



## **WOMEN'S SECTOR**

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# Women's Trial Rules 2015-2018

1. Page 23, Rule 6.F

...Wedding rings and religious/ceremonial jewelry must be taped or be removed...

Traditionally players have been allowed to wear their wedding rings if taped. Medical alert jewelry must be taped. Close fitting sweat bands are now allowed, but they may not be used to cover illegal jewelry. Suggestion that all visible piercings be removed and that all other items listed in the rule book on page 23 be removed. These include soft jewelry, necklaces, earrings, bracelets and watches.

2. Allow a team to take a team time out after goals and when a team has a dead ball possession anywhere on the field outside the 15m fan. The coach may request the timeout through the score table or the player who is given possession of the ball may request a timeout directly through the umpire. "Dead ball possessions" include possession of the ball after a foul and an out of bounds call.

3. Allow each team two time outs during regulation play and one time out during overtime. Time outs not used in regulation play will not carry over into overtime.

Team time outs: Full Rule Combining Trial Rules #2 & #3; Rule 10.H, p. 30

Each team may request two 90 second time outs during regulation play and one time out during overtime. Time outs not used during regulation play are not permitted during overtime. A team may request a time out after a goal is scored or when a team has possession of a 'dead ball' anywhere on the field outside the 15m fan. The coach may request the timeout through the score table or the player who is given possession of the ball may request the timeout directly to through a field umpire.

'Dead ball' possession includes possession of the ball following a foul and when the ball goes out of bounds. When a possession time out is called, players must leave their crosses in their place on the field and return to that same place to restart play. No substitutions will be allowed during this 90 seconds stoppage of play. The time out will begin when the umpire calls the time out. After one minute, a warning horn will sound and teams must be on the field and ready to restart the game at the 90 second horn. A minor foul will be called if a team is not ready to start. Successive team time outs are not allowed.

4. To draw, the ball is placed between the crosses in the upper one-half of the head near the widest part of the heads.

Rationale: It is easier to set the bottom sidewalls of the heads so they remain together without slipping.

5. Add to rule 12.C, pg. 36 & 37.

For player injury (including blood), suspected injury, on illness, timeout is called by the umpire. If medical personnel and/or a coach come on to the field to attend to a player, that player must leave the field. A substitute may take her place. The injured player must return to the game through the substitution area.

Rationale: When injuries occur on the field, and the team medical personnel or the coach goes on the field, the perception is that the coach may coach the player and allow her to stay in the game.

**6. Page 64, Rule 20.A.12, Three Seconds Rule, Paragraph 4:**

The Three Seconds rule is in effect when the team in possession of the ball enters the Advantage Flag Area in their attacking end of the field.

Rationale: Three seconds is not immediately called when the ball crosses the restraining line. Most umpires hold whistle until 3 seconds foul becomes relevant to play. The foul is not worth the penalty administration. The change may help make the Three Seconds Rule be more consistent with the Obstruction of the Free Space to Goal Rule. Both rules are about clearing the Marking Area, and when the attack is on a “scoring play” in the Advantage Flag area, they want the space in the Marking Area cleared.

**7. Page 68, Rule 21.A, The Advantage Flag**

The Advantage Flag is a held whistle for major or minor fouls committed by the defense when the attack is on a scoring play within 15 m of goal.

Rationale: Attacking teams are penalized more for minor fouls that impact the scoring play/drive to goal than major fouls. It was determined that goal circle violations by the defense are the most abused minor foul that occur around the goal area at any time during a game, but especially, during a scoring play. Players blatantly run through the goal circle because the penalty for a defensive goal circle foul has no serious consequences. It was, therefore, suggested to change Goal Circle Rule Penalties by the defense, Rule 17.C. 1 & C.2. By doing so, the flag may be raised for the defense major foul goal circle violations during a scoring play.

**Rule 17.C.1:**

With two exceptions, the major foul free position penalty for goal circle fouls by the defense will be set on the 11 m on the goal line extended mark nearest to the violation. Unless it is the Goalkeeper, the defender who committed the goal circle violation will move 4 m behind for the free position.

- If the Goalkeeper commits a goal circle foul, the penalty remains the same as in Rule 17.C.1.a
- The penalty for an illegal deputy, Rule 17.C.1.b, will remain the same.
- Goal circle violation by the offense would remain a minor foul; Rule 17.C.2

**8. Maintain or change this color policy for the mesh in Goalkeeper Crosses**

For FIL Women’s Sector World Events, the mesh in a Goalkeeper’s crosse may be one solid color other than yellow. Yellow is the color of the FIL event/game ball.

**9. Add Goalkeeper Save to Rule 23: Definitions:**

A goalkeeper save occurs when the goalkeeper is inside the goal circle, and she either catches the ball in her crosse or she stops the ball with any part of her body or crosse, to prevent the ball from crossing over the goal line.

**10. Penalty Demerit Points for FIL World Events, Rule 24.G.1.a, p. 84**

**Add a straight red card equaling 8 points for a flagrant foul.**

Rationale: A flagrant foul is an egregious foul, one that is outstandingly shocking. To allow a player to remain in the game after this type of foul is irresponsible.



FEDERATION OF INTERNATIONAL  
**LACROSSE**

**WOMEN'S SECTOR**

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# Stick specifications

Reviewed: April 2012

## All Field Crosses

Section 4. To determine crosse compliance with the linear measurement specifications in Rule 9, all measurements shall be made to the nearest 0.01cm. The allowed deviation from the standard is 0.09cm.

*Note: If the maximum specified length for a particular measurement is 5.5 (from 5.1) cm, then a measurement of 5.59 cm is legal, but 5.60 cm is not legal. If the minimum specified length for a particular measurement is 5.5 cm, then a measurement of 5.41cm is legal, but 5.40 cm is not legal.*

Section 5. The unstrung head and the handle of a field crosse must lie within a 5.5 (from 5.1) cm horizontal plane (Diagram 10):

- a. At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the centerline of the handle.
- b. The top edge of the sidewall must not be more than 0.6cm below the centerline of the handle.
- c. The top edge of the sidewall must not drop below the centerline of the handle prior to 5.7cm as measured from the center of the bridge or ball stop.

*Note: To determine the 5.5 (from 5.1) cm horizontal plane of the head, place the crosse on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is horizontal. With the handle horizontal and the lowest part of the head in contact with the table, no part of the head as defined from the ball stop to the outside edge of the scoop shall be more than 5.5 (from 5.1) cm above the table.*

## Plastic/Molded Head Field Crosse

Section 13. The ball stop is the center inside curved plastic wall of the head at the throat. The wall of the ball stop must not deviate by more than 7 (from 5) degrees from perpendicular to the long axis of the handle. The height of the ball stop shall be 5.5 (from 5.1) cm maximum to 3.2cm minimum

*Note: To determine crosse compliance with the angular measurement specifications in Rule 9, all measurements and calculations will be made to the nearest 0.01 degree. The allowed deviation from the standard is 0.44 degrees. If the maximum specified angle is 7 (from 5) degrees, then a particular measurement of 7.44 degrees passes and 7.45 degrees does not.*

Section 14. Stop pads shall not be more than 0.5cm thick. With the open pocket of the head facing up, the stop pad shall not vary in thickness from the top to the bottom of the ball stop. The stop pad may have slightly raised or inset lettering as long as the perceived goal is artistic design/advertising. The surface of the stop pad may not in any other way, interfere with the free movement of the ball within the pocket or affect ball retention.

Section 16. 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 4.7 (from 4.5) cm maximum to 2.8cm minimum. From the midpoint of the head, the height of the sidewalls may taper toward the scoop. (See 9-5-b)

Section 18. The head of the crosse shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measurements outlined in other sections of Rule 9. The inside width between the sidewall must continually increase as measured from the center of the ball stop to the widest point at the top of the head. (Diagram 12)

*Note: Notches in the sidewalls are not acceptable as they do not meet the requirement that the width between the sidewalls must continually increase.*

- a. The inside width between the sidewalls of the head, as measured 3.2cm from the center of the ball stop, shall be **6.7 cm** minimum. The radius of the ball is 3.2cm; the diameter is 6.4 cm. (See 9-18-f)
- b. The inside width between the sidewalls of the head, as measured 5.1cm from the center of the ball stop, shall be **7 cm** minimum. (See 9-18-f)
- c. The inside width between the sidewalls of the head, as measured 7.6cm from the center of the ball stop, shall be **7.7 (from 8) cm** minimum. (See 9-18-f)
- d. The inside width between the sidewalls of the head, as measured 10.2cm from the center of the ball stop, shall be **8.7 (from 9) cm** minimum. (See 9-18-f)
- e. The inside width between the walls at the widest point at the top of the head shall be 16.0cm minimum. (See 9-15)
- f. The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane. This can be performed by measuring the outside distance between two vertical rods.

### **The Pockets (Field Crosses)**

Section 20. The pockets of all field crosses shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs. Mesh pockets are not allowed. 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. Thongs must nominally be the same width along their full length. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced (not bunched) along the length and across the width of the head. The loose ends of the thongs may not be woven back up through the pocket of the crosse.

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

Section 25. 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 two-thirds of the head (was one half)**, as measured from the top, outside edge of the scoop. (Diagram 15)

Stick Certification Procedures: Any lacrosse stick to be used, sold or marketed for women's lacrosse must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the specifications outlined in Rule 9, a report noting this compliance will be sent to the Rules Committee Chair. The stick will then be listed on the FIL web site as legal for use in the women's game. For more information about the testing procedures please contact the appropriate Rules Committee Chair. The testing lab will accept pre-production models (also known as SLA's or rapid prototypes) for testing, however only preliminary approval will be granted if the model meets all specifications. Final approval and listing on the FIL web site will be contingent on the submission to the testing lab of a final production model that meets all specifications.

Approved crosse heads and/or pockets may not be sold as FIL approved if the head, the pocket, or how the pocket is attached to the head, is altered in any way after certification. The RIH lab will send the FIL approval documents for heads and pockets. The documents will include photos of the side and the front of the head with an attached pocket or for an approved pocket alone, photos of it attached to one of its manufacturer's heads

*Note: Specifications for all equipment are modified periodically by the FIL Women's Rules Committees. Although the Committees will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to the Committees, the Committees expressly reserve the right to change any specification at any time if, in their sole discretion, the Committees deem the change to be in the best interest of the sport of women's lacrosse.*

*The FIL does not test or approve equipment to determine compliance with specifications. The FIL shall have no liability for any consequence deriving from the choice of equipment used by players. The FIL shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.*



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# Mandatory Fitness Testing Policy

Reviewed: April 2012

All umpires standing for an international rating or renewing an international rating are required to pass a fitness test. The test is administered by the FIL assessors at the event where the umpire is receiving their assessment.

The initial tests used will be the Cooper Test (12 minute run) and the Beep Test (20 meter multistage fitness test). Additional tests may be added in the future for agility, flexibility, core strength, and speed. Member countries will receive notice of any new fitness test requirement one year prior to the initiation of such test.

An umpire standing for a new international rating or renewing an international rating would be tested using the Cooper Test and the Beep Test.

The umpire would need to pass (for the umpire’s age and sex) either a) the Cooper Test at the “Good” level and the Beep test at the “Good” level or b) the Cooper Test at the “Average” level and the Beep test at the “Very Good” level.

**Cooper test standards:**

Age group	Sex	Very good	Good	Average	Bad	Very bad
17-20 year	Male	>3000 m	2700- 3000 m	2500- 2700	2300- 2500	<2300 m
	Female	>2300 m	2100- 2300 m	1800- 2100	1700- 1800	<1700 m
20-29 year	Male	>2800 m	2400- 2800 m	2200- 2400	1600- 2200	<1600 m
	Female	>2700 m	2200- 2700 m	1800- 2200	1500- 1800	<1500 m
30-39 year	Male	>2700 m	2300- 2700 m	1900- 2300	1500- 1900	<1500 m
	Female	>2500 m	2000- 2500 m	1700- 2000	1400- 1700	<1400 m
40-49 year	Male	>2500 m	2100- 2500 m	1700- 2100	1400- 1700	<1400 m
	Female	>2300 m	1900- 2300 m	1500- 1900	1200- 1500	<1200 m
>50 year	Male	>2400 m	2000- 2400 m	1600- 2000	1300- 1600	<1300 m
	Female	>2200 m	1700- 2200 m	1400- 1700	1100- 1400	<1100 m

**Beep Test Standards:**

	Men	Women
<b>Excellent</b>	>13	>11 (12)
<b>Very Good</b>	11-13	10-11 (12)
<b>Good</b>	8 (9)-10	7-8 (8-9)

Any umpire who does not pass the fitness test after two attempts at the assessment venue would not be eligible to either receive an international rating or renew an international rating at that venue.

## Beep test - Required Resources

To undertake the Beep Test you will require:

- Flat non-slip surface
- 30 metre tape measure
- Marking cones
- The Multi-Stage Fitness Test CD or MP3 player, iPOD or similar
- CD Player, iPOD or similar with audible speakers
- Recording sheets
- Assistants at either end of the 20m to ensure rules are met

This test requires the athlete to run 20m in time with a beep from the audio track recording. **The athlete must place one foot on or beyond the 20m marker at the end of each shuttle.**

- The athlete **warms up** for 10 minutes
- The assistant measures out a 20 metre section and marks each end with cones and where possible a solid line
- The assistant starts the audio track and the athlete commences the test
- If the athlete arrives at the end of a shuttle before the beep, the athlete must wait for the next beep and then resume running
- If the athlete fails to reach the end of the shuttle before the beep they should be allowed 2 or 3 further shuttles to attempt to regain the required pace before being withdrawn
- The assistant records the level and number of shuttles completed at that level by the athlete when they are withdrawn

Level	Shuttle
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The test should be administered by neutral person/persons. Any conflict of interest must be declared to the Chair of FIL Women's Officiating Committee prior to the test taking place.

<https://www.youtube.com/watch?v=XmFawPQrWY8>

The above link shows a beep test taking place and may be useful for those unfamiliar with running and/or administering the test to watch. It has been formulated for use in the police and mentions levels that apply to it. Levels for FIL International Umpires are as listed above.



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# International Assessor Policy

Reviewed: April 2012

In order to act as an International Assessor, an individual must:

- have held their International Accreditation for a minimum of 5 years
- be a current International or International Emeritus Umpire
- be in good standing with her/his home country
- provide evidence of current involvement with the sport at the international level either as an umpire, a TD or both
- have passed the International Rules test within the previous 2 years
- provide evidence of assessor “professional development ( e.g. attendance at training/in service for evaluation, provision of feedback, not necessarily in lacrosse)
- provide a current resume/CV
- demonstrate to her/his mentor the qualities necessary to work as an International Assessor\*\*
- be approved by the FIL Women’s Officiating Committee and FIL Women’s Sector

\*\*Those individuals who have currently assessed candidates at the international level and meet all the other criteria above are eligible to mentor prospective new International Assessors. The role of the mentor is to give support and constructive feedback and to judge the candidate’s ability to:

- observe the performance of umpires in an objective way against the approved FIL criteria
- work as part of a team
- communicate both verbally and in writing with umpires and fellow assessors
- listen to and respect the opinions of all involved in the process
- conduct herself/himself in a professional manner

Mentors will submit the names of successful new assessors for final approval by the FIL Women’s Officiating Committee and the FIL Women’s Sector.

Approved International Assessors will be issued with a FIL Assessor patch and a clipboard.

## **NON COUNTRY ASSESSOR**

In addition, a non country assessor shall be a resident of a country/s different from the National Governing Body of the candidate and must not reside in the same country/s as the candidate;

Please see the **International Assessment Policy** for all details regarding the assessment process.

## **GLOSSARY**

Current involvement = within the past 2 years

Good standing = provision of a written reference from the member Association/s (National Governing Body)



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# National Umpires at World Cups Policy

Reviewed: April 2012

Participating countries at a World Cup that do not have a current internationally accredited umpire shall be permitted to nominate 1 non-internationally accredited umpire at the said event.

To submit a nomination, **all of the following criteria** must be met:

- a) The member country must be participating in the World Cup;
- b) ~~Removed—The member country must not have a current internationally accredited umpire participating in the World Cup;~~
- c) The umpire nominated must hold that country's highest rating;
- d) The umpire nominated must provide a written application including a resume and any evaluations undertaken of her/his umpiring.
- e) The umpire nominated must have been observed umpiring within 12 months prior to the application date and be recommended by at **least two** of the following individuals:
  - a. FIL Women's Chair of Rules
  - b. FIL Women's Chair of Officiating
  - c. Current FIL International umpires
  - d. Current FIL emeritus umpires.
- f) A national umpire shall only be eligible for nomination if all available International umpires from the nominating country are already nominated or have indicated that they will not be attending.
- g) A national umpire shall only be eligible for selection after all International umpires nominated have been selected.

It is the responsibility of the umpire to organize their own arrangements regarding meeting the criteria above. FIL will not be responsible for any costs incurred in this endeavour.

If selected, the umpire will begin umpiring in the lowest pool of the World Cup. The umpire may be moved to a higher pool at the discretion of the Head Technical Delegate.

A national umpire can only attend ONE World Cup as a non-Internationally rated umpire.



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# Emeritus Umpire Policy

Reviewed: April 2012

## **WOMEN'S SECTOR EMERITUS UMPIRE POLICY**

An emeritus **honorary** rating may be awarded to an umpire who has held an international rating for at least eight years and (less years under exceptional circumstances) and **who has renewed at least once**. ~~and who no longer wishes to renew their international rating.~~

The **honorary** rating will be used to distinguish those international umpires who may continue to assess, train and act as a technical delegate at world events.

### **Selection criteria**

To be eligible to be awarded an emeritus rating, the umpire must:

1. have held an international rating for at least eight years (or less as per exceptional circumstances); and
2. have umpired or been a technical delegate at a FIL world event; OR have been a technical delegate at a FIL approved \* event under the guidance of the FIL Chair of Rules or Officiating; and
3. be currently involved\* in lacrosse activities in the lacrosse association/s where they reside;
4. be in good standing \* with their member Association (National Governing Body); and
5. pass the written test annually as per the test requirements.

### **Process of application and appointment**

There are two ways to apply for/be awarded an Emeritus rating:

1. An applicant may be appointed directly from the FIL Women's Sector.
2. An applicant may submit an application to the Women's Sector via the Emeritus Application form, located on the FIL website [www.filacrosse.com](http://www.filacrosse.com)

If applying via application, supporting documentation as indicated in the selection criteria is required.

### **Length of appointment**

The umpire shall hold the emeritus rating for a period of five years.

An emeritus umpire may apply for renewal of the emeritus status 6 months prior to the end of their five year appointment.

The Women's Sector will establish Terms of Reference for the assessment/review of all applications.

### **Requirements/commitment during appointment**

Upon receiving the award, the umpire must, within a four year period,

- a) work at least once as a technical delegate or clinician at a FIL world event or recognized \* event;  
and
- b) deliver training; and
- c) maintain their personal information on the FIL officials database (yet to be developed at the date of circulation of this policy)

### **GLOSSARY:**

Approved = any event that plays with FIL rules

Involved = active, engaged, ongoing

Exceptional circumstances = those which prevent the umpire from participating in onfield umpiring e.g. injury.

Good standing = provision of a written reference from the member Association/s (National Governing Body)

Recognised = any event that plays with FIL rules and the FIL Event Bylaws