toward Quadrant 3.

See Figure 7 – "A" Lead Official and Figure 8 – "B" Lead Official.





TANGENT

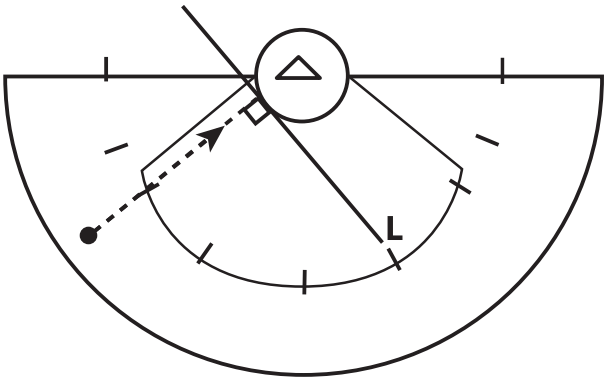
Being "on tangent" requires understanding a mathematical principle — the tangent is a straight line that touches the outer edge of a curve (i.e., the goal circle) at only one point and is at right angle to or perpendicular to the approaching line of the ball carrier/shooter. The Lead Official that achieves being "on tangent" is in the best position to call fouls and violations associated with the ball carrier approaching the goal to shoot.

KEY:

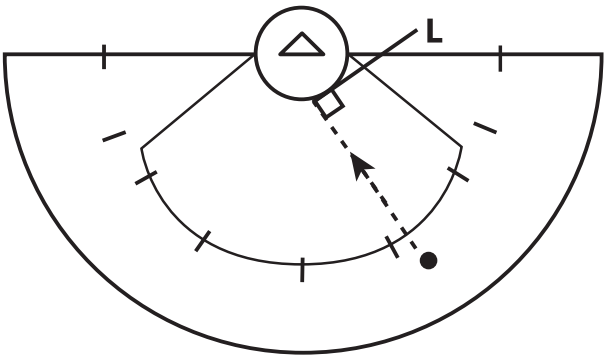
l ——→ Path of the shooter and/or shot on goal

L ——→ Lead Official on tangent

A Shot From The Left



A Shot From The Right



PART 4: Appendix

UNIFORMS

US Lacrosse Approved Uniform

We all should strive for a professional, consistent dress. Whereas special considerations can be given for the entry level official, it is expected they will strive to look professional as they eventually do accumulate the appropriate articles of the approved uniform.

Styles are changing from the old pleated kilts to a more athletic non pleated style kilt. We should continue to strive for a neat but athletic appearance.

All officials shall be in uniform when arriving and leaving the field. We highly suggest matching kilts to shorts, pants to pants, and sleeve length, but also understand heat tolerances differ within body types.

SHIRTS:

- One inch black and white vertical stripes on the body and sleeves.
- It is preferred to be the traditional black Byron or polo collar with black cuffs or the V neck. However, the V neck basketball shirt is acceptable, if both officials wear them.
- The sleeve style shall be long, short, or sleeveless as long as both (all) officials match.
- The material will be standard or small mesh

KILTS/SHORTS:

- Pleated plain, or wrap kilts are acceptable.
- The length of the kilt or shorts should be professional.
- The fabric should be of a substantial substance so as to hang smoothly, to resist fading, and to be in good repair.

PANTS:

- Nylon or other material, neat. Preferably not gathered at ankles.

SHOES:

- Predominantly black shoes, black laces. If shoes have white on them, try blacking it out with marker, paint or other indelible substance. They should be polished, and clean for every game.

SOCKS:

- Black, low style. Or solid black knee socks

UNDERSHIRTS:

- Long or Short sleeve = solid black. Small logos are unavoidable.

HATS/VISOR/EARBANDS:

- Solid black. Knit hats/earbands may be worn when cold and should be solid black.
- Sunglasses, conservative in style and color.

JACKETS:

- Standard black and white poly, one–inch vertically striped jackets with knit black Byron collar and black cuffs or a solid black jacket may be worn for inclement weather.
- Crew members should match in their selection of jackets.

MANDATORY ACCESSORIES:

- Whistle – solid black Fox 40 preferred. The umpiring team must not mix whistle tones i.e. not Fox 40 regular and Fox 40 Pearl. Carry back up whistle inconspicuously.
- Flag – Yellow approximately 14"x14" with bound hem. Weighted or un–weighted.
- Cards – Green, Yellow, Red
- Pencil to record warnings
- Coin
- Measuring tape

OPTIONAL ACCESSORIES:

- Lanyard, if used solid back
- Kilt pin –1 small, discrete
- Gloves – solid black if needed
- Tights under kilts – solid black, not baggy
- Spandex should be solid black and preferred not to show below kilt or shorts, unless for medical purposes.
- Small equipment bag holding current rulebook, any league modifications, lighting policies etc should be black.
- Water bottle
- Watch – wrist style stopwatch with countdown feature strongly suggested.
- Sunglasses

DRESS TO AND FROM GAMES:

In order to uphold the well–respected, professional image, officials are required to wear appropriate clothing to and from the game sites.

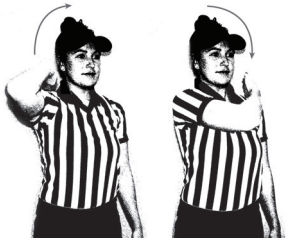
VISUAL SIGNALS

ALTERNATE POSSESSION

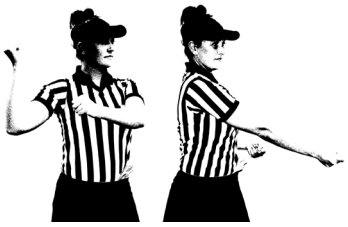
BLOCKING

CHECK TO THE HEAD

COVER



CROSSE INTO/ THROUGH SPHERE



DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING

DANGEROUS CONTACT

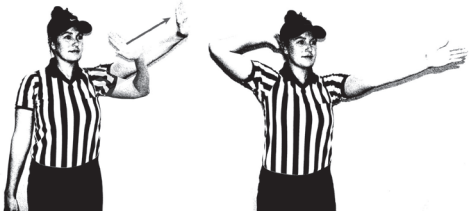
DANGEROUS PLAY

DANGEROUS SHOT ON GOALKEEPER

DETAINING

EARLY ENTRY ON DRAW

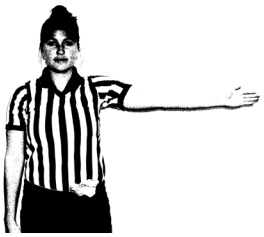
EMPTY CROSSE CHECK



FORCING THROUGH

GOAL

GOAL CIRCLE FOUL



HELD WHISTLE

HOLDING

ILLEGAL BALL OFF THE BODY

ILLEGAL CRADLE IN SPHERE

ILLEGAL DRAW

ILLEGAL PICK

ILLEGAL PROCEDURE/
FASE START

ILLEGAL STICK TO BODY
CONTACT

MISCONDUCT

NO GOAL

OBSTRUCTION OF FREE
SPACE TO GOAL

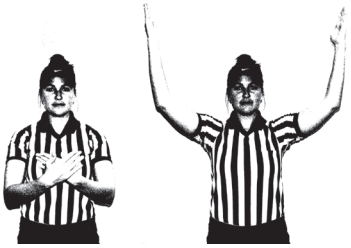
OFFENSIVE FOUL

OFFSETTING FOULS

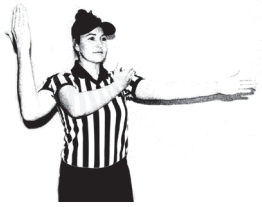
OFFSIDE

POSSESSION

PUSHING OR
BODY CONTACT



REDRAW



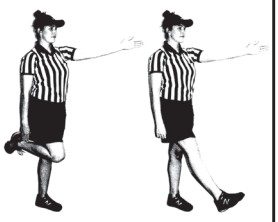
ROUGH CHECK/
ILLEGAL CHECK ON BODY

SLASH

THREE SECOND

TIME IN

TIME OUT

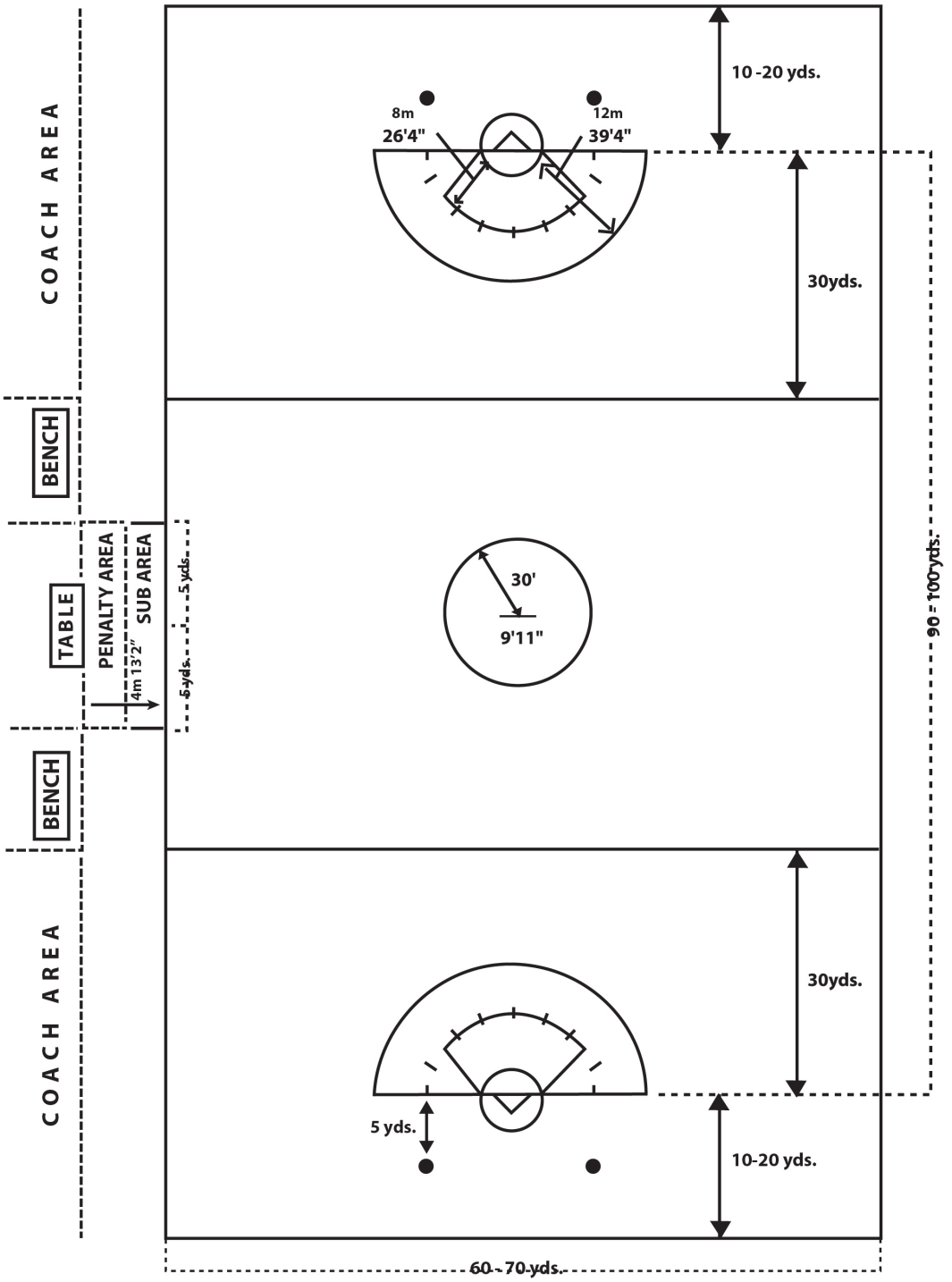


TRIP

WARDING

10 SECOND GC
COUNT

FIELD DIAGRAM



Metric Conversions
2M =6'6"
3M = 9'11"
4m = 13'2"
8m = 26'4"
9M = 10 yd.
12M = 39'4"

Other Information
Hash Marks = 1'
Guidelines = 6.5'
Goal Line Width = 2"
Width of Other Lines = 2–4"
(Goal is placed on front of line)

See rulebook for more measurements.

NCAA Note: Same as USL EXCEPT that the coaches area extends up to the sideline and the area behind the goal line is always 10m.

THE TABLE OFFICIAL

Overview

For most college and many high school tournaments, our team of (hopefully) three officials is expanded by one. The table official oversees the mechanics of the contest, monitors much of the activity that occurs at the scorer's/timer's table, facilitates the protest procedure if it were to arise, and is available to step into the field official's role if one is incapacitated. Some leagues officially use the table official as the liaison for team time-outs, but all are likely to approach a table official when there is a protest. Thus the table official can be a crucial player in maintaining a match's flow and continuity. Because the situations that use table officials are the games with the most at stake, understanding the role of the table official as well as the tasks of her field partners is worth some advance consideration.

Mechanics

The table official is expected to abide by all expectations of the field officials, arrive 30 minutes prior to the game, participate in the pre-game meetings and any subsequent discussions or meetings that occur, walk the field, and be properly dressed (the table official may have additional layers). In some championships, the table official has the ability to card the bench personnel. Those procedures should be reviewed by the "team" before the game starts. Any conversations held by the officials about the tenor of the game, players being monitored for physical play, consistency objectives, etc. should include the entire officiating team as this will maximize consistency should an official exchange be necessary. After time has expired, the officiating crew should leave as a team and the table official should be part of the game review.

Primary Duties of the Table Official

- Perform field duties of an official in the event of an injury to a field official prior or during the game.
- Attend all meetings with field officials including captains meeting and stick check of teams.
- Review duties with Scorer and Timer (including overtime procedures if necessary).
- 10 minutes prior to game time, check scorebook to see that names and numbers on rosters and lineups match and are complete.
- Monitor clock operations during game (after goals, injury timeouts, cards awarded, official signaled timeout, last 2 minutes).
- Bring water to officials at timeouts if necessary; confer with field officials about tenor of game.
- Monitor substitutions during game.
- Keep record of administered cards.
- Monitor timed suspensions.
- During game play signal the granting of a possession timeout by sounding her whistle when the requestor's team is in clear possession of the ball.
- Inform the field officials when a yellow and/or red card has been administered to the team personnel on the sidelines so that the field official can administer the card at the next stoppage of play.

INDEPENDENT CONTRACTORS - THE OFFICIAL

Official Risk Management

INTRODUCTION

Safety of lacrosse participants is paramount within the responsibilities of US Lacrosse officials. Prioritizing the safety of players, coaches, fellow officials and spectators is the most effective form of "management" of risk. Official exposure to legal liability stems almost exclusively from physical injury suffered by an individual while participating in, or attending a lacrosse game. Officials can manage risk by: (a) identifying the risks inherent in the sport of lacrosse; (b) avoiding those risks through effective umpiring; and (c) by minimizing the impact of unavoidable risks. This appendix provides helpful risk management guidance.

A seminal goal of the US Lacrosse rules, interpretation and official training is to allow fair and fun competition while minimizing the risk of injury to game participants. Minimizing the risk of injury minimizes the exposure to potential liability.

For an official to be found liable in a lawsuit for the player/participant/spectator injury, the injured person must demonstrate that the official did or failed to do something that caused or contributed to the injury. This "exposure" extends far outside the field boundaries and for the most part begins with the appropriateness of training. The range of conduct for which an official may be scrutinized includes but is not limited to rule knowledge, training (or lack thereof), assignments, field conduct, professionalism, communication, rule enforcement (or lack thereof), judgment, rule compromises and player/coach/spectator interactions. Although potential litigants initially will observe only on-field official behavior in considering liability, the competency of the official, the appropriateness of the assignment, and every aspect of how the official came to do what s/he did (or not do what s/he allegedly should have) will be examined.

Lawsuits against officials are very uncommon for many reasons, not the least of which is that participants assume some level of risk to themselves by participating in the sport. If someone is hurt however, anyone who contributed to or could have prevented the injury may face some level of inquiry and a rare few may face legal liability. Officials should know that an injured participant may investigate potential liability against you and your partners, the school/venue, the coaches, other players, your local official board, assigner and/or US Lacrosse. You should also know that as an official member of US Lacrosse, you are provided with liability insurance coverage if you are sued. Whether you ever face questions or a lawsuit, the best management of your legal exposure is to have adhered to the rules, guidelines and safety-based decisions.

OFFICIAL COMPETENCY

Official must agree to learn the rules thoroughly and undergo the necessary training as established by US Lacrosse. Officials must then complete the classroom training, onfield rating process and obtain certification before they are allowed to officiate unsupervised. Thereafter, the official must remain in good standing by meeting all annual certification requirements.

The training and assessment of official candidates should be well-designed and reasonably standardized. US Lacrosse youth/women's game rules, training and assessment methods are evaluated at least annually and have been increasingly standardized. From a risk management standpoint, the rules, training and rating process available to US Lacrosse officials is reasonably prudent. An official's potential exposure will be lessened considerably simply by successful participation in training with thorough knowledge and enforcement of the rules.

Season/Game Day Preparation

COMPREHENSIVE APPROACH TO OFFICIAL READINESS

Be Mentally & Physically Prepared

Avoid fatigue, illness and distraction. If an illness, injury or life circumstance interferes with an official's ability to focus and/or perform, the official should attempt to find a capable substitute. An official may face legal exposure if an injured individual claims the official was unable to sufficiently perform thereby leading to the injury. By way of example, if an official is struggling to keep up with players and consistently is not in position to make calls, prevent rough play, etc, the official's performance will be under the microscope if a player is hurt. An official may later be questioned about the amount of sleep s/he had before game day, her/his conduct 12–24 hours prior to the game and the official's physical and mental condition during the game. Your conduct on and off the field will be considered in any lawsuit.

If circumstances require you to officiate while physically or mentally challenged, you should ask your partners to help in anyway that they can. You should also not discuss any challenges with which you are dealing with anyone other than your official team who may be in a position to assist.

Be Equipped

Obtain and maintain current US Lacrosse and/or NFHS rule books, proper uniform, cards, whistle, watch and field/turf shoes.

Train & Refresh

Read the rules and manual. Complete the necessary US Lacrosse official training to obtain an official rating. Annually take the official written exam. In years between ratings when formal training is not required, keep your rule/official knowledge and game management skills fresh. Annually complete recurring mandates such as attending a rule interpretation, paying local board dues, taking the online test, and any other requirements to remain a member in good standing on your local board

GAME DAY

Everything You Do and Say May Matter

1) Timeliness

Avoid having to rush to a game or being late. If circumstances prevent you from being timely, take a moment to collect yourself to be in the proper frame of mind before taking on your responsibilities. It is important for you, your official team dynamics and for attendee perception.

2) Professionalism

Remain professional. The impression you make upon the moment of arrival – appearance, readiness, communication – through your departure from the venue provides the framework through which you will be viewed. Simply put, an impressive and pleasant bed-side manner will go a long way to manage risk. Professionalism and how you communicate your professionalism is an important risk management tool. Rapport and respect can be an invaluable intangible factor.

3) Rules, official equipment, etc.

Always have a rule book present. You may even want to have your manual present for reference.

4) Official Pre-Game Meeting

This is essential to communicate any and all concerns, approaches and issues about which to be aware. Emergency protocols related to injuries, weather, etc. should be discussed and decided so that the official team may react promptly and in an organized fashion. The meeting serves to set the team framework which will enhance the officials' management of the game and risk.

5) Field Inspection

Your field inspection should be thorough with a focus both upon compliance and safety. Be on the lookout for debris, hazards, sprinkler heads, improper pylons, unpadded objects near the field, exposed grids or animal holes. If a player or participant

is injured by a field condition, your potential legal exposure will stem from whether you conducted a reasonable inspection and required rule compliance. Additionally, if you reasonably could have suggested something to make the field or surrounds safer and failed to do so, your failure will be questioned. At a minimum, officials should inform the game administrator or field manager of conditions or situations that appear unreasonably hazardous whenever they develop.

If it affects safety, it is suggested that officials do not allow a "waiver" by coach/ player agreement for a non-compliant field. If a compromise is permitted, efforts to best ensure safety should be made (i.e., padding, covering, cautionary warning to teams). As required by the rules, all non-movables adjacent to playing field should be padded. If a school/venue does not have padding, you should decide the nature of the risk to the players and officials and make a reasonable decision about whether the game should be played. If the game is played, all participants should be warned about the unpadded objects. This can be accomplished by discussion with the coaches and/or captains

6) Equipment check – follow the rules

a. Attentive and thorough check

b. No waiver for non-compliant equipment

c. Condition – any safety issues with sticks or uniforms?

d. Proper mouth guards and equipment that meets standards (if observable)

7) Coach Certification of equipment compliance

By ensuring you receive coach certification, you enforce the rules, send the message of safety focus and compliance, and, shift any potentially liability associated with non-obvious equipment compliance to the coach/institution.

8) Weather

a. Learn the school/venue weather tracking capabilities. Reach an understanding with the field/site manager regarding at what safest point will a game be suspended.

b. Safety is your guide. An official may suspend a game for harsh weather conditions, including excessive heat and humidity.

c. Comply with USL, league, federation, association or school rules – whichever is most stringent.

d. Officials should take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition – weather related or otherwise.

CALLING THE GAME

1) Rules – Know them, Study them, Enforce them – Manage Your Risk by Calling the Game as you are Trained to Do

Setting the tone and enforcing the rules start to finish is a very effective, if not the most effective, risk management an official can undertake. Additionally, although "preventive umpiring" has a valuable place, it should be used to prevent fouls, not as a substitute for calling them. By demonstrating your ability to head-off dangerous play, and your willingness to quickly and firmly penalize dangerous play, you can minimize your legal exposure. As you are trained, you should enforce the rules consistently and communicate with you partners continually. Your communication with your partners is necessary for game management but it also magnifies the team awareness of "risk" that may develop during the game. Getting it right is more important that getting it almost right quickly.

2) Mechanics

Positioning and game mechanics are critical to field coverage. The officiating team needs to be in a position to see the field, see the fouls and enforce the rules. Proper field coverage is important for risk management

3) Coach Communication

Game management should include communication with coaches. Typically, risk is better managed by good communications among decision-makers. This starts from the moment you greet the coaches upon arrival. The basis of decisions and "what's the most reasonable thing to do here" may include coaches, present ADs and field managers.

4) Player Altercations

The game, the athletes, parental passion and the expected range of conduct of female participants has evolved. Officials should be prepared for player and/or participant confrontation at any game. The guidance is simple: An official should respond reasonably. This is true in a fight, and is true in any decision you will make.

First, you should enforce the rules throughout the game to manage growing player frustration. Missed fouls are to be expected but an official philosophy to "let them play" beyond or contrary to the bounds of the rules increases the risk to the participants and the potential liability of an official. Secondly, beyond rule enforcement, do not ignore demonstrated growing frustration with any player(s). Take action by discussion with coaches, captains and/or the player(s) as appropriate, including your partners in the process. The best way to deal with confrontations is to diffuse them before they escalate to physical.

If a physical confrontation occurs, you are not required to physically intervene if you would be placing yourself at risk of injury. A "reasonable" official response to a fight does not require that you place yourself in harm's way. Moreover, if you elect to physically intervene and get hurt, you may be held to have assumed the risk of your injury. This means that you may not be able to hold anyone else responsible for your injuries.

There is no "hard and fast" rule about what an official should do if a physical confrontation occurs. Reasonable steps would include blowing your whistle, verbally insisting the players stop or separate, walking between and redirecting players potentially headed to an altercation, and/or seeking assistance from coaches or field personnel. You should attempt to address the confrontation as a team with one or two officials focused on the altercating players and the remaining/distant official(s) strongly directing the other players, benches and coaches. The official(s) farthest from the altercation should:

- Send all players to their benches after dropping their stick
- Get near the benches and direct the coaches to keep players off of the field
- Note the numbers of players leaving the bench or moving toward the altercation

After the altercation, the officials should:

- Send all players to their bench after dropping their sticks (if play is to resume as ended)
- Direct coaches to get players under control
- Meet with your officiating team to decide upon penalties, sequence, set up and game resumption
- Take your time to jointly decide if the game can be safely resumed and how it will resume.
- Once the decision has been made, jointly inform both coaches of your decision

It ultimately is the home team's site management personnel's responsibility to manage an altercation. Once the altercation has been brought under control, the official team should work together to administer the most appropriate cards, fouls or game-continuation decisions. After the game, complete thorough game reports on the incident(s) and immediately inform your Assigner.

Remember, officials may terminate games at any point for any safety concern, including threatened or actual violence.

5) Injured Players

Officials should respond immediately to player injuries by blowing your whistle, stopping play and summoning medical help. Your partners should continue to manage the other players and game. You should not assist or treat player injuries. The only exception is that medically-qualified officials may assist injured players if medically necessary under the circumstances. Otherwise, home field medical personnel should be the sole responders to injury. Inappropriate intervention by officials may result in further injury to the player. Do not move players; allow training/medical personnel to make decisions regarding how and when to move the player. (Officials should require players with minor injuries and visible blood need to leave the field.) Do not encourage non-personnel to move an injured player so that you can "get the game going." You must allow a sufficient amount of time for the player to be treated and moved by medical personnel. Finally, do not discuss the potential cause of the injury with anyone other than your official team in private.

6) Spectators

If a spectator is disrupting the game, engage the site/field manager to address and/ or remove the spectator. You should not confront the spectator nor be involved with his/her removal. It is not your responsibility and is fraught with unnecessary risk. It is best to avoid discussions, even pleasant ones with spectators. Any discussion between an official and spectators can give the appearance of impropriety.

7) Misconduct After the Game

If a flagrant/altercation situation occurs after the game ends and before the officials leave the playing venue, the official(s) can issue a post-game ejection to the offending player or coach to be served in the team's next two games. From a risk management standpoint, officials should err on the side of safety and card issuance to help prevent further escalation.

BASICS...A Reasonably Prudent Official

1. Knows the rules.
2. Knows and accepts her/his responsibility in enforcing the rules.
3. Does not permit anyone to prevent her/him from doing her/his job in the best possible manner.

If Suit is Filed Against You

1. Notify your Local Organization and US Lacrosse.
2. Notify your USL liability insurer. Legal defense is part of the coverage. Contact information is at www.uslacrosse.org/membership/insurance.

CONFLICTS OF INTERESTS – DOS AND DON'TS CONSIDERATIONS

Avoiding conflicts of interest is part and parcel of risk management. Although engaging in a conflict of interest rarely results in legal liability, it "exposes" officials and may be considered as evidence of poor judgment in a legal liability setting. The rules are simple. Do not engage in anything that can give even the appearance of impropriety. For instance, despite the fact that you are confident you can officiate your ole' alma mater fairly, you shouldn't in any game of consequence. The following are typical potential conflict guidelines:

- Officials should not work a game of an institution where the official is employed. Should the official cease employment from that institution the official may work there after four (4) years time.
- Officials should not work a game involving a member of the official's family. This includes a family member who works/worked or attends/attended the institution playing (whether playing in the game – or not).
  - It can be appropriate for an official to work a game if four (4) years have passed since the family member was associated with the institution.
- Officials should not work a game involving a team coached by an official's former coach.
  - Again, it might be appropriate after a number of years have passed since the official was coached. (Officials should consider six (6) years or longer.)
- Officials should not work a game of consequence (i.e. in-season or scored) of her/his high school or undergraduate alma mater ever.
- Officials should not work graduate institutions until after seven (7) years of time has passed.
- Officials should not work a game of a team whose personnel is a member of the official's family or household.
- Officials who additionally are coaches, should not work a game for the school where s/he coaches or in the same league/conference.
- Officials should notify the assigner or board chair of any potential conflict sufficiently in advance of a game so that the official may be reassigned.

NOTES

MENTORING

The Mentor–Mentee relationship is invaluable for the "Training, Retaining, and Promoting" of US Lacrosse officials. It is highly recommended that Local Boards/ Associations establish a mentoring program for Junior, Youth, Apprentice, and Local officials.

Herein are suggestions for the Mentor and for the Mentee. These suggestions are just that and not meant to be all–inclusive of the many ideas that US Lacrosse member officials and their Local Boards/Associations may have.

Suggestions For The Mentor

PRE–SEASON

- Establish logistics of mentor/mentee relationship: how often and best time to talk, contact information, any off–limit times to call, etc.
- Review mentee's strengths /weaknesses. Utilize paperwork from most recent rating session.
- Request copy of their game schedule and offer them your schedule.
- Set specific goals together and list ways to reach these goals.
- Highlight US Lacrosse Convention as learning and networking opportunity.
- Discuss: – Game schedule and assigned partners ––– Level of games & partners who might be helpful teachers – Fitness – Attitude: "Student of the Game"
- Coordinate schedules to fulfill service requirements together, if possible.
- If you teach a clinic, invite your mentee to sit in / assist (if appropriate).

IN–SEASON

- Perform a mid–season verbal evaluation with them. Use appropriate level "On–Field Rating Checklist" as starting point. Set new goals for remainder of season.
- Observe on–field performance if possible / make notes / discuss specifics.
- Invite mentee to watch you officiate
- Attend a game together to watch and discuss.
- Listen carefully to what your mentee is saying (and not saying).
- Discuss: – Rules – Interpretations – Judgments – Game situations from your and their games
- Break games into component parts:
- What level was the competition?
- What was the demeanor of the coaches and players?
- What actions occurred and under what game circumstances?
- What rulings or judgments were made in response to these variables?

END-OF-SEASON

- Make list of your mentee's accomplishments and the challenges s/he needs to work on.

> Be human! Admit to your own mistakes in the game. Share these shortcomings often. Tell stories of your own learning experiences. Keep your mentee enthusiastic! They may forget what you said, but they will never forget how you made them feel. — Carl W. Buechner

THE SPECIFICS

- Field positioning
- Mechanics and whistle talk
- Pre-game content
- Rules questions and clarifications, specifically new rules for this season
- Officiating at various levels, holding / not holding
- Use "rulebook language" with partners, players and coaches
- Game management: pressure situations, tight games, rivalries, diffusing potential coach/ official confrontations
- Communication with partners, assigners, coaches, players and fans
- Understanding the official team concept: when and how to offer help
- The importance of safety and how it is interpreted in aggressive play
- Appropriate use of cards as tools to control the game

OTHER SUGGESTIONS

- Consider the intangibles of officiating (displaying positive attitude and willingness to improve, field presence).
- Consider things you can control (uniform, fitness level, attitude, professionalism).
- Understand the nature of feedback and best way to receive it ("okay, I'll try that" vs. "but I..." or "I just...").
- Point out excessive explanation of actions in response to negative feedback that does not best utilize a learning opportunity.
- Weather: Tips on staying dry / staying warm / keeping cool / equipment/ uniform suggestions.
- Double check your Mentee's perception of game situations with their officiating partners if appropriate. Help develop objectivity.
- Introduce Mentee to other veteran officials.
- Encourage Mentee to become involved with local board activities.
- Discuss and encourage off-season and/or out-of-area clinic and tournament opportunities.

Reassure and praise your protégé after every conversation. Don't focus solely on performance that needs improvement. Tell mentee when they are doing something well. Refrain from giving advice. Instead, suggest other ways to look at the situation. Suggest the range of responses available.

Suggestions For The Mentee

PRE-SEASON

- Establish logistics of Mentor/Mentee relationship: how often and best time to talk, contact information, any off-limit times to call, etc.
- Share and review any "Feedback Summary Letters" or "Checklists" completed by observers or raters.
- Request a copy of your Mentor's game schedule & offer your schedule to your Mentor.
- Make a list of specific goals and work together to find ways to reach these goals.
- Discuss: – Game schedule and assigned partners – Level of Games – Fitness – Attitude: be a "Student of the Game"
- Paperwork: –

  Do you have any "Applications" that must be completed (Where to find the "Application"? What information and signatures are necessary to complete the application? What is the deadline? To whom do I submit the application? What else do I need to know?) –

  Lacrosse resume (Create a "Resume" if needed and show your Resume to your Mentor for comments)
- Coordinate schedules to fulfill service requirements together, if possible.
- Attend a clinic if your Mentor is a clinician.

IN-SEASON

- Observe Mentor officiating if possible / make notes /discuss specific situations.
- Attend a game together to watch and discuss.
- Be clear in your communications with your Mentor.
- Discuss: – Rules – Interpretations – Judgments – Game situations from your and their games
- Look at your games as component parts: What level was the competition? What was the demeanor of the coaches and players? What actions occurred and under what game circumstances? What rulings or judgments were made in response to these variables?
- Share and review goals for the season and set new goals.

> Be not afraid of growing slowly. Be only afraid of standing still. It's OK to say you've made a mistake. Own it & Correct it!

ON-FIELD RATING EVENT

- If you have never attended a specific On-Field Rating Event, become familiar with the layout of fields, the location of bathrooms, the location of the designated official area, food and drink availability, etc.
- Give yourself plenty of extra time!!!
- Review and double check your game schedule [rating game(s), field numbers, etc.] Highlight times and fields of your games, making special note of rating games.
- Be calm. Excessive worrying won't help you on the field.

THE SPECIFICS

- Read the Rulebook (USL, NFHS and/or NCAA) and US Lacrosse Officials Training Manual and refer to them often.
- Field positioning in the two or three-person system
- Mechanics and whistle talk
- Pre-game content • Rules questions and clarifications, specifically new rules for this season
- Umpiring at various levels, holding / not holding
- Use "rulebook language" with partners, players and coaches
- Game management: pressure situations, tight games, rivalries, diffusing potential coach/ official confrontations
- Communication with partners, assigners, coaches, players and fans
- Understand the official team concept
- The importance of safety and how it is interpreted in aggressive play
- Appropriate use of cards as tools to control the game

OTHER SUGGESTIONS

Intangibles of umpiring (displaying positive attitude and willingness to improve, field presence) • Things you CAN control (uniform, fitness level, attitude, professionalism, rule knowledge) Understand the nature of feedback and how to graciously accept it

I believe that dreams come true for those who put their hand to the plow and don't look back.

Most of the time, overnight success comes at the end of a long and tiresome trek. Be a good listener. Be positive.

Be helpful.

OFFICIAL UNIFORM REQUIREMENTS

SCHOLASTIC	YOUTH	UNIFORM ITEM	ITEM DESCRIPTION
•	•	Short sleeved shirt	One-inch vertical stripes on the body and sleeves. A black collar and black cuffs are required. Basketball style V neck referee shirts are acceptable.
•		Long sleeved shirt	One-inch vertical stripes on the body and sleeves. A black collar and black cuffs are required. Basketball style V neck referee shirts are acceptable.
•	•	Kilts/Shorts	Pleated, plain or wrap kilts are acceptable. Black shorts are acceptable. The length of either should be professional. If compression shorts are also worn, they must be black and should not extend below the hem of the shorts or kilt.
•		Undershirt	All undershirts and turtlenecks are to be solid black.
•		Jacket	All black outerwear is acceptable for inclement weather. Reversible jacket, stripes on one side and solid black on the other are also acceptable.
•		Long pants	Solid black pants. Weatherproof is recommended. Sweat pants are not acceptable.
•	•	Socks	Black "ankle" socks.
•	•	Shoes	Shoes must be all black with black laces.
•	•	Hats/Visors	Hats or visors must be solid black. Knit hats may be worn in cold weather.
•	•	Whistles	A black Fox 40 finger or lanyard whistle is recommended for its clarity and power.
•	•	Penalty flags	Flags are yellow. Weighted or un-weighted.
•	•	Cards	Yellow, green and red penalty cards.
•	•	Coin	A coin at least the size of a half-dollar is needed for doing the coin flip.
•	•	Equipment bag	Officials are encouraged to carry their equipment in black bags, which must be neat in appearance.
		Gloves	When the weather is cold, officials have the options of wearing black gloves.

At all levels the officials should ideally match their uniforms with their crew – Kilts to shorts, pants to pants, matching sleeve length, Hats/Visors or none, etc... All officials should strive for a professional, consistent dress. Special considerations can be given to the entry level officials, however it is expected they will strive to look professional as they eventually accumulate the appropriate articles of the approved uniform.

Officials should be in proper uniform before arriving on the field and until after they leave the field of play.

CERTIFICATION REQUIREMENTS

LEVEL OF TRAINING & CERTIFICATION	CLINICIAN REQUIREMENT	MINIMUM ANNUAL LEARNING HOURS*	ANNUAL RULES EXAM REQUIRED**	ONLINE RULES & PENALTY COURSE**	ON-FIELD EVALUATION***
Junior Certification	A US Lacrosse Certified Trainer(s) is required to lead or oversee the annual training and certification for all officials. It is recommended to have no more than 20 officials per/ trainer.	8 Hours	All officials are required to complete the US Lacrosse annual rules exam in order to achieve certification or recertification.	Yes	Yes
Junior Recertification		5 Hours		Optional	Yes
Level 1 Certification		8 Hours		Yes	Yes
Level 1 Recertification		5 Hours		Optional	Minimum of every other year
Level 2 Certification		5 Hours		Optional	Yes
Level 2 Recertification		3 Hours		Optional	Minimum of once every three years
Level 3 Certification		5 Hours		Optional	Yes
Level 3 Recertification		3 Hours		Optional	Minimum of once every three years

★Hours may be broken into multiple days and should include on-field training time as well for Junior and Level 1 officials. Certified Trainers may also choose to reward e-learning completion and other professional development opportunities from US Lacrosse to satisfy this requirement each year.

★★The US Lacrosse annual rules exams, online rules and penalty course and other e-learning courses are available at www.learning.uslacrosse.org

★★★ Please see the On-Field Evaluations Requirements Document

ON-FIELD EVALUATION REQUIREMENTS

LEVEL OF EVALUATION	OBSERVER REQUIREMENT*	OBSERVER RECOMMENDATION	GAME RECOMMENDATION	QUALIFYING PLAY	LENGTH OF EVALUATION**
Junior Certification	A US Lacrosse Certified Observer(s) is required to lead or oversee the evaluation towards an official's certification.	One Observer of Level 2 or above	One full game with at least 20 minute halves – must be a two-person game.	Any age level of play	Required
Junior Recertification					Annual
Level 1 Certification					Required
Level 1 Recertification					Minimum of every other year
Level 2 Certification		One Certified Observer of Level 3 or above		Preferably more competitive games	Required
Level 2 Recertification					Minimum of once every three years
Level 3 Certification		Two Certified Observers of Level 3 or above	Minimum one full game with at least 20 minute halves - must be a three-person game	Competitive games	Required
Level 3 Recertification					Minimum of once every three years

★There must be a US Lacrosse Certified Observer that signs off on all formal evaluations towards an officials certification. This does not necessarily mean that the actual evaluation is conducted by a Certified Observer but it is recommended.

★★Length of evaluation is how long a passed evaluation is valid. The most an official can go without being reevaluated is three years. Also, in order to certify at a higher level, that official must pass that level's evaluation.

PREGAME PROTOCOLS

Using on of these pregame protocols will allow for a standard warm-up procedure. Additional pregame on the field may occur but these examples use a 30-minute warm-up.

REAL TIME	CLOCK TIME	ACTIVITY
4:20	30:00	Field Open
4:45	05:00	Captains Meeting
4:50	00:00	Clear Field/Stick Check
4:55	00:00	Lineups Announced
4:57	00:00	National Anthem
5:00	00:00	Opening Draw

If no announcements or anthem are to be used, the following protocol would apply.

REAL TIME	CLOCK TIME	ACTIVITY
4:25	30:00	Field Open
4:50	05:00	Captains Meeting
4:55	00:00	Clear Field/Stick Check
5:00	00:00	Opening Draw

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