

## **World Lacrosse Blue Skies Working Group Report**

World Lacrosse General Assembly  
Peterborough, Ontario  
August 12-13, 2019

### **Working Group Members**

Fiona Clark – World Lacrosse Competition Director  
Dana Dobbie – World Lacrosse Athletes' Advisory Commission Representative  
Jane Powell – England Lacrosse High Performance Manager  
David Ryan – World Lacrosse Independent Director  
Jim Scherr – World Lacrosse CEO  
Scott Seymour – Octagon Executive  
Steve Stenersen – World Lacrosse VP

Terry Harding – Men's Rules Consultant  
Mara Wager – Women's Rules Consultant

### **Purpose**

The World Lacrosse Board authorized the formation of the Blue Skies Working Group to recommend new lacrosse disciplines that best position World Lacrosse to achieve its goal of Olympic inclusion. Following feedback from the International Olympic Committee and related working group discussion, the following priorities were established for new disciplines:

- Rule simplicity
- Degree of gender consistency
- Game duration
- Tournament duration
- Pace of play
- Team size
- Player appeal
- Spectator appeal
- Linear and digital media appeal
- Sport growth
- Competition equity
- Sport integrity

### **Process and Timetable**

The working group has conducted a series of audio/visual calls focused on the priorities referenced above to create draft rule outlines that have served as the basis for working group discussion and ongoing refinement.

The call schedule has been as follows:

- September 6, 10:30 a.m. ET
- September 13, 2:30 p.m. ET
- September 19, 3:00 p.m. ET
- September 24, 10:30 a.m. ET
- October 1, 5:30 p.m. ET
- October 10, 5:30 p.m. ET
- November 20, 10:00 a.m. ET
- December 17, 1:00 p.m. ET
- June 18, 7:00 a.m. ET

Meeting notes from each call have been formalized and circulated, and additional counsel has been sought within and outside of the World Lacrosse membership ongoing. The working group agreed on the following overarching themes:

### **General**

- Maintain separate men's and women's disciplines but harmonize them as much as possible
- Simplify rules
  - The subjectivity and complication of current men's and women's field rule sets are limiting the sport's growth, spectator appeal and media exposure
- Reduce squad sizes significantly
- Maintain behind-goal play

- Assure that new disciplines complement existing field disciplines and serve as an effective strategy to advance existing field disciplines over time
- Maintain the integrity of the sport, are distinctly different from other sports, and maximize opportunities for digital and linear consumption/distribution
  - Fit complete media production of a game must fit within a one-hour time slot

#### Men's Discipline

- Eliminate violent collision (i.e., man/ball, defensive slides, "take-out" body checks); rules to focus on playing the ball but allowing incidental contact while vying for a loose ball
- Allow defensive players playing the ball carrier to apply equal pressure (without thrusting) against an offensive player with their stick shaft
- Maintain current protective equipment
- No long shafts
- Maintain current stick specifications
  - Goalie stick specs identical between disciplines

#### Women's Discipline

- Prohibit body contact; prohibit contact to the head
- Allow defensive players playing the ball carrier to apply equal pressure (without thrusting) against an offensive player with their stick shaft
- Maintain current protective equipment and require eyewear for field players
- Maintain current sticks specifications
  - Goalie stick specs identical between disciplines

Updates on working group activity and progress were provided to the Board in October 2018 and January 2019. In March of 2019, an update on the working group's progress was sent to all members, along with copies of the draft rule outlines for new men's and women's lacrosse disciplines. Members were requested to review and, if possible, trial the draft rules within a two-month period and provide feedback to the working group. This communication noted the rule outlines were not intended to be completed rule sets and asked members to use their best judgement in interpreting/applying the rule outlines, improvise and provide constructive feedback. The communication to the membership also included the following message:

- *"Because these draft rules are significantly different from our current rule sets, there may be a tendency for some to dismiss them outright for various reasons. Please do your best to resist this temptation. Innovation will always be important to our overarching goal to grow and raise the profile of our sport throughout the world. And, this proposal does not recommend that our current field and indoor disciplines be replaced by this proposed new form of the sport."*

The working group received and considered feedback from men's and women's trials conducted in Australia, Hong Kong, Japan, Korea, Latvia and the United States. The following represents a synopsis of the feedback received to date:

#### Trial Feedback

- Eliminate offside
- Consider 7v7 or 8v8 formats
- Increase squad size
  - Concern about injury/stamina when playing multiple games
  - Consider squad sizes of 12 for World Lacrosse events and reduce to 10 for Olympics, World games and other international multi-sport events
- Shorten the quarters to 6 minutes
- Shrink the field size

- Game moves to quickly; players can't get into a flow/rhythm
- Slow down re-starts after goals to avoid immediate fast break lobs
  - Prohibit players from jumping the goalie immediately after a goal is scored
- Format will result in lopsided outcomes between stronger and weaker teams
  - Outcome can be determined by a few skilled players, particularly against weaker teams
- Permit body checking in the men's game
- Revert to original shot-out-of-bounds rule
- Shot clock violations were rare based on pace of play
- Expense/availability of shot clocks is a concern
- Limited draws

After discussing the feedback received, the working group was unanimous in its agreement to recommend the rule outlines distributed as guides for the development of complete rules sets. The working group believes that game flow will evolve significantly once coaching strategy is introduced, and further rule refinements can be made ongoing as a result.

**Request for Membership Action**

The Blue Skies Working Group requests the membership to authorize the creation of new men's and women's lacrosse disciplines based on the trial rule outlines attached to this report as Addenda I and II.

A request for a bylaw amendment to allow World Lacrosse to add additional lacrosse disciplines and related world events has been submitted and circulated to the membership as required and is attached to this report as Addendum III for consideration by the membership.

Additionally, the working group requests the membership to empower the World Lacrosse Technical Director and Rules Committee Chair to draft proper rules sets for each discipline by December 31, 2019, so that further trials can be conducted by World Lacrosse members and related stakeholders and refined throughout 2020 for use at the 2021 World Games in Birmingham.

## Addendum I

### Men's Lacrosse – Six-a-Side Rules Overview

**Note: Where these trial rules are silent to an issue, the current version of the FIL Rules of Men's Field Lacrosse shall apply.**

#### **FIELD MARKINGS AND RELATED EQUIPMENT**

1. The game shall be played on a field 70 meters (76 yards) long and 36 meters (39 yards) wide. All lines on the field shall be 50 millimeters (2 inches) wide.
  - a. The field shall be divided into two halves by a center line; the center line shall be 100 millimeters (4 inches) wide.
  - b. The center of the field shall be marked by a four-inch circle, square or X.
  - c. The center mark shall be surrounded by a draw circle 5 meters (5.4 yards) in radius.
  - d. At either end of the field, centered between the sidelines and 25 meters (27 yards) from the midline, shall be a goal circle 3 meters (3.2 yards) in radius.
    - i. Centered within each goal circle and parallel to each end line shall be a goal line 1.83 meters (2 yards) in length.
  - e. A substitution box and scorer's table will be located on one sideline centered on the midline and sized according to FIL field specifications.
  - f. Team and coach areas will be located on either side of the Substitution/Penalty Area and sized as specified in the field diagram.
2. A metal lacrosse goal 1.83 meters (6 feet) in width and height, with securely affixed netting that will not permit a lacrosse ball to pass through, will be in the center of each goal circle.
3. White lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

#### **GAME PROCEDURES**

##### Team Members

1. The game shall consist of five (5) on-field players and one (1) goalie for each team.
  - a. A team may have an additional four (4) players serve as substitutes on the sideline.
  - b. Each team will be allowed two (2) coaches, one (1) designated as the head coach.
  - c. Each team will be allowed one (1) medical professional, this person may not coach.

##### Officials

1. The game shall be officiated by two (2) Officials on the field.
  - a. One (1) additional Chief Bench Official (CBO) shall be placed in the substitution area and can assist with:
    - i. Timing of all time-serving penalties
    - ii. Timeouts
    - iii. Clock issues or corrections
    - iv. Substitution infractions
    - v. Bench decorum

##### Game Structure

1. Game time is four (4) quarters of eight (8) minutes running time.
  - a. Two-minute (2) break after the first (1<sup>st</sup>) quarter and after the third (3<sup>rd</sup>) quarter.
  - b. Five-minute (5) break for half-time between the second (2<sup>nd</sup>) and third (3<sup>rd</sup>) quarters.
2. The game time shall begin when the Official blows the whistle to start the first faceoff of each quarter.
  - a. The only time game time will stop is:
    - i. During timeouts
    - ii. During an injury
    - iii. At the end of a quarter
    - iv. During the last two minutes of the 4<sup>th</sup> quarter if the score is within two (2) goals
3. Each team will be allowed two (2) 30-second time-outs a half.
  - a. A team must be in possession or entitled to possession (if during a dead-ball) to call a time-out.
  - b. Time outs can be called by either of the team's coaches or the player with possession of the ball.

- c. Time outs can be called during a dead ball, and when a team has possession of the ball in their attack half of the field.
- 4. Overtime consists of one (1) 4-minute running time sudden victory overtime period.
  - a. If the score is tied after regulation time, there shall be a sudden victory overtime.
  - b. There shall be a 2-minute break before the start of the overtime.
  - c. Each team will receive one (1) 30-second time-out per overtime period.
  - d. If game remains tied after the first overtime (i.e., no goal is scored by either side), it is followed by additional 4-minute sudden victory overtime period(s) until a goal is scored and a winner is determined.
- 5. Start of game and overtime:
  - a. Initial ends defending/attacking will be determined via a coin-toss prior to the start of the game. Winner of coin toss chooses defending/attacking end to begin play.
  - b. Teams will switch ends they are defending/attacking after each quarter and overtime period.
  - c. Prior to the first overtime, an additional coin toss will be utilized to determine the end attacking/defending.

## **EQUIPMENT**

1. **Field player's equipment:**
  - a. Mandatory player equipment, including the crosse, shall be as per the FIL Rules of Men's Field Lacrosse.
  - b. Crosse:
    - i. Must be 101cm – 106cm (40" - 42") in overall fixed length
    - ii. Other stick specifications are as per the FIL Rules for Men's Field Lacrosse
  - c. Mandatory Protective Equipment:
    - i. A NOCSAE helmet manufactured for lacrosse
    - ii. Gloves
    - iii. An intra-oral mouthpiece
2. **Goalkeeper's equipment:**
  - a. Crosse:
    - i. Must be 101cm – 132cm (40" – 52") in overall fixed length
    - ii. Other stick specifications are as per the FIL Rules for Men's Field Lacrosse
  - b. Mandatory Protective Equipment:
    - i. A NOCSAE helmet manufactured for lacrosse
    - ii. Gloves
    - iii. Chest protector and throat protector
    - iv. Protective cup
    - v. An intra-oral mouthpiece

## **PLAY OF THE GAME**

1. **Draw:** Each quarter and the overtime period will begin with a draw at the center of the field.
  - a. All players except the two taking the draw, shall be positioned outside of the center circle.
    - i. Players outside the center circle must remain outside the circle until possession is gained.
  - b. The mechanics for the 2 draw players and the execution of the draw are as per the FIL Rules for Men's Field Lacrosse
2. **Shot Clock:** Upon a team gaining possession of the ball, there shall be a forty-five (45) second shot-clock.
  - a. The shot-clock shall reset if:
    - i. A shot hits the goal pipe or rebounds off the goalkeeper while standing within the crease.
      1. The head of the players stick must be above Goal Line Extended (GLE) when the ball is released for it to be considered a shot.
      2. The ball must be released from the players stick prior to the shot clock expiring.
    - ii. Any penalty by the defense
    - iii. Any change of possession by either team
  - b. The shot-clock shall not-reset:
    - i. If the shot does not come from above GLE
    - ii. During a timeout or injured player
    - iii. If the ball hits the goalkeeper or a defensive player while outside the crease
3. **Goal scored:** A goal is a goal, as defined in the FIL Rules of Men's Field Lacrosse.

- a. If a player is fouled in the act of shooting and scoring, the goal shall count.
- 4. **Goal Not Counted:** A goal is not a goal, as defined in the FIL Rules of Men's Field Lacrosse.
- 5. **Restarting Play:**
  - a. Quick restarts as per the FIL Rules of Men's Field Lacrosse.
  - b. **After a goal:** the team scored upon will be awarded possession.
    - i. Play shall resume once the goalie has possession of the ball inside their crease, and the goalie must pick up the ball, pass or run out of the crease within five seconds.
  - c. **On an out of bounds:** Following a shot that deflects off the goal, goalkeeper or defensive player and goes out of bounds, the ball is awarded to the inbounds player closest to the ball where it goes out of bounds, when it goes out of bounds. Following a shot that misses the goal and does not deflect off a defensive player or their stick, the ball is awarded to the opposing team. The ball shall be awarded at the point where the ball was declared out of bounds.
    - i. The player must have both feet two (2) meters inside the boundary line and cannot get a running start.
    - ii. All players must be two (2) meters away from the player restarting with the ball before play may resume.
  - d. **After a penalty, timeout or any other stoppage of play:** The team being awarded possession shall start the ball two (2) meters inside the closest boundary line from where the ball was when play was stopped.
    - i. If in their offensive half, the closest boundary line may also be the center line
    - ii. In in their defensive end, play may resume at the spot of the foul
- 6. **Advancing the ball:**
  - a. The goalkeeper may not remain in the goal circle for more than five (5) seconds when in possession of the ball.
  - b. A timeout, taken by the goalkeeper in possession of the ball within the goal circle, shall not reset the (5) five second count.
- 7. **Offside:**
  - a. A team must keep at least two players in its defensive half of the field (typically a goalie and one field player) and at least one player on its offensive half of the field, resulting in 4-on-4 "all-even" play in the offensive half of the field, in addition to a goalkeeper.
  - b. Time-serving penalties remove offending players from the field for the duration of the penalty time.
- 8. **Once the ball is advanced over midfield:** the offensive team may not bring it back over to their defensive half unless:
  - a. The ball was last touched by the defense.
  - b. A shot leaves the offensive half of the field.
- 9. **Picks:**
  - a. Picks are allowed as per the FIL Rules of Men's Field Lacrosse.
  - b. Incidental contact while trying to avoid a pick is allowed.
  - c. Deliberate body contact with a player who has set a pick is not allowed.
- 10. **Body-checking:**
  - a. Body checking is illegal under all circumstances.
  - b. Allowable body contact includes legal holds, legal pushes, the use of equal pressure against an opponent to gain possession of a loose ball, defensive positioning to redirect an opponent in possession of the ball, and contact deemed incidental by officials.
- 11. **Checking with the crosse:**
  - a. Checking with the crosse is allowed as per the FIL Rules of Men's Field Lacrosse.

### **TECHNICAL FOULS**

Technical fouls are those of a less-serious nature that do not result in a time-serving penalty.

**Penalty:** The penalty for a technical foul shall be change of possession and reset of shot clock.

1. Goal circle violation, midline over and back, illegal draw/early entry, charge, illegal screen/blocking
2. Other as per the FIL Rules of Men's Field Lacrosse.

### **MINOR FOULS**

Minor fouls are those less-serious in nature and include all violations except those listed in major fouls.

**Penalty:** The penalty for a minor foul shall be a 20-second releasable suspension of the offending player from the game (if the team offended had possession), or simply awarding the ball to the team fouled (if the team fouled did not have possession of the ball) and a reset of the shot clock.

1. Push, hold, warding (offensive push), offside, crease violation/goalkeeper interference, withholding the ball from play, illegal substitution, illegal procedure
2. Other as per the FIL Rules of Men's Field Lacrosse

### **MAJOR FOULS**

Major fouls are those of a serious nature.

**Penalty:** The penalty for a major foul shall be a 40-second non-releasable suspension from the game for the offending player and reset of the shot clock.

1. Slashing, tripping, cross check, body check, unnecessary roughness, unsportsmanlike conduct, expulsion
2. Other as per the FIL Rules of Men's Field Lacrosse

### **EXPULSION PENALTIES/FOULS**

1. As per the FIL Rules of Men's Field Lacrosse
2. Fighting is automatic
3. Reckless, violent play
4. Check with the body or stick to the opponent's head or neck **may** be cause for expulsion

### **PENALTY ADMINISTRATION**

#### **1) Procedure:**

- a. A player who has committed a time serving penalty the player must leave the field of play at once, report immediately to the substitution area and remain there until the penalty time has expired.
- b. When an official recognizes a violation of the rules they should:
  - i. For a foul committed by the team in possession or during a loose ball the whistle is sounded immediately
    1. The ball is given to the team at the spot of the foul, if in their defensive half.
    2. That ball is given to the team at the closest boundary line or centerline if in their offensive half.
  - ii. For any foul committed against the team in possession:
    1. The official shall raise their penalty flag signifying a penalty.
    2. The official shall withhold the whistle until:
      - a. A goal is scored by the offended team
      - b. The ball goes out of bounds
      - c. The team loses possession
      - d. The attacking team commits a foul
      - e. The shot clock or quarter expires, or the attacking team requests a timeout
    3. When the official ends the play with a whistle, they should turn to the bench area and report the penalty quickly.
    4. Once the penalty is reported and the offense is ready to restart play, the official should sound their whistle, regardless if the penalized player is off the field or not.
    5. The official may stop the clock if needed in situations where there are multiple penalties or further explanation is needed to the penalty timer and scorekeepers.

#### **2) Execution of Penalties**

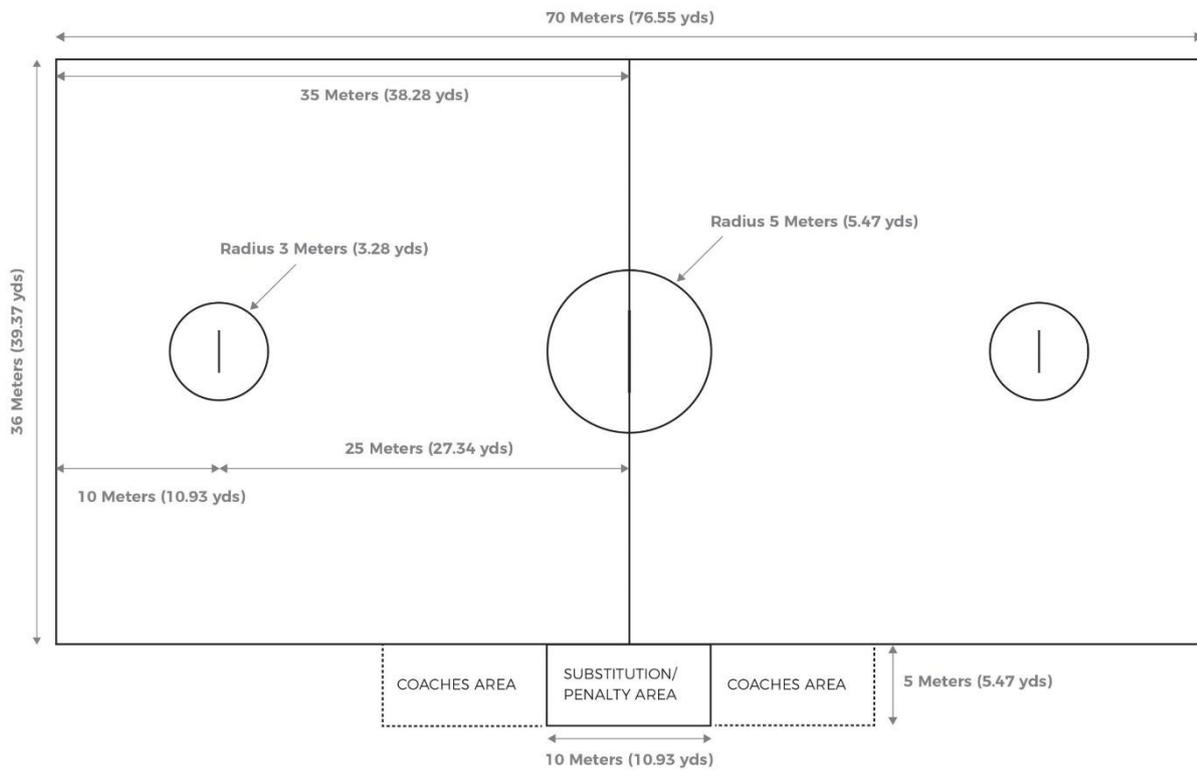
- a. Official blows whistle, stops play, quickly signals number and infraction to scorer's table, and restart play (clock never stops unless last 2 minutes of the 4<sup>th</sup> quarter)
- b. Penalty time does not start until player sits at a timer's table and play has resumed
  - i. Slow whistle as per the FIL Rules of Men's Field Lacrosse.
  - ii. The player must remain seated for the entirety of the penalty time.
  - iii. Any player serving a minor penalty shall be released when the penalty time ends or after the scoring of a goal against the penalized team.
  - iv. Any player serving a major penalty must serve their entire time regardless if a goal is scored.

- c. If a goal is scored during or before a minor foul is assessed or served the penalty shall be eliminated prior the restart of play.
- d. If a goal is scored during or before a major foul is assessed or served:
  - i. The penalty stands, and the player must serve the full-time.

**3) Fouling Out**

- a. Any player that accumulates 2 minutes of penalty time in a game – in any combination (minor and/or major).

**FIELD DIAGRAM**



## Addendum II

### Women's Lacrosse – Draft Six-a-Side Rules Overview

**Note: Where these trial rules are silent to an issue, the current version of the FIL Rules of Women's Field Lacrosse shall apply.**

#### FIELD MARKINGS AND RELATED EQUIPMENT

4. The game shall be played on a field 70 meters (76 yards) long and 36 meters (39 yards) wide. All lines on the field shall be 50 millimeters (2 inches) wide.
  - a. The field shall be divided into two halves by a center line; the center line shall be 100 millimeters (4 inches) wide.
  - b. The center of the field shall be marked by a four-inch circle, square or X.
  - c. The center mark shall be surrounded by a draw circle 5 meters (5.4 yards) in radius.
  - d. At either end of the field, centered between the sidelines and 25 meters (27 yards) from the midline, shall be a goal circle 3 meters (3.2 yards) in radius.
    - i. Centered within each goal circle and parallel to each end line shall be a goal line 1.83 meters (2 yards) in length
  - e. A substitution box and scorer's table will be located on one sideline centered on the midline and sized according to FIL field specifications.
  - f. Team and coach areas will be located on either side of the Substitution/Penalty Area and sized as specified in the field diagram.
5. A metal lacrosse goal 1.83 meters (6 feet) in width and height, with securely affixed netting that will not permit a lacrosse ball to pass through, will be in the center of each goal circle.
6. White lacrosse balls that meet the current NOCSAE ND049 standard shall be used in all games.

#### GAME PROCEDURES

##### Team Members

1. The game shall consist of five (5) on-field players and one (1) goalie for each team.
  - a. A team may have an additional four (4) players serve as substitutes on the sideline.
  - b. Each team will be allowed two (2) coaches, one (1) designated as the head coach.
  - c. Each team will be allowed one (1) medical professional, this person may not coach.

##### Officials

1. The game shall be officiated by two (2) Officials on the field.
  - a. One (1) additional Chief Bench Official (CBO) shall be placed in the substitution area can assist with:
    - i. Timing of all time-serving penalties
    - ii. Timeouts
    - iii. Clock issues or corrections
    - iv. Substitution infractions
    - v. Bench decorum

##### Game Structure

1. Game time is four (4) quarters of eight (8) minutes running time.
  - a. Two-minute (2) break after the first (1<sup>st</sup>) quarter and after the third (3<sup>rd</sup>) quarter
  - b. Five-minute (5) break for half-time between the second (2<sup>nd</sup>) and third (3<sup>rd</sup>) quarters
2. The game time shall begin when the Official blows the whistle to start the first draw of each quarter.
  - a. The only time game time will stop is:
    - i. During timeouts
    - ii. During an injury
    - iii. At the end of a quarter
    - iv. During the last two minutes of the 4<sup>th</sup> quarter if the score is within two (2) goals.
3. Each team will be allowed two (2) 30-second time-outs a half.
  - a. A team must be in possession or entitled to possession (if during a dead-ball) to call a time-out.
  - b. Time outs can be called by either of the team's coaches or the player with possession of the ball.

- c. Time outs can be called during a dead ball, and when a team has possession of the ball in their attack half of the field.
- 4. Overtime consists of one (1) 4-minute running time sudden victory overtime period.
  - a. If the score is tied after regulation time, there shall be a sudden victory overtime.
  - b. There shall be a 2-minute break before the start of the overtime.
  - c. Each team will receive one (1) 30-second time-out per overtime period.
  - d. If game remains tied after the first overtime (i.e., no goal is scored by either side), it is followed by additional 4-minute sudden victory overtime period(s) until a goal is scored and a winner is determined.
- 5. Start of game and overtime:
  - a. Initial ends defending/attacking will be determined via a coin-toss prior to the start of the game. Winner of coin toss chooses defending/attacking end to begin play.
  - b. Teams will switch ends they are defending/attacking after each quarter and overtime period.
  - c. Prior to the first overtime, an additional coin toss will be utilized to determine the end attacking/defending.

### **EQUIPMENT**

- 3. **Field player's equipment:**
  - a. Mandatory player equipment, including the crosse, shall be as per the FIL Women's Lacrosse Rules.
  - b. Crosse:
    - i. Must be 101cm – 106cm (40" -42") in overall fixed length.
    - ii. Other stick specifications are as per the FIL Women's Lacrosse Rules
  - c. Mandatory Protective Equipment:
    - i. Eye protection
    - ii. An intra-oral mouthpiece.
- 4. **Goalkeeper's equipment:**
  - a. Crosse:
    - i. Must be 101cm – 132 cm (40" – 52") in overall fixed length.
    - ii. Other stick specifications are as per the FIL Women's Lacrosse Rules
  - b. Mandatory Protective Equipment:
    - i. A NOCSAE helmet manufactured for lacrosse
    - ii. Gloves
    - iii. Chest protector and throat protector
    - iv. An intra-oral mouthpiece

### **PLAY OF THE GAME**

- 12. **Draw:** Each quarter and the overtime periods will begin with a draw at the center of the field.
  - a. All players except the two taking the draw, shall be positioned outside of the center circle.
    - i. Players outside the center circle must remain outside the circle until possession is gained.
  - b. The mechanics for the 2 draw players and the execution of the draw are as per the FIL Women's Lacrosse Rules
- 13. **Shot Clock:** Upon a team gaining possession of the ball, there shall be a forty-five (45) second shot-clock.
  - a. The shot-clock shall reset if:
    - i. A shot hits the goal pipe or rebounds off the goalkeeper while standing within the crease.
      - 1. The head of the players stick must be above Goal Line Extended (GLE) when the ball is released for it to be considered a shot.
      - 2. The ball must be released from the players stick prior to the shot clock expiring.
    - ii. Any penalty by the defense
    - iii. Any change of possession by either team
  - b. The shot-clock shall not-reset:
    - i. If the shot does not come from above GLE.
    - ii. During a timeout or injured player.
    - iii. If the ball hits the goalkeeper or a defensive player while outside the crease.
- 14. **Goal scored:** A goal is a goal, as defined in the FIL Women's Lacrosse Rules
- 15. **Goal Not Counted:** A goal is not a goal, as defined in the FIL Women's Lacrosse Rules
- 16. **Restarting Play:**
  - a. Quick restarts as per the FIL Women's Lacrosse Rules

- b. **After a goal:** the team scored upon will be awarded possession.
    - i. Play shall resume once the goalie has possession of the ball inside their crease, and the goalie must pick up the ball, pass or run out of the crease within five seconds.
  - c. **On an out of bounds:** Following a shot that deflects off the goal, goalkeeper or defensive player and goes out of bounds, the ball is awarded to the inbounds player closest to the ball where it goes out of bounds, when it goes out of bounds. Following a shot that misses the goal and does not deflect off a defensive player or their stick, the ball is awarded to the opposing team. The ball shall be awarded at the point where the ball was declared out of bounds.
    - i. The player must have both feet two (2) meters inside the boundary line and cannot get a running start.
    - ii. All players must be two (2) meters away from the player restarting with the ball before play may resume.
  - d. **After a penalty, timeout or any other stoppage of play:** The team being awarded possession shall start the ball two (2) meters inside the closest boundary line from where the ball was when play was stopped.
    - i. If in their offensive half, the closest boundary line may also be the center line.
    - ii. In in their defensive end, play may resume at the spot of the foul
17. **Advancing the ball:**
- a. The goalkeeper may not remain in the goal circle for more than five (5) seconds when in possession of the ball.
  - b. A timeout, taken by the goalkeeper in possession of the ball within the goal circle shall not reset the (5) five second count
18. **Offside:**
- a. A team must keep at least two players in its defensive half of the field (typically a goalie and one field player) and at least one player on its offensive half of the field, resulting in 4-on-4 “all-even” play in the offensive half of the field, in addition to a goalkeeper.
  - b. Time-serving penalties remove offending players from the field for the duration of the penalty time.
19. **Once the ball is advanced over midfield:** the offensive team may not bring it back over to their defensive half unless:
- a. The ball was last touched by the defense.
  - b. A shot leaves the offensive half of the field.
20. **Picks:**
- d. Picks are allowed as per the FIL Women’s Lacrosse Rules.
  - e. Incidental contact while trying to avoid a pick is allowed
  - f. Deliberate body contact with a player who has set a pick is not allowed
21. **Body contact:**
- c. As per the FIL Women’s Lacrosse Rules
22. **Checking with the crosse:**
- b. Checking with the crosse is allowed as per the FIL Women’s Lacrosse Rules

## **TECHNICAL FOULS**

Technical fouls are those of a less-serious nature that do not result in a time-serving penalty.

**Penalty:** The penalty for a technical foul shall be change of possession and reset of shot clock.

1. Goal circle violation, midline over and back, illegal draw/early entry, charge, illegal screen/blocking
3. Other as per the FIL Women’s Lacrosse Rules

## **MINOR FOULS**

Minor fouls are those less-serious in nature and include all violations except those listed in major fouls.

**Penalty:** The penalty for a minor foul shall be a 20-second releasable suspension of the offending player from the game (if the team offended had possession), or simply awarding the ball to the team fouled (if the team fouled did not have possession of the ball) and a reset of the shot clock.

3. Offside, stick to body contact, holding, obstruction of free space to goal, pushing, crease violations/goalkeeper interference, warding, withholding the ball from play, illegal substitution, shooting space, encroachment, illegal procedure
4. Other as per the FIL Women’s Lacrosse Rules

## **MAJOR FOULS**

Major fouls are those of a serious nature.

**Penalty:** The penalty for a major foul shall be a 40-second non-releasable suspension from the game for the offending player and reset of the shot clock

3. Stick to head contact, unsportsmanlike conduct, slash, tripping, cross-check, illegal stick, dangerous propel, dangerous follow through, expulsion
4. Other as per the FIL Women's Lacrosse Rules

## **EXPULSION PENALTIES/FOULS**

5. As per the FIL Women's Lacrosse Rules
6. Fighting is automatic
7. Reckless, violent play

## **PENALTY ADMINISTRATION**

### **4) Procedure:**

- a. A player who has committed a time serving penalty the player must leave the field of play at once, report immediately to the substitution area and remain there until the penalty time has expired.
- b. When an official recognizes a violation of the rules they should:
  - i. For a foul committed by the team in possession the whistle is sounded immediately.
    1. The ball is given to the team at the spot of the foul, if in their defensive half.
    2. That ball is given to the team at the closest boundary line or centerline if in their offensive half.
  - ii. For any foul committed against the team in possession:
    1. The official shall raise their penalty flag to signify a penalty.
    2. The official shall withhold the whistle until:
      - a. A goal is scored by the offended team
      - b. The ball goes out of bounds
      - c. The team loses possession
      - d. The attacking team commits a foul
      - e. The shot clock or quarter expires, or the attacking team requests a timeout
    3. When the official ends the play with a whistle, they should turn to the bench area and report the penalty quickly.
    4. Once the penalty is reported and the offense is ready to restart play, the official should sound their whistle, regardless if the penalized player is off the field or not.
    5. The official may stop the clock if needed in situations where there are multiple penalties or further explanation is needed to the penalty timer and scorekeepers.

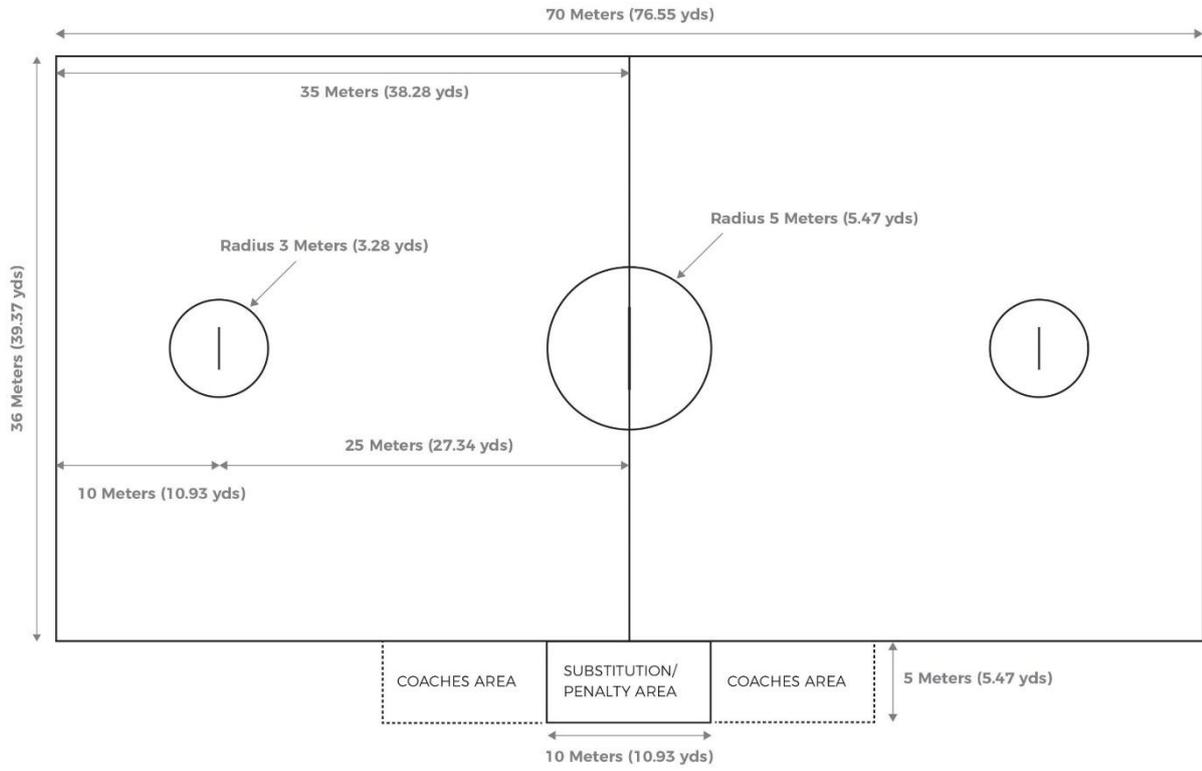
### **5) Execution of Penalties**

- e. Official blows whistle, stops play, quickly signals number and infraction to scorer's table, and restart play (clock never stops unless last 2 minutes of the 4<sup>th</sup> quarter)
- f. Penalty time does not start until player sits at a timer's table and play has resumed.
  - i. Slow whistle as per the FIL Women's Lacrosse Rules
  - ii. The player must remain seated for the entirety of the penalty time.
  - iii. Any player serving a minor penalty shall be released when the penalty time ends or after the scoring of a goal against the penalized team.
  - iv. Any player serving a major penalty must serve their entire time regardless if a goal is scored.
- g. If a goal is scored during or before a minor foul is assessed or served the penalty shall be eliminated prior the restart of play.
- h. If a goal is scored during or before a major foul is assessed or served:
  - ii. The penalty stands, and the player must serve the full-time.

### **6) Fouling Out**

- a. Any player that accumulates 2 minutes of penalty time in a game – in any combination (minor and/or major).

# FIELD DIAGRAM



## Addendum III

### Request for World Lacrosse Bylaw Change

Date: June 10, 2019

Submitted to: World Lacrosse Membership

Submitted by: Steve Stenersen, on behalf of the Blue Skies Task Group

Overview: The Blue Skies Task Group was formed to consider new disciplines of lacrosse that would best position the sport for inclusion in the Olympic Games. As such, it is suggested that Section 11 of the World Lacrosse bylaws, which lists the international lacrosse events conducted by World Lacrosse, be amended as indicated in the language below in *red* (existing language in black):

#### **11. International Competition**

*11.1 WL Men's World Events (Senior, Under 19 Field and Indoor) shall be conducted according to the Men's existing Championship Handbook.*

*11.2 WL Women's World Events (Senior and Under 19) shall be conducted according to the Women's existing World event Guidelines.*

*11.3 WL World Indoor Events (Men) shall be played according to the WL agreed Rules for Indoor Lacrosse as adopted by the General Assembly.*

*11.4 WL may approve specific competitions to be conducted as WL events including Regional Qualifiers for World Events.*

***11.5 WL may add additional lacrosse disciplines and related world events as agreed by the membership.***