



LACROSSE

**2024 and 2025
Women's Rules Book**

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USA Lacrosse Acknowledgement

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



Major Rules Changes for 2024 and 2025

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

<i>Rule(s)</i>	<i>Explanation</i>
<u>2-13</u>	Modified the title of the section, changed the language in the rule from illegal equipment to improper/broken equipment, eliminated the requirement for reinspection of the improper/broken equipment, and clarified that bent/broken shafts are prohibited from being used for the remainder of the game.
<u>2-19</u>	Moved footwear/cleats from being Uniforms to Equipment. Permit players to wear shoes with soles containing aluminum, leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, as long as the officials do not consider them dangerous
<u>2-20</u>	Permit the use of the ND 200 compression shirt that is certified to the NOCSAE commotio cordis protective device standard.
<u>4-5</u>	Provided guidance for media timeouts.
<u>5-4</u>	During the administration of the draw, require officials to position the drawers' sticks in an upright position when placing the ball.
<u>5-23</u>	If a team with a numerical advantage due to penalties retains possession at the expiration of a quarter, or overtime half or period, the team will be awarded possession at the start of the subsequent quarter, overtime half or period. The administration of this rule is outlined in Rule 5-24.
<u>6-3</u>	Increased the penalty between the restraining lines for blocking/illegal pick, charging, cross checks, illegal use of the stick, and pushing to a one-minute releasable penalty.
<u>6-3.d</u>	Added the attempt to hook the bottom end of an opponent's stick using the webbed area of one's stick to the foul, Illegal Use of the Stick.
<u>6-5.b</u>	Changed stick length to stick and arm's length.
<u>6-7.n</u>	Eliminated the delay-of-game foul, Multiple Fouls.
<u>6-9.d</u>	Added a new delay-of-game foul for a delay in exiting the field, entering the penalty area, or remaining in the penalty area after being issued a card.
<u>6-11</u> , <u>6-12</u>	Added the new fouls Embellishment and Flopping which will result in the issuance of a green card.
<u>6-14</u>	Increased the penalty for an offside foul by a team in their defensive end to a one-minute releasable penalty.
<u>6-26.a</u>	Recategorized the action of making a sweeping check from behind that contacts an opponent's body as a mandatory card foul.
<u>6-26.d</u>	Recategorized the foul Dangerous Stick in the Sphere as a mandatory card foul.

- 6-26.f Recategorized the action of deliberate tripping as a misconduct foul.
- 6-27, 6-33, 6-38 Increased the penalty time for a red card from two minutes to five minutes.
- 6-44 Changed the current foul titled, Simultaneous Whistle, to permit all simultaneous whistles for shooting space to be played out regardless of whether the goalkeeper saves or possesses the ball unless the foul was a cardable foul or the foul was on the shooter and affected the shot. Additionally, if there is a whistle blown for a defensive foul simultaneous with a shot and the shot does not result in a goal, the penalty shall not be administered unless the foul was a cardable foul or the foul was on the shooter and affected the shot.
- 6-56 Require that all feet, including the shooter's feet and adjacent defenders' feet, be behind the 8-meter arc line during a free position on an 8-meter or hanging hash mark in the critical scoring area and above goal line extended.

Penalty Administration

Permit any player on the non-offending team who is on the field of play at the time of a foul to take their team's awarded free position as long as the free position is not a free position awarded on an 8-meter or hanging hashmark in the non-offending team's offensive end.

Significant Editorial Changes

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

Rule(s) Explanation

- 2-2 Clarified that sticks may not have sharp edges or parts.
- 2-2 Clarified the language around legal and illegal “bent” shafts.
- 2-24 Clarified that the numbers “0” and “00” are permitted but no other number may start with a “0” (e.g., 01, 02).
- 3-18 Eliminated the timing protocol that required the possession clock timer to turn off the possession clock following a reset of the possession clock when less than 60 seconds remained on the game clock at the end of each *quarter, overtime half or* period.
- 4-8 Changed what constitutes a period in overtime and edited other references in the rules as needed.
- 5-2 Combined the sections for Draw Positioning and Setup of the Draw.
- 5-2 Clarified positioning of sticks when ball is placed in between sticks for a draw and that a player’s top hand may not contact any part of the throat, sidewall, pocket, or other part of the head of the stick.
- 6-3.e Clarified that a “v-hold” is illegal.
- 6-11 Clarified that when a team is playing with fewer than 12 eligible players or chooses to play with less than 12 players on the field and a penalty for a card is not being served, an offside foul shall only be called if the team has more than 7 players in that team’s offensive end.
- 7 Added definitions for the following terms: Embellishment, Flopping, Power Play and Stick.

Points of Emphasis

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

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

The Draw

The committee asks officials to focus on the following during the administration of the draw:

- a. Placement of the ball in the top 1/3 of the sticks at the widest point and with the sticks in an upright position (i.e., in the actual draw position with the top sidewall of each stick facing upward to the sky);
- b. Awareness of any advantage/disadvantage that may be in effect due to the placement of the ball between the sticks;
- c. Issuance of a green card to players who persistently place their finger/thumb on the throat, sidewall, pocket, or other part of the head of the stick; and
- d. Identification of any movement (except for head movement of the players) after the official’s verbal command, “Ready.”

The committee also encourages officials not to delay putting their hands on the drawers’ sticks because of team substitutions or other conduct following a goal and prior to the administration of a draw. As a reminder, once the official’s hands are on the drawers’ sticks, the draw is being set and no substitutions may occur. The committee also asks teams to be efficient with any huddles, substitutions, etc. following a goal and prior to the administration of a draw. Delays during the time period following a goal and prior to the administration of the draw will be considered delay-of-game fouls and will result in a green card. While not required, the committee suggests that officials provide a verbal warning to a team before calling the general delay of game foul when a team’s conduct amounts to delays between a goal and the administration of the draw.

Picks

The committee encourages to permit legal picks and call illegal picks consistently. The committee also encourages coaches to teach their players the difference between legal and illegal picks. As a reminder, for a pick to be legal, the picker shall stay within their vertical plane with a stance not wider than shoulder width apart and shall not lean into the path of an opponent or extend their hips into that path even though their feet are stationary. The picker is not required to face any particular direction at any time. The picker must give their opponent a chance to stop or change direction.

Three Seconds

The committee encourages officials to focus on the change from a stick's length to a stick and arm's length in their evaluation of three seconds. The committee also reminds officials and teams that the count for three seconds is in effect when the team in possession of the ball crosses the ball over the restraining line into its offensive end.

New Officiating Procedures

1. If a player does not self-start when otherwise permitted to self-start, the official shall blow the whistle to commence play.
 2. If there is a discrepancy between the head official and table personnel, the head official's record governs.
 3. When setting the draw officials shall do the following:
 - a. Place the ball in between the sticks, which are positioned in an upright position (i.e., in the actual draw position with the top sidewall of each stick facing upward to the sky);
 - b. Be aware of any advantage/disadvantage that may be in effect due to the placement of the ball between the sticks; and
 - c. Issue a green card to players who persistently place their finger/thumb on the throat, sidewall, pocket, or other part of the head of the stick.
- App. B Added signal for Embellishment/Flopping.

RULE 1

The Playing Area and Goals

The Playing Area

Field Dimensions (See Diagram 2)

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

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

Line Size and Color

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

Restraining Line (See Diagram 2)

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

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

Center Circle

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

Arc and Fan

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

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

Below Goal Markings (See Diagram 2)

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

Restricted Area

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

Substitution Area (See Diagram 2)

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

Penalty Area (See Diagram 2)

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

Team Bench Area (See Diagram 2)

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

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

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

Coaching Area

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

Spectator Areas

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

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

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

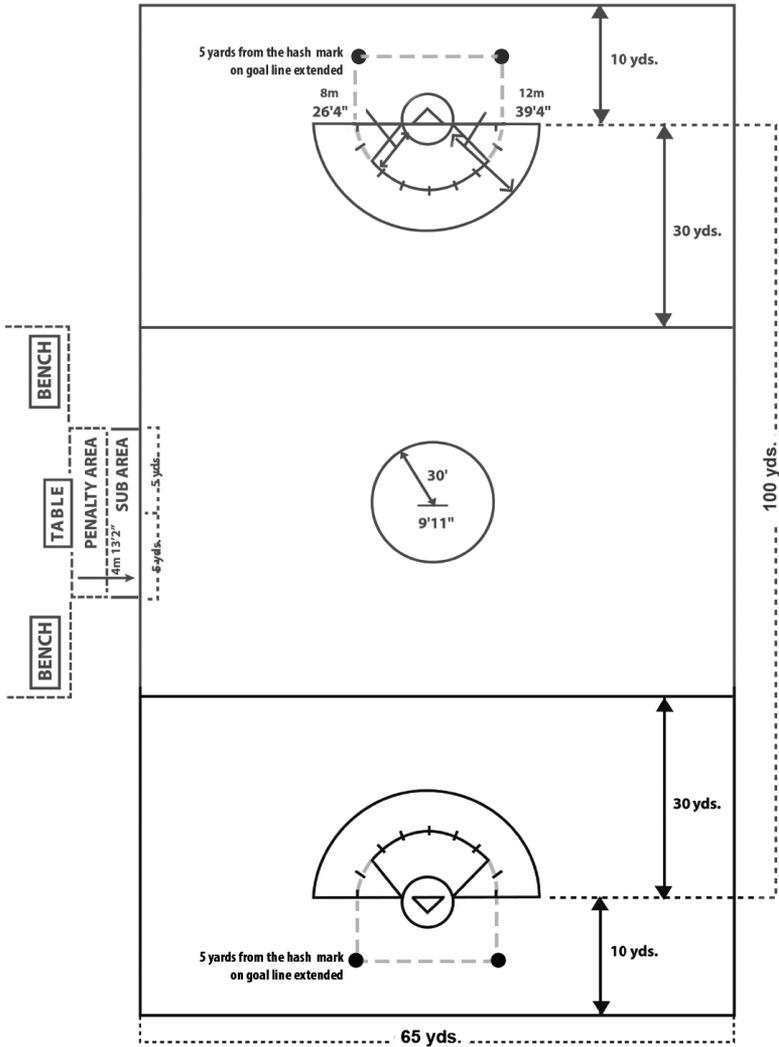


DIAGRAM 2
Field Setup and Measurements
(Not Drawn to Scale)

The Goals

The Goals (See Diagram 3)

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

Goal Circle

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

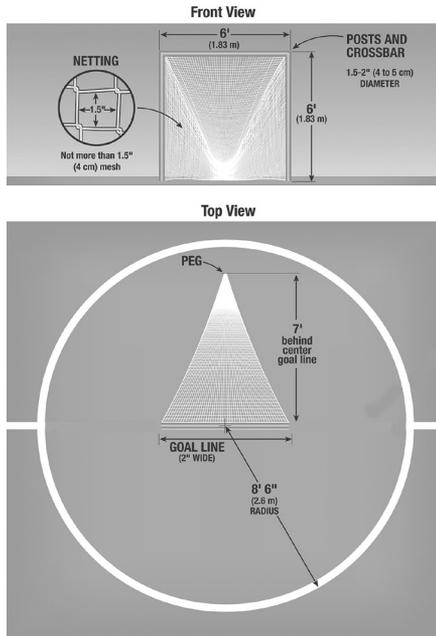


DIAGRAM 3 - The Goal

RULE 2

Equipment and Uniforms

Equipment

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

Field Stick

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

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

Sticky substance including tape may not be used on the head of a stick; tape is permitted on the shaft of the stick. Tape may not be used to fix a broken or cracked stick.

Strung pockets must be attached to the head of the stick. Mesh pockets are permitted.

If strung with "shooting" strings, the pocket of the stick shall have no more than two "shooting" strings, which must be attached directly to the sidewalls. The "shooting" strings do not need to be attached through stringing holes. The top shooting strings should be attached in the top 1/3 of the head of the stick; the second, or lower, "shooting" string may be attached in the top 1/3 or be an inverted U and attached in the top 2/3 of the head. Shooting strings cannot be coiled more than once per mesh gap or twice between thongs if traditionally strung. "Shooting" strings are not required in the pocket of the stick.

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

SECTION 3. A stick is legal for play if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer's Specifications at the time it was manufactured and is listed on the USA Lacrosse website.

- c. The top of the ball remains visible above the top of the wooden or plastic sidewall after the ball has been dropped into the front and back of the pocket of a horizontally held stick. The top of the ball must remain visible above the sidewall on both sides of the pocket.
- d. The ball moves freely within all parts of the head and the pocket of the stick, both laterally and along the full length of the front and back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball shall move freely when the stick and head are tilted 90 degrees.
- e. 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.
- f. No holes or gaps in the pocket are larger than 1.68" (42.2 mm) diameter as measured by a spherical shaped object that is equivalent in diameter (i.e., an American golf ball).

Goalkeeper Stick

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

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

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

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

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

SECTION 5. A stick is legal for plays if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer’s Specifications at the time it was manufactured and is listed on the USA Lacrosse website.
- c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

Discretionary Stick Check

SECTION 6. At any time during the game, an official may call a timeout to inspect any stick in use on the field. A stick “in use” is considered any stick in the bench area, on the sideline or on the field of play.

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

Penalty Administration for Discretionary Stick Check

SECTION 7. For failure to pass a discretionary pocket-depth check, the stick shall be removed from the game by the official and placed at the scorer's/ timer's table. The stick is eligible to be reinspected at the next two-minute break between quarters, at halftime, or subsequent break prior to an overtime period. After the removal of the stick, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. The free position may be taken by any player on the field of play at the time of the whistle for the foul. If below goal line extended and inside the critical scoring area, the free position will be awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, the free position will be awarded to the non-offending team on the 12-meter fan nearest to the spot of the ball that caused play to stop. No player may be within 2 meters of the player awarded the free position. If above goal line extended and within 8 meters from the goal circle, the free position will be awarded to the non-offending team at the hash mark nearest to the spot of the ball when play was stopped on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. No player may be within 4 meters of the player awarded the free position. If play was to be commenced with a draw, then a free position will be awarded at the center line and player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. No free position may be taken closer than 2 meters to a boundary line. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field. Play will commence on the official's whistle.

Should the discretionary stick check discover a violation of this rule or the NCAA Stick Check Instructions, excluding pocket depth, the player will be issued a non-releasable yellow card. The player found to have an illegal stick must enter the penalty area and remain there for two minutes of elapsed playing time and the illegal stick must be placed at the scorer's/timer's table. The stick is eligible to be reinspected at halftime or subsequent break prior to an overtime period. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If below goal line extended and inside the critical scoring area, the free position will be awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, the free position will be awarded to the non-offending team on the 12-meter fan nearest to the spot of the ball that caused play to stop. No player may be within 2 meters of the player awarded the free position. If above goal line extended and within 8 meters from the goal circle, the free position will be awarded to the non-offending team at the hash mark nearest to the spot of the ball when play was stopped on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. All bodies and sticks are prohibited from being

positioned within 8 meters of the goal circle above goal line extended and the restricted area. No player may be within 4 meters of the player awarded the free position. If play was to be commenced with a draw, then a free position will be awarded at the center line and player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. No free position may be taken closer than 2 meters to a boundary line.

Team-Requested Stick Check

SECTION 8. The officials shall also inspect any stick in use upon request of an opposing coach or player on the field. Each team will be allowed two stick check requests per game for any stick in use. Teams shall provide the number of the player whose stick they are requesting be inspected. If the number of a player cannot be identified because the stick is located in the bench area or on the sideline, the stick shall be clearly identified by its physical characteristics.

Stick checks requested by teams will consist of measurements of the overall length of the stick and the distance between the sidewalls as outlined in the [NCAA Stick Check Instructions](#) (available on the RefQuest+ website) and a full examination of the stringing of the pocket pursuant to the NCAA Stick Check Instructions. A team is permitted to request a pocket-depth check only.

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

- a. At any point during a quarter break or halftime;
- b. During the five-minute or three-minute rest time before an overtime period; and
- c. Prior to the start of the draw before the official's hands are on the drawers' sticks.

Following a goal scored in sudden-victory overtime, an official will perform the mandatory pocket-depth check on the goal-scorer's stick; however, teams are not permitted to request a stick check on the goal-scorer's stick during sudden-victory overtime.

Should the stick pass the team-requested stick check, the team who passed the stick check will be awarded possession. Any player from the team awarded the free position who is on the field of play may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. Following a team's second stick check request where the stick is deemed legal, the team who requested the stick check will lose one of its three permitted timeouts. If play was to be commenced with a draw prior to the team requested stick check, then the game shall be restarted with a draw if play was to be commenced with a draw prior to the team requested stick check. Player positioning for the draw shall apply. If possession had already been awarded at the start of a quarter, overtime half or period, the game shall be restarted by possession being awarded to the team who was awarded possession of the ball prior to the team-requested stick check. Player positioning for the draw shall not apply. Any player from the team awarded the free position who is on the field of play may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. If the team who requested the stick check

has no timeouts remaining, the stick check will not be permitted unless the requesting team can be penalized with a loss of possession.

Penalty Administration for Team-Requested Stick Check

SECTION 9. Should the stick not pass the pocket-depth check, it shall be removed from the game by the official and placed at the scorer's/timer's table. The stick is eligible to be reinspected at the next two-minute break in between quarters, at halftime, or subsequent break prior to an overtime period. After the removal of the stick, the game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If play was to be commenced with a draw, then a free position will be awarded at the center line and player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position. If the team-requested stick check is made prior to the start of the game (i.e., before the national anthem, or if no national anthem then before lineups are announced), a free position will be awarded to the non-offending team at the center line and player positioning shall not apply. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field. If the illegal stick is an offsetting foul, alternate possession will only be awarded if the other foul does not warrant the issuance of a yellow or red card. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

Should the stick violate this rule or the NCAA Stick Check Instructions, excluding pocket depth, the player will be issued a non-releasable yellow card. The player found to have an illegal stick must enter the penalty area and remain there for two minutes of elapsed playing time and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected. If the illegal stick is located in the bench area or on the sideline and the player whose stick it is cannot be identified, the non-releasable yellow card will be issued to the head coach. The head coach must designate a player on the field at the time of the requested stick check to serve the penalty. If the stick check is prior to the start of the game, the head coach must designate a starting player to serve the penalty. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If play commences with a draw, then a free position will be awarded at the center line and player positioning for the draw shall not apply. If below goal line extended and inside the critical scoring area, the free position will be awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be within 2 meters of the player awarded the free position. If in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, the free position is awarded to the non-offending team on the 12-meter fan nearest to the spot of the foul that caused play to stop. No player may be within 2 meters of the player awarded the free position. If above goal line extended and within 8 meters from the goal circle, the free position will be awarded to the non-offending team at the hash mark nearest the spot of the ball when play was stopped on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. No player may be within 4 meters of the player awarded the free position. If the illegal stick

is an offsetting foul, alternate possession will only be awarded if the other foul warrants the issuance of a yellow or red card. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. No free position may be taken closer than 2 meters to a boundary line.

SECTION 10. If a team requests a stick check on the goal-scorer's stick after the official deems it legal pursuant to the mandatory pocket-depth check and prior to the draw, and the goal-scorer's stick is found to be illegal, the goal shall not count.

SECTION 11. The team requesting the stick check will not lose any of its two allowable requests, possession or a timeout if the stick is found to be illegal.

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

SECTION 12. Once a goal is scored, the official will take possession of the goal-scoring stick and will perform a pocket-depth check. If an official suspects violations of this rule or the NCAA Stick Check Instructions, closer examination of the stringing of the pocket and head of the stick (including measurements) will be conducted at that time.

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

If after a goal is scored and before the game is restarted with the draw, any player other than the goal scorer is found to have an illegal stick, the goal shall stand and play shall commence with a free position at the center line for the opposing team. Player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. Should the stick violate a section of this rule or the NCAA Stick Check Instructions, excluding pocket depth, the player will be issued a non-releasable yellow card. The player must enter the penalty area and remain there for two minutes of elapsed playing time, and the illegal stick must be placed at the scorer's/timer's table for the entire half or overtime period after which point the stick is then eligible to be reinspected.

Head Disconnected From Shaft and Broken Shaft

SECTION 13. If the head of a stick falls off while in a cradling, throwing or shooting motion, or the shaft of a stick breaks, the stick will be considered improper/broken equipment. If the ball has entered the goal, the goal shall not count unless it is clear that the improper/broken equipment is the result of a

collision or dropping of the stick after the shot. If the shaft of the stick is bent or broken, it must be placed at the scorer's/timer's table and remain there for the duration of the game. If the head of the stick falls off or is otherwise dislodged from the shaft, the stick may be fixed in the team's bench area, and once fixed, may be used again during the game. It is not required that the fixed stick be reinspected prior to its renewed use in the game. The game will not be stopped in order for the stick to be fixed. The player in possession of the improper/broken equipment is allowed to enter the bench area to obtain another stick and immediately return to the field. Play shall commence by alternate possession procedure. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

If the head of a stick falls off or the shaft of a stick breaks while in the act of taking the draw, the stick will be considered improper/broken equipment. If the shaft of the stick is bent or broken, it must be placed at the scorer's/timer's table and remain there for the duration of the game. If the head of the stick falls off or is otherwise dislodged from the shaft, the stick may be fixed in the team's bench area, and once fixed, may be used again in the game. It is not required that the fixed stick be reinspected prior to its renewed use in the game. The game will not be stopped in order for the stick to be fixed. The player in possession of the improper/broken equipment is allowed to enter the bench area to obtain another stick and immediately return to the field. Play shall commence by alternate possession procedure at the center line and the player taking the free position may self-start. No player may be within 2 meters of the player awarded the free position. Player positioning for the draw shall not apply.

If the head of the stick falls off or the shaft of a stick breaks at any other time, the stick will be considered improper/broken equipment; however, since the player is not in possession of the ball, there is no change of possession and the alternate possession procedure does not apply. If the malfunction or breakage of equipment occurs below a restraining line and the ball is also positioned below the same restraining line, the official must blow the whistle immediately and call timeout. If the malfunction or breakage of equipment occurs between the restraining lines and the ball is also positioned between the restraining lines, and the breakage or malfunction of equipment is equipment of a player defending the person carrying the ball or positioned within 2 meters of the ball, the official must blow the whistle immediately and call timeout. The player must exchange the improper/broken equipment for a legal stick or exit the field and allow a substitute to enter the field of play. Play shall commence on an official's whistle with the ball being given to the player who was in possession of the ball relative to the spot of the ball when the timeout was taken. If the spot of the ball is in the critical scoring area, play shall commence from the dot. If no one was in possession of the ball, the player nearest to the ball at the time of the whistle shall be awarded possession. If the two opposing teams are equidistant from the ball, alternate possession will be awarded. No player may be within 2 meters of the player awarded the free position.

If the shaft of the stick is bent or broken, it must be placed at the scorer's/timer's table and remain there for the duration of the game. If the head of the stick falls off or is otherwise dislodged from the shaft, the stick may be fixed in

the team's bench area, and once fixed, may be used again in the game. It is not required that the fixed stick be reinspected prior to its renewed use in the game.

The Ball

SECTION 14. The ball shall be yellow or bright orange (similar to Pantone 811) and made of solid rubber. The ball must meet the current NOCSAE lacrosse ball standard. All balls must specify that the ball meets the NOCSAE standard. The home team will supply the game balls.

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

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

Goalkeeper Equipment

SECTION 15. The goalkeeper must wear a helmet with face mask, a separate throat protector, padded gloves, a mouthpiece and a chest protector. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard and must have a chin strap securely attached. Since January 2021, goalkeepers must use chest protectors designed for lacrosse certified to the NOCSAE commotio cordis protective device standard at the time of manufacture, or they must wear an alternative protective device certified to the NOCSAE commotio cordis protective device standard at the time of manufacture.

SECTION 16. It is recommended that the goalkeeper wear padding on arms, legs and shoulders. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 2.54 cm (1") padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

Mouthpiece

SECTION 17. All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. The mouthpiece must not be altered to decrease protection, and there may be no protruding tabs for field players. It is recommended that the mouthpiece be properly fitted, for example, constructed from a model made from an impression of the individual's teeth, constructed and fitted for the individual by impressing the teeth into the mouthpiece, or provided by a dental professional.

Eye Protection

SECTION 18. All field players must wear eye protection properly. Eye protection must meet the most current ASTM Specification Standard for eye protectors for women's lacrosse and must be listed on the USA Lacrosse website (www.usalacrosse.com).



Footwear/Cleats

SECTION 19. Shoes shall be worn by all participants in a game. Specifically, players must wear footwear/cleats with soles containing aluminum, leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, as long as the officials do not consider the footwear/cleats dangerous. Any commercially manufactured footwear/cleats that comply with this rule are considered acceptable as long as they have not been modified to make them more dangerous (e.g., sharp edges on cleats made by filing them down).

Shoes and socks are not required to be identical for team members.

Other Personal Equipment

SECTION 20. Close-fitting gloves and nose guards may be worn by all players. Any field player choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard for women's lacrosse and is labeled accordingly. All ASTM women's lacrosse headgear that is approved for play will be listed on the USA Lacrosse website. Field players are permitted to wear the ND 200 compression shirt that is certified to the NOCSAE commotio cordis protective device standard. Further protective devices necessitated on medical grounds may be used, provided that the officials agree that they do not endanger other players. All protective devices used should be close-fitting, padded where necessary and not be of excessive weight.

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

Players may only wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands and hats. Religious head wear is permitted provided it is securely fashioned to the head and is subject to the approval of the official. Any other adornment will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

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

Personal Equipment Inspection

SECTION 21. Officials must inspect all equipment that might be used in the game before the game begins. At any time during the game, at the official's discretion, timeout may be called to inspect any equipment in use. Equipment "in use" is considered any equipment in the bench area, on the sideline or on the field of play.

Penalty Administration for Personal Equipment Violations

SECTION 22. Equipment deemed illegal during pregame inspections must be placed at the scorer's/timer's table for the remainder of the game. No penalty shall be assessed.

Equipment violations found during the course of the game will be considered a delay of game foul and a green card will be issued. The player issued the green card must enter the penalty area to serve the one-minute releasable penalty. The game shall be restarted with a free position to the opponent nearest the ball when play was stopped. If play was to be commenced with a draw, then a free position will be awarded at the center line and player positioning for the draw shall not apply. If the equipment violation is an offsetting foul, alternate possession will be awarded. See the penalty administration for delay-of-game fouls in Rule 6-10 for additional detail.

Uniforms

Uniform Shirts and Kilts/Shorts

SECTION 23. All field players' uniform shirts shall be the same color, design, trim and cut. For the uniform bottom, field players have the choice of wearing shorts or a kilt/skirt as long as the shorts/kilt/skirt are of the same color and similar design, trim and cut. The goalkeeper's shirt must be of the same color as the goalkeeper's team; the goalkeeper's bottom must be predominantly a solid official school color, white, black or gray. The goalkeeper's shirt must be worn over any chest and shoulder protective equipment.

SECTION 24. All players must wear numbers, differing from others on the team, on the front and back of the uniform shirt. Numbers on the back must be a minimum of 8 inches tall; numbers on the front must be a minimum of 6 inches tall and must be centered at chest level. The numbers "0" and "00" are permitted but no other number may start with a "0" (e.g., 01, 02). If a number appears elsewhere on a player's uniform (such as on the kilt, shorts, pants or on the sleeves of the shirt), it must match the number on the player's shirt. Numbers must be in a color clearly contrasting to that of the top (i.e., dark shirts must have light numbers and light shirts must have dark numbers), or be clearly outlined in a contrasting color if the top and the number are a similar color. Non-solid-colored shirts must have the numbers superimposed on a solid color block background or outlined with a contrasting color. The jersey number must be of a color that is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number. A player's uniform number must be the same as that recorded in the scorebook. A player not listed on the roster and/or in the scorebook by name and correct uniform number is an illegal substitute (See Rule 5-44.f).

SECTION 25. The coaches/schools shall agree upon contrasting colors before the day of the game. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies of a contrasting color.

SECTION 26. Optional markings must be placed on the front or sleeve of the competition uniform and may not interfere with any required markings.

An institutional or conference logo/patch, which may not exceed 4-square inches.

A national or state flag of the member institution, which may not exceed 2¼-square inches.

A commemorative/memorial patch, which may not exceed 4-square inches.

The patch must not exceed 4 square inches and must be placed on the front or sleeve of the uniform and may not interfere with any required markings.

Manufacturer's logos remain restricted to a maximum of 2 1/4 square inches.

As authorized by the institution or conference, an additional commemorative/memorial patch (e.g., names, mascots, nicknames, logos, and marks intended to celebrate or memorialize persons, events, or other causes), which may not exceed 4-square inches. While not all team members are required to wear the additional patch, the patch must be identical for those who choose to wear the additional patch.

As authorized by the institution or conference, names/words intended to celebrate or memorialize persons, events, or other causes are permitted on the back of the jersey/uniform where the player's name is traditionally located. The names/words may vary by team member.

Visible Undergarments

SECTION 27. All visible undergarments worn under the kilts/shorts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

SECTION 28. All visible undergarments worn under the shirts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

Penalty Administration for Illegal Uniforms

SECTION 29. If an illegal uniform is discovered prior to the start of the game, a free position will be awarded to the opposing team at the center line. Player positioning for the draw shall not apply. The penalty for an illegal uniform may only be administered at the start of the game.

RULE 3

Game Personnel

The Teams

SECTION 1. A game is played between two teams. Twelve players constitute a full team, one member of whom acts as the speaking captain. Any number up to 12 players of each team may be on the field of play at the same time. **EXCEPTION:** See Rule 5-1. One of the 12 players on each team may be a goalkeeper.

The Coach

SECTION 2. Each head coach and the officials must meet at the scorer's/timer's table with 10 minutes showing on the pregame clock. A delay-of-game foul may be called if the head coach does not make a timely appearance at the coaches/officials meeting (See Rule 6-9.b). At the meeting, each coach will verbally certify to the officials that all equipment is legal under these rules, including eye protection that meets the most recent ASTM Specification Standard for Women's Lacrosse at the appropriate level of play (adult), goalkeeper helmets that meet the NOCSAE Lacrosse Helmet Standard and game balls that meet the NOCSAE standard and display the NOCSAE seal.

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

SECTION 4. Other coaching responsibilities include:

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

Game Administrator

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

Speaking Captain

SECTION 6. The speaking captain's responsibilities are:

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

The Officials

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

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

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

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

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

SECTION 9. Other responsibilities of the officials include:

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

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

- a. Ensure the field is checked for any safety hazards and that it is marked properly, that all goals/nets are in good playing condition and that the scorer's/timer's table and bench areas are positioned properly. Make the final decision about requesting changes or corrections to field markings or field setup.
- b. Ensure that the timer and scorer and any table personnel monitoring cards are informed of their responsibilities.

- c. Ensure that an accurate printed roster for each team is available at the scorer's/timer's table at least 15 minutes before the start of the game and that starting lineups are recorded in the official scorebook at least 10 minutes before the start of the game.
- d. Lead the pregame meeting with the officiating team and the head coaches.
- e. Lead the pregame meeting with the team captains.
- f. Ensure that all penalties are administered correctly.
- g. Correct any misapplication of a rule.
- h. Assist in communicating with coaches and speaking captains during the game when it is practical to do so.
- i. After consultation with the officiating team, game administrator and coaches from each team, make the final decision on whether to continue a game due to weather issues or any other extenuating circumstance.
- j. Maintain an accurate record for cards and alternate possession. If there is a discrepancy between the head official and table personnel, the head official's record governs.
- k. Review and verify the accuracy of the NCAA Carding/Score Verification Form at the end of the game and report the carding information to the NCAA via the web link provided on the form.
- l. If the home team supplies balls at each end line and sideline, ensure that the number of balls in each area is equal, the balls meet the current NOCSAE lacrosse ball standard and the home team replenishes the balls throughout the course of the game. Ensure that on the bench side, the balls are placed at the scorer's/timer's table and outside each bench area.

Table Official

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

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

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

Table Official Carding Procedure

SECTION 12. When necessary, the table official may issue a yellow or red card for misconduct by a player, coach or any officially designated member of a team's travel party who is in the bench area. When the misconduct occurs, the table official will call timeout, approach the head coach and issue a yellow or red card. The table official will inform the nearest on-field official that a card was

issued to the head coach, and that field official will convey this information to the other on-field officials. There will be a change of possession on the field if the offending team is in possession of the ball. The head coach must designate a player on the field who will enter the penalty area and serve a two-minute releasable penalty (yellow card), two-minute non-releasable penalty (fourth or subsequent yellow card for that team), or five-minute non-releasable penalty (red card). If a red card has been issued, play will not resume until the head coach leaves the playing area. When necessary, the table official may also issue a green card for a delay-of-game foul. When the delay-of-game foul occurs, the table official will call timeout and issue a green card. The table official will inform the nearest on-field official that a green card was issued, and that field official will convey this information to the other on-field officials. There will be a change of possession on the field if the offending team is in possession of the ball. The head coach must designate a player on the field who will enter the penalty area and serve a one-minute releasable penalty.

Official Scorer

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

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

- a. Record the starting lineups of both teams on the official score sheet at least 10 minutes before the game and make sure the numbers of the players on the field correspond to the numbers on the score sheet. No changes are permitted to starting lineups fewer than 10 minutes before the start of the game, except in case of injury. A roster with names and numbers of all players must be at the scorer's/timer's table at least 15 minutes before the start of the game. A separate roster form is acceptable.
- b. Keep an accurate record of the goals scored on the official home team score sheet.
- c. Display continuously an accurate score, for the players, coaches and officials.
- d. Accept substitutes and enter their names and numbers before they enter the game.
- e. Notify the officials as soon as possible if there has been an illegal substitution.
- f. Record any cards next to the player's name in the scorebook: warning (yellow "y"); or ejection (red "r"). Any card issued to the head coach must also be recorded in the scorebook. Any green card issued to an individual/team must be recorded in the scorebook (green "g").
- g. Notify the officials immediately when a second warning is given to the same player.
- h. Notify the officials immediately when a yellow card is a team's fourth or subsequent card.
- i. Record the time on the game clock when a player is given a green, yellow or red card.
- j. Notify the officials when a 10-goal differential exists.

- k. Present an accurate NCAA Carding/Score Verification Form to the officials for their **approval** immediately after the game ends.
- l. Maintain an accurate record for alternate possession (must be maintained by their substitute if the official scorer is not positioned at the scorer's/timer's table). The visible possession indicator utilized should indicate a team's possession by either pointing to the team's bench or being placed on the side of the table closest to the team's bench.

Official Timer

SECTION 15. The official timer will be from the home team and should sit at the scorer's/timer's table opposite the center circle. If official scoring and/or timing functions are not handled at field level, the home team must ensure that direct two-way communication is available at all times between the press box and the scorer's/timer's table.

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

- a. Stop the clock at the whistle and arm signal after each goal. If there is a 10 or more goal differential, the timer will not stop the clock.
- b. Start the clock on the whistle at each draw, or upon the self-start of a player awarded possession for a foul that occurred during the administration of a draw prior to the whistle, or upon the self-start of a player after the awarding of alternate possession pursuant to Rule 5-6.
- c. Sound the horn as soon as possible:
 1. To notify the officials of an illegal substitute.
 2. If either the game clock or possession clock has malfunctioned.
 3. To indicate the end of each quarter and the end of the game.
 4. To indicate a timeout request by the team in possession during a live-ball or dead-ball situation.
- d. Stop the clock for any other circumstances only upon the timeout signal and whistle from the official.
- e. Start the clock upon the time in-signal and whistle from the official.
- f. Use a separate clock to time the timeout.
 1. Time two minutes.
 2. Blow the horn at one minute, 45 seconds.
 3. Blow the horn at two minutes.
- g. Note the time on the clock when a player serving a green card penalty **enters the penalty area**, time the one-minute elapsed playing time penalty and notify the carded player when the penalty time has ended.
- h. Note the time on the clock when a player is issued a yellow or red card, time the two-minute (**yellow card**) or five-minute (**red card**) elapsed playing time penalty and notify the carded player when the penalty time has ended.
- i. Ensure that the time periods for quarter breaks, halftime and rest periods prior to an overtime period are visible on the game clock.

Possession Clock Timer

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

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

- a. Start and stop the possession clock.
- b. Reset the possession clock only when an official signals a reset. The possession clock shall be reset to 60 seconds if 59 or fewer seconds remain on the possession clock following a shot on goal that hits the pipe or rebounds off a save and the team who shot the ball retains possession. If more than 59 seconds remain on the clock, no reset will be necessary.
- c. Sound the horn immediately to notify the officials of the expiration of the possession clock.

RULE 4

Time Factors and Scoring

Time Factors

Duration of Play

SECTION 1. The regulation playing time is four 15-minute quarters with two-minute breaks between the first and second quarters and between the third and fourth quarters. Halftime will be 10 minutes, and will take place between the second and third quarters. Halftime may be less than 10 minutes if agreed upon by the coaches before the start of the game due to extenuating circumstances. Players must change ends following each quarter. Play should be continuous, but at the discretion of the officials, timeout may be taken for unusual circumstances, for example, a broken stick, animal on the field, lost ball, a ball that has gone too far out of bounds, a team delays the start of play from out of bounds or spectator interference. Timeout must be taken in case of illness, accident or injury, for the issuance of a card, fouls committed by the defense in their defensive end that occur above goal line extended and within 8 meters of and outside the goal circle, and offside fouls.

Note: Officials are encouraged to take timeout and issue a delay-of-game foul for any type of behavior that amounts to delay during the administration of the fouls outlined above.

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

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

Team Timeouts

SECTION 4. Each team shall be permitted three timeouts during regulation playing time that do not carry over into overtime. During the entire duration of overtime, each team is permitted one timeout. A timeout may be requested by a coach or any player on the field after a goal is scored, or any time the requestor's team is in clear possession of the ball. If the request for a possession timeout is made to the official timer, the official timer shall immediately sound the horn to indicate the timeout request, and the game clock, 90-second possession clock

and play shall stop on the sound of the horn. If a possession timeout is called, play will commence on the official's whistle at the spot of the ball when the timeout was requested. If the spot of the ball is in the critical scoring area, play will commence at the dot. Substitutions will be allowed during this stoppage of play; however, if a timeout is called prior to the administration of a free position in the critical scoring area, the player awarded the free position as well as the opposing player who committed the foul may not be substituted until the free position has been administered following the timeout. The timeout shall be two minutes in duration commencing at the time the official calls the timeout. It is the responsibility of the coaches to gather their teams and to disburse them back onto the playing field. After one minute, 45 seconds, a warning horn will sound. At two minutes, the horn will sound again. A delay-of-game foul will be called and a green card issued if a team is not ready to start after two minutes (See Rule 6-9.a). Successive timeouts will not be allowed.

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

Media Timeouts

SECTION 5. For all games, media timeouts shall be two minutes in length (on-field timeout length not the commercial time). Media timeouts should occur at the first "natural break" (after a goal, during a team timeout, injury, stick check, issuance of a card, or when the ball goes out of bounds between the restraining lines, etc.) below 10:00 in each quarter unless a television agreement requires a different format. Media timeouts shall not take place prior to free positions within 8 meters of the goal circle. Ideally, media timeouts shall not take place when the ball is below either restraining line.

Following a media timeout, play will commence pursuant to Rule 4-4. Play will commence on the official's whistle at the spot of the ball when the timeout was called. If the spot of the ball is in the critical scoring area, play will commence at the dot.

Suspended/Interrupted Game

SECTION 6. Once play begins, the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The officials' decision is final. A game will be considered legal and complete if 75% (45 minutes) of playing time has elapsed (i.e., three quarters). If 75% of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures. If a suspended game (one in which less than 75% of playing time has elapsed) is replayed on the same day or another day, it will be played from the point of interruption. Play shall be restarted at the spot of the ball from its point of interruption.

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

Forfeited Game

SECTION 7. If a team leaves the field and refuses to play, the score of the game shall stand, if the team remaining on the field was leading at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

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

Overtime Procedures

SECTION 8. The procedure for sudden-victory overtime will include the following: When the score is tied at the end of regular playing time, both teams will have a five-minute rest and toss a coin for choice of ends. This coin toss will not include a choice of possession. The alternate possession shall continue from regulation. One six-minute period of sudden-victory overtime will be played. Teams will change ends after the first three-minute half with no delay for coaching. Substitutions may occur at this time. The game will be restarted by a draw. The winner will be decided by "sudden victory." The team that scores the first goal wins the game. If neither team has scored after the first overtime period of six minutes, there will be a three-minute rest followed by the teams switching ends again and beginning a second period of six minutes (two three-minute halves) of sudden-victory overtime. Substitutions may occur at this time. The game will be restarted by a draw. This procedure of play will continue until the first goal is scored.

Note: A stick may only be reinspected prior to an overtime period; a stick may not be reinspected after the first three-minutes of an overtime period.

Scoring

SECTION 9. The team scoring the greater number of goals is the winner. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the crossbar from in front, having been shot or propelled by the legal stick of a player of the attacking team or propelled by the stick or person of a defending player. The shot or propelled action must release the ball before time expires. The shot or propelled action is deemed complete if the ball enters the goal, when any player gains possession of the shot or propelled ball, the shot or propelled ball goes out of bounds, comes to rest on the field of play or touches the ground below goal line extended. A shot or propelled ball that does not enter the goal, but comes to rest within the goal circle is considered to be in the possession of the goalkeeper.

SECTION 10. If a violation of jewelry, eye protection or mouthpiece rules is discovered immediately after a goal, the goal will count and a green card will be issued for the delay of game. A free position will be awarded at the center line for the opposing team. Player positioning for the draw shall not apply.

SECTION 11. A goal is not scored when:

- a. The ball is put through the goal by a non-player.
- b. The ball comes off the person of a player of the attacking team.

- c. The attacking team does not release the ball for a shot prior to the expiration of the 90-second possession clock.
- d. The ball is shot or propelled after a whistle has been blown. In this scenario, the whistle is not simultaneous with or immediately following the shot where an exception may exist pursuant to Rule 6-43.
- e. The player shooting has stepped on or into the goal circle, or any other player of the attacking team has entered the goal circle unless as the result of a foul.
- f. A player of the attacking team interferes with the opposing goalkeeper, while the goalkeeper is within the goal circle.
- g. An on-field official has ruled that the shot or follow-through is dangerous.
- h. The ball enters the goal while the attacking team has an illegal player on the field.
- i. The ball enters the goal when the attacking team is offside.
- j. The ball enters the goal from a stick that does not meet specifications.
- k. The player who shot the goal does not drop their stick or hand their stick to the nearest official in a timely fashion, or the goal scorer or any teammate adjusts the goal-scoring stick in any way before dropping the stick or handing it to the official. The stick will be considered illegal and will be removed from the game. Officials should make a collective effort to identify the goal-scorer's stick and only disallow the goal if the dropping of additional sticks (or other conduct) prevents officials from being able to identify the goal-scorer's stick.
- l. The ball enters the goal by the attacking team's goalkeeper or their stick.

RULE 5

Play of the Game

Start/Restart of the Game

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

When the game starts with a free position or alternate possession at the center line rather than with a draw, player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position and play will commence on the official's whistle.

Draw Positioning and Setup of Draw

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

SECTION 3. A maximum of three players from each team may be between the restraining lines during the draw until possession has been determined or the ball has crossed over either restraining line. All other players, including each

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

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

SECTION 5. For any delay during the administration of the draw where fault cannot be attributed to either team and the delay in administration would result in either a prolonged setup of the draw or reset of the draw, alternate possession will be administered at the center line. Examples of this include, but are not limited to, when the ball goes directly out of bounds from a legal draw or if the **flight of the** ball does not go higher than the heads of the players taking the draw. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the offsetting violations may take the free position. No player may be within 2 meters of the player taking the free position. The player taking the free position may self-start, including during the administration of the first draw of each quarter, overtime half or period that results in an alternate possession. Additionally, since possession has been established, restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely. Substitutions are also permitted.

SECTION 6. If following a draw, a player/team is the last to touch the ball before it goes out of bounds and prior to possession being established, the opposing team will be awarded possession.

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

Early Entry

SECTION 8. Early entry occurs when after the draw is set:

- a. A player behind either restraining line crosses the restraining line before possession has been determined or the ball has crossed over the restraining line; or
- b. A player steps on or over the center circle before the official's whistle.

Illegal Draw

SECTION 9. An illegal draw occurs when:

- a. Either player draws too soon;
- b. No attempt is made to draw up and away;
- c. Movement of the stick is not up and away from the starting position; or
- d. A player taking the draw moves after the official says “ready” and before the official’s whistle.

Penalty Administration for Illegal Draw and Early Entry

SECTION 10. When an illegal draw or early entry occurs, a free position for the non-offending team will be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. The player taking the free position may self-start. Additionally, since possession has been established, the restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely.

SECTION 11. Offsetting fouls on the draw will result in an alternate possession at the center line. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the offsetting violations may take the free position. No player may be within 2 meters of the player taking the free position. Additionally, since possession has been established, restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely.

Start/Restart of Play

SECTION 12. The whistle is used to stop and start play for cardable fouls, fouls committed by the defense in their defensive end that occur **in the critical scoring area**, offside fouls, and all other playing action that necessitates an official’s timeout. When starting play, the official will give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The timer’s horn is blown to indicate the end of each quarter and overtime.

Self-Start

SECTION 13. Following a whistle blown for a foul that doesn’t necessitate an official’s timeout, the player who is awarded the free position or any player **from the team awarded the free position that is on the field of play at the time of the whistle for the foul may continue the course of play without waiting for an additional whistle.** The free position shall be taken within 5 yards relative to the spot of the foul, with the exception that a player’s momentum may not carry them over the restraining line or into the critical scoring area. The offending player must immediately move 2 meters away. Any other player(s) within 2 meters must move away. All players farther than 2 meters from the free position may move freely. It is not required that the player come to a stop prior to commencing play from out of bounds with a self-start. **If a player does not self-start, the official shall blow the whistle to commence play.**

SECTION 14. The self-start shall commence play within 5 yards from the spot of the foul. If the player taking the free position clearly gains an advantage from

self-starting farther than 5 yards from the spot of the foul, the official shall blow the whistle and the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location for the free position. If the official has to call timeout and reset the free position, play will commence on the official's whistle.

SECTION 15. All players' bodies and sticks must remain outside of the 2-meter non-engagement area around the player awarded the free position until the player awarded the free position self-starts by either taking a step (i.e., the act or movement of lifting and setting down one's foot to a new position in any direction) or passing the ball. Once the player awarded the free position self-starts, players may engage the player awarded the free position by initiating movement into the 2-meter non-engagement area (See Rule 6-5).

SECTION 16. If any player delays moving 2 meters away or violates the 2-meter non-engagement area with their stick or body prior to the player who has been awarded the free position self-starting, the official will call a timeout and provide a verbal warning to the offending player and offending team's bench, including the offending team's head coach. All subsequent delays moving 2 meters away and violations of the 2-meter non-engagement area will result in the issuance of a delay-of-game green card and one-minute releasable penalty to be served by the offending player (See Rule 6-6).

SECTION 17. A self-start is not an option when the game clock and/or 90-second possession clock are stopped (See Rule 4-1). If a player self-starts when self-starts are not permitted, it will only be considered a false start if the administration of the foul that has caused play to stop is within the critical scoring area of the player's offensive end and the official has set up the free position by placing the offender 4 meters behind; the false start will result in a change of possession. If an official must repeatedly restart play as a result of a team self-starting more than 5 yards from the spot of the foul to gain an advantage, a delay-of-game green card and one-minute releasable penalty may be issued (See Rule 6-9.p).

90-Second Possession Clock

SECTION 18. After a team has gained possession of the ball, a visible 90-second possession clock will start unless the possession is following a shot on goal that hits a pipe or rebounds off a save, the team who shot the ball retains possession, and the possession clock has 59 or fewer seconds remaining on the clock. At the expiration of the 90 seconds, a change of possession will be awarded to the opposing team. The 90-second possession clock must stop at any point the game clock is stopped and for free positions awarded in a team's offensive end that are administered at the dot or 12-meter fan.

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

- a. Any green, yellow or red card issued to the team without possession;
- b. Save by the goalkeeper of the team without possession, inside or outside of the goal circle, and whether possessed or deflected off of the goalkeeper;
- c. Offside foul; or
- d. Change of possession.

The 90-second possession clock will be reset to 60 seconds if 59 or fewer seconds remain on the possession clock following a shot on goal that hits the pipe or rebounds off a save and the team who shot the ball retains possession. If more than 59 seconds remain on the possession clock, no reset will be necessary.

Note: With regards to the 60-second reset, the reset is based on the time of the deflection.

See the definition for “shot on goal” in Rule 7. For purposes of this rule, the ball must be released from the shooter’s stick prior to the expiration of the 90-second possession clock. Shots that go wide of the pipes or above the crossbar do not reset the 90-second possession clock.

SECTION 19. Rule 4-3 does not affect the 90-second possession clock. The 90-second possession clock will stop regardless of whether there is a score differential of 10 or more goals and the game clock continues to run.

SECTION 20. It is recommended that two visible 90-second possession clocks be utilized at either end of the field; however, one visible 90-second possession clock at midfield will satisfy the requirement of this rule.

Administration Following 90-Second Possession Clock Violation

SECTION 21. If the 90-second possession clock expires before any of the above occurs (a-h):

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

Note: This administration above applies to a 60-second reset of the possession clock.

Expiration of Quarter/Overtime Half and Retention of Possession During Power Play

SECTION 22. If the team with the numerical advantage retains possession during a power play at the expiration of a quarter, overtime half or period, they will be awarded possession at the start of the subsequent quarter, overtime half or period. A team retains possession if one of their players has the ball in their stick and the player can perform any of the normal functions of control, such as cradling, carrying, passing or shooting. For this rule to apply, the team’s numerical advantage must still exist at the start of the subsequent quarter, overtime half or period.

Administration Following Retention of Possession During Power Play At Expiration of Quarter/Overtime

SECTION 23. If at the expiration of the quarter or overtime period, the ball is possessed by the team with the numerical advantage within the critical scoring area, play will commence with a free position at the closest dot (since teams switch ends, it will be the opposite dot on the other side of the field). If at the expiration of the quarter, overtime half or period, the ball is possessed by the team with the numerical advantage outside of the critical scoring area but below the restraining line, play will commence with a free position at the center of the restraining line. If at the expiration of the quarter, overtime half or overtime period, the ball is possessed by the team with the numerical advantage between the restraining lines, play will commence with a free position at the center line. Any player on the field of play at the start of the subsequent quarter, overtime half or period may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The time on the possession clock will not reset at the start of the subsequent quarter, overtime half or period when possession resumes, but rather the possession clock will start from the time remaining on the possession clock at the expiration of the prior quarter or overtime period.

If the team with the numerical advantage loses possession between the awarding of possession after the penalty that resulted in the numerical advantage and the expiration of the quarter, overtime half or period, the subsequent quarter, overtime half or period will commence with a draw unless otherwise provided by these rules. If no team has possession of the ball at the expiration of the quarter or overtime period, the subsequent quarter or overtime period will commence with a draw unless otherwise provided by these rules.

Out of Bounds

SECTION 24. When the ball goes out of bounds, the official blows the whistle to stop play and signals the direction of possession. Except in the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds, or when a player is the last to touch a loose ball before the ball goes out of bounds, the opposing team is awarded possession of the ball when play resumes. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.

SECTION 25. When a player's foot/feet are out of bounds, the player may not take an active part in the game. During the game, players may not run out of bounds and re-enter to a more advantageous position.

SECTION 26. When a player has possession of the ball and steps on or over the boundary line, or any part of their body or stick touches the ground on or over the boundary line, the ball is out of bounds, and the player will lose possession.

SECTION 27. A player in possession of the ball may hold their stick outside the boundary as long as their foot/feet are not on or over the boundary line. If an opponent who is inbounds legally checks a player's stick causing the ball to fall to the ground out of bounds, possession will be awarded to the opponent when play resumes.

SECTION 28. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier will maintain possession of the ball when play resumes. The opponent will be penalized for the foul. The player awarded the free position may self-start 2 meters within the boundary line. No player may be within 2 meters of the player awarded the free position.

SECTION 29. If a player deliberately pushes, flicks or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it will be penalized as a foul.

SECTION 30. When a loose ball touches the boundary line or the ground outside the line, the ball is out of bounds. The player/team that last touched the ball before it went out of bounds will lose possession unless the ball was the result of a shot or a deflected shot on goal.

SECTION 31. When a shot or deflected shot on goal goes out of bounds, the team of the player who is inbounds and nearest to the ball when it crosses the boundary line is awarded possession of the ball. If the sticks or bodies of players from the two opposing teams are equidistant from the ball when it goes out of bounds, alternate possession will be awarded.

SECTION 32. To resume play when the ball has gone out of bounds, any player from the team awarded possession of the ball may commence play with a self-start relative to the spot from where the ball went out of bounds. It is not required that the player come to a stop prior to commencing play with a self-start. If the player commencing play from out of bounds clearly gains an advantage from self-starting farther than 5 yards from the spot where the ball went out of bounds, the official shall blow the whistle, and the player and the ball must return to the spot where the ball went out of bounds for the self-start. If the official has to call timeout and reset the free position, the official will bring the player 2 meters inside the boundary line and play will commence on the official's whistle. No player may be within 2 meters of the player taking the free position.

SECTION 33. A player may not commence play with a pass from out of bounds. If the player commences play from out of bounds with a pass, the official shall blow the whistle and the opposing team will be awarded possession. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. The player taking the free position may self-start.

SECTION 34. All players must be at least 2 meters from the boundary line and may not enter the 2-meter non-engagement area until the player self-starting with the ball from out of bounds commences play by stepping inbounds. All players farther than 2 meters from the boundary line may move freely.

SECTION 35. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball or a player otherwise causes the ball to go out of bounds. It is the official's responsibility to determine if a thrown ball is a shot.

SECTION 36. A shot that goes directly out of bounds after hitting the goal post or the goalkeeper's stick or body is considered a deflected shot. A ball that rebounds off the goal post, the goalkeeper or the goalkeeper's stick and then off

any field player's stick/body or the official's body and directly out of bounds, is considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with their stick or body and does not gain any distinct/clear advantage or control the ball.

SECTION 37. Pursuant to Rule 5-6, if the ball goes directly out of bounds from a legal draw, alternate possession will be awarded and the player taking the free position may self-start.

Alternate Possession

SECTION 38. At the pregame meeting with the captains, the team that wins the coin toss shall choose either the side that they want to defend in the first half or the first alternate possession after any of the events listed under Rule 5-40(a-k) have occurred. After the initial possession is awarded, the possession will then alternate. Alternate possession is continuous through any overtime period; alternate possession is not reestablished at the coin toss that takes place prior to the first overtime period. The head official and table personnel will maintain the record of alternate possession. If there is a discrepancy between the head official and table personnel, the head official's record will govern. A visible possession arrow is optional, but not required. The arrow should point to the team that will be awarded the next alternate possession. If an alternative visible possession indicator is utilized in lieu of an arrow, the indicator shall be placed on the side of the table that is closest to the bench of the team that will be awarded the next alternate possession.

SECTION 39. Only the team awarded the alternate possession may call a timeout. If the team awarded the alternate possession commits a subsequent foul before the free position has been administered, that team will lose possession and its right to call time out.

SECTION 40. Alternate possession occurs when:

- a. The ball goes into the goal off a nonplayer.
- b. The ball goes out of bounds as the result of a shot or deflected shot, and two opposing players are equally near the ball.
- c. It cannot be determined which team caused the ball to go out of bounds.
- d. There is an incident unrelated to the ball, and players are equidistant from the ball.
- e. A ball lodges in the clothing of a field player outside of the goal circle or official.
- f. When a player from each team commits a foul during the same play and neither foul warrants a yellow or red card. If only one team is penalized with a yellow or red card, alternate possession will not apply. The team that is not issued the yellow or red card will be awarded possession.
- g. When a player and/or coach from each team commits a foul that warrants a yellow or red card during the same play.
- h. When the attacking team commits a foul during a slow-whistle situation.
- i. The game is restarted after any incident related to the ball when neither team has possession, and two opposing players are equally near the ball, unless the incident has been caused by a foul.

- j. For any delay during the administration of the draw where fault cannot be attributed to either team and the delay in administration would result in either a prolonged set up of the draw or reset of the draw.
- k. The game is stopped for any reason not specified in the rules and possession cannot be determined.

Administration for Alternate Possession

SECTION 41. The possession clock stops as the result of alternate possession. An official may signal for the game clock to stop if necessary due to a prolonged administration of an alternate possession. The alternate possession is awarded to the player closest to the foul or incident that caused play to stop. No player may be within 2 meters of the player taking the free position. The player taking the free position may self-start. Play commences on the official's whistle if the game clock is stopped. The 90-second possession clock resets if there is a change of possession, or if there is no change of possession, but the underlying foul by the team not awarded the alternate possession would otherwise require a reset pursuant to Rule 5-18. If the alternate possession is awarded inside of the critical scoring area, including the goal circle, it will be administered at the closest dot. If the alternate possession is awarded as the result of the offsetting fouls on the draw, it is administered at the center line. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. Additionally, since possession has been established, the restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely. For offsetting fouls prior to the start of the game, the team awarded the first alternate possession at the pregame meeting with the captain is awarded the alternate possession and player positioning for the draw shall not apply.

Substitution

SECTION 42. Each team may substitute an unlimited number of players at any time during play, including between quarters, at halftime, overtime, following a goal and during team and injury timeouts, subject to the exceptions and restrictions as outlined in Rule 5-43(a-h) and Rule 5-48(a-e). An official's timeout is not taken for substitution during the normal course of play. Re-entry is permitted.

Illegal Substitutes and Substitutions

SECTION 43. Substitutes and substitutions are not permitted in the following circumstances:

- a. During a team timeout for the player awarded a free position in the critical scoring area and the offender.
- b. When a player enters the field of play without going through the substitution area.
- c. When a player enters the field of play prior to their teammate leaving the field of play.
- d. If there is an extra player on the field of play.
- e. If the player enters the field of play after the official's hands are on the drawers' sticks.

- f. If a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game enters the game. A player not listed by name and uniform number before the game may be added to the roster and/or scorebook when the error is discovered and a penalty imposed against their team.
- g. Before the whistle on a free position administered in the critical scoring area, if the player is the offender positioned 4 meters behind.
- h. When a player enters the field of play prior to possession being gained on the draw. This includes substitutes or reentry of a carded player upon the release of a card.

Penalty Administration for Illegal Substitutes and Substitutions

SECTION 44. For illegal substitutes and substitutions, the official will call a timeout and remove the illegal player. The official will issue a green card and the illegal player will serve a one-minute releasable penalty. When an extra player is discovered on the field, two players on the offending team must be removed from the field of play and serve the one-minute releasable penalty. If more than one extra player is discovered on the field, each extra player on the field and one additional player on the offending team will be removed from the field of play and serve the one-minute releasable penalty. A free position will be awarded to the opposing team at the spot where play was to resume before the illegal substitute was discovered or substitution occurred. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

SECTION 45. For breach of this rule simultaneously, after the removal of the illegal players and the issuance of green cards to both teams, the official will award alternate possession at the spot where play was to resume. If play was to resume in the critical scoring area, the free position will be awarded at the dot. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

SECTION 46. If, before a goal is scored, a team is discovered to have an illegal player(s) on the field, the player(s) will be removed, a green card will be issued, and a free position will be awarded to the opposing team at the spot where play was to resume before discovery of the illegal player(s). If play was to resume in the critical scoring area, the free position will be awarded at the dot. If the spot cannot be determined, play will resume at the spot where the ball was when the error was discovered. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

SECTION 47. If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player will be removed, a green card will be issued, and a free position will be

awarded to the opposing goalkeeper within the goal circle. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

Substitution Procedures

SECTION 48. All substitutions must be made through the substitution area, and during play, all players, including the goalkeeper, must come off of the field and exit between the cones/markers before a substitute may go on to the field. Players may enter the game using the following procedures:

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

Accident, Interference, or Any Other Incident

SECTION 49. If the game has to be stopped due to an accident, injury or illness, interference or an incident either related or unrelated to the ball at the time the whistle is blown, the game is restarted in one of the following ways:

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

SECTION 50. Timeout is called at the discretion of the official. If medical personnel or a coach comes onto the field to attend to an injured player, or if a player is bleeding, that player must leave the field. If the injured player was awarded a free position, the substitute for the injured player must take the free position. If the team does not have any eligible substitutes, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. If the injured player is the goalkeeper and there is no other “dressed” goalkeeper for their team, the goalkeeper may remain in the game.

Ball Lodged in Clothing or Stick

SECTION 51. When the ball lodges:

- a. In the clothing of a field player outside of the goal circle, alternate possession is awarded.
- b. In the stick of a field player, the stick no longer meets specifications and must be removed from the game immediately. The official will call a timeout and remove the stick from the game. The player will be issued a two-minute non-releasable yellow card. A free position will be awarded to the opposing team at the spot where play was to resume before the ball became lodged in the player’s stick. No player may be within 2 meters of the player taking the free position. Play will commence on the official’s whistle. The 90-second possession clock is reset.
- c. In the goal netting, or in the protective equipment, clothing or stick of the goalkeeper (or field player legally in the goal circle) while the goalkeeper is within the goal circle, the goalkeeper removes the ball, places it in their stick and proceeds with the game. The goalkeeper must complete this action within the parameters of the 10-second goal circle count.
- d. In the clothing of an official, alternate possession is awarded.

RULE 6

Fouls and Penalty Administration

General Fouls

SECTION 1. The following are **general** fouls:

- a. **Covering:** Guarding a ground ball with one's foot or stick if the ball is contested by an opponent.
- b. **Empty Stick Check:** Rather than playing the ball, preventing an opponent from playing the ball by checking an opponent's stick. This applies only if the opponent could have received or gained possession of the ball. Incidental empty stick checks during 50/50 balls are exempt from this rule.
- c. **False Start: The following actions are false starts:**
 1. Self-starting when self-starts are not permitted if the administration of the foul that has caused play to stop is within the critical scoring area of the player's offensive end and the official has set up the free position by placing the offender 4 meters behind.
Note: This applies to cardable fouls even when the offender is not placed 4 meters behind.
 2. Before the whistle on a free position shot above goal line extended and within 8 meters from the goal circle, stepping into the prohibited area above goal line extended within 8 meters of the goal circle or the restricted area, or stepping/making any movement simulating the beginning of play within 4 meters of the player taking the free position shot.
 3. Before the whistle on a free position administered at the 12-meter fan or dot, the offender positioned 4m behind, steps or makes any movement simulating the beginning of play.
 4. Before the whistle on a free position administered in the critical scoring area, the player taking the free position steps or makes any movement simulating the beginning of play.
- d. **Forcing Through:** While in possession of the ball, trying to force one's stick through an opposing stick(s) in such a way as to cause one's own stick to contact one's own body.
- e. **Holding:** Detaining an opponent at any time by holding or pushing against one's body, clothing, or stick with an arm, leg, body, or stick. A player may not hold one's stick in such a manner as to restrain or hold back an opponent. For avoidance of doubt, a "v-hold" whereby a player detains their opponent by using their forearm and their stick to form a V angle in front of the attacker (often holding their opponent's elbow) is illegal.

f. Illegal Body Ball: The following actions are illegal body balls:

1. If a player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off of one's body while outside the goal circle. For inside the goal circle, see Rule 6-27.d.
2. If a player, excluding the goalkeeper, touches the ball with one's hand, outside or inside the goal circle; however, a field player while legally in the goal circle may remove a ball lodged in the goal netting or one's clothing with one's hand.
3. If the goalkeeper bats, throws, catches or carries the ball with their hand when outside the goal circle.
4. Pushing, flicking or batting the ball into an opponent's body causing the ball to go out of bounds.

g. Illegal Cradle: Holding, with or without cradling, the head of one's stick in front of one's face or a teammate's face, within the sphere or close to one's body, or a teammate's body, making a legal/safe check impossible.

h. Illegal Draw: See Rule 5-9. For penalty administration, see Rule 5-10.

i. Illegal Stick: See Rule 2.

j. Pass From Out of Bounds: See Rule 5-33.

k. Play From Out of Bounds: Taking an active part in the game when one's foot/feet are out of bounds.

l. Squeeze the Head of the Stick: Using one's hand or body to keep the ball in the stick, that is, squeezing the head of the stick.

m. Tripping: Unintentional tripping of an opponent. For deliberate tripping of an opponent, see Rule 6-26.f.

n. Warding Off: Guarding the stick with an arm. If one hand is removed from the stick, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the stick.

Penalty Administration for General Fouls

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

- a. **Outside of the Critical Scoring Area:** For fouls anywhere on the field outside of the critical scoring area, a free position is awarded to the team of the player who was fouled at the spot of the foul, unless the spot of the foul would disadvantage the non-offending team, in which case the free position is awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. With the exception of self-starts from out of bounds, no free position may be taken closer than 2 meters to a boundary line.
- b. **Critical Scoring Area - Below Goal Line Extended:** When a team is awarded a free position in the critical scoring area and below goal line extended in their offensive end, the free position is awarded to the team of the player who was fouled at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The

goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** When a team is awarded a free position in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle in their offensive end, the free position is awarded to the team of the player who was fouled on the 12-meter fan nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. No player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle.
- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** When a team is awarded a free position above goal line extended and within 8 meters from the goal circle in their offensive end, all bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player will move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play commences on the official's whistle.
- e. When a team is awarded a free position in the critical scoring area in their defensive end, the free position is taken at the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The player taking the free position may self-start. No player may be within 2 meters of the player awarded the free position. The offender is not required to go 4 meters directly behind the player taking the free position.

Physical Fouls

SECTION 3. The following are physical fouls:

a. **Blocking/Illegal Pick:**

1. Moving into the path of an opponent without giving the opponent a chance to stop or change direction, and causing contact.
2. Setting a moving pick that causes contact and delays an opponent from reaching a desired position. For legal picking tactics see the definition for "pick" in Rule 7.
3. When an opponent is running to receive the ball and the "blind-side" defensive player does not give the opponent a chance to stop or change direction.

- b. **Charging:** Charging, barging, pushing into, lowering one's head and shouldering, or backing into, and making bodily contact with an opponent who has already established their position. It is not required that the opponent be in a stationary position.
- c. **Cross Check:** Initiating stick-to-body contact and using the shaft of the stick to hit, push or displace an opponent.
- d. **Illegal Use of the Stick:** Using the stick in a dangerous and/or intimidating manner. For example:
 - 1. Directly poking or waving the stick near an opponent's face;
 - 2. Roughly or recklessly checking an opponent's stick. Any part of a stick may be checked in a direction toward the body if the check is controlled. No player's stick may hit or cause an opponent's stick to hit an opponent's body;
 - 3. Reaching across an opponent to check the stick when one is level with or behind their opponent;
 - 4. Using the webbed area of one's stick to hook or attempt to hook the bottom end of an opponent's stick; or
 - 5. Any other action with the stick that, in the official's opinion, amounts to dangerous or intimidating play.
- e. **Pushing:** Pushing an opponent with one's hand or body.

Penalty Administration for Physical Fouls

SECTION 4. The following includes the penalty administration for physical fouls:

- a. **Between the Restraining Lines:** Physical fouls between the restraining lines will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The free position will be awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset. No free position may be taken closer than 2 meters to a boundary line.

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

EXCEPTION: This penalty administration will not apply to physical fouls committed during the administration of the draw or following the administration of the draw until possession has been established or the ball has crossed over either restraining line. For physical fouls committed during the administration of the draw or following the administration of the draw before possession has been established or the ball has crossed over either restraining line, the penalty administration in Rule 6-2.a shall apply unless the physical foul warrants a yellow or red card.

- b. **Below the Restraining Line and Outside of the Critical Scoring Area:** For fouls below the restraining line and outside of the critical scoring area, a free position is awarded to the team of the player who was fouled at the spot of

the foul, unless the spot of the foul would disadvantage the non-offending team, in which case the free position is awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. With the exception of self-starts from out of bounds, no free position may be taken closer than 2 meters to a boundary line.

- c. **Critical Scoring Area - Below Goal Line Extended:** When a team is awarded a free position in the critical scoring area and below goal line extended in their offensive end, the free position is awarded to the team of the player who was fouled at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.
- d. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** When a team is awarded a free position in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle in their offensive end, the free position is awarded to the team of the player who was fouled on the 12-meter fan nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player will stand 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. No player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle.
- e. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** When a team is awarded a free position above goal line extended and within 8 meters from the goal circle in their offensive end, all bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player will move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play commences on the official's whistle.
- f. When a team is awarded a free position in the critical scoring area in their defensive end, the free position is taken at the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The player taking the free position may self-start. No player may be within 2 meters of the

player awarded the free position. The offender is not required to go 4 meters directly behind the player taking the free position.

Shooting Space and Three Seconds

SECTION 5. The following includes shooting space and three seconds:

- a. **Shooting Space:** With any part of one's body, guarding the goal outside or inside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player. This rule is in effect when the ball is within the critical scoring area and above goal line extended.
 1. This positioning applies only if initiated by the defensive player and not if an attacking player draws the defensive player into the free space to goal.
 2. This positioning applies only to a defensive player not marking an attacking player within a stick's length.
 3. When making this call, officials shall look at the body positioning of the player with the ball and whether the player's body is in a position to shoot, whether the hands of the player with the ball are free to shoot, and if the player can shoot safely.

Note: If a player cannot shoot safely but still shoots, dangerous propelling or dangerous follow-through should be called.
 4. If the player with the ball is being double- or triple-teamed and has no opportunity to shoot, the foul should not be called.
 5. Players exempted from this foul include:
 - i. The goalkeeper; and
 - ii. Defensive players who are double-or multiple-teaming a player without the ball and are within a stick's length.
- b. **Three Seconds:** While defending within the 8-meter arc, remaining in that area more than three seconds unless one is marking an opponent within a stick's and arm's length. The count for this rule is in effect when the team in possession of the ball crosses the ball over the restraining line into its offensive end. The stick and arm's length used by the official to determine three seconds is the length of the defender's stick and arm who is being observed for a violation of three seconds.

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

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

A defensive player within the arc will not be exempt from three seconds by merely stepping into the goal circle and then directly back into the arc. The

three-second count would continue in this instance. The defensive player may exit the arc by moving through and out of the goal circle and not back into the 8-meter arc in order to avoid three seconds.

Penalty Administration for Shooting Space and Three Seconds

SECTION 6. For all shooting space and three-second fouls, all bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper was not in violation of three seconds. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play commences on the official's whistle.

- a. **Shooting Space:** The player who was fouled is awarded a free position at the hash mark nearest to the spot of the foul on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The offending player moves to the 12-meter fan, 4 meters directly behind the player taking the free position.
- b. **Three Seconds:** The free position is administered at the hash mark nearest to the spot of the ball on the 8-meter arc, when the whistle is blown. The attacking player in possession of the ball or nearest to the ball, when the whistle is blown, takes the free position. The offending player in three seconds moves to the 12-meter fan, 4 meters directly behind the player taking the free position.

Non-Engagement Fouls

SECTION 7. The following are non-engagement fouls:

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

Penalty Administration for Non-Engagement Fouls

SECTION 8. The following includes the penalty administration for non-engagement fouls:

If any player delays moving 2 meters away or violates the 2-meter non-engagement area with their stick or body prior to the player who has been awarded the free position self-starting or play commencing on a whistle, the official will call a timeout and provide a verbal warning to the offending player and offending team's bench, including the offending team's head coach. The free position will be awarded to the team of the player taking the original free position at the spot of the original free position. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

The first non-engagement foul is considered the one warning for the offending team.

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

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

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

Delay-of-Game Fouls:

SECTION 9. The following are delay-of-game fouls:

- a. **Delay from Timeout/Quarter Break/Halftime:** Failing to be ready to start play after a two-minute team timeout, two-minute quarter break or halftime. The green card is issued to the team, and the coach must select a player to serve the penalty. The team will commence play with one less player on the field than the team would have commenced play with prior to the delay.
- b. **Delay to Pregame Meeting:** Failure of the head coach to appear at the pregame meeting in a timely manner. The green card is issued to the head coach, and the coach must select a player to serve the penalty. The team will commence play with one less player on the field than the team would have commenced play with prior to the delay.
- c. **Delay with Free Positions in the Critical Scoring Area:** Failure to move 4 meters away on an 8-meter free position, or failure of the offender to move 4 meters behind on a free position in the critical scoring area.
- d. **Delay after Cardable Penalty:** Delay in exiting the field, entering the penalty area, or failing to remain in the penalty area after being issued a card.
- e. **Eye Protection:** Failure to properly wear eye protection.
- f. **General Delay:** Any type of behavior that, in the official's opinion, amounts to delay.
- g. **Goalkeeper Fouls:** If a goalkeeper attempts to take the draw, lines up between the restraining line during the draw, shoots or scores for their team.
- h. **Illegal Re-entry:** Running out of bounds and re-entering to a more advantageous position. Note, this includes running out of bounds to avoid an offside foul.
Note: This includes running out of bounds to avoid an offside foul.
- i. **Illegal Stick Request:** Requesting any additional stick inspections beyond the two allowed per team.
- j. **Illegal Substitutes/Substitutions:** See Rule 5-43. For penalty administration, see Rules 5-44 through 5-47.
- k. **Illegal Switching of Sticks:** Switching sticks with a stick from the bench area without entering and exiting the field through the substitution area.
- l. **Illegal Timeout:** A team requesting more than three timeouts.

- m. **Jewelry:** Taking part in the game if the player is wearing jewelry.
- n. **Mouthpiece:** Failure to properly wear a mouthpiece.
- o. **No Stick:** With the exception of the goalkeeper in the goal circle, taking part in the game if the player is not holding one's stick.
- p. **Repetitive False Starts:** If throughout the course of a game, a team repeatedly false starts.
- q. **Repetitive False Starts on 8-Meter Free Position:** If a defensive team false starts on an 8-meter free position and then after the free position is reset, the defensive team false starts again, a green card will be issued to the player who committed the second false start. The carded player must leave the field to serve the one-minute releasable penalty. The player who committed the first false start remains 4 meters behind the free position, unless that player also committed the second false start. In that scenario, the player that committed both false starts serves the one-minute penalty, and another defensive player must go 4 meters directly behind the free position. Once a team commits two false starts within the administration of the same free position and is issued a green card, all subsequent false starts on free positions within 8 meters of the goal circle above goal line extended will result in the issuance of a green card.
- r. **Repetitive Self-Starts:** If throughout the course of a game, a team repeatedly self-starts more than 5 yards from the spot of the foul to gain an advantage.
- s. **Throwing a Stick:** Throwing one's stick in any circumstance.

Penalty Administration for Delay-of-Game Fouls

SECTION 10. The following includes the penalty administration for delay-of-game fouls:

- a. **Outside of the Critical Scoring Area:** Delay-of-game fouls anywhere on the field outside of the critical scoring area will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player unless indicated otherwise in Rule 6-10. The free position will be awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul, may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset. No free position may be taken closer than 2 meters to a boundary line.

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

- b. **Critical Scoring Area - Below Goal Line Extended:** A delay-of-game foul in the critical scoring area and below goal line extended will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The free position will be awarded to the non-offending team at the dot nearest to the spot of the foul that caused

play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

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

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

- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** A delay-of-game defensive foul that occurs above goal line extended and within 8 meters from the goal circle will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position will be awarded to the non-offending team at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position will be awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock will be reset.

An offensive delay-of-game foul that occurs above goal line extended and within 8m from the goal circle will result in a change of possession, the issuance of a green card, and one-minute releasable penalty to be served by the offending player. The free position will be awarded to the non-offending team at the hash mark nearest to the spot of the foul that caused play to stop

on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 4 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

Embellishment and Flopping

SECTION 11. The following includes embellishment and flopping:

- a. **Embellishment:** Any physical action or conduct by a player on the field of play to exaggerate or embellish a foul by the other team in an effort to get the official to increase or escalate the penalty for the foul.
- b. **Flopping:** Any physical action or conduct by a player on the field of play to make it seem like a foul has been committed by their opponent or that reasonably appears to be intended to cause an official to call a foul on the player's opponent when no foul has been committed (e.g., faking physical contact).

Officials shall not stop a scoring play or otherwise disadvantage the non-offending team to administer an embellishment or flopping foul. The official may wait until the next neutral opportunity or natural stoppage of play to administer the penalty.

SECTION 12. The following includes the penalty administration for embellishment and flopping fouls:

- a. **Outside of the Critical Scoring Area:** Embellishment and flopping fouls anywhere on the field outside of the critical scoring area will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The free position will be awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset. No free position may be taken closer than 2 meters to a boundary line. If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.
- b. **Critical Scoring Area - Below Goal Line Extended:** Embellishment and flopping fouls in the critical scoring area and below goal line extended will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position will be awarded to the non-offending team at the dot nearest to the spot of the

foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset. If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** Embellishment and flopping fouls in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position will be awarded to the non-offending team on the 12-meter fan nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of an embellishment or flopping foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle. The 90-second possession clock will be reset. If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.
- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** Embellishment and flopping fouls that occur above goal line extended and within 8 meters from the goal circle will result in the issuance of a green card and one-minute releasable penalty to be served by the offending player. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position will be awarded to the non-offending team at the hash mark nearest to the spot of the ball on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position will be awarded. The stick of the player awarded the free position will be permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock will be reset. If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.
- e. If the penalty is administered after a goal, the free position will be awarded to the non-offending team at the center circle. Any player from the team awarded the free position who is on the field of play may take the free position. No player may be within 4 meters of the player awarded the

free position. Play will commence on the official's whistle. The 90-second possession clock will be reset

- f. Embellishment and flopping fouls during the course of a scoring play will always be administered with a green card regardless of whether a shot is taken or goal scored. Embellishment and flopping fouls will not affect the determination of whether a goal counts.

Offside Fouls

SECTION 13. Offside fouls shall be called immediately. In order for a team to be onside a team must:

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

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

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

If a team is playing with fewer than 12 eligible players due to injury or other circumstances not relating to carding, the team may have fewer players behind the restraining line. In this scenario, an offside foul shall only be called if the team is playing with more than 7 players in that team's offensive end. Additionally, if a team is playing with fewer than 12 eligible players as a result of carding, it may play with fewer players behind the restraining line after the penalty for the card has been served. As a general matter, if a team has 12 eligible players and chooses to play with fewer players on the field and a penalty for a card is not being served, an offside foul shall only be called if the team is playing with more than 7 players in that team's offensive end.

Penalty Administration for Offside Fouls

SECTION 14. The following includes the penalty administration for offside fouls by a team in their offensive end or in their defensive end when in possession of the ball:

- a. **Outside of the Critical Scoring Area:** When there is an offside foul by a team in their offensive end or in their defensive end when in possession of the ball and the ball is outside of the critical scoring area, after correcting the offside foul, a free position is awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock is reset. No free position may be taken closer than 2 meters to a boundary line.
- b. **Critical Scoring Area - Below Goal Line Extended:** When there is an offside foul by a team in their offensive end or in their defensive end when in possession of the ball and the ball is in the critical scoring area and below goal line extended, the free position is awarded at the dot nearest to the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free

position. The closest player of the offending team to the ball is moved 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play commences on the official's whistle. The 90-second possession clock is reset.

- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** When there is an offside foul by a team in their offensive end or in their defensive end when in possession of the ball and the ball is in the critical scoring area, above goal line extended, and more than 8m from the goal circle, the free position is awarded on the 12-meter fan nearest to the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The closest player of the offending team to the ball will be moved 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play commences on the official's whistle. For a free position that is the result of an offside foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. The 90-second possession clock is reset.
- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** When there is an offside foul by a team in their offensive end and the ball is above goal line extended and within 8 meters from the goal circle, all bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The player with the ball or the closest player on the non-offending team to the ball is awarded a free position at the hash mark nearest to the spot of the ball on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The closest player on the offending team to the ball is moved 4 meters directly behind the player taking the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play commences on the official's whistle. The 90-second possession clock is reset. When there is an offside foul by a team in their defensive end when in possession of the ball and the ball is above goal line extended and within 8 meters from the goal circle, the free position is awarded on the 12-meter fan nearest to the spot of the ball. The player with the ball or the closest player on the non-offending team to the ball is awarded the free position. No player may be within 2 meters of the player awarded the free position. Play commences on the official's whistle. The 90-second possession clock is reset.
- e. **Both Teams Offside:** If players from both teams are offside, the players nearest to the restraining line from both teams will move back onside. The offensive team will be awarded possession and the applicable penalty administration per the spot of the ball as outlined in Rule 6-15 shall be administered. Play will commence on the official's whistle. The 90-second possession clock will be reset.
- f. If the goalkeeper has possession of the ball in the goal circle when the goalkeeper's team is called for an offside foul, the free position will be

administered at the dot nearest to the spot of the ball. If the goalkeeper has possession of the ball in the goal circle when the attacking team is called for an offside foul, the free position will be administered in the goal circle and the 10-second count will reset.

SECTION 15. The following includes the penalty administration for offside fouls by a team in their defensive end:

An offside foul by a team in their defensive end will result in the issuance of a green card and one-minute releasable penalty to be served by the offending team. The foul will be served by the last player to cross over the restraining line if that player can be identified by the official; otherwise, the closest player to the restraining line at the time of the whistle will serve the penalty.

a. Outside of the Critical Scoring Area: An offside foul by a team in their defensive end when the ball is outside of the critical scoring area will result in the issuance of a green card and one-minute releasable penalty to be served by the offending team. After correcting the offside foul, a free position will be awarded at the spot of the ball. Any player from the team awarded the free position on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset. No free position may be taken closer than 2 meters to a boundary line.

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

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

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

c. Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle: An offside foul by a team in their defensive end when the ball is in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, will result in the issuance of a green card and one-minute releasable penalty to be served by the offending team. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The free position will be awarded to the non-offending team on the 12-meter fan nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at

the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of an offside foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

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

From the Goal Circle: An offside foul by a team in their defensive end when the ball is above goal line extended and within 8 meters from the goal circle will result in the issuance of a green card and one-minute releasable penalty to be served by the offending team. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The player with the ball or the closest player on the non-offending team to the ball is awarded a free position at the hash mark nearest to the spot of the ball on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position will be awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

Green Card

SECTION 16. A green card is a one-minute releasable penalty issued for physical fouls, non-engagement fouls, delay-of-game fouls, and offside fouls on a team in their defensive end. The issuance of a green card resets the 90-second possession clock. No substitutes may take the carded player's place. If the opposing team scores during the one-minute penalty, the carded player will be released from the penalty area and is eligible to re-enter the game. The one-minute releasable penalty for a green card must be served during elapsed playing time, which will carry over to the subsequent quarter, overtime half or period if necessary. If the quarter or game, which goes into overtime, ends prior to the administration of the free position, the subsequent quarter, overtime half or period will begin with a free position at center for the non-offending team. Player positioning for the draw shall not apply. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

SECTION 17. Green cards are not included in the card count for a team or individual. If a coach receives a green card, they must designate a player on the field to serve the one-minute releasable penalty. All players serving a releasable one-minute penalty for a green card in the penalty area will be released when the opposing team scores, regardless of whether the green cards were issued at

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

SECTION 18. If the player serving the green card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the carded player will serve an additional one-minute penalty, and no substitute may take the carded player's place. If the player entering early is the player who received the original green card, the player will be removed from the field of play for the remainder of the penalty time and then serve the additional one-minute penalty. If the player entering early is not the player who received the original green card, the official will send a player from the offending team who is closest to the carded player's team bench area off the field, and the player who received the original green card will serve the remainder of the penalty time and then serve the additional one-minute penalty. A change of possession will take place if warranted, and any free position will be awarded at the spot of the ball.

SECTION 19. A team with a player(s) in the penalty area must play short-handed in both its offensive and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal. If a team has more than one player in the penalty area and the opposing team scores, the players serving the one-minute releasable penalties, whether or not that player(s) entered the penalty area first, will be released.

SECTION 20. A player serving a one-minute releasable penalty for a green card may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

Goal Circle Fouls

SECTION 21. Outside of the goalkeeper, one of the following criteria must be met in order for a player to enter or to have one's feet, body or stick on or over the goal circle at any time:

- a. On a shot, the shooter may follow through with their stick over the goal circle; however, the shooter's feet must not touch the goal circle. The shooting motion must be initiated from outside the goal circle.
- b. On a shot, **defenders** may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick provided they are not violating other rules such as shooting space or three seconds.
- c. Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.
- d. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle. Defenders must immediately leave the goal circle when their team loses possession of the ball.

- e. Players on the defending team in their defensive end of the field may go into the goal circle to prevent a rolling ball from crossing the goal line.
- f. Any defender moving through the goal circle must still abide by all provisions of the shooting space rule.
- g. A ball on the ground or in the air within the goal circle constitutes possession for the defending team.
- h. The defensive player standing in the goal circle and marking the player with the ball within a stick's length may play the ball on the ground or in the air as a result of a check or blocked shot.

SECTION 22. The goalkeeper or any defender while within the goal circle:

- a. Must clear the ball within 10 seconds after it has entered the goal circle.
- b. Must remove a ball lodged in their clothing, or if the goalkeeper, their protective equipment, place it in their stick, and proceed with the game.

SECTION 23. While within the goal circle, only the goalkeeper may:

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

SECTION 24. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not return the ball to its goal circle until the ball has been played by another player.

Penalty Administration for Goal Circle Fouls

SECTION 25. If the goal circle foul is committed by the defense, a free position will be awarded to the attacking team at the dot nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The offending player, except the goalkeeper, when the ball is within the goal circle at the time of the foul, shall be placed 4 meters directly behind the player taking the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle.

If the goal circle foul is committed by the attack, the free position will be awarded to the goalkeeper within the goal circle. The goalkeeper may self-start.

Mandatory Card Fouls

SECTION 26. The following fouls necessitate the issuance of a card:

- a. **Dangerous Contact:** No player's stick may hit or cause their opponent's stick to hit the opponent's head or neck. No player may cross check an opponent's shoulders or back from the rear position. **No player may make a sweeping check from behind that contacts an opponent's body.**
- b. **Dangerous Follow-Through:** Following through with their stick in a dangerous or uncontrolled manner at any time. This foul is inapplicable if the goalkeeper moves into the path of the follow-through.
- c. **Dangerous Propelling:** Propelling the ball with their stick in a dangerous or uncontrolled manner at any time. Any shot directed at or taken without

regard to the positioning of a field player is dangerous propelling. This foul is inapplicable if the goalkeeper moves into the path of the ball.

- d. **Dangerous Stick in the Sphere:** Holding one's stick within the sphere around the face or throat of an opponent.
- e. **Illegal Body Ball in Goal Circle (Red Card):** If a player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off of one's body while inside the goal circle.
- f. **Misconduct:** The following are misconduct fouls:
 1. Excessively rough, dangerous or unsportsmanlike play.
 2. Repeated, persistent or flagrant violation of the rules.
 3. Deliberately endangering the safety of an opposing player.
 4. Baiting or taunting that is intended or designed to embarrass, ridicule or demean others.
 5. Excessive dissent or abusive language.
 6. Coach leaving their coaching area. See Rule 1-14.
 7. Any deliberate attempt to impede the officials from obtaining the goal-scorer's stick.
 8. Deliberately tripping an opponent.
 9. Any type of behavior that, in the official's opinion, amounts to misconduct.
- g. **Slash:** Swinging the stick at an opponent with deliberate viciousness or recklessness.
- h. **Suspended Player Substitutes (yellow card is issued to the head coach, see Rules 6-40 and 6-41):**
 1. If a player who receives two yellow cards enters the field of play.
 2. If a player who receives a red card enters the field of play.

Penalty Administration for Mandatory Card Fouls

SECTION 27. A mandatory card foul results in the issuance of a yellow or red card and reset of the 90-second possession clock. A yellow card may be a two-minute releasable or non-releasable penalty. A non-releasable yellow card is issued when it is the team's fourth or subsequent yellow card or for violations of Rule 2 or the NCAA Stick Check Instructions, excluding pocket depth. The total team card count to four includes both yellow and red cards, but not green cards. A red card is always a five-minute non-releasable penalty. The issuance of cards should be considered a warning to all players. The penalty for cardable offenses must be served during elapsed playing time, which will carry over to the subsequent quarter or overtime as necessary. If the quarter, half, or game, which goes into overtime, ends prior to the administration of the free position, the subsequent quarter or overtime half or period will begin with a free position at center for the non-offending team. Player positioning for the draw shall not apply. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle.

- a. **Outside of the Critical Scoring Area:** A mandatory card foul anywhere on the field outside of the critical scoring area will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the

offending player. The free position will be awarded at the spot of the foul that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. If the card is not for a misconduct foul committed against a specific opponent, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. The 90-second possession clock will be reset. No free position may be taken closer than 2 meters to a boundary line.

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

- b. **Critical Scoring Area - Below Goal Line Extended:** A mandatory card foul in the critical scoring area and below goal line extended will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position will be awarded at the dot nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

- c. **Critical Scoring Area - Above Goal Line Extended, More than 8 Meters From the Goal Circle:** A mandatory card foul in the critical scoring area, above goal line extended, and more than 8 meters from the goal circle, will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position will be awarded on the 12-meter fan nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 2 meters of the player awarded the free position. For a free position that is the result of a mandatory card foul by a defensive player, no player may be directly in front of the free position obstructing the free space to goal. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

- d. **Critical Scoring Area - Above Goal Line Extended, Within 8 Meters From the Goal Circle:** A mandatory card foul that occurs above goal line extended and within 8 meters from the goal circle will result in the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and

the restricted area. The free position will be awarded to the player who was fouled at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. If the card is issued for a misconduct foul not committed against an opposing player, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position will be awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

An offensive mandatory card foul that occurs above goal line extended and within 8 meters from the goal circle will result in a change of possession and the issuance of a card and a two-minute releasable/non-releasable penalty to be served by the offending player. The free position will be awarded to the player who was fouled at the hash mark nearest to the spot of the foul that caused play to stop on the 8-meter arc, or if outside the 8-meter arc, on the hanging hash mark. If the card is issued for a misconduct foul not committed against an opposing player, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be within 4 meters of the player awarded the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

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

Yellow Card

SECTION 28. The player receiving the yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time. No substitutes may take the carded player's place. If the opposing team scores during this time, the carded player will be released from the penalty area and is eligible to re-enter the game, unless serving a non-releasable yellow card penalty.

SECTION 29. If the player serving the yellow card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the carded player will serve the remainder of the penalty time and then serve an additional two-minute penalty, either releasable or non-releasable depending on the penalty of the original card. No additional card will be administered and no substitute may take the carded player's place. If the player entering early is the player who received the original yellow card, the player will be removed from the field of play to serve the remainder of the penalty time and then serve the additional two-minute penalty. If a player other than the player serving a yellow card enters the game before the penalty time for the yellow card has elapsed, the player will be removed from the field of play, a green card will be issued, and

the coach must select an additional player from the field of play to serve the one-minute releasable penalty. A change of possession and 90-second possession clock reset will take place if warranted, and any free position will be awarded at the spot of the ball. Should the opposing team score a goal during the remainder of the original penalty time for a non-releasable card, the original penalty will be considered complete. The added two minutes will begin once the original time is over, either because the full two minutes has expired, or because the opposing team has scored a goal. If the opposing team scores a goal during the added two minutes for a non-releasable card, the player will be released.

SECTION 30. A team with player(s) in the penalty area must play short-handed in both its attacking and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal if the penalty is releasable. If a team has more than one player in the penalty area and the opposing team scores, the player serving the first releasable penalty, whether or not that player entered the penalty area first, will be released. If a team has two players who received releasable cards at the same time, both players will be released if the opposing team scores during the penalty time. If two players from the same team each receive a releasable yellow card at different times, they will be released in order of their entry into the penalty area. Any player serving a non-releasable yellow card penalty must serve the full two-minute penalty.

SECTION 31. A player serving a releasable yellow card penalty may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

SECTION 32. A player who receives a second releasable yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take the carded player's place during that two-minute period. The player will be suspended from further participation in that game. Once the penalty time has expired, or if the opposing team scores a goal, the team may substitute another player for the player who has been suspended.

Red Card

SECTION 33. The official has the power to eject without any previous warning a player, coach or team personnel guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. This immediate ejection will be noted by issuing a red card. The player receiving the red card must leave the field and enter the penalty area for five minutes of elapsed playing time, and no substitute may take the player's place during that five-minute period. A red card is a non-releasable penalty. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected. Any player or coach who has received a red card will be prohibited from participating in the team's next game. The next-game suspension will carry over to the following season if the ejection occurs during the team's last game.

SECTION 34. A player or coach serving a game suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel and/or game officials from the start of the game to its completion, including any

overtime periods. While the suspended coach or player is allowed on the field and in the bench area during pregame activities, the suspended player may not be dressed in the player's game uniform, and the suspended player may not take part in any warmup activities.

SECTION 35. If the player serving the red card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the ejected player will serve the remainder of the penalty time and then serve an additional two-minute penalty, and no substitute may take the ejected player's place. If the player entering early is the ejected player, the player will be removed from the field of play to serve the remainder of the penalty time and then serve the additional two-minute penalty. If the player entering early is not the ejected player, the player will be removed from the field of play, a green card will be issued, and the coach must select an additional player from the field of play to serve the one-minute releasable penalty. A change of possession and 90-second possession clock reset will take place if warranted, and any free position will be awarded at the spot of the ball.

Goalkeeper Carded

SECTION 36. If the player receiving the green or yellow card is the goalkeeper and there is no second dressed goalkeeper for the goalkeeper's team, the carded goalkeeper must remain in the game, and the team's coach must designate another player who must leave the field and enter the penalty area for the two-minute period.

SECTION 37. If the goalkeeper receives a second yellow card, the goalkeeper will be suspended from further participation in that game. The team must substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach must designate another player who must leave the field for two minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time.

SECTION 38. If the goalkeeper receives a red card, the goalkeeper will be ejected from the game. The team must substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach must designate another player who must leave the field for five minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the ejected goalkeeper for five minutes of elapsed playing time.

SECTION 39. If the goalkeeper is carded and either remains on the field because there is no second dressed goalkeeper, or is replaced by the second dressed goalkeeper, the goalkeeper on the field must move 4 meters directly behind the player taking the free position; however, if a goal is scored and the free position as a result of the card will take place at the center, the goalkeeper or the goalkeeper's substitute may remain in the goal circle for the restart of play.

Coach Carded

SECTION 40. A yellow or red card issued to the head coach will result in a player being removed from the field. The head coach must designate a player who must leave the field and enter the penalty area to serve the penalty time. A

consecutive card issued to the same player during the same stoppage of play will not result in any additional player being removed from the field.

SECTION 41. The head coach is responsible for the behavior of anyone in the team bench area and will receive any card issued for lack of bench decorum. In the event the head coach is warned, suspended or ejected, play is restarted within one minute with a free position to the opponent nearest to the ball when play was stopped. Any head coach who is suspended or ejected must leave the area, including the spectator area, of the game. In the event that any team follower is to be warned or suspended, the head coach may be assessed the penalty. In the event the head coach does not effectively control the actions of the team's spectators, the head coach may be assessed a card.

Postgame Misconduct

SECTION 42. If a situation occurs after the game ends and before the official leaves the playing venue where conduct occurs that would warrant a red card during play, the official can issue a postgame ejection to the offending player or coach to be served in the team's next game. The official must inform his/her assigner or the offending team's head coach or game administrator immediately after the game to report the ejection.

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

SECTION 43. Procedurally, after a whistle has been blown for a foul that warrants a free position above goal line extended and within 8 meters from the goal circle, the lead official will walk into the 8-meter arc, and without blocking the goalkeeper's vision of the free position, manage the clearing out of the prohibited area above goal line extended within 8 meters of the goal circle and the restricted area. The lead official will then back out of the 8-meter arc and assume a stationary position to restart play. The official will raise their arm, and then blow the whistle and drop their arm. The trail and C officials shall watch for false starts. If a player enters the prohibited area above goal line extended within 8 meters of the goal circle or the restricted area below goal line extended prior to the whistle to commence play, it is a false start.

Special Situations and Administrations

Simultaneous Whistle

SECTION 44. If there is a whistle blown for a defensive foul simultaneous with a shot and the shot results in a goal, the goal shall count, and the penalty shall not be administered unless the foul is a cardable foul. The penalty administration for a cardable foul is a free position at the center circle for the non-offending team and player positioning for the draw shall not apply. Any player from the team awarded the free position may take the free position. No player may be within 2 meters of the player taking the free position. Play commences on the official's whistle. The 90-second possession clock is reset.

If there is a whistle blown for a defensive foul simultaneous with a shot and the shot does not result in a goal, the penalty shall not be administered unless the foul was a cardable foul or the foul was on the shooter and affected the shot.

If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper maintains possession of the ball, either through a save inside or outside the goal circle, or the ball coming to rest within the goal circle, the penalty shall not be administered. Play may commence on the official's whistle. The 90-second possession clock will be reset. If the goalkeeper saves the ball, inside or outside the goal circle, but does not maintain possession of the ball (i.e., the ball deflects/rebounds off of the goalkeeper positioned inside or outside of the goal circle), the penalty shall not be administered. The free position will be awarded to the goalkeeper in the goal circle. Play will commence on the official's whistle. The 90-second possession clock will be reset. In all other scenarios, the free position will be administered. If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper does not save the ball or maintain possession of the ball, the penalty shall not be administered and play shall continue unless the foul was a cardable foul or the foul was on the shooter and affected the shot.

Slow Whistle

Implementation of Slow Whistle

SECTION 45. A slow whistle is a held whistle for a foul by a defensive player in the critical scoring area when an attacking player is on a scoring play. The official will indicate this slow whistle by raising a yellow flag vertically above their head.

SECTION 46. A slow whistle is in effect when an attacking player in the critical scoring area is on a scoring play and is fouled by the defense, but retains possession of the ball, or when an attacking player in the critical scoring area is on a scoring play and a foul is committed against an attacking teammate without the ball.

SECTION 47. The official immediately blows the whistle when there is a shooting space foul or offside foul. The official may, at any time after the flag, blow the whistle to halt potentially dangerous play. For an offside foul, if the non-offending team is on a scoring play, the official shall hold the whistle until the scoring play is complete.

Scoring Play

SECTION 48. A scoring play is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is completed when:

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

Enforcement of Slow Whistle

SECTION 49. If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the official lowers the flag, and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded at the nearest hash mark to the spot of the ball when the whistle is blown on the 8-meter arc, or if outside of the 8-meter arc and within 8 meters from the goal circle, on the hanging hash mark (**EXCEPTION:** See Rule 6-6.b for Three Seconds Penalty Administration on the 8-meter arc), if:

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

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

SECTION 50. During a slow-whistle situation, if there are additional fouls by the defense, the attack will be awarded the ball at the nearest hash mark to the spot of the ball when the whistle is blown on the 8-meter arc, or if outside of the 8-meter arc and within 8 meters from the goal circle, on the hanging hash mark (**EXCEPTION:** See Rule 6-6.b for Three Seconds Penalty Administration on the 8-meter arc). The penalty will be administered according to the most recent foul.

SECTION 51. If during a slow-whistle situation, the attacking player or one of the attacking player's teammates commits a foul, it will be treated as an offsetting foul, and alternate possession will be awarded either at the dot if the ball is in the critical scoring area, or if outside of the critical scoring area, at the spot of the ball, except that no alternate possession is taken within 2 meters of the boundaries. The player on the team that will be awarded alternate possession and is closest to the spot of the ball shall take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock only resets if there is a change of possession, or if there is no change of possession, but the underlying foul by the team not awarded the alternate possession would otherwise require a reset pursuant to Rule 5-18.

Almost Certain Goals

SECTION 52. If any foul prevented an almost certain goal, the official shall remove the goalkeeper from the goal before administering the subsequent free position. The goalkeeper must remain outside of the prohibited area above goal line extended within 8 meters of the goal circle and restricted area, and be positioned more than 4 meters from the player awarded the free position, until play commences on the official's whistle.

Unsportsmanlike Act of a Violent Nature

SECTION 53. Any unsportsmanlike act of a violent nature by a player or coach occurring anywhere on the field may be penalized at the center hash mark on the 8-meter arc of the offending team. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. All bodies and sticks must be cleared from the prohibited area above goal line extended within 8 meters of the goal circle and restricted

area. No player may be within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play will commence on the official's whistle. The 90-second possession clock will be reset.

Fouls Committed After the Release of the Shot

SECTION 54. Fouls committed on the shooter after the release of the shot, or after the goal has been scored and before play has restarted, will be administered at the center line. Player positioning for the draw shall not apply. Any player from the team awarded the free position may take the free position. No player may be within 2 meters of the player taking the free position. Play will commence on the official's whistle. The 90-second possession clock will be reset.

Positioning of Goalkeeper During Penalty Administration

SECTION 55. Except for a yellow or red card, when the goalkeeper has committed a foul, and at the time of the foul, the ball is within the goal circle, the goalkeeper is permitted to stay within the goal circle during the penalty administration. The closest player on the offending team to the ball will be moved 4 meters directly behind the player taking the free position. When the goalkeeper has committed a foul and the ball is outside of the goal circle, the goalkeeper is treated like any other player on the field for purposes of the penalty administration.

Positioning of Feet and Stick

SECTION 56. During the administration of a free position on an 8-meter hash mark or hanging hash mark in the critical scoring area and above goal line extended, a player's foot may be on the hash mark but must be behind the 8-meter arc line. This applies to the attack and defense. No sticks except the shooter's stick may be within the 8-meter arc.

RULE 7

Definition of Terms

2-Meter Non-Engagement Area

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

8-Meter Arc

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

Blocking

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

Charging

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

Checking

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

Clear

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

Clear Space

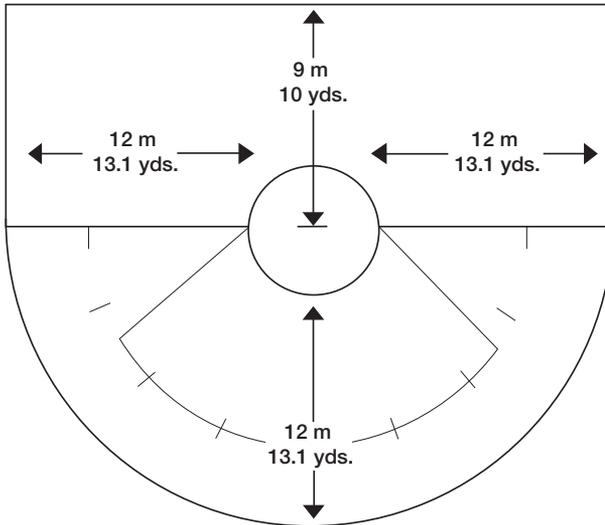
This indicates the space between players that is free of sticks or any parts of the body.

Coaching Area

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

Critical Scoring Area

The critical scoring area is an area located at the end of the field. Its boundaries are approximately 12 meters (13.1 yards) in front of the goal circle to 9 meters (10 yards) behind the goal line extended and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field, and this will be called in the judgment of the official using the 12-meter fan, dots, and end line as helpful references.



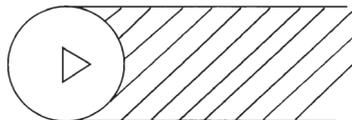
Critical scoring area

Defensive End

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

Directly Behind the Goal Circle

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



Directly behind the goal circle

Embellishment

This is any physical action or conduct by a player on the field of play to exaggerate or embellish a foul by the other team in an effort to get the official to increase or escalate the penalty for the foul.

Field Player

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

Flopping

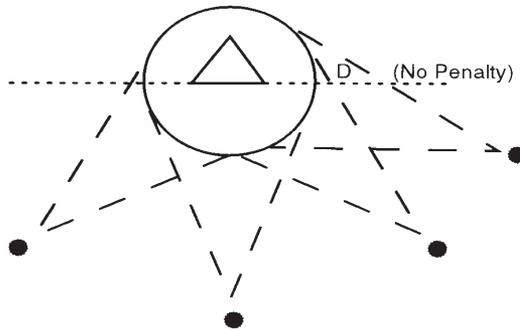
This is any physical action or conduct by a player on the field of play to make it seem like a foul has been committed by their opponent or that reasonably appears to be intended to cause an official to call a foul on the player's opponent when no foul has been committed (e.g., faking physical contact).

Free Position

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

Free Space to Goal

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



Free space to goal

Green Card

Any green card issued results in a one-minute releasable penalty.

Grounded

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

Held Whistle

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

Lower Side of the Stick

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

Marking

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

Non-Releasable Penalty

Any red card offense, yellow card issued for a violation of Rule 2 or the NCAA Stick Check Instructions, excluding pocket depth, or fourth or subsequent yellow card issued to the same team, will be considered a non-releasable penalty. A player will serve the full two-minute penalty and will not be released back into the game under any circumstances.

Offensive End

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

Offsetting Fouls

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

Offside

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

Penalty Area

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

Pick

This is a technique in which a player without the ball, by their positioning, forces the opponent to take another route. To be legal, the picker shall stay within their vertical plane with a stance not wider than shoulder width apart, and shall not lean into the path of an opponent or extend their hips into that path, even though their feet are stationary. The picker is not required to face any particular direction at any time. The picker must give their opponent a chance to stop or change direction.

Played

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

Possession

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

Power Play

When one team has a numerical advantage in players due to penalties.

Propelled Action

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

Red Card

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

Releasable Penalty

A green card or yellow card offense, unless the yellow card is issued for a violation of Rule 2 or the NCAA Stick Check Instructions, excluding pocket depth, will be considered a releasable penalty. A player will be released from the penalty area once the one-minute (green) or two-minute (yellow) penalty has been served, or if the opposing team scores a goal. If a player has received a second yellow card, the carded player may not return to the game, but the carded player's team may substitute another player after the penalty has been served.

Release

The ball leaves the shooter's stick.

Restraining Line

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

Restricted Area

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

Scoring Play

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

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

Shot on Goal

This is a shot when either the stick and/or body of the player taking the shot are positioned above goal line extended, and as a result of the shot, the ball makes contact with the goalposts, crossbar, or any part of the goalkeeper while the goalkeeper is within the goal circle, or crosses the goal line. For purposes of this definition, the goalkeeper's stick is considered part of the goalkeeper's body while the goalkeeper is within the goal circle.

Slashing

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

Slow Whistle

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

Sphere

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

Step

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

Stick

A stick consists of a head and a shaft. The head of a stick is composed of the throat, the ball stop, the sidewall and the scoop.

Stop-Clock

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

Subsequent Foul

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

Substitution Area

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

Team Bench Area

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

Toeing the Line

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

12-Meter Fan

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

Within a Stick's Length

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

Yellow Card

This is given as a warning to an offending player, coach or team personnel. A second yellow card given to the same individual will result in a suspension, prohibiting the individual from further participation in the game. For example, a player is awarded a free position because of a foul by the opponent, but the, before play starts, the player or the player's team commits another fouls such as taunting the opponent.

Appendix A

Pregame Protocol

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

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

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

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

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

Appendix B

Official Signals

Note: Officials shall always signal direction of possession first.

Description of Arm Signals

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

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

CHARGE: Place one hand behind head and indicate direction of possession with other hand.

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

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

CROSS CHECK: Place fists in horizontal position in front of hips with knuckles facing upward, begin with elbows at 45-degree angles, and then extend arms outward in a pushing motion.

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

DANGEROUS CONTACT AND DANGEROUS PLAY: Bend right arm at the elbow with hand in a fist across the front of body so that right fist rests against left shoulder.

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

DELAY OF GAME: With bent elbows and palms facing down, stack one forearm on top of the other across the body at shoulder level.

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

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

EMBELLISHMENT/FLOPPING: Hold both arms in front of the body with elbows bent at a 45-degree angle and palms toward face. Then extend both arms forward with palms facing upward.

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

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

FREE POSITION SHOT FALSE START WARNING: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head and point index finger to the sky.

FREE POSITION SHOT FALSE START CARD: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head with green card in hand.

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

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

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

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

ILLEGAL BODY BALL: Extend arm on the side that indicates possession. With other arm, place palm in front of stomach, begin with elbow at 45-degree angle, and then extend away from body.

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

ILLEGAL PROCEDURE (False Start, Illegal Draw, Illegal Out of Bounds Play, Illegal Stick, Possession Clock Violation): Bend arms at the elbows and circle forearms around each other at chest height.

ILLEGAL USE OF THE STICK: Use the arm to make a large chop motion against the wrist of the opposite arm.

MISCONDUCT: Cross arms at chest level with fists pointing to the sky.

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

NON-ENGAGEMENT WARNING: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head and point index finger to the sky.

NON-ENGAGEMENT CARD: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head with green card in hand.

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

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

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

POSSESSION CLOCK START (when no reset of possession clock): Raise right arm fully extended above the head and have left arm fully extended down the side of the body. While fully extended, rotate right arm in a circular motion. Continue this rotation twice.

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

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

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

SIMULTANEOUS WHISTLE GOAL: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face followed by goal signal.

SIMULTANEOUS WHISTLE GOALKEEPER SAVE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face. Then raise one arm fully extended above the head and point index finger to the sky.

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

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

THREE SECONDS: Three fingers raised, palm away.

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

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

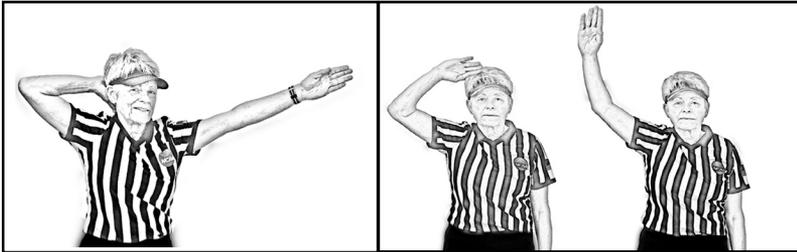
TRIPPING: Point to the ankle while lifting lower leg behind, forming a 90-degree angle at the knee.

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



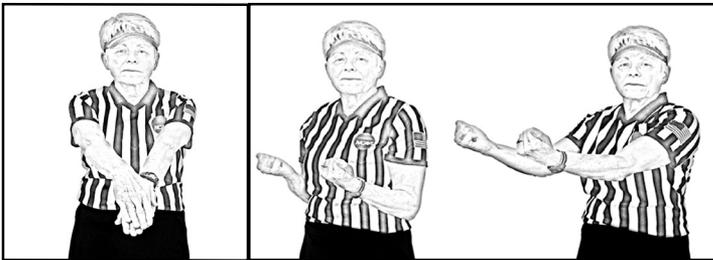
ALTERNATE POSSESSION
(when no offsetting fouls)

BLOCKING/ILLEGAL PICK



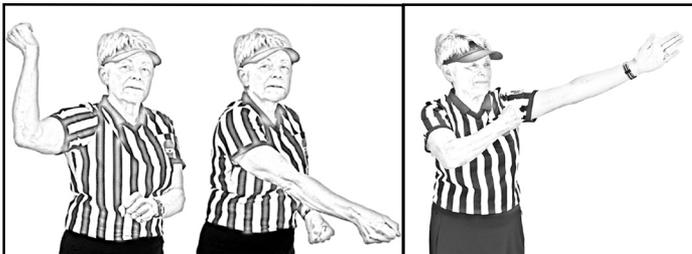
CHARGE

CHECK TO THE HEAD



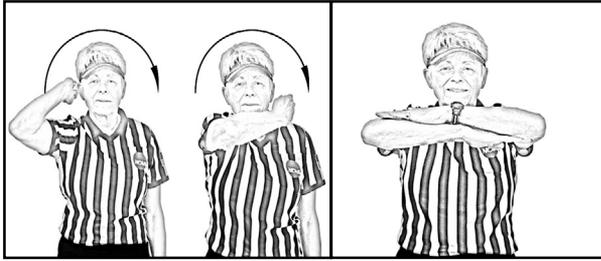
COVER

CROSS CHECK



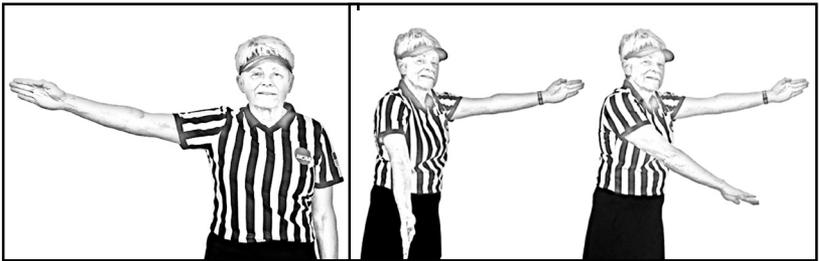
DANGEROUS FOLLOW-THROUGH AND DANGEROUS PROPELLING

DANGEROUS CONTACT DANGEROUS PLAY



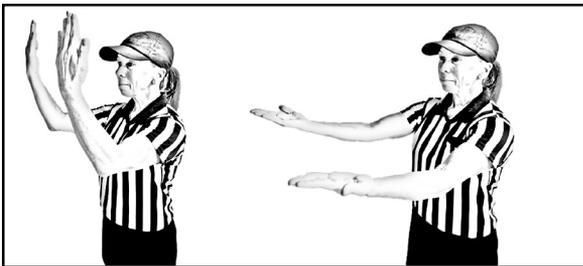
**DANGEROUS STICK
IN THE SPHERE**

DELAY OF GAME

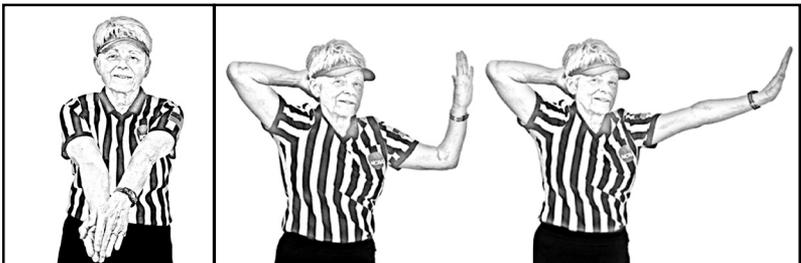


**DIRECTION OF
POSSESSION**

EARLY ENTRY



**EMBELLISHMENT/
FLOPPING**



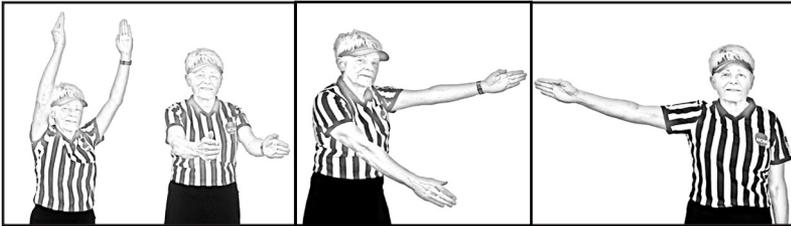
**EMPTY STICK
CHECK**

FORCING THROUGH



**FREE POSITION SHOT
FALSE START WARNING**

**FREE POSITION SHOT
FALSE START CARD**



GOAL

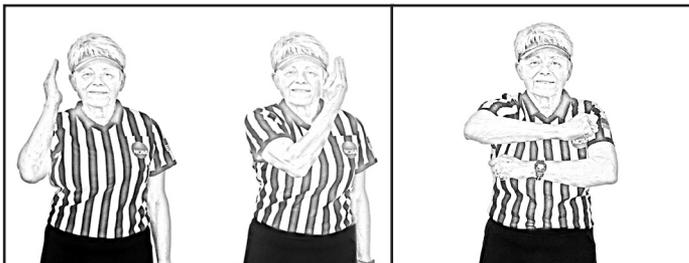
**GOAL CIRCLE
FOUL**

HELD WHISTLE



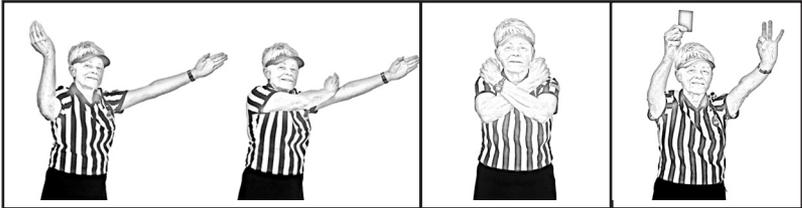
HOLDING

ILLEGAL BODY BALL



ILLEGAL CRADLE

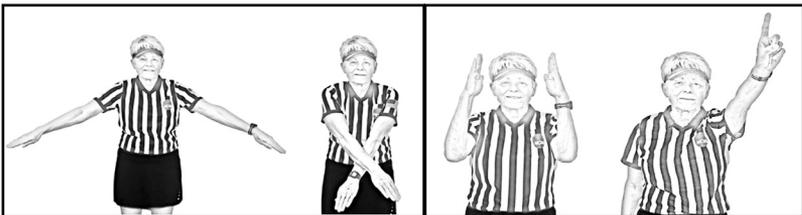
ILLEGAL PROCEDURE:
FALSE START, ILLEGAL DRAW, ILLEGAL OUT OF
BOUNDS PLAY, ILLEGAL STICK, POSSESSION
CLOCK VIOLATION



ILLEGAL USE OF THE STICK

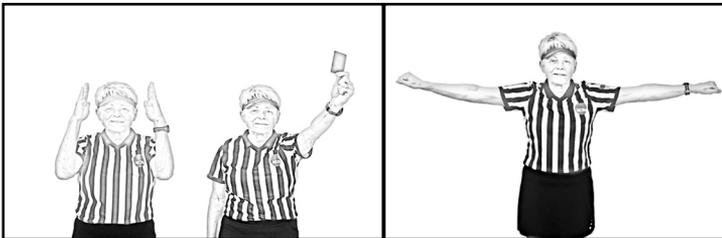
MISCONDUCT

MULTIPLE FOULS



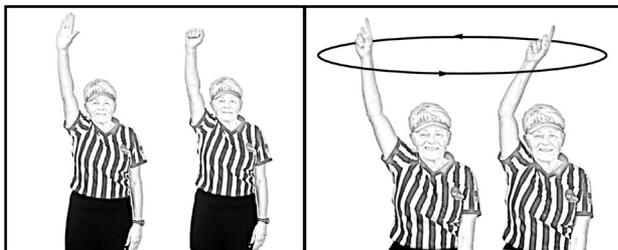
NO GOAL

NON-ENGAGEMENT WARNING



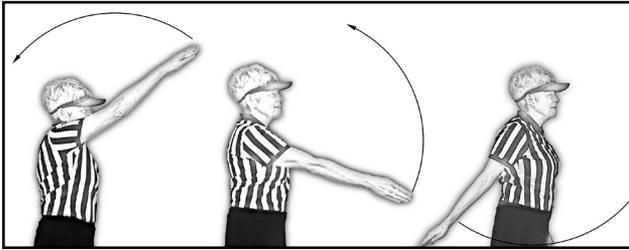
NON-ENGAGEMENT CARD

OFFSETTING FOULS

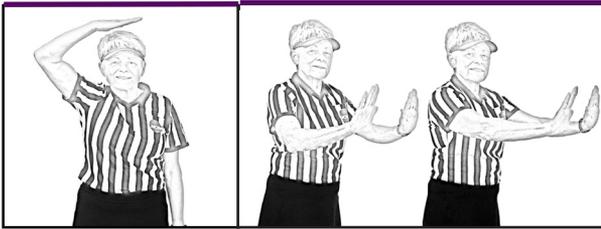


OFFSIDE

POSSESSION CLOCK RESET



POSSESSION CLOCK START
(when no reset of possession clock)

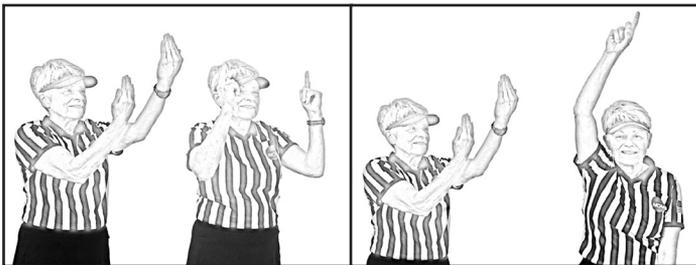


**POSSESSION
CLOCK STOP**

PUSHING

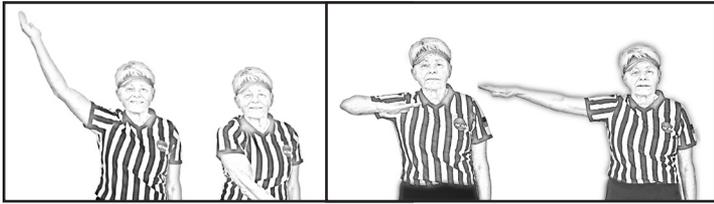


SHOOTING SPACE



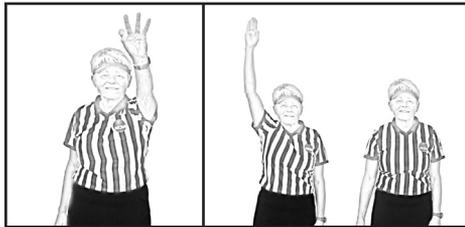
**SIMULTANEOUS WHISTLE
GOAL**

**SIMULTANEOUS WHISTLE
GOALKEEPER SAVE**



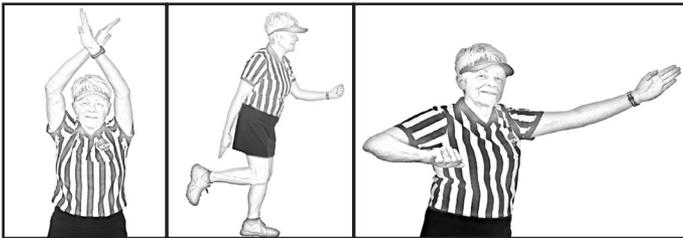
SLASHING

**10-SECOND
GOAL CIRCLE COUNT**



THREE SECONDS

TIME IN



TIMEOUT

TRIPPING

WARDING OFF

Appendix C

Lightning Policy

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

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

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

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

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

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

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

DANGEROUS LOCATIONS

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

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7. Holle RL. 2005: Lightning-caused recreation deaths and injuries. Preprints, 14th Symposium on Education, January 9-13, San Diego, California, American Meteorological Society, 6 pp.
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Appendix D

Blood Guidelines

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

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

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

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

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

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

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

Appendix E

Carding Procedures

Penalty for all green cards = 1 minute.

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

Penalty time for all yellow and red cards = 5 minutes.

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

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

Red Card - non-releasable, player must serve full 5 minutes.

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

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

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

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

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

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

Two players from same team, each with a releasable yellow card at different times: If two players from the same team each receive a yellow card at different times, they will be released in order of their entry into the penalty area. If the opposing team scores before the penalty time has elapsed for the player who entered the penalty area first, that player will be released. The player's teammate who entered the penalty area second will not be released until that player's penalty time has elapsed or the opposing team scores a second goal. If before the opposing team scores the first goal, the penalty time elapses for the player who entered the penalty area first, that player will be released. If following the release of the player who entered the penalty area first, the opposing team scores, the player who entered the penalty area second will be released.

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

One player, two releasable yellow cards on same play: If one player receives two yellow cards during the same play/stoppage of play, they will serve consecutive two-minute penalties in the penalty area. Penalty No. 1 will be over after two minutes, or if the opposing team scores during the penalty time, unless penalty No. 1 is the team's fourth or subsequent yellow card. The second penalty will begin once the original time is over, either because the full two minutes has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the second penalty, the penalty will be released unless the second penalty is the team's fourth or subsequent yellow card; however, the player who received two yellow cards is not permitted to re-enter the game. The team may substitute another player for the player who has been suspended.

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

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

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

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

Goalkeeper red card, second yellow card: If the goalkeeper receives a red card or second yellow card, the goalkeeper must be removed from the game and enter the penalty area. The team must substitute another goalkeeper and the coach must designate another player who must leave the field and enter the penalty area. Both the carded goalkeeper and the field player who has been removed will remain there until the penalty time is over or they are released. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time. When the penalty is over, the carded goalkeeper must return to the team bench area and may not re-enter the game.

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

Appendix F

Concussions

Revised April 2023

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. An official may observe the following behaviors by a student-athlete with a suspected concussion:

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

Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

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

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

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

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at [ncaa.org/sport-science-institute](https://www.ncaa.org/sport-science-institute).



Appendix G

Accommodations for Student-Athletes with Disabilities

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

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

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

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

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

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NCAA Women's Lacrosse Rules Committee

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

Name	Institution or Conference	Term Expiration
Kari-Lei Berry	Notre Dame of Maryland University	8-31-26
Amy Foster	Cornell University	8-31-25
Nicole Ham	Southern New Hampshire University	8-31-25
Jaclyn Lawrence	State University of New York at Cortland	8-31-24
Meghan McDonogh	Catholic University	8-31-24
Amanda Moore	East Carolina University	8-31-23
Lauren Skellchock	Mount St. Mary's University	8-31-26
Stefanie Sparks Smith*	Secretary-Rules Editor	8-31-26
Kimberly Wayne, chair	Davidson College	8-31-24

* Non-voting member

** Eligible for reappointment



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

Those seeking interpretations of rules or play situations may contact:

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