

**Women’s Lacrosse  
2019 Rule Change Proposals**

**(Updated from Original June 16, 2019)**

**General Assembly  
Peterborough, Ontario Canada**

**August 2019**

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# **Introduction**

This document contains the rule change proposals for review, consideration and approval by the members at the General Assembly August 2019 – Peterborough, Ontario, Canada.

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| --- | --- | --- |
| **Women’s Rules Committee Composition** | | |
| Jan Jackson | World Lacrosse Chair, Women’s Rules Committee | Australia |
| Paul Mollison | High Performance Director | Australia |
| Cheryl MacNeil | International Umpire / Canadian Umpire-In-Chief | Canada |
| Eri Shinoki | International Umpire | Japan |
| Stephen Taylor | World Lacrosse Chair Women’s Officiating | Canada |
| Sean Gibson | World Lacrosse Chair Athletes Commission | Ireland |

The Women’s Rules Committee were asked to recognize the historic past and honor the traditions of women’s lacrosse but understand that success depends on embracing the future. The Rules Committee identified opportunities to provide increased player and officials safety, pace of play and where possible without losing the “uniqueness” of women’s lacrosse they looked to harmonize the rules with those of Men’s and Indoor Lacrosse to simplify the journeys for players, officials and fans alike.

Suggested changes came from the Women’s Rules and Officiating Committees’, and the Board of Directors. The Committee considered changes which would increase appeal to a wider audience, or how the rules could be simplified in order that they are easier to understand and translate to languages other than English, as well as how they could be more easily applied in the context of a game. These tenets will continue to be the recurring themes that will shape rule changes into the future.

As such there are a number of changes to be considered at this GA, some of which are minor and do not have a material impact to the playing of the game, whilst others can be considered more major in nature and will require some changes to how the game is played and officiated. Each proposed rule change shows the current rule, rationale for change and the proposed wording of the new/revised rule. For two of the suggested changes, additional reading materials can be found in the appendix to support the recommendation. Please consider this information as you formulate your eventual decision. The wording of the rules has not been edited to reflect the recent organizational change from “FIL” to “World Lacrosse”. This will be done when the rules have been agreed and the new Rule Book is published.

To simplify voting at the General Assembly, a number of proposals may be consolidated and voted on at the same time. Rule changes which may be considered as “major” changes will be voted on individually. Members will be advised at the General Assembly of the suggested approach and can advise if they would like to address individual rules which can then be voted on separately.

When approved, the changes with a few exceptions will take effect from January 1, 2020, where at such time all World Lacrosse approved competitions shall use these rules. As we look to harmonize rules across the game, some of the proposals if passed will only take effect if a corresponding rule change is agreed when the equivalent rule change is brought forward at the 2020 General Assembly when the Men’s rules are to be next reviewed. A implementation summary can be found in Appendix 3.

Member nations are free to implement rules that best suit their domestic competitions; however, it is advised that members shall consider the integrity of the game and the safety of players and officials when making any changes to the approved World Lacrosse Rules.

We thank you in advance for your interest and involvement in helping to shape rules to grow and develop lacrosse now, and into the future. Should you have any questions or require further clarification in the first instance please contact Brent Nowicki – World Lacrosse Rules Chair [bnowicki@worldlacrosse.sport](mailto:bnowicki@worldlacrosse.sport).

**Don Blacklock**

**World Lacrosse**

**Technical Director**

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| --- | --- | --- | --- |
| Rule Change Proposal #1 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 1 F | Field Markings | Common Restraining Line Women & Men’s Field  Move Restraining Line from 25m to 22m in conjunction with proposal from Men’s Field to move Restraining Line from 18m to 22m |

Present Rule:

1. Restraining lines will be marked at each end of the field, 25 meters up field from each goal line. These solid lines will extend across the full width of the field. The 25 meters is measured from the back edge of the goal line to the front/midfield edge of the restraining line.

Proposed Change:

1. Restraining lines will be marked at each end of the field, 22 meters up field from each goal line. These solid lines will extend across the full width of the field. The 22 meters is measured from the back edge of the goal line to the front/midfield edge of the restraining line.

Diagram 1 – Field Markings – 22m Restraining Line

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented in 2020 prior to 2021 Women’s World Championship.

|  |  |  |  |
| --- | --- | --- | --- |
| Rule Change Proposal #2 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 1 H  Diagram 2 | Field Markings | 11m fan |

Present Rule:

1. Directions for marking the 11 Meter Area and the Marking Area. (Diagram 2)
   1. Locate D, a point on the center, back edge of the goal line. Using point D as the center, draw a circle with a radius of 3 meters measured from point D to the outside edge of the goal circle. Lightly mark lines AB and DB as shown.
   2. Using point D as the center, lightly draw a semicircle with a radius of 11 m measured from point D to the outside edge of the semicircle. Mark point G (perpendicular to the center of the goal line at D).
   3. Connect A to B and extend this line to the 11 meter semicircle. Mark point C on each side as shown. (Lines BC are at a 45° angle to the goal line extended; <EBC = 45°)
   4. Draw a hash mark 31cm in length at point G. This hash mark will be perpendicular to the center of the goal line and bisected by the 11 meter semicircle at point G. Make 3 additional hash marks on the semicircle every 4 meters on each side of point G. There will be a total of 7 hash marks as shown.
   5. At point H, 11 meters from the center of the goal circle on the goal line extended, draw 2 additional 15cm marks that are perpendicular to the goal line extended. (These marks are not hash marks but indicate where the 11 meter semicircle would intersect the goal line extended if the semicircle was drawn as a solid line.) This entire semicircle is called the “11 Meter Area”.
   6. Mark the curve of the arc with a solid line from C to C. Mark each side of the arc with a solid line from B to C. This smaller enclosed area is called the “Marking Area”. The ‘pie’ shaped area,

<HBC, is referred to as “11 Meters Outside the Marking Area”.

* 1. Measurements:   
     A-G = 14.0m B-C = 8.65m D-H = 11.0m  
     A-C = 12.85m D-G = 11.0m D-E = 15.0m  
     A-B = 4.2m D-C = 11.0m <EBC = 45o

Proposed Changes:

Change 11 Meter Fan

1. Directions for marking the 11 Meter Fan Area. (Diagram 2) – (New Diagram to be provided in the updated rule book)
2. Locate D, a point on the center, back edge of the goal line. Using point D as the centre, draw a semicircle with a solid line and a radius of 11 meters measured from D to the outside edge of the semicircle to intersect the goal line extended at point H. This entire semicircle is called the 11m meter fan and designates the maximum distance for calling obstruction of the free space to goal. It also defines the part of the advantage flag area above/in front of the goal line extended (Diagram 2).
3. Mark point G perpendicular to the center of the goal line at D.

3. Draw a hash mark 31cm in length at point G. This hash mark will be perpendicular to the center of the goal line and bisected by the 11 meter semicircle at point G. Make 2 additional hash marks on the semicircle every 4 meters on each side of point G. There will be a total of 5 hash marks.

1. Measurements:   
    D-H = 11.0m D-G = 11.0m

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following the 2019 FIL General Assembly prior to 2021 Women’s World Championship.

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| --- | --- | --- | --- |
| Rule Change Proposal #3 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 1 I  22 | Field Markings Advantage Flag | Removal of 15m fan  Redefining Advantage Flag area without 15m fan |

Present Rule:

1. 15 Meter Fan:

Using point D as the center, draw a semicircle with a solid line and radius of 15 meters measured from D to the outside edge of the semicircle. This entire semicircle is called the “15 Meter Fan” and intersects the goal line extended at point E, as shown. The 15 meter fan designates the maximum distance for calling obstruction of the free space to goal. It also defines the part of theadvantage flag area above/in front of the goal line extended. (Diagram 2)

RULE 22: ADVANTAGE FLAG

1. The Advantage Flag is a held whistle for a major foul committed by the defense when the attacking team is on a ‘scoring play’ within 15 m of goal. A scoring play is a continuous effort by the attacking team to move the ball toward goal to complete a shot.
2. The advantage flag area includes the 15 m fan and the playing area behind the goal that runs 12 m deep and 15 m to each side of the center of the goal line.
3. The umpire will raise a yellow flag when the attack is on a scoring play within the advantage flag area and the defense commits a major foul against an attack player with the ball, or an attack player without the ball. The flag will remain raised as long as the attack retains possession of the ball and moves toward goal to complete a shot.

Proposed Changes:

1. Remove 15 Meter Fan marking.
2. Rule 22 Advantage Flag

Rule 22 Advantage Flag

1. The Advantage Flag is a held whistle for a major foul committed by the defense when the attacking team is on a ‘scoring play’ inside the 11m area. A scoring play is a continuous effort by the attacking team to move the ball toward goal to complete a shot.
2. The advantage flag area includes the playing area behind the goal that runs 12 m deep and 11 m to each side of the center of the goal line.
3. The umpire will raise a yellow flag when the attack is on a scoring play within the advantage flag area and the defense commits a major foul against an attack player with the ball, or an attack player without the ball. The flag will remain raised as long as the attack retains possession of the ball and moves toward goal to complete a shot.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following the 2019 FIL General Assembly prior to 2021 Women’s World Championship.

|  |  |  |  |
| --- | --- | --- | --- |
| Rule Change Proposal #4 | **2018-19 W Field - 1** | | **Descriptor** |
| **Change** | 11.C  16 | Duration of Play -Throw | Free Movement  Alternate Possession |

Present Rule:

C. The umpire’s whistle starts and stops play. When the whistle sounds to stop play, all players, except for the goalkeeper when she is inside the goal circle, must **stand** and may not move until the whistle sounds to resume play unless the player is able to self-start (Rule 13.D). The game begins at the sound of the umpire’s whistle at the opening draw. The game is restarted with a draw after a goal is scored and following every quarter intermission. In some instances, the game begins with a throw or a free position, or at the spot of the ball on a ‘dead ball’ time out.

Proposed Change:

C. The umpire’s whistle starts and stops play. When the whistle sounds to stop play, all players can move. The game begins at the sound of the umpire’s whistle at the opening draw. The game is restarted with a draw after a goal is scored and following every quarter intermission. In some instances, the game begins with alternate possession or a free position, or at the spot of the ball on a ‘dead ball’ time out.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented after FIL 2019 General Assembly, prior to 2021 Women’s World Championship.

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| --- | --- | --- | --- |
| Rule Change Proposal #5 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 13 C.2  15 D.1,  E, F, G | Self Start - 2m inside boundary | Include ball out of bounds |

Present Rule:

1. **Self Start** Following a whistle for a major or minor foul outside the 15m Advantage Flag area, the player who is awarded the free position may continue to play when both her feet are stationary on the ground and the ball is in her Crosse, without waiting for an additional whistle.

The offending player must immediately move 4m behind for the major foul or 4m away to the side for the minor foul to the player taking the free position indicated by the umpire. Any other player/s within 4m must move 4m away from the foul indicated by the umpire. All other players must stand.

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

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half length away approx. 2m) from the player who is awarded the free position she may pick up the ball and self-start.

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

If the player who has been awarded the free position chooses to self-start, then defensive players may play her immediately following the self-start. If any player moves prior to the player who has been awarded the free position self-start, this is a false start and shall be penalized at the spot of the ball. Repeated false starts, delays in moving 4m by the defense, or self-starts by the attack beyond the playing distance of the foul will result in a delay of game penalty (Rule 23.D.1&2).

Self start is not an option when:

1. the game clock is stopped;

2. the ball is out of bounds including the side and end lines;

3. there is a restraining line violation;

4. there is an illegal draw;

5. major or minor fouls occurring in the 15m Advantage Flag area including offensive and goal circle fouls.

Proposed Change:

1. **Self Start** Following a whistle for a major or minor foul outside the 11m area, the player who is awarded the free position may continue to play when both her feet are stationary on the ground and the ball is in her Crosse, without waiting for an additional whistle.

The offending player must immediately move 4m behind for the major foul or 4m away to the side for the minor foul to the player taking the free position indicated by the umpire. Any other player/s within 4m must move 4m away from the foul indicated by the umpire. All other players must stand.

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

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half length away approx. 2m) from the player who is awarded the free position she may pick up the ball and self-start.

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

New para. 5

When the ball is out of bounds, including the side and end lines, the player awarded the ball will place the ball in her Crosse and stand 2m inside the boundary from the spot where the ball went out of bounds and can self start. All opponents must give the player awarded the ball at least 1m free/clear space (stick/body and feet).

If the player who has been awarded the free position chooses to self-start, then defensive players may play her immediately following the self-start. If any player moves prior to the player who has been awarded the free position self-start, this is a false start and shall be penalized at the spot of the ball. Repeated false starts, delays in moving 4m by the defense, or self-starts by the attack beyond the playing distance of the foul will result in a delay of game penalty (Rule 23.D.1&2).

Self start is not an option when:

1. the game clock is stopped;

2. there is a restraining line violation;

3. there is an illegal draw;

4. major or minor fouls occurring in the 11m area including goal circle fouls.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following 2019 FIL General Assembly, prior to 2021 Women’s World Championship.

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| --- | --- | --- | --- |
| Rule Change Proposal #6 | **2018-19 W Field** | | **Descriptor** |
| **Change / New Rule** | 16  15.D.3  15.F | Throw | Remove Throw Rule and replace with Alternate Possession |

Present Rule:

1. Two opposing players stand with their feet and crosses at least 1 m apart. Each player stands nearer the goal she is defending and faces in toward the playing area. The umpire stands between 6 and 8 meters from the players and simultaneously blows the whistle and tosses the ball in a short high arc towards the players so they can catch or otherwise play the ball as they move in toward the game.

A throw is administered at or near the incident and/or the spot of the ball when play was stopped, except that all throws must be taken at least 15 m from the center of the goal line, 4m inside the boundary and 4m away from the restraining lines. No other player may be within 4m of the two players taking the throw.

If the throw is inaccurate or is not touched by either player, it must be repeated.

1. A throw is taken when:
2. The ball goes into the goal off of a non-player, including an umpire. The two nearest opponents will be awarded a throw on the goal line extension at least 15 m from the center of the goal line. (Rule 14.C.1)
3. The ball goes out of bounds following a shot or a deflected shot, and two opponents are equally distant (stick or feet) from the ball where it crosses the boundary. (Rule 15.E)
4. Following a shot, the ball deflects out of bounds off an umpire’s body. (Rule 15.E.3)
5. It cannot be determined which team caused the ball to go out of bounds. (Rule 13.C.3)
6. There is an incident unrelated to the ball and neither team has possession of the ball. (Rule 13.C)
7. The game is restarted after an incident related to the ball, neither team has committed a foul, and neither team has possession of the ball. (Rule13.C.2,3)
8. The ball lodges in the clothing of a field player or umpire.
9. Two opponents foul simultaneously (major/major or minor/minor) (Rule 17.B.5)

***Guidance:*** *If fouls are not equivalent, i.e. major and minor, the major foul will be penalized.*

1. The attacking team fouls, major or minor, during a scoring play/raised advantage flag, a throw will be taken beyond 15 m, level with the goal line extension. (Rule 22.C.4)
2. The ball goes directly out of bounds from a draw. The throw will be awarded 4 m inside the boundary from where it went out of bounds and 4m away from the restraining line. (Rule 15.F)

Proposed Change:

Replacing this rule with a possession arrow, which can be determined at the coin toss involving the captains, will help to remove subjectivity and umpire error. The throw can often be considered as an unfair process.

New Rule

At the pre-game meeting with the captains, the team that wins the coin toss will be able to choose either the end they want to defend in the first quarter, or the first possession after any of the events listed a) to i) below have occurred.

After the initial possession is awarded, the possession will then alternate. Alternate possession is continuous through any overtime period (not reestablished at the coin toss that takes place prior to the first overtime period). The Head Umpire, Table Official and Table, will keep the record of alternate possession. If there is a discrepancy between the Head Umpire and Table official / table personnel, then the Head Umpire’s record governs. A visible possession arrow is optional, but not required.

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

If the alternate possession would be awarded outside of the 15m fan, it is taken where the incident or foul occurs that caused play to stop except that no alternate possession is taken within 4m of the boundaries. The opponent will stand 4m to the side of her opponent.

If the alternate possession would be awarded inside of the 15m fan and below the goal line extended, it shall be awarded at the closest dot and her opponent will stand 4m away to the side.

If the alternate possession would be awarded inside the 15m fan and above the goal line extended (including the goal circle), it shall be awarded at the closest 11m mark on the goal line extended. Her opponent will stand 4m away to the side.

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

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

Alternate possession occurs when:

a) The ball goes into the goal off a non-player.

b) The ball goes out of bounds as the result of a shot or deflected shot, and two opposing players are equally near the ball.

c) It cannot be determined which team caused the ball to go out of bounds.

d) There is an incident unrelated to the ball, and players are equidistant from the ball.

e) A ball lodges in the clothing of a field player or umpire.

f) A ball that goes out of bounds directly off the draw.

g) Two players commit offsetting fouls (major and/or minor), or after the attacking team fouls during an advantage flag situation.

h) 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.

i) The game is stopped for any reason not specified in the rules and possession cannot be determined.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following the 2019 FIL General Assembly.

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| --- | --- | --- | --- |
| Rule Change Proposal #7 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 18 | A.2 defensive Player in the Goal Circle | Defensive player allowed in the goal circle |

Present Rule:

1. With the following exceptions, no other players are allowed to enter or have their feet, body or Crosse on, or over the goal circle line at any time.
2. On a shot, the attack shooter may follow through with her Crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack’s shooting motion must be initiated from outside the goal circle; therefore the shooter’s Crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.
3. On a shot, only the player/s directly marking/defending the attack shooter may reach into the goal circle with their Crosse/s to block the shot or check the shooter’s Crosse. The defender/s feet must not touch or cross over the goal circle line.

Proposed Change:

1. With the following exceptions, no other players are allowed to enter or have their feet, body or Crosse on, or over the goal circle line at any time.
   1. On a shot, the attack shooter may follow through with her Crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack’s shooting motion must be initiated from outside the goal circle; therefore the shooter’s Crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.
   2. On a shot, only the player/s directly marking/defending the attack shooter may reach into the goal circle with their Crosse/s to block the shot or check the shooter’s Crosse. The defender/s feet must not touch or cross over the goal circle line.
   3. The defensive player/s may move through the goal circle.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following the FIL 2019 General Assembly, prior to 2021 Women’s World Championship.

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| --- | --- | --- | --- |
| Rule Change Proposal #8 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 19.B | Restraining Line Penalties | Major Foul - defender off side when opponents have possession of the ball below their restraining line |

Present Rule:

1. If the attack is offside and a goal is scored, the goal will not count. (Rule 14.C.12)
2. When a team is offside, the penalties for both attack and defense offside are the same, and the free position is set relative to the spot of the ball when offside is called.
3. If the ball is in the 15 m fan or anywhere inside the goal circle when the violation occurs, the opponent nearest to the top center of the 15 m fan will be awarded the free position. The nearest player on the team that was offside will move 4m away to the side of the player awarded the ball. The offside player or the teammate nearest to the restraining line will move back onside.
4. If the ball is outside the 15 m fan or below the goal line extended when the offside violation occurs, the free position will be awarded to the nearest opponent at the spot of the ball at least 11 m from the center of the goal line and 4m inside the boundary. The closest player on the offside team will move 4m away to the side of the player awarded the ball. The offside player or the teammate nearest the restraining line will move back onside.

***Guidance:*** The side to which a player must move for the free position is determined by her field position and relationship to the opponent awarded the ball when the offside was called.

1. Whenever an offside violation is penalized and the goalkeeper is outside the goal circle and has not fouled, the goalkeeper may return to the goal circle for the free position.
2. If players from both teams are offside, the offside players will move back onside and a throw will be taken at or near the spot of the ball when play stopped, at least 15 m from the center of the goal line, 4m from the boundary and 4m from the restraining line. (Rule 16.A)

***Guidance:*** *The goalkeeper checks an attack player’s arm as she attempts a shot on goal; the ball goes wide and out of bounds. The trail umpire immediately blows her whistle because an attack and a defender are both offside. To resume play, the offside players will move back onside, and the major foul will be penalized. The attack free position will be awarded on the nearest 11m hash mark in line with the foul, and the goalkeeper must move 4m behind. The goal cage will remain empty. (Rule 17.B.5)*

1. If the defense is offside, and play ends with a major foul by the attack (no advantage flag/scoring play), penalize the major foul to resume play. If play ended with a minor foul by the attack, a throw will be awarded beyond 15 m level with the goal line extended.
2. If the defense is offside during an attack scoring play/raised flag, and the scoring play ends with a major or minor foul by the attack, the fouls are offsetting. To resume play, the offside player will move back onside and a throw will be awarded beyond 15 m level with the goal line extended. (Rules 16.B.9 & 22.C.4)
3. When play ends with an out of bounds call (no foul) and a player is offside, penalize the offside to resume play.
4. When an ineligible/illegal player is both on the field and offside remove the player and penalize the offside to resume play.

Proposed Change:

1. If the attack is offside and a goal is scored, the goal will not count. (Rule 14.C.12)
2. When a team is offside, the penalties for both attack and defense offside are the same, and the free position is set relative to the spot of the ball when offside is called.
3. If the ball is in the 11 m area or anywhere inside the goal circle when the violation occurs, the opponent nearest to the top center of the 11 m area will be awarded the free position. The nearest player on the team that was offside will move 4m behind the player awarded the ball. The offside player or the teammate nearest to the restraining line will move back onside.
4. If the ball is outside the 11 m area or below the goal line extended when the offside violation occurs, the free position will be awarded to the nearest opponent at the spot of the ball at least 11 m from the center of the goal line and 4m inside the boundary. The closest player on the offside team will move 4m behind the player awarded the ball. The offside player or the teammate nearest the restraining line will move back onside.
5. Whenever an offside violation is penalized and the goalkeeper is outside the goal circle and has not fouled, the goalkeeper may return to the goal circle for the free position.
6. If players from both teams are offside, the offside players will move back onside and an alternate possession will be taken at or near the spot of the ball when play stopped, at least 11 m from the center of the goal line, 4m from the boundary and 4m from the restraining line. (Rule 16.A)

***Guidance:*** *The goalkeeper checks an attack player’s arm as she attempts a shot on goal; the ball goes wide and out of bounds. The trail umpire immediately blows her whistle because an attack and a defender are both offside. To resume play, the offside players will move back onside, and the goalkeeper major foul will be penalized. The attack free position will be awarded on the nearest 11m hash mark in line with the foul, and the goalkeeper must move 4m behind. The goal cage will remain empty. (Rule 17.B.5)*

1. If the defense is offside, and play ends with a major foul by the attack (no advantage flag/scoring play), alternate possession to resume play. If play ended with a minor foul by the attack, a major foul will be awarded beyond 11 m level with the goal line extended.
2. If the defense is offside during an attack scoring play/raised flag, and the scoring play ends with a major or minor foul by the attack, the fouls are offsetting. To resume play, the offside player will move back onside and an alternate possession will be awarded beyond 11 m level with the goal line extended. (Rules 16.B.9 & 22.C.4)
3. When play ends with an out of bounds call (no foul) and a player is offside, penalize the offside to resume play.
4. When an ineligible/illegal player is both on the field and offside remove the player and penalize the offside to resume play.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented following FIL 2019 General Assembly, prior to 2021 Women’s World Championship.

|  |  |  |  |
| --- | --- | --- | --- |
| Rule Change Proposal #9 | **2018-19 W Field** [**Please See additional support documentation in Appendix #1**](#_Appendix_1_–) | | **Descriptor** |
| **Change** | Rule 3  Appendix G | The Crosse Manufacturers Specifications | Creating a unified Crosse rule to support the growth of the game |

Present Rules:

**RULE 3:  THE CROSSE**

Full Crosse specifications are in Appendix G Manufacturer’s Specifications. Only those aspects of the Crosse specifications that are necessary and useful for umpires, coaches and players during a game are included below.

All Field Crosses:

The primary intent of the field Crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a Crosse without an excessively forceful check.  A Crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

1. The head of the field Crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The head of a field Crosse will be triangular in concept.  (Appendix G, Diagrams 12 & 13)
3. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head.  At the widest point at the top of the head, the inside width between the walls of a plastic/molded head Crosse will be 16cm minimum and 15cm to 16cm for a wooden Crosse.
4. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.
5. The shaft of the field Crosse will be ‘nominally’ straight and may be constructed of wood, metal alloy or other composite material. The Crosse will not have sharp or protruding parts or edges and will not be dangerous to players in any way.

***Guidance:*** *A \*bent\* shaft may only be used with the heads that are specifically designed to accommodate them. \*Bent\* shafts are head and manufacture specific.*

1. Recessed metal screws with rounded heads will be used to attach the head of a plastic molded head Crosse to the shaft.

The butt ends of all shafts will have an end cap, be taped or sanded smooth, if wood.

1. The overall length of the field Crosse will be 0.9m / 90cm minimum to 1.1m / 110cm maximum. End caps are included when measuring the overall length of a Crosse.

***Guidance:****Junior players who are under the age of 15 may use a Crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player’s arm.*

1. The pockets of all field crosses will be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are not allowed.
2. Longitudinal leather or synthetic thongs shall be 0.3 to 1.0 cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced along the length and across the width of the head. Loose ends of thongs may not be woven back up through the pocket of the Crosse. (Appendix G, Diagram 12).
3. Cross-lacing in a traditionally strung pocket is defined as 8 to 12 knots/stitches, where two strings intertwine at a common place on a thong and evenly spaced diamonds. (A ‘diamond’ is the shape formed between longitudinal knots on a thong and horizontal knots.)
4. Cross-lacing in a pre-manufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs.  Extra lengths of sidewall nylon ties must be cut to 4 cm maximum.
5. Pockets must be attached to the head of the Crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm.

***Guidance:****A pocket may not be attached to the head of a Crosse along the top of the bottom rail of the sidewall.*

*Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.*

1. Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.
2. Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an “inverted U” in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop. (Appendix G, Diagram 16)
3. The field Crosse meets specifications if:
4. It complies with the criteria in this rule and the Manufacturer’s Specifications for field crosses as approved by the FIL (Appendix G).
5. The top of the ball, when dropped into the pocket of a horizontally held Crosse, must be visible and remain above the top of the entire wooden or plastic sidewall wall after reasonable force with one hand has been applied to and released from a ball.
6. The ball must move freely within all parts of the head and pocket, both laterally and along its full length. The ball must not become wedged between the walls under the guard or the bridge of a wooden Crosse, or in the ball stop, or under the walls of a plastic/molded head Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down.
7. At any time during play, an umpire may take time out to inspect the pocket of a field Crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s Crosse. If, at any time during play, the ball becomes lodged in a field player’s Crosse, the Crosse no longer meets specifications. The umpire will take time out to remove the illegal Crosse to the scorer’s table.

To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul. (Rule 20.A.13, 14, 15).

**APPENDIX G:  MANUFACTURER’S SPECIFICATIONS**

**The Crosse**

1. All Field Crosses

The primary intent of the field Crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a Crosse without an excessively forceful check.

A Crosse may be deemed illegal, even though it meets all technical specifications, if, in the opinion of the FIL Women’s Rules Committee, its design is an obvious attempt to circumvent the intent of the rules.

A Crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

1. The head of the field Crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
2. The shaft of the Crosse shall be constructed of wood, metal alloy, or other composite material, and it must be ‘nominally’ straight. An exception is that a shaft may deviate up to, but not more than, 10 degrees from straight at the end of the shaft that is within 6.5cm from the ball stop when the shaft is attached to the head.

***Guidance:****A ‘bent’ shaft may only be used with the heads that are specifically designed to accommodate them; ‘Bent’ shafts are head and manufacture’s specific. Heads designed for use with a ‘bent’ shaft will not be legal when mounted/attached to a straight shaft. Heads designed for use with a straight shaft will not be legal when attached to a bent shaft.*

1. Recessed metal screws with round heads shall be used to attach the head of a plastic/molded head Crosse to the shaft. The butt ends of all shafts must have an end cap, be taped, or if wood, be sanded smooth. The Crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
2. The overall length of the Crosse shall be 0.9m /90cm minimum to 1.1m /110cm maximum. End caps are included when measuring the overall length of a Crosse.

***Guidance:****Junior players who are under the age of 15 may use a Crosse shorter than 90cm/0.9m to allow the Crosse to fit comfortably along the full length of the player’s arm.*

1. To determine compliance with the line measurement specifications in Rule 26, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.

***Guidance****:  If the maximum specified length for a particular measurement is 5.5cm, then a measurement of 5.59cm passes and 5.60cm does not.  If the minimum specified length for a particular measurement is 5.5cm, then a measurement of 5.41cm passes and 5.40cm does not.*

1. The unstrung head and the shaft of a field Crosse shall lie within a 5.5cm horizontal plane. (Diagram 11)
2. At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3cm above the center line of the shaft.
3. The top edge of the sidewall must not be more than 0.6cm below the center line of the shaft.
4. The top edge of the sidewall must not drop below the center line of the shaft prior to 5.7cm as measured from the center of the bridge or ball stop.

***Guidance:****To determine the 5.5cm horizontal plane of the head, place the Crosse on a table with the open pocket facing up so that the long axis of the shaft is horizontal/parallel to the floor. Depending on the shape of the head, it may be necessary to support the*shaft*so it is horizontal. With the shaft horizontal and the* *lowest part of the head in contact with the table****,****no part of the head, as defined from the ball stop to the outside edge of the Scoop, shall be more than 5.5cm above the table.*

1. The overall length of the head, as measured from the center of the Bridge or Ball stop (where the top, back edge of the stop pad meets the plastic) to the top outside edge of the scoop, shall be 25.4cm minimum to 30.5cm maximum. With the open pocket facing up, all length measurements are taken along the center line of the shaft.
2. The overall outside width of the head of the Crosse when measured at the widest point at the top of the head must be 18cm minimum to 23cm maximum. With the open pocket of the head facing up, all width measurements are taken on a line that is perpendicular to the extension of the shaft.
3. Sidewall stringing holes: Pockets must be attached to the head of the Crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must be attached through the stringing holes and run parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the top of the stringing hole must not be more than 1.0cm. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes. (see photos in Appendix A)
4. The entire Crosse (strung head and shaft) shall not weigh more than 567g.
5. The Wooden Field Crosse
6. The head of a wooden field Crosse is defined to consist of four parts: the Bridge, the Wooden Sidewall, the Guard, and the Scoop. (Diagram 12)
7. The bridge is the woven ball stop of a wooden Crosse. The height of the bridge shall be 5.1cm maximum to 3.2cm minimum.
8. As measured from the center of the bridge to the midpoint of the head, the actual height of the wooden sidewall shall be 4.5cm maximum to 3.2cm. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
9. The guard is the soft woven wall of the head. The height of the guard shall be 7cm maximum to 3.2cm minimum.
10. The head shall be triangular in shape. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.
11. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the Bridge, shall be  6.7cm to 7.6 cm and the outside width of the head shall be 7.6cm to 10.1cm.
12. The inside width between the sidewalls of the head, as measured 5.1 cm from the center of the Bridge, shall be 7cm minimum.
13. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Bridge, shall be 8cm minimum. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the Bridge, shall be 9cm minimum.
14. The inside width between the walls at the widest point at the top of the head shall be 15cm to 16cm.
15. Plastic/Molded Head Crosse (Diagram 14)
16. The head of the plastic/molded head field Crosse is defined to consist of four regions: the Throat, the Ball Stop, the Sidewall, and the Scoop. (Diagram 12)
17. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7⁰ from perpendicular to the long axis of the shaft. The height of the ball stop shall be 5.1cm maximum to 3.2cm minimum.  To determine Crosse compliance with angular measurement specifications in FIL Rule 26, all measurements and calculations will be made to the nearest 0.01°. The allowed deviation from the standard is 0.44°.

***Guidance*:***If the maximum specified angle is 7⁰, then a particular measurement of 7.44⁰ passes and 7.45⁰ does not.*

1. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to bottom of the ball stop.

Stop pads may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad must not in any way interfere with the free movement of the ball within the pocket or effect ball retention.

1. The stop area ends, and the sidewalls begin as measured 3.4cm from the center of the ball stop. The sidewalls end, and the scoop area begins at the widest point at the top of the head.

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

ii.There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.

***Guidance:****While no outcroppings or protrusions of any kind are allowed on the sidewalls of a Crosse, outcroppings are allowed on the scoop and the ball stop areas as long as \*all\* other FIL Crosse dimension and shape requirements are met, and the outcroppings have only aesthetic function and do not affect the free movement of the ball in the pocket.*

1. The head of the Crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the ball stop to the widest point at the top of the head. (Diagram 13)
2. The inside width between the sidewalls of the head, as measured 3.2cm from the center of Ball Stop, shall be 6.7 cm to 7.6 cm and the outside width of the head shall be 7.6 cm to 10.1 cm. The radius of the ball is 3.2cm.
3. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the Ball Stop shall be 7.0cm minimum.
4. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Ball Stop, shall be 7.7cm minimum.
5. The inside width between the walls at the widest point at the top of the head, shall be 16cm minimum.

***Guidance:****The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.*

1. At all points along the sidewall, the following formula shall be used to determine the maximum slant/angle the sidewalls may deviate from vertical. (Diagram 15)
2. With the open pocket of the head facing up, measure the vertical height of the sidewall at any point. Then find the difference in the width between the top and bottom edges of the sidewall at that point.
3. At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall, must be less than or equal to 0.50.
4. The Pockets of all Wooden or Plastic/Molded Field Crosses:
5. The pocket of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/ stitches of cross lacing. Mesh pockets are not allowed.

***Guidance:****When plastic “zip-ties” are used to attach pocket nylon to thongs, all sharp edges must be sanded/filed smooth.*

1. Longitudinal leather or synthetic thongs shall be 0.3cm to 1.0cm wide. Thongs must not touch, and ‘nominally’ must be evenly spaced along the length and across the width of the head. Loose ends of thongs may not be woven back up through the pocket of the Crosse and during play must be secured to the shaft of the Crosse.  Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. Thongs must nominally be the same width along their full length. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1cm beyond the ball stop.  Thongs must be evenly spaced (not bunched) along the length and across the width of the head. The thongs at the ball stop must extend 5.1cm beyond the ball stop.

***Guidance*:***Definition of ‘nominally: a very small quantity or degree; synonyms: negligibly, slightly, and meagerly. Therefore, thongs may taper a bit near the ball stop and*scoop*so they easily fit through the holes.*

1. Cross-lacing in a traditionally strung pocket is defined as 8-12 knots/stitches, where two pocket nylons intertwine at a common place on a thong and creates evenly spaced (not bunched) diamonds. (A ‘diamond’ is the shape formed between longitudinal knots on thongs and horizontal knots).

***Guidance:****Count the numbers of stitches on the first thong inside the head on both sides of the head.*

1. Cross-lacing in a pre-manufactured detachable pocket is defined as 8-12 evenly spaced nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4cm maximum.
2. The nominal diameter of the shooting/throw string and sidewall nylon cord shall be 0.3cm maximum. The nominal diameter of pocket nylon must be less than 0.3cm.
3. Field crosses shall have no more than two separate shooting/throw strings. Shooting/throw strings shall not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.

ii)Both shooting/throw strings must be attached to the sidewall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an “inverted “U” in shape and must be attached to the sidewall in the upper two-thirds of the head, as measured from the top, outside edge of the scoop. (Diagram 16)

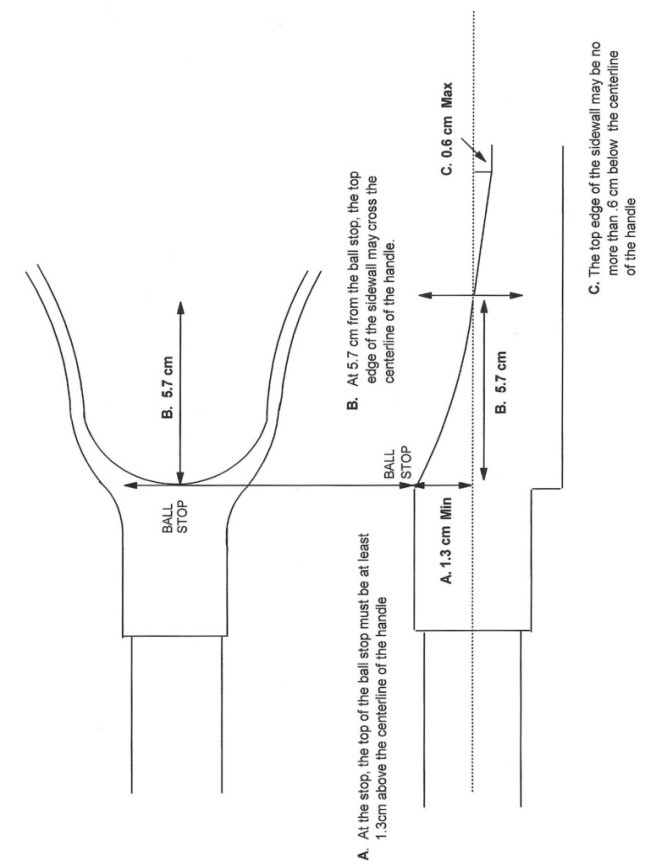
1. All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the shooting/throw strings, cross lacings or thongs. This rule prohibits the use of beads, tubing, or similar items on any part of the pocket.

***Guidance:****No additional material of any size or shape may be used in the place of traditional knots.*

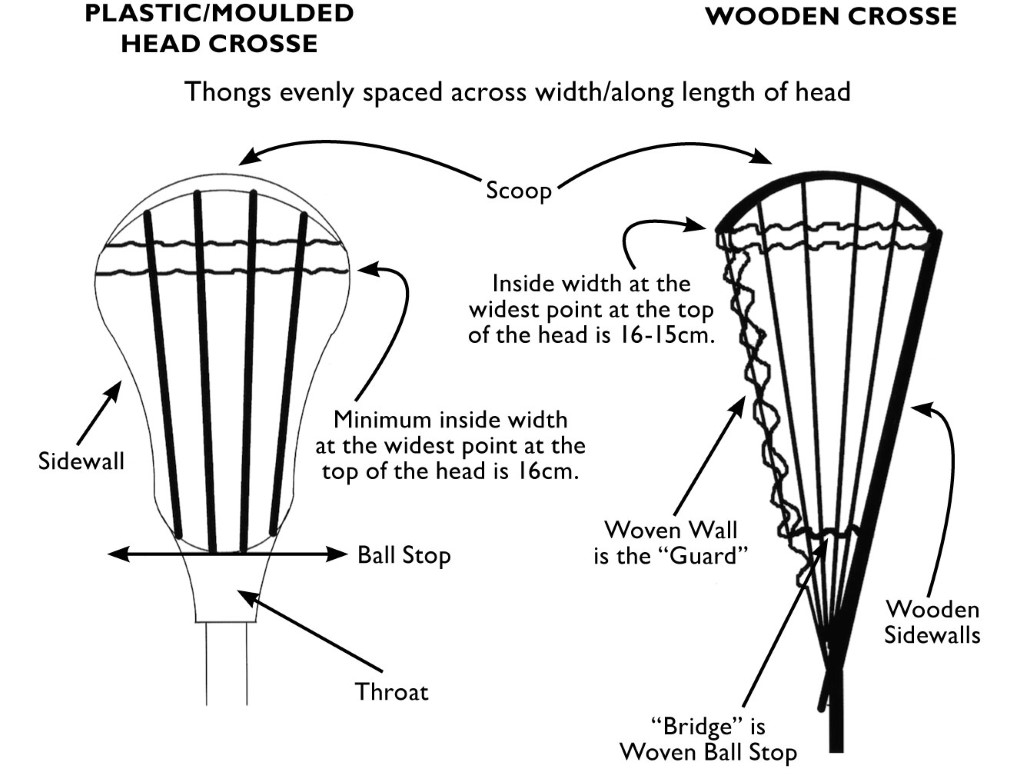
1. The combined height of the sidewall and the depth of the pocket containing the ball must be less than 6.4cm, the diameter of the ball. The top of the ball, when dropped into the pocket of a horizontally held Crosse, must be visible/ seen and remain above the top of the entire wooden or plastic sidewall after reasonable force with one hand has been applied to and released from a ball.
2. The ball must move freely within all parts of the head/pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or the bridge of a wooden Crosse or in the ball stop or under the walls of a plastic/molded head Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down.

***Guidance:****The following are examples that, either alone or in combination, might cause a lack of free ball movement in the head/pocket:*

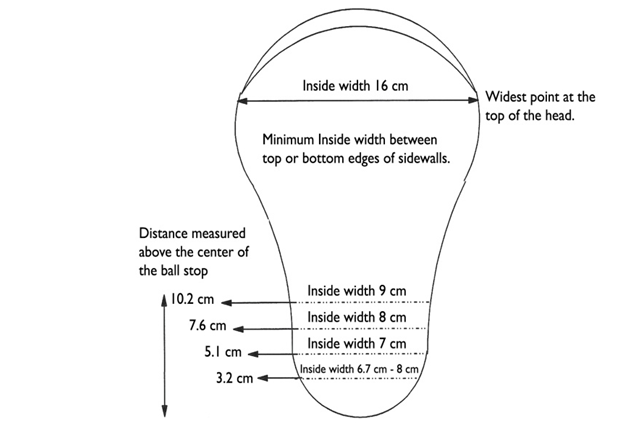
* *Shooting/throw strings that are not interwoven with the cross lacings and thongs and are allowed to sit on top of these other stringing areas,*
* *Thongs that are raised above the plane of the pocket,*
* *Thongs made from a sticky/tacky substance or this type of substance added to the thongs.*



**Diagram 11 Offset Specification within 5.1cm Horizontal Plane App G A.5**

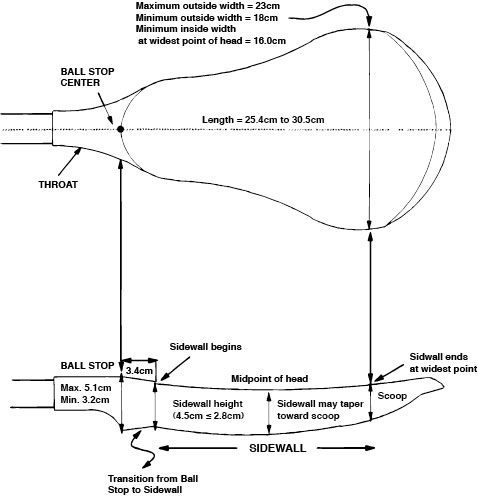


**Diagram 12 Parts of Field Crosses**

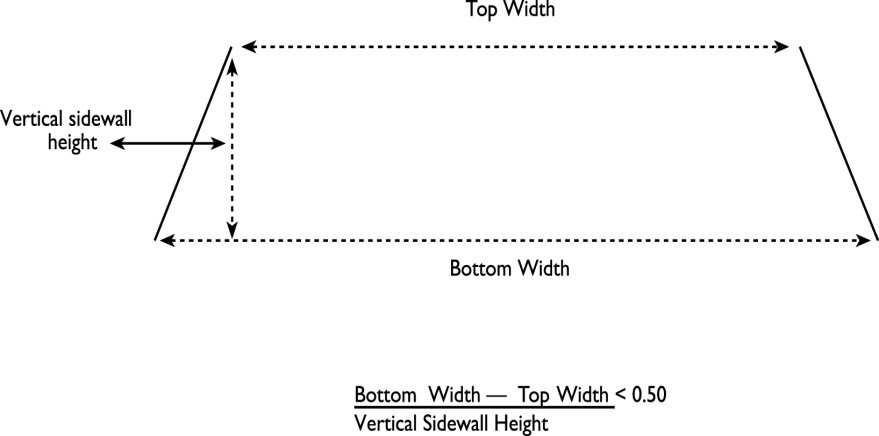


**Diagram 13 Triangular in Concept**

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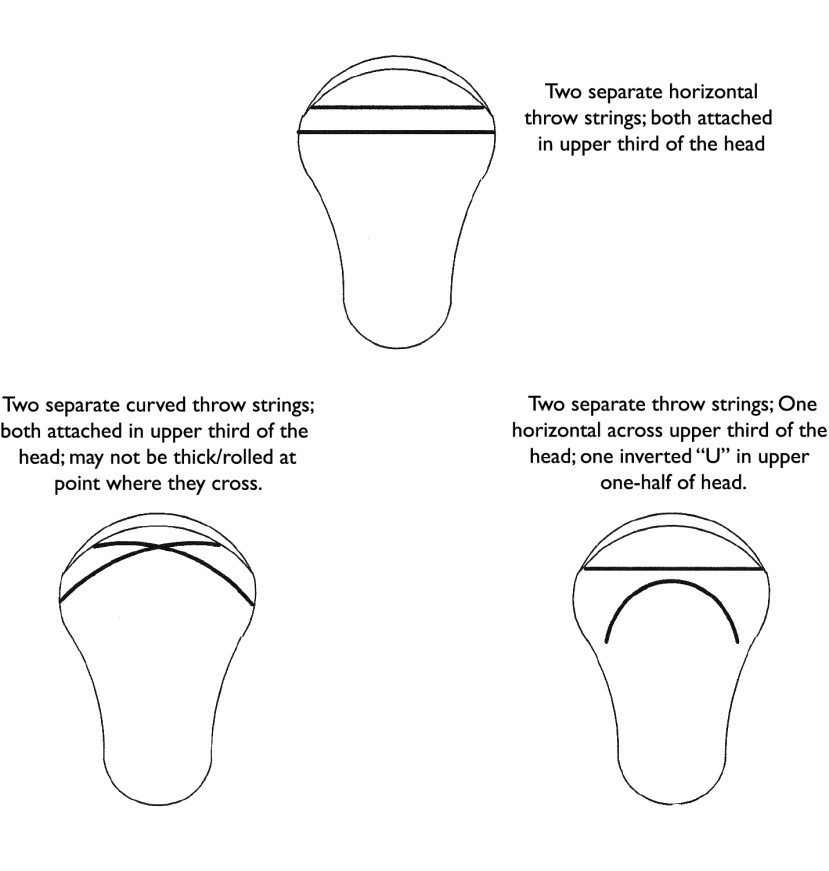


**Diagram 14 Plastic/Molded Head Specification**



**Diagram 15 Cross Section of Unstrung Head**

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**Diagram 16 Shooting/Throw Strings**

1. The Goalkeeper’s Crosse
2. The Crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
3. The shaft of the Crosse shall be straight and may be constructed of wood, metal alloy, or other composite material. Recessed metal screws must be used to attach the head to the shaft. The butt end of the shaft shall have an end cap, be taped or sanded smooth, if wood. The Crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.
4. The overall length of the Crosse shall be .9 m /90 cm minimum to 1.35 m/135 cm maximum.
5. To determine compliance with linear measurement specifications, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm (Rule 26.A.4)
6. The unstrung head and the shaft of a goalkeeper’s Crosse shall lie within a 7.6cm horizontal plane. (See Rule 26.A.4 Guidance to determine the horizontal plane.)
7. No part of the head shall pass beyond a plane 2.5cm above the center line of the shaft and/or 5.1 cm below the center line of the shaft.
8. The top edge of the sidewall shall not be more than 0.6 cm below the center line of the shaft.
9. The head shall have a maximum length of 42 cm. The length of the head is measured from the center of the bridge or ball stop (where the back top edge of the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the center line of the shaft.
10. The height of the bridge or ball stop of a goalkeeper’s Crosse shall be 5.4cm maximum to 3.2 cm minimum. The plastic wall of the ball stop must not deviate by more than 10⁰ from perpendicular to the long axis of the shaft.
11. The sidewall begins as measured 3.4c m from the center of the Bridge or the Ball Stop. The actual height of the wooden sidewall of a wooden Crosse and the plastic sidewalls of a molded head Crosse shall be 5.1 cm maximum to 2.54 cm minimum. The height of the woven wall of a wooden goalkeeper’s Crosse shall be 7 cm maximum. The sidewall ends at the widest point at the top of the head.
12. The entire head of the Crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge or the ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the center line of the shaft. (Rule 26.C.2, Guidance)
13. When measured 5.1cm from the center top edge of the Ball Stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 13 cm to 17 cm. The maximum outside width of the head shall be 20cm.
14. When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 18.5 cm to 22.5cm. The maximum outside width of the head shall be 26cm.
15. When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/ molded head Crosse shall be 23 cm to 26 cm. The maximum outside width of the head shall be 30 cm.
16. At the widest point of the head, the inside width between the walls of the head of the Crosse shall be 28.5 cm to 30.5 cm
17. The pocket of the Crosse may be strung traditionally with 6 or 7 longitudinal leather or synthetic thongs and 8 to 12 stitches of cross-lacing or MAY BE MESH.
18. The goalkeeper’s Crosse may have more than two shooting/ throw strings and flat hockey/boot laces may be used as shooting/throw strings. There are no restrictions regarding the design or placement of shooting/throw in the pocket of the Crosse.
19. The depth of the pocket containing the ball may be unlimited except that the ball must move freely within all parts of the head both laterally and along its full length. When the Crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, more than half of the ball must be seen above the ball stop
20. The Crosse (strung head and shaft) shall not weigh more than 773g.

***Guidance:*** *The intent of the rules governing the head design of a goalkeeper’s Crosse is to disallow crosses where excessive widths of plastic are added to the sidewalls to increase the surface area of the head.*

1. The **Goal and Goal Netting** (Rule 2 & Diagrams 4 & 5)
2. **The Ball** (Rule 4)

The ball will be solid, smooth Elastomer and may be any solid color. For FIL tournaments, the color of the ball must be solid yellow.

1. The circumference of the ball will not be less than 20 cm or more than 20.3 cm.
2. The ball will weigh not less than 142 grams or more than 149 grams. It must have a bounce of not less than 1.1 m and not more than1.3 m when dropped from 1.8 meters onto a hard wooden floor at a temperature of approximately 18°C to 23°C.

 NOTE: All FIL approved women’s crosses are evaluated in a certified laboratory for compliance to written measurement and pocket design standards. The test facility will accept pre-production models (also known as SLAs or rapid proto-types) for evaluation; however, only preliminary approval will be granted if the pre-production model meets all specifications.

Final approval will be contingent on a final product model being submitted to the laboratory, evaluated and meeting all specifications. Once the test facility has determined that a Crosse meets all the specifications in Appendix G, a report will be sent to the FIL, and the stick will be listed on the FIL web site as approved immediately for international play. Once a stick, head and/or pocket, is approved at the laboratory, it may not be sold as a FIL approved stick if it had been altered in any way. The laboratory will send the FIL Women’s Sector Rules Committee Chair copies of the approval documents for the head and pocket, if it has been submitted and evaluated for approval.  The laboratory will attach photos of the side, the front and the back of the head with a pocket attached. If a pocket has been approved, photos of the approved pocket attached to a head must also be included.

Exception: For all FIL Women’s World Events, players may use only those crosses and pockets that have been evaluated and approved by the laboratory three months (90 days) prior to the scheduled first day of play.

Specifications for all equipment are reviewed annually and modified periodically by the FIL rules committee. The FIL will endeavor, when possible, to provide advance notification of changes to equipment specifications to the manufacturers of Crosse equipment known to the FIL.

However, the FIL reserves the right to change any equipment specifications at any time, if, in its sole discretion, the FIL deems the changes to be in the best interest of the sport of women's lacrosse.

The FIL shall have no liability for any consequence deriving from the choice of equipment used by players; any defects it may have, or for alterations made to the Crosse by players after the stick (head and pocket) is manufactured.

Proposed Changes:

**Rule 3.5**

The pockets of all field crosses will be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are allowed.

**Rule 3.6**

Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. In a mesh pocket, the allowance is one coil per diamond of mesh. Flat hockey or boot laces may not be used as shooting/throw strings.

**Appendix G A.5**

The unstrung head and the shaft of a field Crosse shall lie within a 6.55cm horizontal plane. (Diagram 11)

**Rule 3.5.d and Appendix G A.8**

Pockets must be attached to the head of the Crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head unless they are made of mesh, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm.

**Appendix G C.1.a**

The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7⁰ from perpendicular to the long axis of the shaft. The height of the ball stop shall be 6.55cm maximum to 3.2cm minimum.

**Appendix G C.2**

The head of the Crosse shall be triangular in concept. The inside width between the sidewalls of the head must continually increase as measured from the center of the ball stop to the widest point at the top of the head. (Diagram 13)

* 1. The inside width between the sidewalls of the head, as measured 3.2cm from the center of Ball Stop, shall be 6.7 cm to 8.0cm and the outside width of the head shall be 7.6 cm to 10.1 cm. The radius of the ball is 3.2cm.
  2. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the Ball Stop shall be 6.8cm minimum.
  3. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the Ball Stop, shall be 7.4cm minimum.
  4. The inside width between the walls at the widest point at the top of the head, shall be 16cm minimum.

**Appendix G C.3.b**

At all points, the difference between the top and bottom widths divided by the vertical height of the sidewall, must be less than or equal to 0.65.

**Appendix G D.1.d**

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

**Appendix G E.8.d**

At the widest point of the head, the inside width between the walls of the head of the Crosse shall be 28.5 cm to 30.5 cm. The maximum outside width of the head shall be 33 cm.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To promote the growth of the game by providing manufacturers with one set of rules.

|  |  |  |  |
| --- | --- | --- | --- |
| Rule Change Proposal #10 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 18 | Goal Circle Rules | Common timings with men and indoors  Reduce length of time the ball is allowed in the Goal Circle from 10 seconds to 5 seconds |

Present Rule:

RULE 18: GOAL CIRCLE RULES AND PENALTIES

1. Goal Circle Rules
2. Only one player, either the goalkeeper or the deputy, an unprotected field player, is allowed inside the goal circle at any one time. A ball touching or resting on any part of the goal circle line belongs to the goalkeeper or the deputy.
3. With the following exceptions, no other players are allowed to enter or have their feet, body or Crosse on, or over the goal circle line at any time.
4. On a shot, the attack shooter may follow through with her Crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack’s shooting motion must be initiated from outside the goal circle; therefore the shooter’s Crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.
5. On a shot, only the player/s directly marking/defending the attack shooter may reach into the goal circle with their Crosse/s to block the shot or check the shooter’s Crosse. The defender/s feet must not touch or cross over the goal circle line.
6. When inside the goal circle, the goalkeeper:
7. Must move the ball out of the goal circle within 10 seconds after the ball has entered the goal circle.
8. May stop the ball with her hand, body and/or her Crosse. If she catches the ball, she must put the ball in her Crosse and proceed with the game.
9. Must remove a ball lodged in the goal netting, her clothing or pads, and place it in her Crosse and proceed with the game.

***Guidance****: The Umpire may signal time out to assist the goalkeeper with dislodging the ball from her clothing, equipment or the goal netting. The 10 second count will begin at the whistle to restart play.*

1. As the defense is in possession of the ball when it enters the goal circle, the goalkeeper or the deputy may play the ball with any part of their body while inside the goal circle as long as the ball leaves the goal circle within 10 seconds.
2. May reach outside the goal circle with her Crosse and bring the ball back into the goal circle provided no part of her body is **grounded** outside the goal circle. (Rule 24 Definitions)

***Guidance:*** From inside the goal circle, the goalkeeper or the deputy may, with one or both feet, step or stand on the goal circle line. As long as her feet are touching any part of the goal circle line, she is considered to be inside the goal circle.

In the process of bringing the ball back into the goal circle, it is a minor foul if the goalkeeper covers the ball with her Crosse and in doing so prevents an opponent from making a play on the ball. (Rule 20.A.2)

1. The Deputy:
2. May only enter or remain in the goal circle when her team has possession of the ball.
3. Must immediately leave the goal circle when her team loses possession of the ball. A player/team is not in possession of a loose ball that is outside the goal circle, on the ground or in the air.
4. May enter the goal circle to play a rolling or low bouncing ball however, the deputy may never enter the goal circle to defend any shot, including a bounce shot.
5. Must move the ball out of the goal circle within 10 seconds after the ball has entered the goal circle.
6. While inside the goal circle, must remove a ball lodged in the goal netting or her Crosse, place it in her Crosse and proceed with the game.
7. After a goalkeeper or the deputy moves the ball out of the goal circle within 10 seconds, the ball must not return to her team’s goal circle until the ball has been played. **Played** refers to an action whereby the ball leaves a player’s Crosse and is touched by another player, or her Crosse is checked Crosse to Crosse by an opponent. (Rule 24 Definitions)
8. If the goalkeeper passes the ball from inside the goal circle to another player, the ball has been played.
9. If the goalkeeper moves out of the goal circle with the ball in her Crosse, she may not return the ball to her goal circle until it has been played.
10. If the goalkeeper gains possession of the ball outside the goal circle, she may return the ball to the goal circle for one 10 second count.

***Guidance****: The goalkeeper is inside the goal circle when she saves a shot on goal; the 10 seconds count begins. While she is looking for an open teammate, her Crosse with the ball in it is hanging outside the goal circle. As the 10 seconds count is about to expire, an opponent legally checks the goalkeeper’s Crosse but is unsuccessful in dislodging the ball. The goalkeeper quickly pulls her Crosse with the ball in it back into the goal circle and passes the ball to an open teammate. LEGAL: the ball was outside the goal circle when the goalkeeper’s Crosse was played, checked Crosse to Crosse by an opponent.*

1. When both feet of the goalkeeper or the deputy are completely outside the goal circle:
2. She loses all of her goalkeeping privileges.

***Guidance:*** When *the goalkeeper is completely outside of her goal circle, she is not exempt from obstructing the free space to goal.*

1. She may only re-enter the goal circle without the ball.
2. She may throw the ball into the goal circle and then follow it into the goal circle.
3. She must return to the goal circle to play the ball that is inside the goal circle.
4. Goal Circle Fouls
5. Field players:
6. On a shot, the attack shooter and the defender/s immediately marking the shooter must not step on or over the goal circle line. No other field players are allowed to enter or have their feet, body or Crosse on or over the goal circle line at any time.
7. The shooter must not receive a pass or initiate a shot when her Crosse is inside the goal circle
8. During and immediately following the shot, the attack shooter must not illegally interfere with the goalkeeper or defender/s immediately marking her. Defenders must not illegally interfere with the attack shooter.

***Guidance****: Defenders who have legally established their position near the goal circle before the shot must not be penalized for illegal contact caused by the attack shooter or one of her teammates*.

1. Defenders must not push the shooter into the goal circle or in any other way illegally interfere with the shooter or the shot.
2. The deputy must not illegally enter or remain in the goal circle.
3. The goalkeeper or the deputy must not:
4. Allow the ball to remain inside the goal circle for longer than 10 seconds. Once the goalkeeper or the deputy moves the ball out of the goal circle, her team must not return the ball to their goal circle until it has been played by another player.

***Guidance:*** The umpire will use a visible, hand chopping motion to count each second that the ball remains in the goal circle.

The umpire will count from 1 to 10, and when necessary, will count the last 5 seconds out loud.

1. Reach outside the goal circle with any part of her body to play an aerial or ground ball while she is inside the goal circle. (Rules 20.A.4, 21.A.20)
2. Rake the ball into her goal circle when any part of her body is completely grounded outside the goal circle. (Rule 20.A.2)
3. Throw any of her equipment to another player.
4. When outside the goal circle, step on the goal circle line or back into the goal circle if she has possession of the ball.

***Guidance:*** *The goalkeeper straddles the goal circle line to pick up a ground ball and steps back into the goal circle. ILLEGAL: the goalkeeper was grounded. To resume play, the goalkeeper remains at the spot of the foul (inside the goal circle), and the attack is awarded a free position for the goal circle foul 15 m on the goal line extended.*

1. Penalties for Goal Circle Fouls
2. With two exceptions below, when the defense commits any goal circle foul, the attack will be awarded a free position at the 11 m mark on the goal line extended that is nearest to the foul and the defender will be placed 4m behind on the 15m fan. Unless it is the goalkeeper, the player who fouled will move 4m behind where the 15m fan intersects the goal line.
   1. Whenever the goalkeeper commits a goal circle foul, she remains at the spot of the foul and if she was in or partially inside the goal circle, she remains inside the goal circle for the free position.
   2. When the deputy is illegally in the goal circle the umpire must immediately stop play. The free position is awarded to the attack player nearest to the center 11m hash mark when play stopped. The deputy will move 4m behind the attack player with the ball and the marking area will be cleared. The goalkeeper must NOT return to the goal circle until play resumes at the whistle.
3. When the attack commits a goal circle foul, the goalkeeper or the deputy will take the free position inside the goal circle. If a goal was scored, the goal will not count. Before play resumes, all players must move 1 m away from the goal circle.

***Guidance:*** If the goalkeeper is completely outside the goal circle when the attack commits a goal circle foul, the defense player closest to the goal circle, which may or may not be the goalkeeper, shall take the free position inside the goal circle.

*An attack player in front of the goal receives a pass from a teammate who is behind goal. The attack player’s Crosse is inside the goal circle when she receives the pass; she shoots and scores. ILLEGAL no goal, the attack is penalized for a goal circle violation. An attack shooter must receive a pass and initiate her shot from outside the goal circle.*

1. When a major foul must be carded during goal circle play, the game will resume according to Rule 21.B.7 & 23.B. During a scoring play, the game will resume according to Rule 22.D.5.

Proposed Change:

RULE 18: GOAL CIRCLE RULES AND PENALTIES

1. Goal Circle Rules
2. Only one player, either the goalkeeper or the deputy, an unprotected field player, is allowed inside the goal circle at any one time. A ball touching or resting on any part of the goal circle line belongs to the goalkeeper or the deputy.
3. With the following exceptions, no other players are allowed to enter or have their feet, body or Crosse on, or over the goal circle line at any time.
4. On a shot, the attack shooter may follow through with her Crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack’s shooting motion must be initiated from outside the goal circle; therefore the shooter’s Crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.
5. On a shot, only the player/s directly marking/defending the attack shooter may reach into the goal circle with their Crosse/s to block the shot or check the shooter’s Crosse. The defender/s feet must not touch or cross over the goal circle line.
6. When inside the goal circle, the goalkeeper:
7. Must move the ball out of the goal circle within 5 seconds after the ball has entered the goal circle.
8. May stop the ball with her hand, body and/or her Crosse. If she catches the ball, she must put the ball in her Crosse and proceed with the game.
9. Must remove a ball lodged in the goal netting, her clothing or pads, and place it in her Crosse and proceed with the game.

***Guidance****: The Umpire may signal time out to assist the goalkeeper with dislodging the ball from her clothing, equipment or the goal netting. The 5 second count will begin at the whistle to restart play.*

1. As the defense is in possession of the ball when it enters the goal circle, the goalkeeper or the deputy may play the ball with any part of their body while inside the goal circle as long as the ball leaves the goal circle within 5 seconds.
2. May reach outside the goal circle with her Crosse and bring the ball back into the goal circle provided no part of her body is **grounded** outside the goal circle. (Rule 24 Definitions)

***Guidance:*** From inside the goal circle, the goalkeeper or the deputy may, with one or both feet, step or stand on the goal circle line. As long as her feet are touching any part of the goal circle line, she is considered to be inside the goal circle.

In the process of bringing the ball back into the goal circle, it is a minor foul if the goalkeeper covers the ball with her Crosse and in doing so prevents an opponent from making a play on the ball. (Rule 20.A.2)

1. The Deputy:
2. May only enter or remain in the goal circle when her team has possession of the ball.
3. Must immediately leave the goal circle when her team loses possession of the ball. A player/team is not in possession of a loose ball that is outside the goal circle, on the ground or in the air.
4. May enter the goal circle to play a rolling or low bouncing ball however, the deputy may never enter the goal circle to defend any shot, including a bounce shot.
5. Must move the ball out of the goal circle within 5 seconds after the ball has entered the goal circle.
6. While inside the goal circle, must remove a ball lodged in the goal netting or her Crosse, place it in her Crosse and proceed with the game.
7. After a goalkeeper or the deputy moves the ball out of the goal circle within 5 seconds, the ball must not return to her team’s goal circle until the ball has been played. **Played** refers to an action whereby the ball leaves a player’s Crosse and is touched by another player, or her Crosse is checked Crosse to Crosse by an opponent. (Rule 24 Definitions)
8. If the goalkeeper passes the ball from inside the goal circle to another player, the ball has been played.
9. If the goalkeeper moves out of the goal circle with the ball in her Crosse, she may not return the ball to her goal circle until it has been played.
10. If the goalkeeper gains possession of the ball outside the goal circle, she may return the ball to the goal circle for one 5 second count.

***Guidance****: The goalkeeper is inside the goal circle when she saves a shot on goal; the 5 seconds count begins. While she is looking for an open teammate, her Crosse with the ball in it is hanging outside the goal circle. As the 5 seconds count is about to expire, an opponent legally checks the goalkeeper’s Crosse but is unsuccessful in dislodging the ball. The goalkeeper quickly pulls her Crosse with the ball in it back into the goal circle and passes the ball to an open teammate. LEGAL: the ball was outside the goal circle when the goalkeeper’s Crosse was played, checked Crosse to Crosse by an opponent.*

1. When both feet of the goalkeeper or the deputy are completely outside the goal circle:
2. She loses all of her goalkeeping privileges.

***Guidance:*** When *the goalkeeper is completely outside of her goal circle, she is not exempt from obstructing the free space to goal.*

1. She may only re-enter the goal circle without the ball.
2. She may throw the ball into the goal circle and then follow it into the goal circle.
3. She must return to the goal circle to play the ball that is inside the goal circle.
4. Goal Circle Fouls
5. Field players:
6. On a shot, the attack shooter and the defender/s immediately marking the shooter must not step on or over the goal circle line. No other field players are allowed to enter or have their feet, body or Crosse on or over the goal circle line at any time.
7. The shooter must not receive a pass or initiate a shot when her Crosse is inside the goal circle
8. During and immediately following the shot, the attack shooter must not illegally interfere with the goalkeeper or defender/s immediately marking her. Defenders must not illegally interfere with the attack shooter.

***Guidance****: Defenders who have legally established their position near the goal circle before the shot must not be penalized for illegal contact caused by the attack shooter or one of her teammates*.

1. Defenders must not push the shooter into the goal circle or in any other way illegally interfere with the shooter or the shot.
2. The deputy must not illegally enter or remain in the goal circle.
3. The goalkeeper or the deputy must not:
4. Allow the ball to remain inside the goal circle for longer than 5 seconds. Once the goalkeeper or the deputy moves the ball out of the goal circle, her team must not return the ball to their goal circle until it has been played by another player.

***Guidance:*** The umpire will use a visible, hand chopping motion to count each second that the ball remains in the goal circle.

The umpire will count from 1 to 5, and when necessary, will count the last 5 seconds out loud.

1. Reach outside the goal circle with any part of her body to play an aerial or ground ball while she is inside the goal circle. (Rules 20.A.4, 21.A.20)
2. Rake the ball into her goal circle when any part of her body is completely grounded outside the goal circle. (Rule 20.A.2)
3. Throw any of her equipment to another player.
4. When outside the goal circle, step on the goal circle line or back into the goal circle if she has possession of the ball.

***Guidance:*** *The goalkeeper straddles the goal circle line to pick up a ground ball and steps back into the goal circle. ILLEGAL: the goalkeeper was grounded. To resume play, the goalkeeper remains at the spot of the foul (inside the goal circle), and the attack is awarded a free position for the goal circle foul 15 m on the goal line extended.*

1. Penalties for Goal Circle Fouls
2. With two exceptions below, when the defense commits any goal circle foul, the attack will be awarded a free position at the 11 m mark on the goal line extended that is nearest to the foul and the defender will be placed 4m behind on the 15m fan. Unless it is the goalkeeper, the player who fouled will move 4m behind where the 15m fan intersects the goal line.
   1. Whenever the goalkeeper commits a goal circle foul, she remains at the spot of the foul and if she was in or partially inside the goal circle, she remains inside the goal circle for the free position.
   2. When the deputy is illegally in the goal circle the umpire must immediately stop play. The free position is awarded to the attack player nearest to the center 11m hash mark when play stopped. The deputy will move 4m behind the attack player with the ball and the marking area will be cleared. The goalkeeper must NOT return to the goal circle until play resumes at the whistle.
3. When the attack commits a goal circle foul, the goalkeeper or the deputy will take the free position inside the goal circle. If a goal was scored, the goal will not count. Before play resumes, all players must move 1m away from the goal circle.

***Guidance:*** If the goalkeeper is completely outside the goal circle when the attack commits a goal circle foul, the defense player closest to the goal circle, which may or may not be the goalkeeper, shall take the free position inside the goal circle.

*An attack player in front of the goal receives a pass from a teammate who is behind goal. The attack player’s Crosse is inside the goal circle when she receives the pass; she shoots and scores. ILLEGAL no goal, the attack is penalized for a goal circle violation. An attack shooter must receive a pass and initiate her shot from outside the goal circle.*

1. When a major foul must be carded during goal circle play, the game will resume according to Rule 21.B.7 & 23.B. During a scoring play, the game will resume according to Rule 22.D.5.

**Justification:**

To quicken up the game and to maximise the time the ball is in play.

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented in 2020 prior to 2021 Women’s World Championship.

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| Rule Change Proposal #11 | **2018-19 W Field** | | **Descriptor** |
| **Change** | 6 | Uniforms and Equipment [**Please See additional support documentation in Appendix #2**](#_Appendix_2_-) | Compulsory eye guards |

Present Rule:

RULE 6: UNIFORMS AND EQUIPMENT

1. With the exception of the goalkeeper, all team members must be dressed uniformly. The goalkeeper’s shirt must be the same color as her team’s top and must be worn over her chest and any shoulder/ arm pads. The bottom of her uniform must be the same predominant color of her team’s kilt or shorts, or be a solid dark color.
2. Each player’s uniform shirt must be numbered identically on the front and back. Each team member will have a different number and the color of the numbers must clearly contrast with the color of the shirts. If a team wears a patterned shirt, the numbers must be superimposed on a solid, clearly contrasting color block background.
3. Numbers must be a solid block font. Numbers on the center front of the shirt must be at least 15cm tall, and numbers on the center back of the shirt must be at least 20cm tall. For FIL Tournaments, numbers 1to 40 only are permitted on team shirts. (Appendix B)
4. All visible garments worn on the field are considered to be part of the team uniform. All visible garments worn under the kilt or shorts must be the same predominant color as the kilt/shorts, or be one solid dark color. All visible undergarments worn under the uniform shirt must be the same predominant color as the uniform shirt. All players wearing visible undergarments must be dressed in the same solid color.

***Guidance:*** *This ruling does not apply to medical sleeves.*

1. Players must wear shoes with plastic, metal, leather or rubber cleats/studs. Spikes are not permitted. Regardless of their composition, the exposed surface of all studs/cleats must be smooth. Players may also wear flat soled shoes.
2. All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible color other than colorless or white and must not have graphics of teeth. Mouth guards must not be altered to decrease protection and field players must remove protruding tabs.

Close-fitting gloves, nose guards, and eye guards may be worn. Field players are not permitted to wear headgear or face masks.

1. Players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in FIL Rule 6.G.

***Guidance:*** *Eye guards worn during an FIL contest must comply with the safety aspects listed in Rule 6, or meet certification requirements of any country, organization or standard. However, the FIL does not guarantee the safety of the eye guard to the player wearing them or other players. The FIL does not monitor the safety or effectiveness of any eye guards, such as the ability to withstand impact from a ball or a Crosse, nor does the FIL review or approve the certification process of any country, organization or standards organization.*

*A player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended.*

1. Additional protective devices warranted on genuine medical necessity will be evaluated before the game and may be worn provided the umpires agree that the equipment is not dangerous to other players. All protective devices must be close fitting and padded where necessary and must not be of excessive weight.
2. Players may wear securely taped medical alert jewelry with information clearly visible and close fitting cloth sweat bands. They must remove any other soft jewelry, necklaces, earrings, bracelets, and watches. Wedding rings and religious/ceremonial jewelry must be taped securely to the player or be removed. Flat barrettes or hair slides are legal. Hats/visors with soft neoprene brims may be worn. A hijab may be worn, preferably a sports hijab. The umpire may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.

***Guidance:*** *Sweat bands must not be worn to cover illegal jewelry.*

The goalkeeper must wear a chest or body pad, a helmet with a chin strap that must be fastened, a facemask, and an attached throat protector. The distance that the throat protector hangs from the helmet must be less than the diameter of the ball. In addition to the attached throat protector, a wrap-around type throat protector may be worn.

1. The goalkeeper may wear padded gloves, shoulder/arm pads and leg pads. All padding must fit securely and not increase the width of the goalkeeper’s body beyond the thickness of the padding.

The maximum thickness of padding is 3 cm. Padded gloves must be tied securely at the cuff and must not have any webbing.

1. No equipment, including protective devices, may be used unless it complies with Rule 6, Manufacturer’s Specifications Appendix G and the umpires agree that the equipment is not dangerous to other players.

Proposed Change:

RULE 6: UNIFORMS AND EQUIPMENT

1. All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible color other than colorless or white and must not have graphics of teeth. Mouth guards must not be altered to decrease protection and field players must remove protruding tabs.
2. All players, excluding the goalkeeper, must wear eye guards that comply with the certification requirements of any country, organization or standard.

***Guidance:*** *Eye guards worn during an FIL contest must comply with the safety aspects listed in Rule 6. However, the FIL does not guarantee the safety of the eye guard to the player wearing them or other players. The FIL does not monitor the safety or effectiveness of any eye guards, such as the ability to withstand impact from a ball or a Crosse, nor does the FIL review or approve the certification process of any country, organization or standards organization.*

*A player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended.*

Close-fitting gloves and nose guards may be worn. Field players are not permitted to wear headgear or face masks.

Additional protective devices warranted on genuine medical necessity will be evaluated before the game and may be worn provided the umpires agree that the equipment is not dangerous to other players. All protective devices must be close fitting and padded where necessary and must not be of excessive weight.

1. Players may wear securely taped medical alert jewelry with information clearly visible and close fitting cloth sweat bands. They must remove any other soft jewelry, necklaces, earrings, bracelets, and watches. Wedding rings and religious/ceremonial jewelry must be taped securely to the player or be removed. Flat barrettes or hair slides are legal. Hats/visors with soft neoprene brims may be worn. A hijab may be worn, preferably a sports hijab. The umpire may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.

***Guidance:*** *Sweat bands must not be worn to cover illegal jewelry.*

The goalkeeper must wear a chest or body pad, a helmet with a chin strap that must be fastened, a facemask, and an attached throat protector. The distance that the throat protector hangs from the helmet must be less than the diameter of the ball. In addition to the attached throat protector, a wrap-around type throat protector may be worn.

1. The goalkeeper may wear padded gloves, shoulder/arm pads and leg pads. All padding must fit securely and not increase the width of the goalkeeper’s body beyond the thickness of the padding.

The maximum thickness of padding is 3 cm. Padded gloves must be tied securely at the cuff and must not have any webbing.

1. No equipment, including protective devices, may be used unless it complies with Rule 6, Manufacturer’s Specifications Appendix G and the umpires agree that the equipment is not dangerous to other players.

**Justification:**

To acknowledge that while women’s lacrosse is a relatively safe sport, the use of protective eyewear prevents the rare, but catastrophic, eye injury.

To be implemented in 2020 prior to 2021 Women’s World Championship.

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| Rule Change Proposal #12 | | **2018-19 W Field** | | **Descriptor** |
| **Change** | Scoring 14.B  - 2nd paragraph | | **Delete** | Remove need for a mandatory stick check on the goal scorers stick |

**Present Rule:**

**14:  SCORING**

1. A goal is scored when the whole ball passes completely over the whole goal line, between the goal posts and under the crossbar from in front, the ball having been shot or propelled from an attack player’s legal Crosse, or from a defender’s Crosse or body.

A player who scores a goal must immediately drop her Crosse, or hand her Crosse to the nearest umpire to allow the umpire to confirm it is legal.  A player must not adjust the thongs of her Crosse after an umpire requests to inspect her Crosse.

**Proposed Change:**

1. A goal is scored when the whole ball passes completely over the whole goal line, between the goal posts and under the crossbar from in front, the ball having been shot or propelled from an attack player’s legal Crosse, or from a defender’s Crosse or body.

**Justification:**

Support FIL’s work within the Technical sector to simplify and unify rules.

To be implemented in 2020 prior to 2021 Women’s World Championship.

# **Appendix 1 – Rule Change #9 – Manufacturer Stick Specifications**

Currently, World Lacrosse stick standards are different from those that are utilized for US Lacrosse and NCAA competitions. World Lacrosse has received considerable feedback from players and coaches around the world enquiring if the women’s stick specifications could be harmonized to one standard. We understand that some Member Nations have already elected to allow US Lacrosse “approved sticks” for their domestic competitions that would not be legal for World Lacrosse play. The Board of Directors recognize the advantages that might be gained with a harmonised approach including:

* It is easier for players and parent to purchase a stick anywhere in the world knowing that it can be used for any women’s competitions (subject to member nations internal rules)
* Simplifies international programme development efforts as sticks will be more widely available
* Allows the latest technology and innovations in stick design and manufacturing to be used
* Introduces the use of mesh pockets in addition to traditional stringing
* Simplified supply chains for stick manufacturers
* The current World Lacrosse standard falls within the current standard being used and therefore sticks can continued to be used for World Lacrosse competitions

Concerns were raised by the Women’s Rules Committee about moving to a harmonized standard. These included:

* The sticks seem to be able to “hold” the ball better. This may require more vigorous checking to dislodge the ball, with the potential for causing more injury.
* The speed of the ball would increase upon release from the stick
* As a result of more vigorous checking and increased ball speed, players may then elect to wear equipment to protect from injury
* Sticks and pockets would no longer need to be “approved” through laboratory testing
* World Lacrosse would not control its “own” stick standard

World Lacrosse is extremely concerned with player safety and reviewed the above concerns by consulting with the stick manufacturers, Bioengineering Laboratory, The Warren Alpert Medical School of Brown University and Rhode Island Hospital and US Lacrosse to review the approach they took to address player safety when this standard was introduced two years ago. US Lacrosse invest significant resource ensuring the game is played safely and that players are not put at unnecessary risk. Bruce Griffin, US Lacrosse’s Director, Center for Sport Science, Catlin Kelly, US Lacrosse Women’s Game Senior Manager and Trey Crisco, Director Bioengineering Laboratory, The Warren Alpert Medical School of Brown University and Rhode Island Hospital were asked their opinions on the above and offered the following opinion:

It is generally held that rules in sports serve two purposes, fairness of competition and safety of the athletes. There is a question as to whether these rule changes will negatively impact player safety in a measurable way. In general, there is no scientific evidence that these changes would result in a measurable difference in ball speed or dislodgement force (“hold”). Given no difference in these measures, there would be no measurable difference in player safety as related to these proposed revisions.

The performance differences (e.g., shot speed) in the two existing crosse specifications (US and FIL) is likely not measurable, even with the state-of-the-art technology (Crisco et al., 2009). Other considerations, such as weather, the ball, and primarily player skill would have been demonstrated to have a larger impact on stick performance, and hence the risk of injury. The revisions presented in this proposal limit the scope of the specifications to safety and remove both technical and aesthetic criteria and focus solely on a performance standard.

The two safety concerns that have been raised about this proposal relate to increased shot speed and increased “hold” or relative difficulty of dislodging the ball from the crosse.

There is not a reliable, repeatable measurement method for hold, and attempts to create one over the years have not been successful. Hold could be impacted by pocket material, crosse dimensions, or a combination of both. There are a very large number of these combinations, as each pocket available can be used with each head available. We postulate that even if a measurement method were developed, the differences presented by each of the equipment rules changes would have a minimal impact on hold, and thus would not result in any significant effect in player safety.

Shot speed is measurable and is most accurately accomplished with 3-D optical motion tracking systems and sufficient sampling rates. (e.g. (Crisco et al., 2009)). The large number of possible combinations of pockets and heads even within the existing rules make it challenging to catalog shot speed across these combinations at a reasonable cost. Historical dimensional differences and pocket material both can impact on shot speed (Livingston, 2006; Livingston et al., 2003). Dimensional differences between the two current standards are measurable in the laboratory. However, there is no evidence that these specific differences in dimensions would have an effect on shot speed.

The differences in the dimensions (with exception for Section 5 discussed below) between USL and FIL would not have any measurable difference on shot speed or on hold. For example:

* USL allows a deviation from the standard of 0.10 cm (Section 4) while FIL (Section 4A) allows a deviation of 0.09 cm. The difference of **0.01 cm (0.004 inches)** is not measurable with any relevant scale in sports equipment technology.
* The above would also apply to the maximum ball stop height. USL maximum is 6.55 cm (Section 13) and FIL specifies a maximum of 5.5 cm; a difference that is **0.8%** of the ball diameter. Even with the state-of-the-art sports equipment technology, this difference in allowance would have no measurable effect on shot speed or on hold.

For horizontal plane allowance (Section 5), the USL allowance is 6.55 cm, while the FIL allowance (Section A5) is 5.50 cm. This 1.05 cm (0.41 inches) is **approximately 16%** of the ball diameter. As described above, the effect of this difference in head dimension on the ability to hold a ball is unlikely to be measurable because of the lack of rigorous scientific approach to do so. The effects on shot speed, however are not clear to me. Based upon the findings of our previous study (Crisco et al., 2009), I postulate that higher shot speeds are associated with the ability to keep the ball within the head prior to release. In other words, as a player shoots from wind-up to release, stick speed continually to increases. Thus, the longer the ball can be held in the head, for a given release angle, the higher the shot speed. On the scale of the other differences in this review in dimensions, say <1%, it would be extremely unlikely to have an effect. In this case, at 16% of ball diameter, I am uncertain of the effect the difference in this dimension would have on shot speed.

My thoughts on evaluating the effects of the horizontal plane dimension on shot speed:

1. One approach would be a theoretical analysis. This would be a novel approach and so would require developing appropriate mathematical models. Validation of the models, if desired, may require a study similar to that outlined below.
2. The other approach would a shooting study with players and both head models (USL and FIL). We have previously performed several similar studies, so the experimental methodologies are well-developed. A critical assumption, for which I don’t have enough knowledge of to assess, is that the pocket and all shooting strings would need to be identical in both the USL and FIL so that the only experimental design parameters that differ between the two heads is the horizontal plane dimensions. Additionally, I estimate that if there are differences in shot speed between the FIL and USL heads, the mean difference would have to be greater than ± 2.5 mph (1.1 m/s) in order for us to detect the difference.

When considering player safety, it would be appropriate to consider other equipment rules changes that would have a more likely have greater impact. The first would be changing the ball specification to something similar to the NOCSAE specification, at least with respect to compression measured by Compression-Displacement (C-D) and Coefficient of Restitution (COR). In mathematical and laboratory studies, that have examined the risk of injuries as a function of ball properties, the findings have consistently demonstrated that a harder ball (increased C-D number) is associated with an increase in the risk of injury (Crisco et al., 1997; Heald and Pass, 1994; Hendee et al., 1998). Recent changes in these specifications, particularly to CD have resulted in a significantly safer ball, based upon these studies. The former range of the NOCSAE specification was a C-D at 25% displacement within 195 ± 15 lbs. This was reduced to 130 ± 20 lbs. resulting in a reduction in impact forces when being struck by a ball by approximately 50% (unpublished lab results). The balls that meet this NOCSAE standard have been demonstrated by NOCSAE to not increase the risk of penetration in tests for a goalie facemasks, nor field player goggles.

A second consideration to positively impact player safety through equipment rules would be removing the allowance for wood sticks and shafts. The mass of these crosse and components exceeds that of more recent crosse and shaft materials that are primarily plastics, aluminum alloys, and carbon fiber by approximately 30%. Crosses on hand weighed as follows, recent lightweight products, between .358 kg and .318 kg, while the all wood products weighed, between .46 kg and .42 kg. Shafts made from aluminum compared to wood weighed .163 kg compared to .216 kg. Reducing the mass of the stick and shaft, would proportionally reduce the impact force from a check, and hence the risk of injury.

**References**

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Crisco, J.J., Rainbow, M.J., Wang, E., 2009. Modeling the lacrosse stick as a rigid body underestimates shot ball speeds. J Appl Biomech 25, 184–191.

Heald, J.D., Pass, D.A., 1994. Ball standards relevant to the risk of head injury., in: Head and Neck Injuries in Sports. American Society for Testing and Materials, Philadelphia, pp. 223–238.

Hendee, S.P., Greenwald, R.M., Crisco, J.J., 1998. Static and Dynamic Properties of Various Baseballs. Journal of Applied Biomechanics 14, 390–400. https://doi.org/10.1123/jab.14.4.390

Livingston, L.A., 2006. Recent crosse designs increase ball velocity: implications for injury in women’s lacrosse. J Sci Med Sport 9, 299–303. https://doi.org/10.1016/j.jsams.2006.05.022

Livingston, L.A., Steven LeBlanc, J.S., Karim, S., 2003. Kinematic differences in the lacrosse pass when performed with crosses of varying designs, in: Kram, R., Heise, G., Goel, V.K., Pincivero, D.M. (Eds.), . Presented at the 27TH ANNUAL MEETING OF THE AMERICAN SOCIETY OF BIOMECHANICS, Medical College of Ohio and The University of Toledo.

World Lacrosse is very confident in the work that US Lacrosse has previously undertaken, and continues to do so, and trusts that players will not be put at additional risk by adopting a harmonized approach to stick standards. Our Chief Medical Officer will work with our members to understand player injuries in more detail at international and domestic competitions to determine if there is any future correlation with sticks and player safety. We will continue to consult with the industry and US Lacrosse to ensure that World Lacrosse continues to benefit from having one stick standard.

# **Appendix 2 - Eyewear**

**POSITION ON EYE PROTECTION IN INTERNATIONAL WOMEN’S LACROSSE**

**Karen M. Sutton, M.D.**

**Chief Medical Officer, Federation of International Lacrosse**

**March 11, 2019**

Eye protection in women’s lacrosse should be mandated to help protect the athletes from ocular, orbital and nasal injuries ranging in severity from minor to catastrophic. The solid rubber ball in women’s lacrosse may travel up to 60 mph. Incidents of sight-impairing injuries and orbital fractures have been noted. US Lacrosse mandated protective eyewear in the women’s game for all levels of play in 2005. Studies have shown the significant decrease in eye and nose injuries in women’s lacrosse with the inclusion of eye protection in the form of goggles.

A study conducted by Waicus, prior to eye protection collected data from 667 players and 34 intercollegiate teams and concluded that 125 eye injuries were reported. Fifty-three women sustained injuries requiring medical attention and 23 athletes missed 1-5 days of athletics and 9 athletes missed greater than 5 days of athletics. Four athletes (4.8%) reported residual problems from an eye injury sustained while playing lacrosse.(1)

Lincoln et al performed a prospective study on boys and girls high school lacrosse (507,000 athlete exposures) and women’s and men’s college lacrosse (649,573 athlete exposures) prior to the implementation of protective eyewear. Prior to protective eyewear, women’s lacrosse had higher rates of head, face and eye injuries at both the high school and collegiate levels resulting from stick or ball contact. High school girls in their study sustained 7 facial fractures from ball-to-body contact. Collegiate women sustained 32 facial fractures from ball contact, 18 fractures from stick contact and 10 lacerations from stick contact. The authors supported US Lacrosse’s mandate of protective eyewear for females at all levels of play based on the study results.(2)

In a study of female high school lacrosse athletes pre- and post-eyewear protection, Lincoln et al concluded that the use of protective eyewear in women’s lacrosse was associated with a reduction in the number of head, face and eye injuries.(3)

In conclusion, female athletes are at risk for experiencing head, face and eye injuries if protective eyewear is not implemented. Studies reinforce the need to mandate protective eyewear in women’s lacrosse.

1. Waicus K, Smith B: Eye Injuries in Women's Lacrosse Players. Clin J Sports Med 2002: 12(2); 24-29.

2. Lincoln A, Hinton R, Almquist J: Head, Face, and Eye Injuries in Scholastic and Collegiate Lacrosse: A 4-Year Prospective study. Am J Sports Med 2007: 35(2); 207-216.

3. Lincoln A, Caswell S, Almquist J, Dunn R, Clough M, Dick R, Hinton R: Effectiveness of the Women’s Lacrosse Protective Eyewear Mandate in the Reduction of Eye Injuries. Am J Sports Med 2012: 40(3); 611-614.

There has been anecdotal instances of injury to women’s players within domestic play of some of our members. World Lacrosse is very confident in the work that US Lacrosse has previously undertaken, and continues to do so in this area, World Lacrosse believes that players will be safer playing with goggles then without.

Karen will work with our members to review player injuries in more detail at international and domestic competitions to better understand player safety and will be on hand at the World Championship and General Assembly to discuss this and any other area of player safety or medical requirements.

# **Appendix 3 – Implementation Schedule**

The schedule below outlines when any rules that are passed will take effect. Members are free to implement rules based on domestic requirements.

|  |  |  |  |
| --- | --- | --- | --- |
| **Rule Change Proposal #** | **Rule Description** | **Notes** | **Suggested Implementation** |
| 1 | Field Markings – Restraining Line | Will come in effect if and when the men’s game approve the moving of their lines at the General Assembly July 2020 | Jan 1, 2021 |
| 2 | Field Markings |  | Jan 1, 2020 |
| 3 | Field Markings Advantage Flag |  | Jan 1, 2020 |
| 4 | Duration of Play Throw |  | Jan 1, 2020 |
| 5 | Self Start – 2m Inside Boundary |  | Jan 1, 2020 |
| 6 | Throw |  | Jan 1, 2020 |
| 7 | Defensive Player in the Goal Circle |  | Jan 1, 2020 |
| 8 | Restraining Line Penalties | Will come in effect if and when the men’s game approve Alternate Possession at the General Assembly July 2020 | Jan 1, 2021 |
| 9 | The Crosse – Manufacturers Specifications |  | Jan 1, 2020 |
| 10 | Goal Circle Rules - |  |  |
|  | Restraining Line Penalties – Alternate Possession | Will come in effect if and when the men’s game approve Alternate Possession at the General Assembly July 2020 | Jan 1, 2021 |
| 10 | Goal Circle Rules - Reduce length of time the ball is allowed in the Goal Circle from 10 seconds to 5 seconds | Will come in effect if and when the men’s game approve to chance the crease count from 4 to 5 seconds at the General Assembly July 2020 | Jan 1, 2021 |
| 11 | Uniforms & Equipment – Eye Guards |  | Jan 1, 2020 |
| 12 | Scoring 14.B – Remove need for a mandatory stick check on the goal scorers stick |  | Jan 1, 2020 |

# **Document Change History**

|  |  |  |
| --- | --- | --- |
| Date | Changes | Pg Num |
| 16-06-19 | To correct errors in grammar, incorrect rule information and measurements |  |
|  | Change all mentions of World Cup to World Championship | Various |
|  | Update incorrect measurement information – Appendix #1 | 41-43 |
|  | Rule Change #5 - 15m changed to 11m | 11 |
|  | Rule Change #8 - 15m changed to 11m | 16 |
|  | Rule Change #11 - Goggles changed to Eye Guards | 37 |

