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2022–2024 WOMEN'S FIELD LACROSSE OFFICIAL PLAYING RULES Version 1.1 // December 2022

Presented by WL Women's Rules Sub-Committee

Sunday 27 August 2023

Women's Rules Sub-Committee Notes

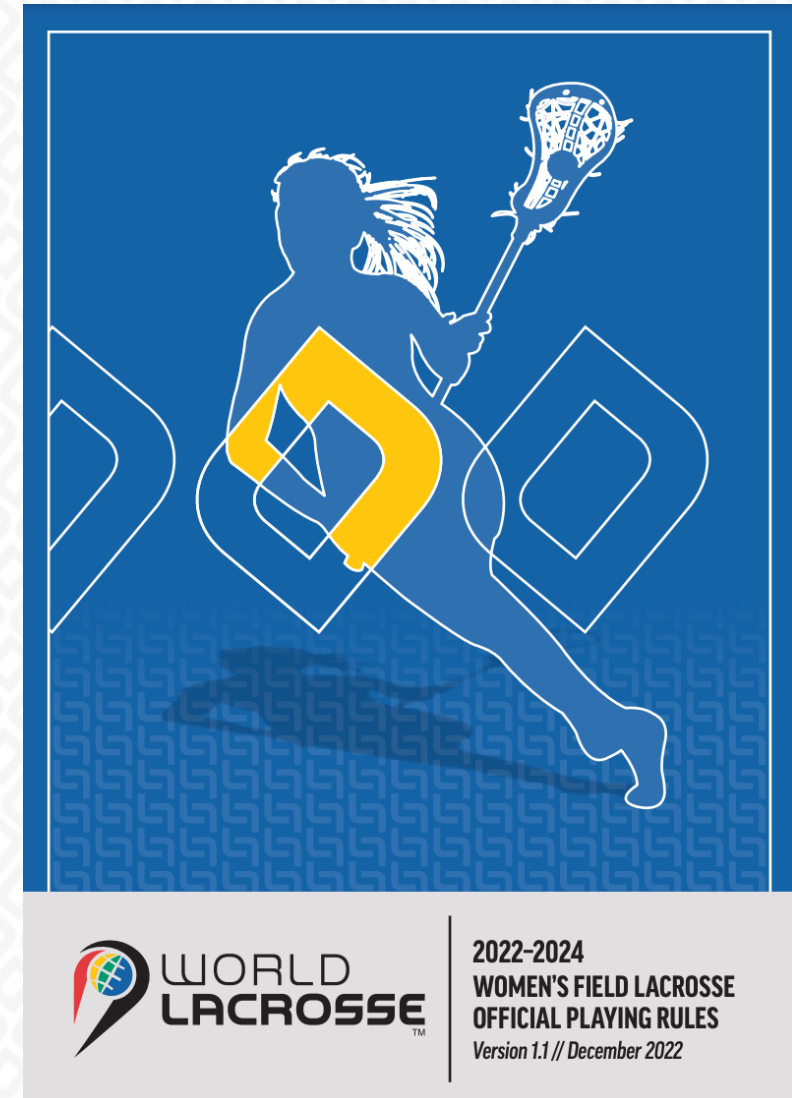
Please note:

Throughout this presentation, editorial and interpretation comments from the Women's Rules Sub-Committee are included in **red**.

Amendments/corrections made in February 2024 are highlighted in red.

Rule Book Relaunch

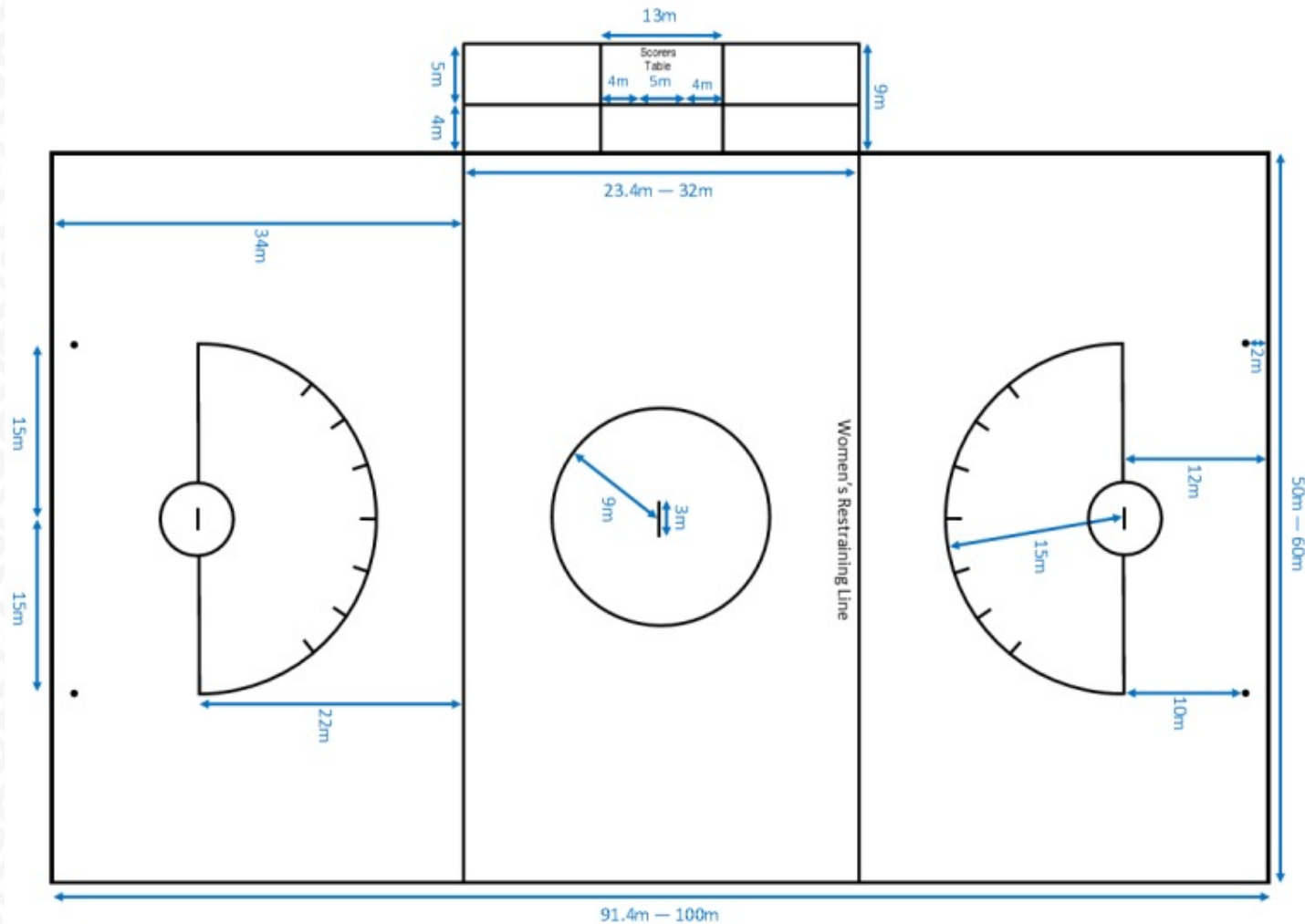
- November 2022 Edition (v 1.0)
- **December 2022 Edition (v 1.1)**
 - *OT procedure correction*
- Most recent version available at:
 - <https://worldlacrosse.sport/sport-development/playing-rules/>



Overview of Changes & Clarifications

- **Field Line Changes** (15m Marking Area, Shared Sub Box, Dots)
- **OT Procedure Changes** (removal of timeout in OT, simplify periods)
- **Self-Start Correction** (not a penalty to Self-Start when not permitted)
- **Stop Time Procedures** (last 30 sec Q1, Q2, Q3 and last 2 min Q4)
- **Major Fouls Reorganized** (Illegal Contact, Illegal Defending, Push, Misconduct)
- **Shooting Space Exception** (simultaneous shot/whistle)
- **Three Second Clarification** (when ball is outside AFA)
- **Crosse Inspections** (goal scorer no longer drops Crosse automatically)
- **Goal-Circle Changes** (5 seconds, removal of deputy, and more)
- **Review of Foul Set-Ups** (in MA, Goal-Circle, AFA below the GLE & midfield)

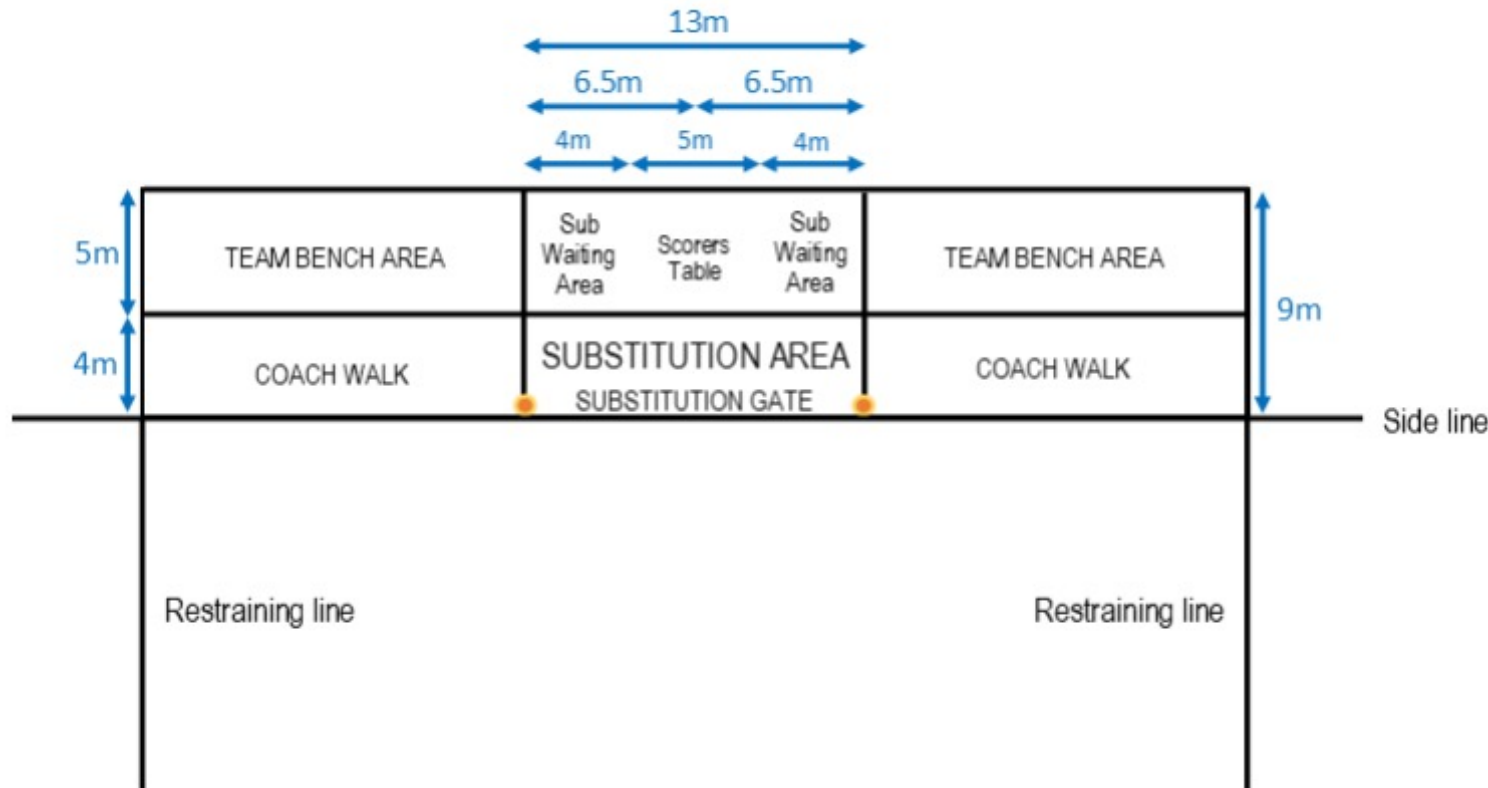
Significant Changes to Field Lines



- Shared Substitution Box
- 15m Marking Area MA
 - Now a semi-circle
 - Now 15m (was 11m)
- Dots moved in-line with corner of MA/GLE

Diagram 1 - Field Markings

Shared Substitution Box (NEW)



- Players may substitute through the entire length of the Substitution Gate.
- The player coming off the field **MUST** be off the field before substituting player can enter the field.
- No other players or coaches may enter the Substitution Area.

Diagram 3 - Substitution Area, Scorer's/Timer's Table, & Team Bench Area; Rule 14.A.1 to 14.A.4

Marking Area (MA) (Changes)

Dot ●

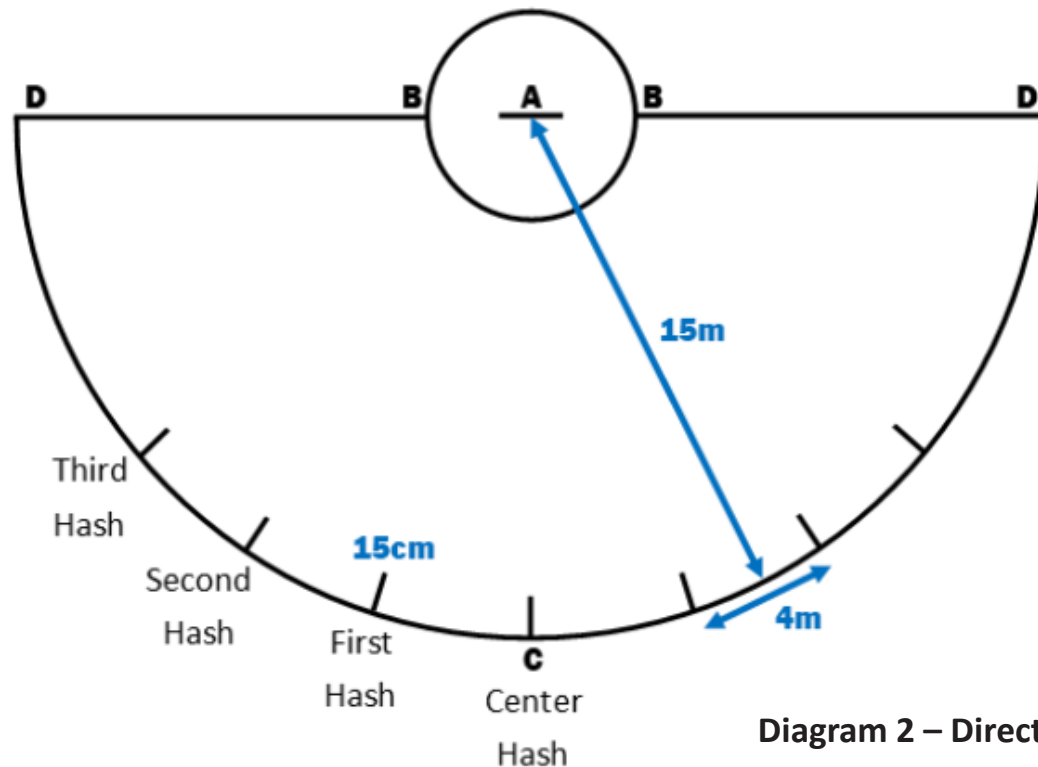


Diagram 2 – Directions for Marking the 15m Marking Area MA

- Commonly referred to as the “fan”, now a semi-circle
- This line serves the same purpose as the old 11m MA line, just moved out another 4m
- Dots (for out of bounds set-up & foul set-up) in-line with corner of GLE & MA line
- Hash marks renamed
- **Third Hash** for adjacent defensive players only on Free Positions

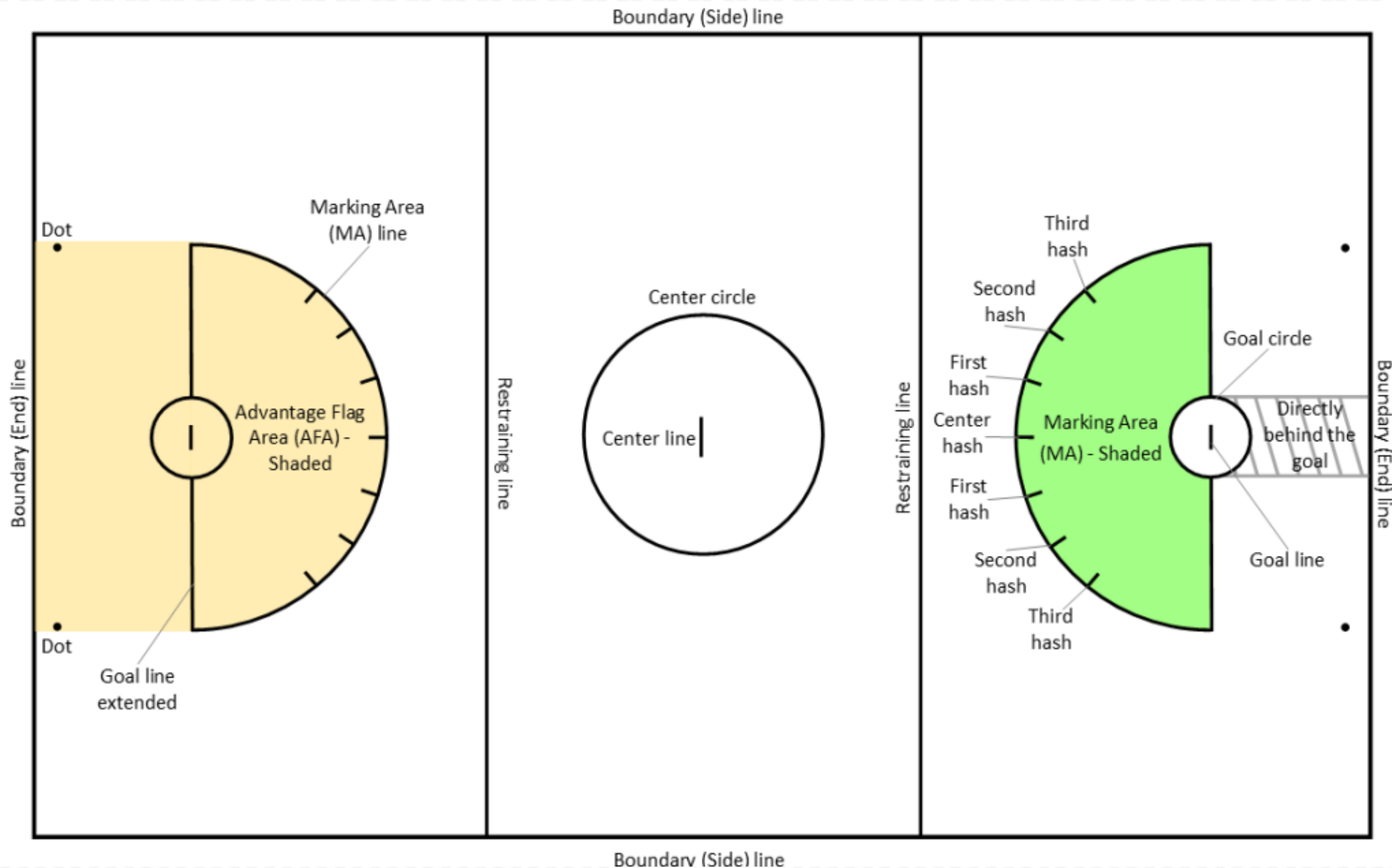


Diagram 8 - Areas of the Field: Terms

Self-Start Review

When can you **not** Self-Start? (Rule 13.A.9.h)

- 13.A.9.h.i the game clock is stopped;
- 13.A.9.h.ii there is a restraining-line violation;
- 13.A.9.h.iii there is an illegal draw;
- 13.A.9.h.iv all fouls occurring in the AFA.

All boundaries are Self-Start.

We will return to the game clock being stopped.

Self-Start & Boundary Balls

BOUNDARIES: Players may Self-Start on **ALL boundary balls**, whether on a 'SHOT' or a change of possession:

13.A.9.e When the ball is out of bounds, the player awarded the ball will place the ball in their Crosse and stand **2m inside the boundary** from the spot where the ball went out of bounds **and may self-start**. All opponents must give the player awarded the ball at least 1m of clear space (Crosse/body and feet) before/until they self-start.

13.A.9.f If the ball crossed the end-line, within the AFA and below the GLE, the player awarded possession will resume play at **the closest dot and may self-start**. If the goalkeeper was in their Goal-Circle and is the nearest person, then they are given the ball in their Goal-Circle **[and may self-start]**.

Self-Start Clarifications

- 13.A.9.g** Players MAY self-start following an official resetting the Free Position. The player awarded the Free Position will not be penalised for a self-start when this is not permitted, or if they attempt to self-start from a position further than a playing distance from the spot of the foul.
- 13.A.9.g.i** To resume play, the official will reset the Free Position and allow the player to self-start from the correct position, or resume play with a whistle if the self-start was not permitted. However, repeated instances of self-starting when / where not permitted as described previously will result in a delay of game penalty.

Stopped Time Procedures (NEW)

The game clock only stops on certain whistles in the last 30 sec Q1, Q2, Q3, and 2 min of Q4.

[Incorrect in current iteration of Rule Book; Correct version can be found in Rule Proposal Document and is listed as follows; Add to 10.B, Update 12.A.6]:

The clock is stopped on the official's whistle within the last 30 seconds of quarters 1, 2 and 3 and the last 2 minutes of quarter 4 for:

- Any foul by the defense in their defensive AFA;
- And RL violations;
- In addition to all the times the clock regularly stops according to rule 10.B.[5].

For Reference: Rule 10.B.5 Stop the clock on the official's whistle for all time-outs, injuries, warning cards, team time-outs or any other time the official signals that the clock must be stopped, and restart the clock on the official's whistle accordingly.

[Current Rule Book] **Rule 12.A.6** *Guidance: When play is stopped for a foul by the defense in their defensive AFA and for RL violations prior to the last 30 seconds in quarters 1, 2 and 3, or 2 minutes in quarter 4, the timer will stop the clock when it reaches 30 seconds (quarters 1, 2, and 3) or 2 minutes (quarter 4), if play has not resumed.*

12.A.6 is incorrect in current iteration of Rule Book; Add to 10.B, Update 12.A.6

Stopped Time Procedures (NEW)

The clock continues to run on all other whistles under 30 sec of Q1, Q2 and Q3 and under 2 min of Q4.

Examples include:

- Illegal Draw (no Self-Start is permitted, but clock will continue to run)
- Midfield Major/Minor fouls by both teams outside the AFA
- Major/Minor/Goal-Circle Fouls by the attacking team anywhere on the field
- Boundary Balls by both teams, including inside the AFA (dots)

Reminder: Officials may still stop the clock at any time as per Rule 10.B.5. (all time-outs, injuries, warning cards, team time-outs or any other time the official signals that the clock must be stopped).

Overtime Procedure (CHANGES)

Timeouts are no longer permitted in overtime.

Minimal structural changes: Sudden Victory Overtime

- 2-minute break (captains & coaches toss of coin to decide ends)
- Stop clock **periods of 4 minutes** until first goal is scored
- **2-minute break between** each 4-minute period
- Teams change end after each 4-minute period

Is Self-Start permitted in OT given the changes to stopped time?

- *Yes, unless a RL violation, defensive violation in AFA, or an official stops the clock as per 10.B.5. (see previous two slides; see Rule 10.B.5, 12.A.6 updated)*

Crosse Inspections (CHANGES)

- Following a goal, players no longer need to automatically drop their Crosse for inspection.
- Players are still responsible for their Crosse to be legal throughout the game.
- Pre-Game Crosse inspection remains (Appendix C) at WL events.

3.B.1.b Any player on the field may request an official to inspect the pocket of an opponent's Crosse when their team has possession of a Dead Ball or directly after a goal is scored.

19.A.9 A player must not adjust the thongs of their Crosse after an official asks to inspect their Crosse. (11.A.11)

A GOAL IS **NOT** SCORED WHEN:

11.A.11 The player who shot the goal, **when requested by an official**, does not drop or hand their Crosse to the nearest official immediately. (19.A.9)

Major Fouls (CHANGES/REORGANIZED)

- 20.A.4** **Check to the Head [Wording Updated*; see next slide]:** (Mandatory card) A player must not strike an opponent on the head with their Crosse.
- 20.A.6** **Dangerous Play:** A player must not use their Crosse and/or body in a forceful, dangerous or intimidating manner and/or show disregard for their own or an opponent's safety. This applies to all players regardless of whether or not they have possession of the ball
- 20.A.11** **Illegal Contact [Formerly Pushing]:** A player must not detain, hold, or push against an opponent's body, clothing, or Crosse with their arm, leg or body. A player must not use any part of their Crosse to hit, push, or **displace** an opponent.
- 20.A.11.a** A player must not barge, shoulder, push with the hand, back into an opponent, or force their way through a legal double team.
- 20.A.13** **Illegal Defending:** A defender may pick up a rolling ball or a bouncing ball, in the Goal-Circle. They must not save a shot on goal.
- 20.A.13.a** The goalkeeper, while fully outside the Goal-Circle, must not deliberately play the ball with any part of their body.
- 20.A.15** **Misconduct:** A player or any team/bench staff must not act in an unsporting manner or display any other inappropriate behavior.
- 20.A.15.a** Coaches and other bench staff may not enter the field during an injury time-out for the purpose of coaching. (12.A.14)
- 20.A.16** **Pushing:** Defenders must not interfere with or **push the shooter into the Goal-Circle** or in any other way **interfere with** the **shooter or the shot.**

Question Regarding Check to the Head

Question Asked:

The wording for this rule has been updated. In the previous Rule Book, it read: *A player must not strike an opponent with [their] crosse or force an opponent's crosse into an opponent's head or body.*

Does that mean that when an opponent's cross makes contact with their own body/head because of an opponent's illegal actions that this is no longer seen as a mandatory card?

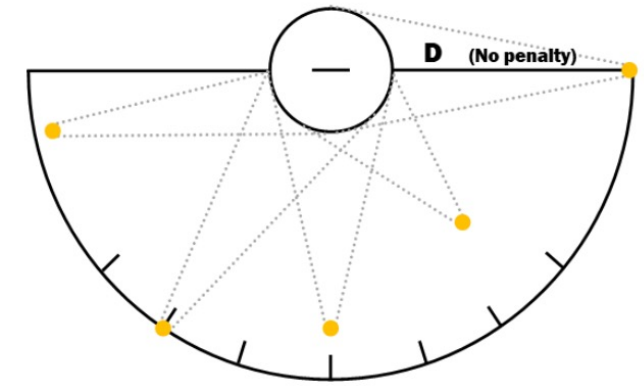
Rules Sub-Committee Response:

Judgement by the official must be used. A Check to the Head (direct stick checking action by the defender) is covered by rule **20.A.4. Check to the Head**. The situation where a defender's stick check causes the ball carrier's stick to make contact with their body (indirect action) is covered by rule **20.A.17 Rough/Dangerous Check** and **20.A.6 Dangerous Play**.

As to carding, the following rules needs to be taken into account:

- **23.A.1** Fouls, that are judged to be dangerous/intentional/breakdown fouls to stop play, may be carded.
- **23.A.2** A check to the head, a swipe, a dangerous follow-through, and dangerous propelling are fouls that require a mandatory warning card.

Shooting Space Review



- 20.A.21.a A defender must not block or guard the goal, with any part of their body for the purpose of obstructing the Shooting Space. Obstructing the Shooting Space denies the attacking team the opportunity to shoot safely.
- 20.A.21.b Obstruction of the Shooting Space occurs when a defender is illegally in the Shooting Space at their own initiation.
- 20.A.21.c A defender is not obstructing the Shooting Space if they are:
- 20.A.21.c.i Drawn into and or through the Shooting Space by an opponent they are legally marking within a Crosse length, approximately 1.5 m (Rule 24 - Definitions), or
 - 20.A.21.c.ii Standing below the Goal Line Extended.

Guidance: This call should be made only if the ball carrier is looking to shoot and has the opportunity to shoot.

Shooting Space remains an immediate whistle.

Shooting Space Exception (NEW)

20.B.7 *Exception*: IF the whistle is blown for a Shooting Space violation BETWEEN:

- The moment the shot has been released AND
- A goal is scored; the goal will count; OR
- The goalkeeper saves the shot while in the Goal-Circle or the shot hits the post; the goalkeeper is given possession of the ball inside the Goal-Circle and play is restarted on the official's whistle.

20.B.8 In all other scenarios, Shooting Space Free Position is administered.

[ie. when a shot misses the goal = administer the Free Position.]

Recall: A goal is not scored when:

11.A.8 The official rules a shot [ie. propel] or follow-through as dangerous.

Three Seconds (CLARIFY) – Foul Set-Ups

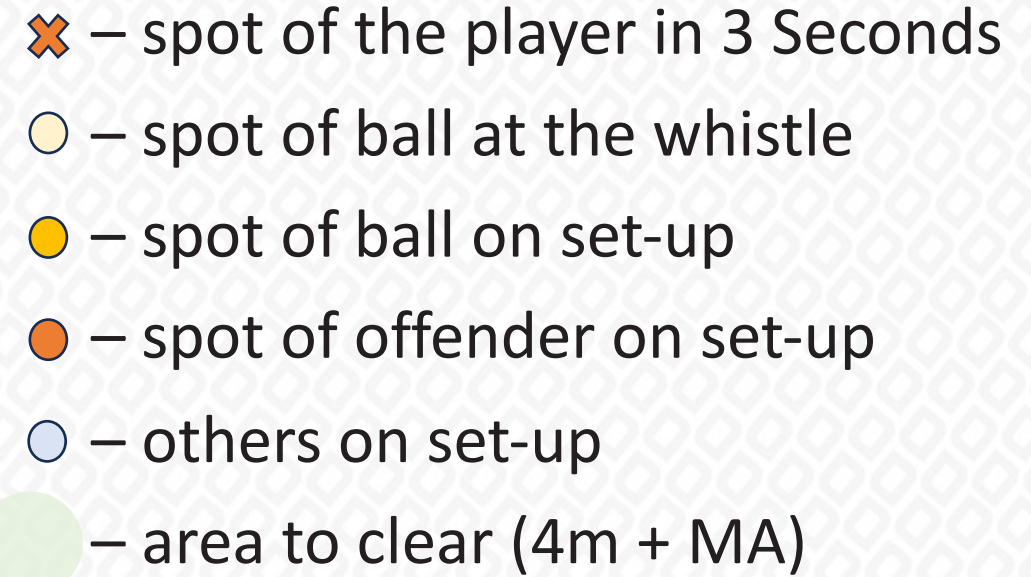
Three Seconds Violation...

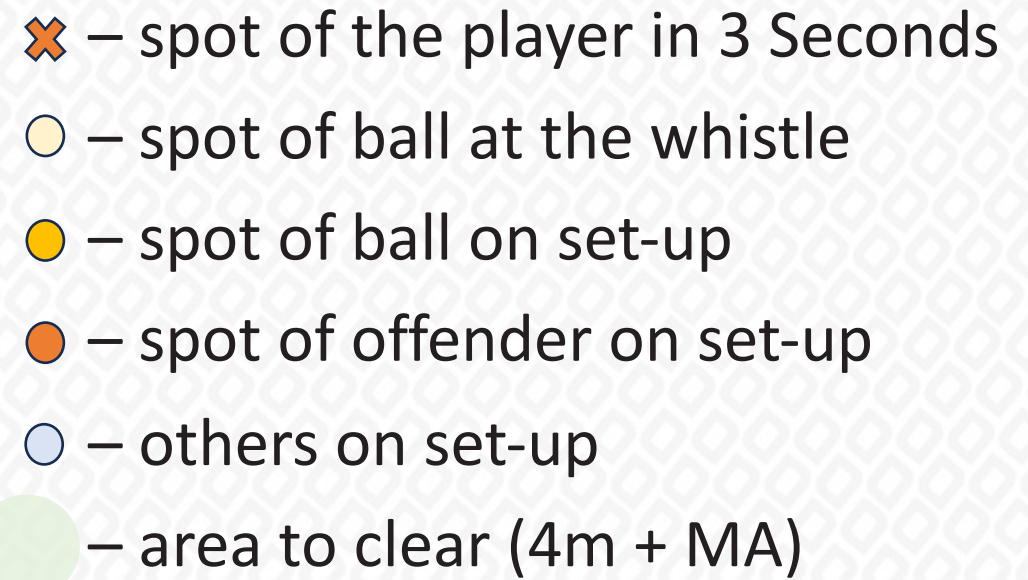
20.B.10 Set up is described in **Rule 20.B.4.a** - with the exception that the Free Position is set at the hash mark nearest to the spot of the ball.

Offending player moves 4m behind the player awarded the FP on a hash.

20.B.4.a When the foul is committed by any player on the defending team (i.e. including goalkeeper):

- The Free Position is set on the MA line, at the hash mark nearest to the spot of the foul.
- The offender will move 4m behind the player taking the Free Position.





Three Seconds (NEW) – Foul Set-Ups

Three Seconds Violation...

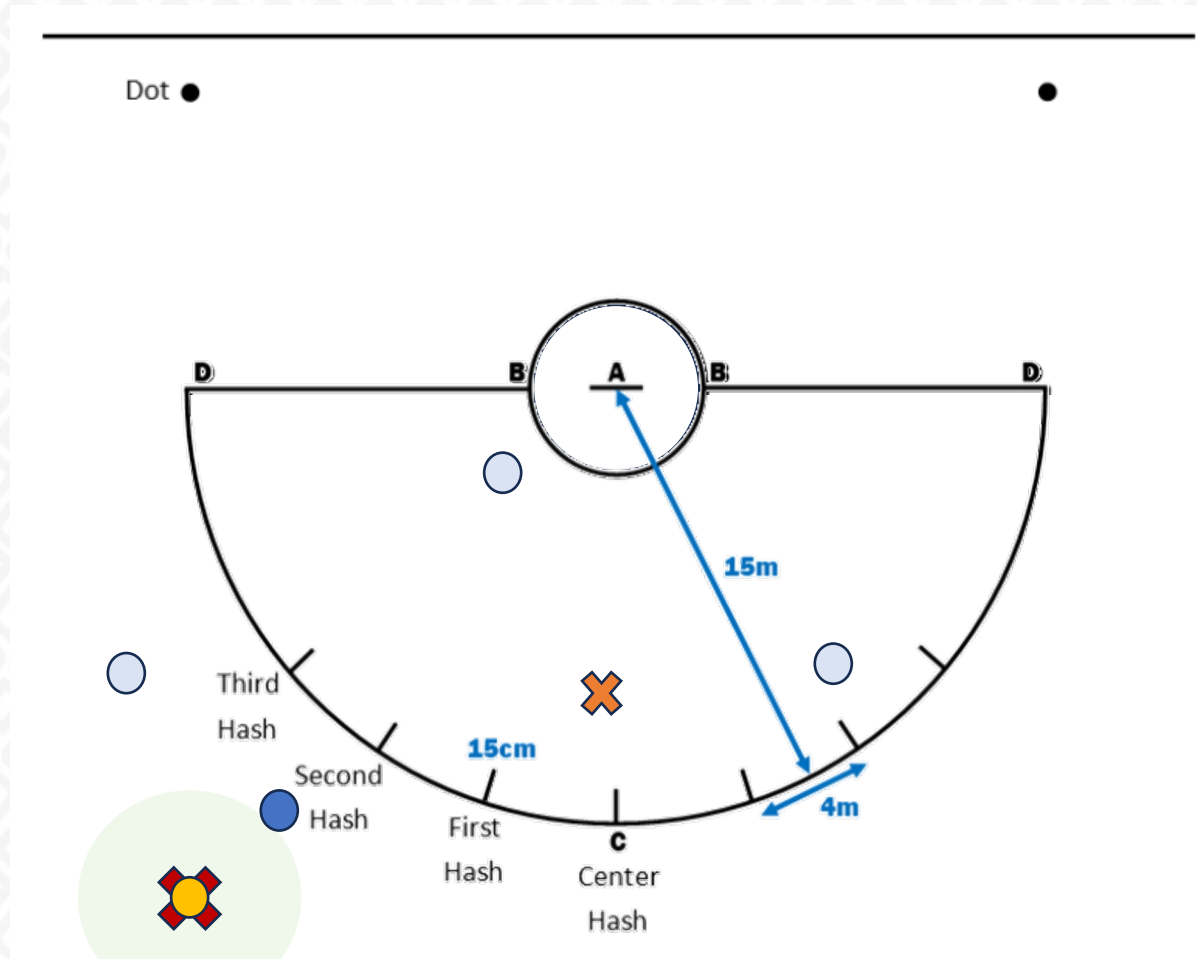
20.B.10 Set up is described in **Rule 20.B.4.a** - with the exception that the Free Position is set at the hash mark nearest to the **spot of the ball**.
Offending player moves 4m behind the player awarded the FP on a hash.

20.B.4.a When the foul is committed by any player on the defending team (i.e. including goalkeeper):

- The Free Position is set on the MA line, at the hash mark nearest to the spot of the foul.
- The offender will move 4m behind the player taking the Free Position.

[NEW] Exception: For a violation of the Three Seconds rule, **if it is called when the ball is outside the AFA**, the nearest player from the offending team will move 4m behind the player taking the Free Position.

20.B.10 – Three Seconds, Ball is Outside the MA



- ✗ – spot of the player in 3 Seconds
- ✗ – spot of ball at the whistle
- – spot of closest D at whistle
- – spot of ball on set-up
- – spot of closest D on set-up
- – others on set-up
- – area to clear (4m)

**Note, no Self-Start as foul occurred inside the AFA.*

Goal-Circle (NEW)

Removal of “Deputies”: Defense may possess the ball within the Goal-Circle and move it out of the Goal-Circle even when the goalkeeper is in the Goal-Circle.

“Possession”: Defender = ball in their Crosse; Goalkeeper = ball in their Crosse or under their Crosse (trapped) (Rule 17.A.1)

Goal-Circle (NEW)

New Definition of “Grounded”:

One foot in/one foot out = in the Goal-Circle.

17.A.1 *Guidance: As long as any part of their foot / body is touching the Goal-Circle, they are considered to be grounded in the Goal-Circle.*

17.A.19 *Guidance: The goalkeeper straddles the Goal-Circle line to pick up a ground ball and steps back into the Goal-Circle.
LEGAL: the goalkeeper was Grounded inside the Goal-Circle.*

Grounded is also used in other references in the Rule Book ie. 15.A.3.

Goal-Circle (NEW)

Stick Checking: The goalkeeper cannot be checked/interfered with when they are in possession of the ball in the Goal-Circle (Rule 17.A.2. & 17.A.13.e). A defender can be legally checked while they are in the Goal-Circle when they have possession of the ball (Rule 17.A.3).

5-Second Count: The defensive team has 5-seconds to clear the ball from the Goal-Circle upon gaining possession (Rule 17.A.4).

Recall: possession = in the goalkeeper's crosse **or** trapped under their Crosse (17.A.1)

Goal-Circle (NEW)

Players in their Defending Area may move through their Goal-Circle:

- 17.A.17.a If the attacking team has possession of the ball in their opponent's Defending Area **below Goal Line Extended**, defensive Players are permitted to **run through any portion of their Goal-Circle** while defending; however, only the defensive player(s) marking the ball carrier within a Crosse length, may remain in the crease while defending.
- 17.A.17.b If the attacking team has possession of the ball in their opponent's Defending Area **above Goal Line Extended**, the defensive players are **only** permitted to run through the **portion of the crease below Goal Line Extended** while defending; however, the defensive player(s) marking the ball carrier within a Crosse length may remain in any portion of the crease while defending.

Goal-Circle (NEW)

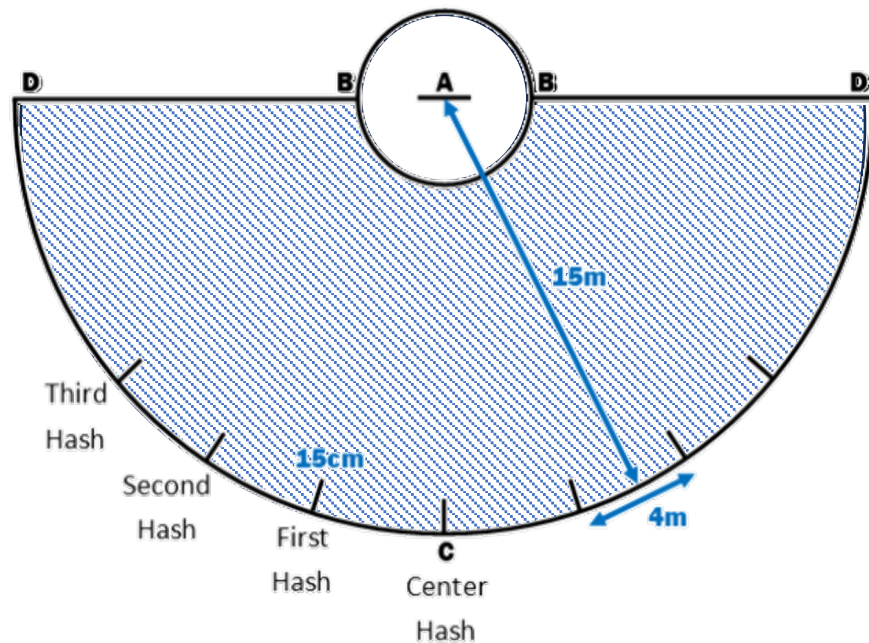
Attacking Team Changes:

17.A.13 An attack player may play a ball within the Goal-Circle, but they must **not**:

- 17.A.13.a Step on or over the Goal-Circle line to play the ball on a shot,
- 17.A.13.b Step on or in the Goal-Circle until whole ball passes completely over the goal-line, (11.A.2) (after shooting)
- 17.A.13.c Initiate contact with the goalkeeper, or a defender,
- 17.A.13.d Cause a defender to make contact with the goalkeeper, or
- 17.A.13.e Interfere with the goalkeeper or their Crosse in any way. (11.A.7)

Foul Set-Ups: Foul Occurs in the MA

Dot ●



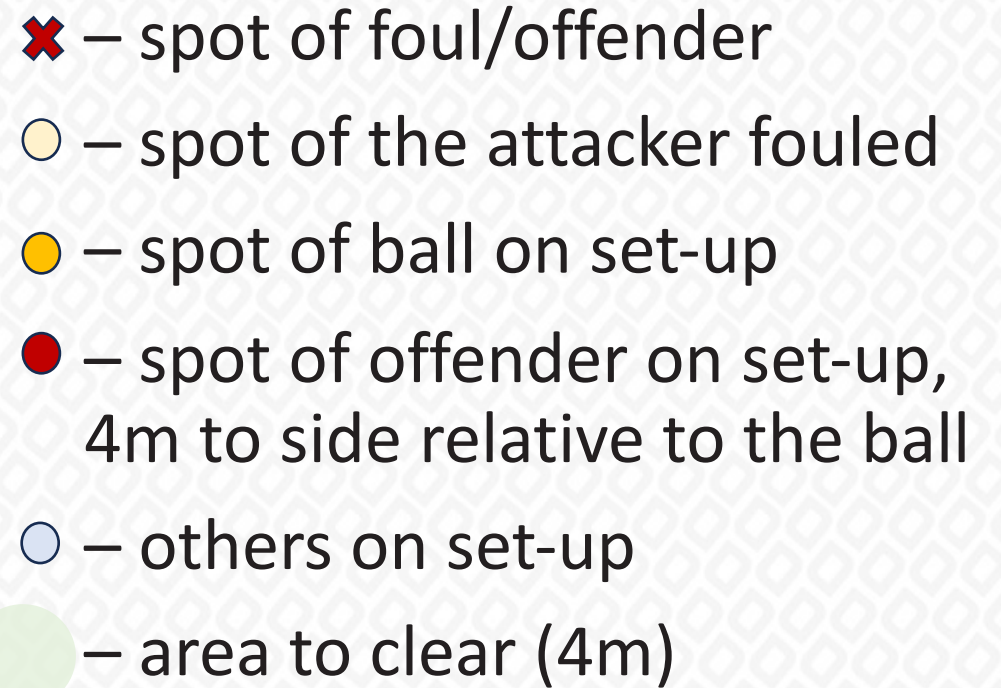
This section reviews penalty administration for the following fouls *when they occur in the MA*:

- Minor Foul (19.B)
- Major Foul (20.B)
- Major Foul (Flag) (21.B)

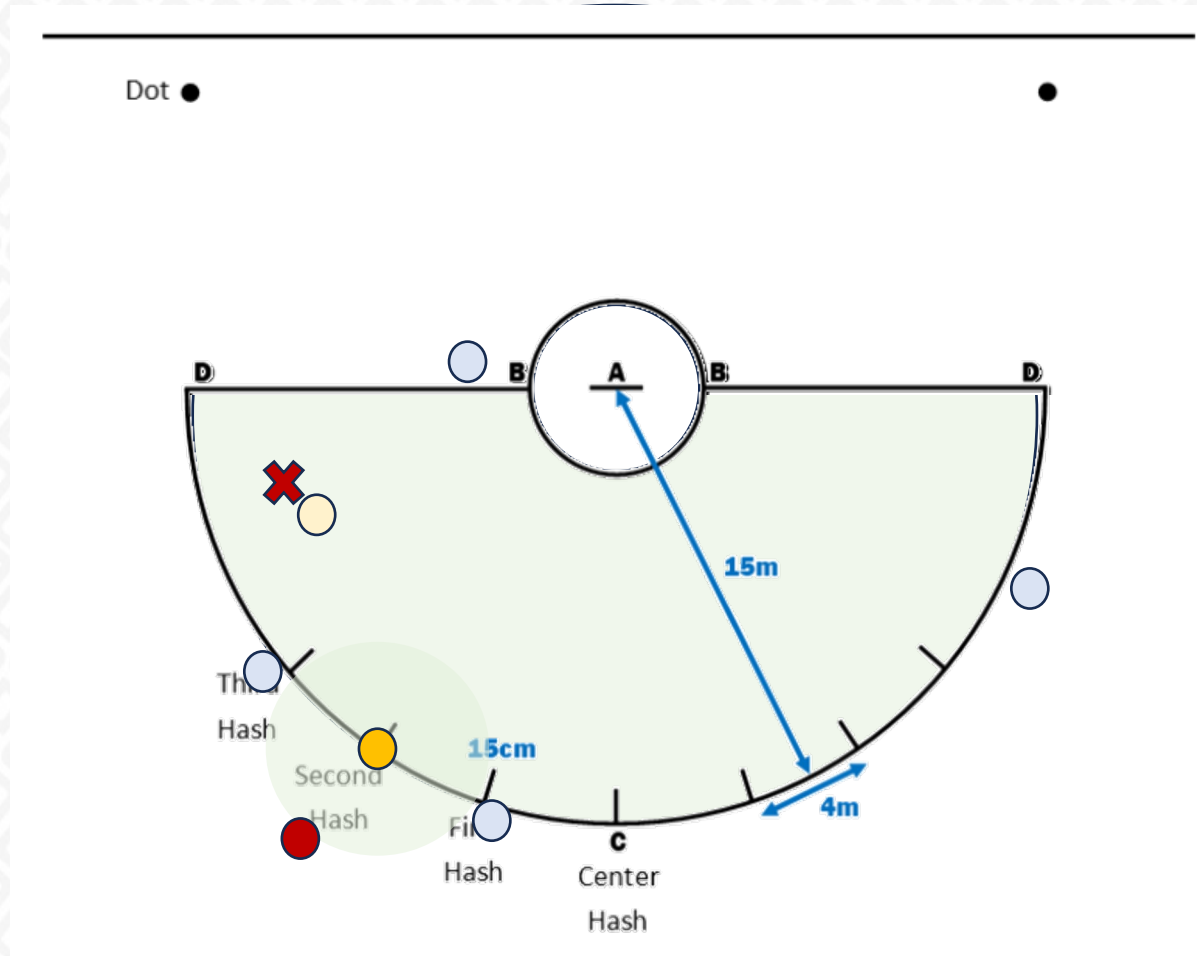
and...

- Restraining Line Violations *when the ball is in the MA* (18.B.2).

There is no Self-Start on fouls that occur in the AFA (13.A.9.h).



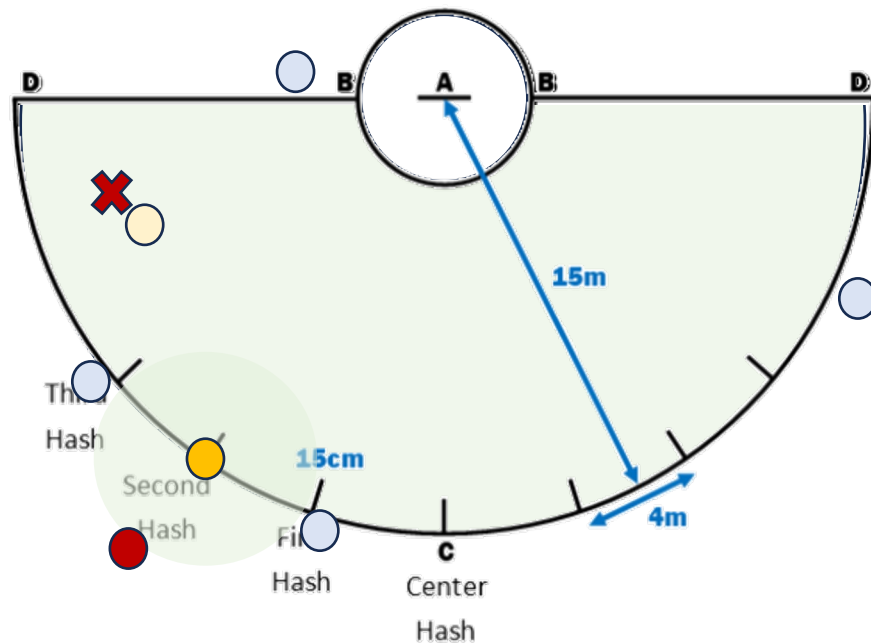
20.B – Major Foul by Defense in the MA



- ✖ – spot of foul/offender
- – spot of the attacker fouled
- – spot of ball on set-up
- – spot of offender on set-up
- – others on set-up
- – area to clear (4m + MA)

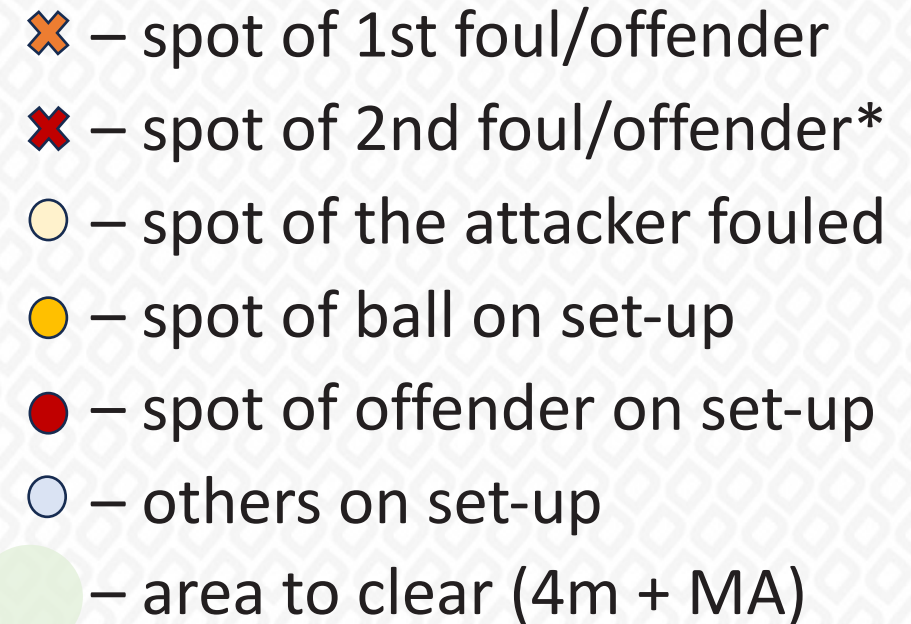
21.B – Major Foul (Flag) in the MA

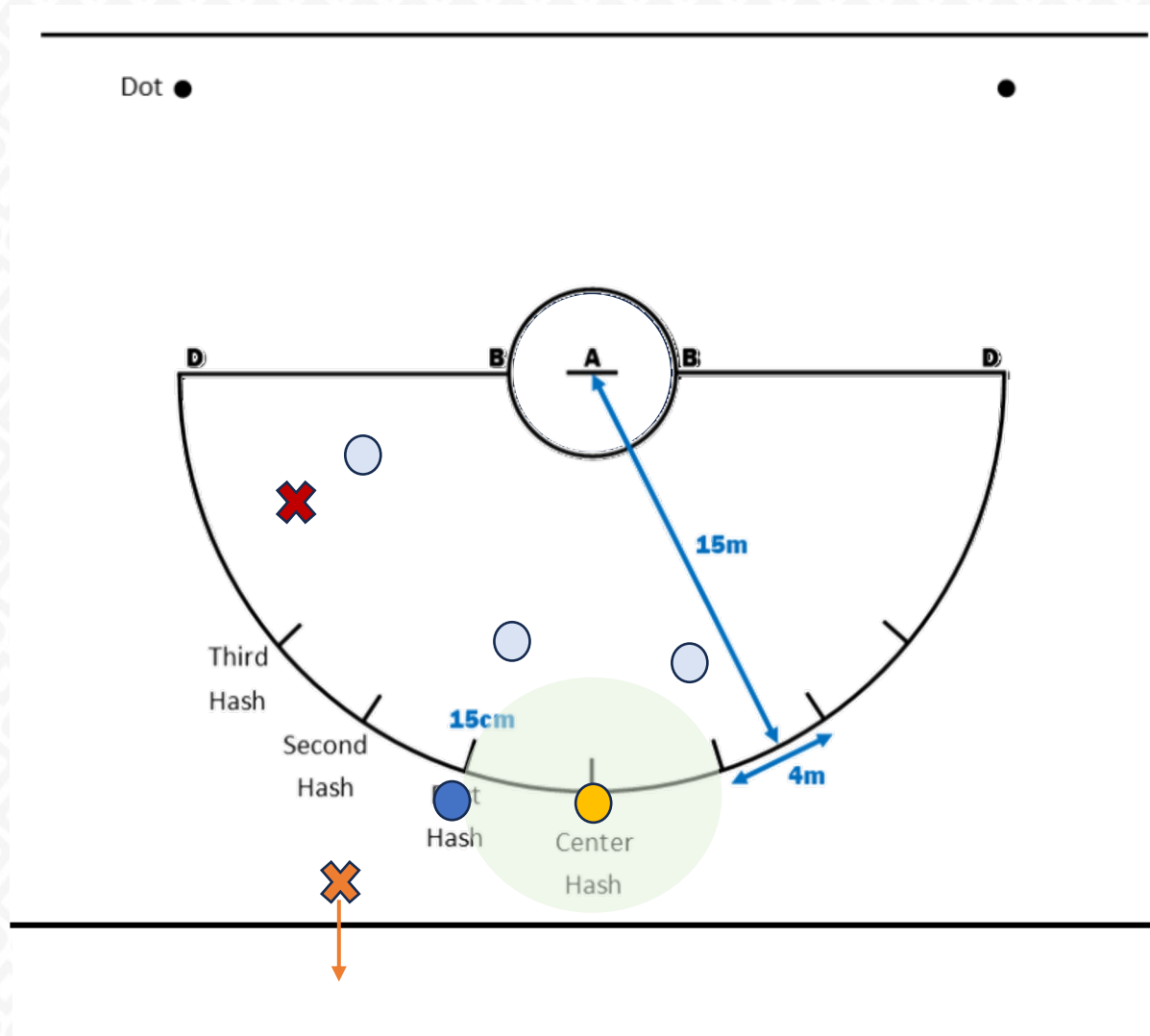
Dot ●



- ✗ – spot of foul/offender*
- – spot of the attacker fouled
- – spot of ball on set-up
- – spot of offender on set-up
- – others on set-up
- – area to clear (4m + MA)

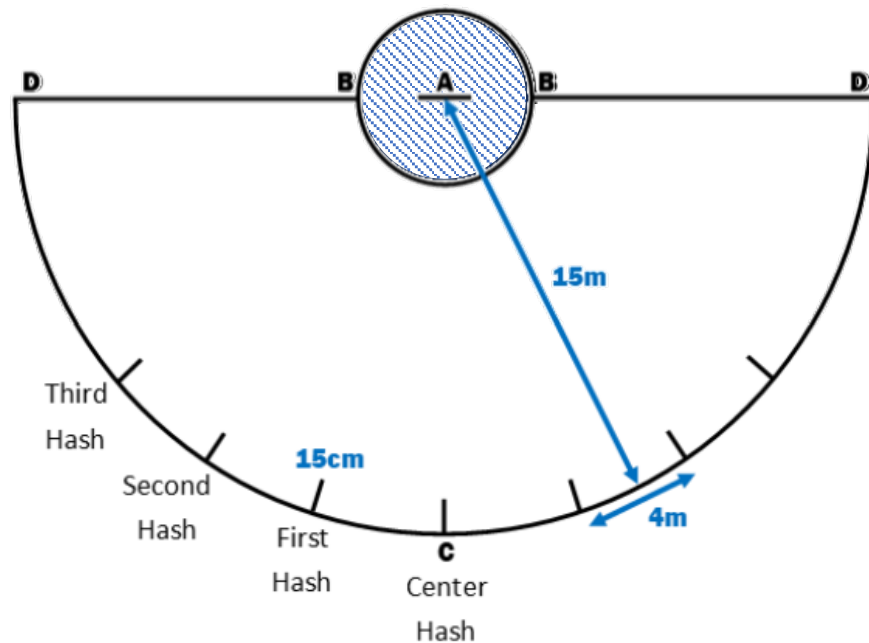
**No subsequent foul*





- ✗ – correct player who is offside
- ✗ – spot of ball at whistle
- – ball is given to player closest to Center Hash on non-offending team
- – nearest opponent to Centre Hash serves 4m to side of ball
- – others on set-up
- – area to clear (4m)

Foul Set-Ups: Foul Occurs in the Goal-Circle



This section reviews penalty administration for the following fouls *when they occur in the Goal-Circle*:

- Minor Foul by GK (19.B.5)
- Minor Foul by Defender (19.B.9)
- Major Foul by GK, Defender or Attacker (20.B.4)
- Goal-Circle (by Offense) (17.B.1)
- Goal-Circle (by Defense) (17.B.2)
- Goal-Circle (by GK) (17.B.3)

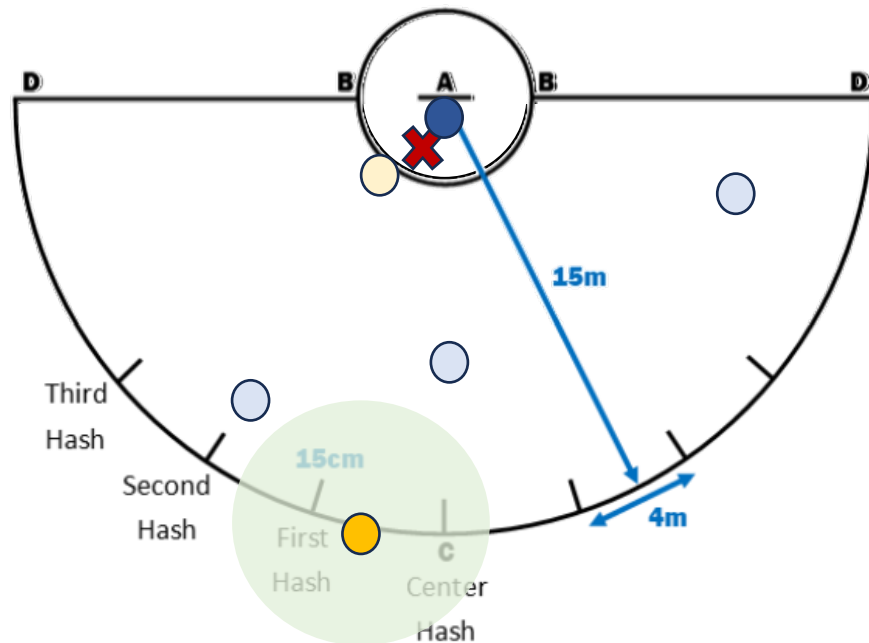
and...

- Restraining Line Violations *when the ball is in the Goal-Circle* (18.B.2)

There is no Self-Start on fouls that occur in the AFA (13.A.9.h).

19.B.5 – Minor Foul by GK in the Goal-Circle Above the GLE

Dot ●



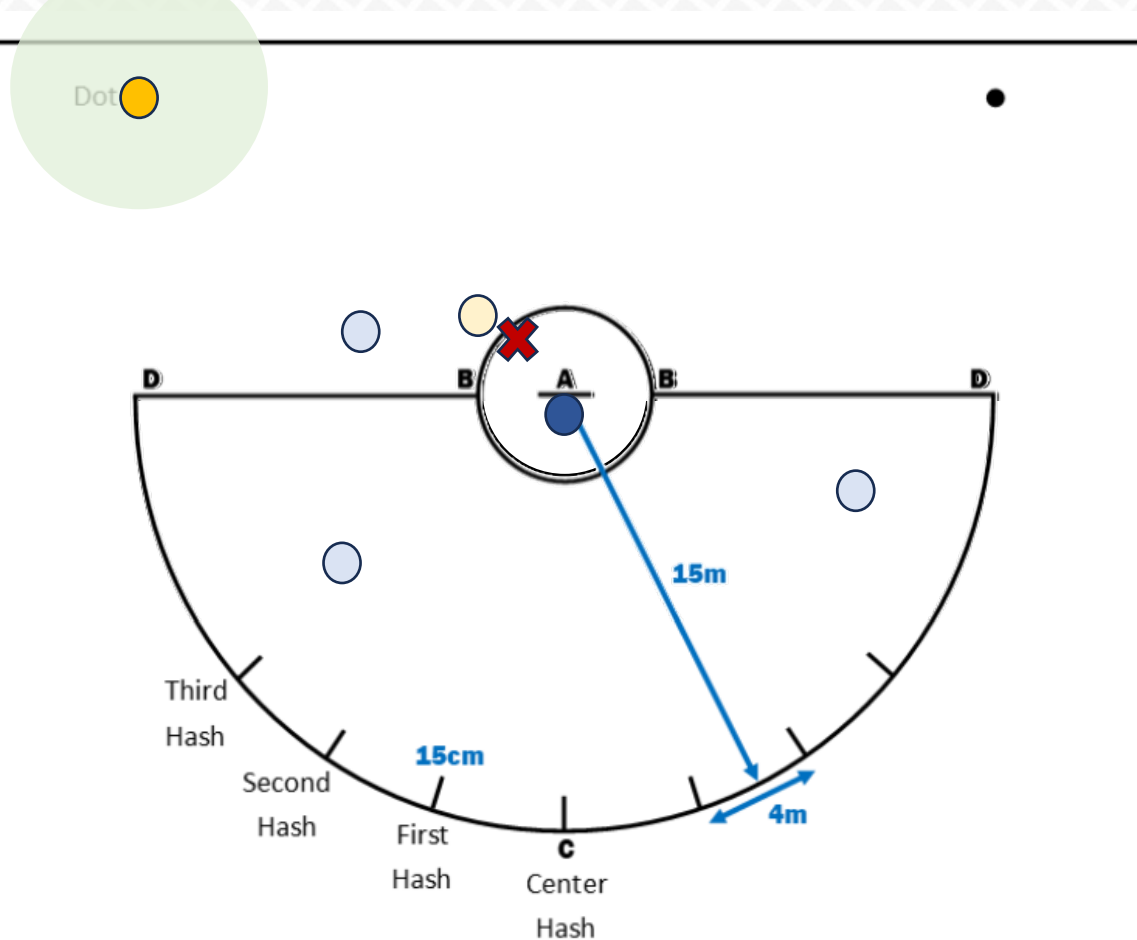
- ✗ – spot of foul by GK
- – spot of attacker fouled
- – spot of ball on set-up
- – GK remains in Goal-Circle, no one goes to the side to serve
- – others on set-up
- – area to clear (4m)

Please note that this slide was amended on Feb. 11, 2024

The Goal-Circle above the GLE is considered part the Marking Area. Set-up on MA line , in-line with the foul.

19.B.5 – Minor Foul by GK in the Goal-Circle

Below the GLE



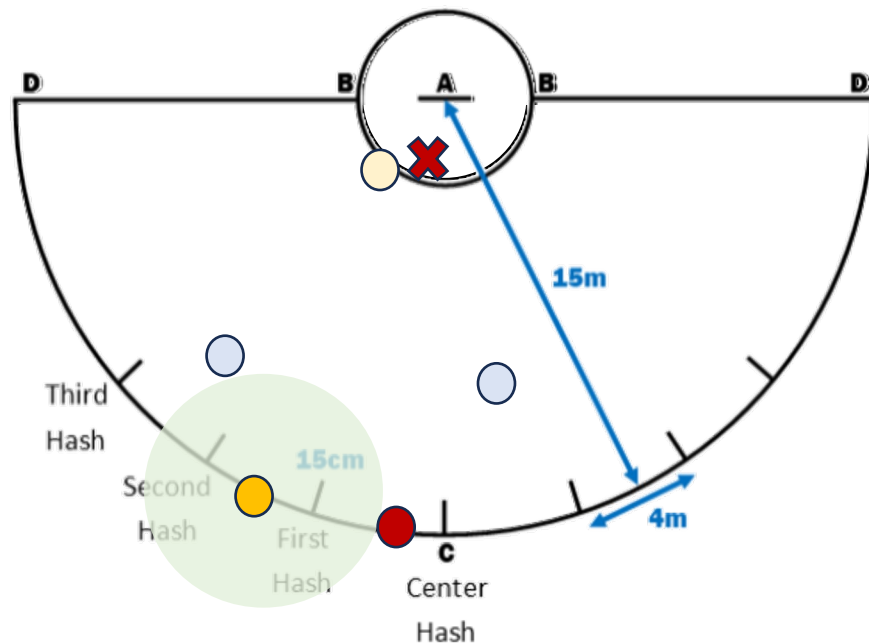
- ✗ – spot of foul by GK
- – spot of attacker fouled
- – spot of ball on set-up
- – GK remains in Goal-Circle, no one goes to the side to serve
- – others on set-up
- – area to clear (4m)

Please note that this slide was amended on Feb. 11, 2024

The Goal-Circle below the GLE is **not** considered part the Marking Area. Set-up on nearest dot.

19.B.9 – Minor Foul by Defender in Goal-Circle Above the GLE

Dot ●

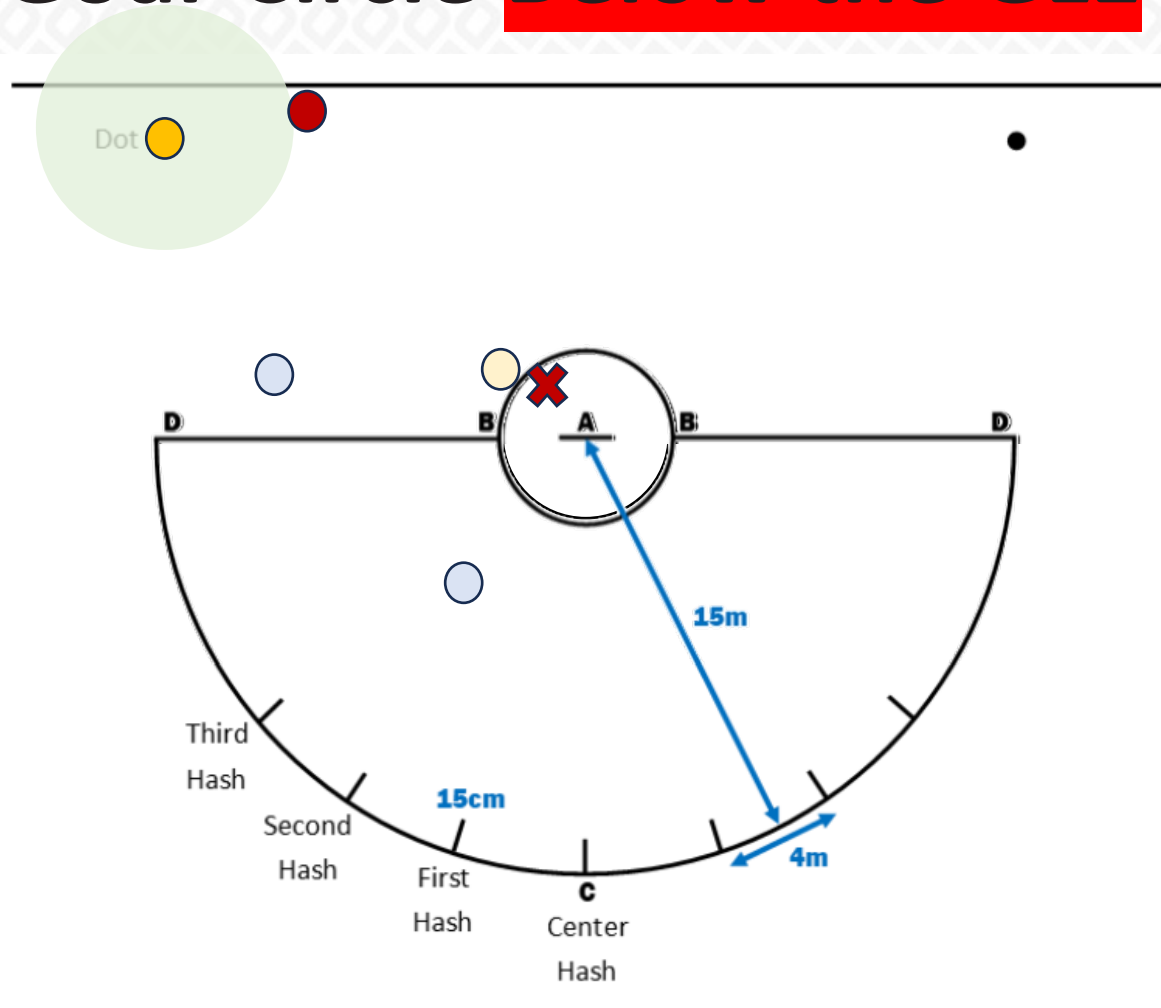


- ✗ – spot of foul/defender or GK
- – spot of player who was fouled
- – spot of ball on set-up
- – player who fouled 4m to the side
- – others on set-up
- – area to clear (4m + MA)

Please note that this slide was added on Feb. 11, 2024

The Goal-Circle above the GLE is considered part the MA. Set-up on the MA line, in-line with the foul.

19.B.8 Guidance – Minor Foul by Defender in Goal-Circle Below the GLE



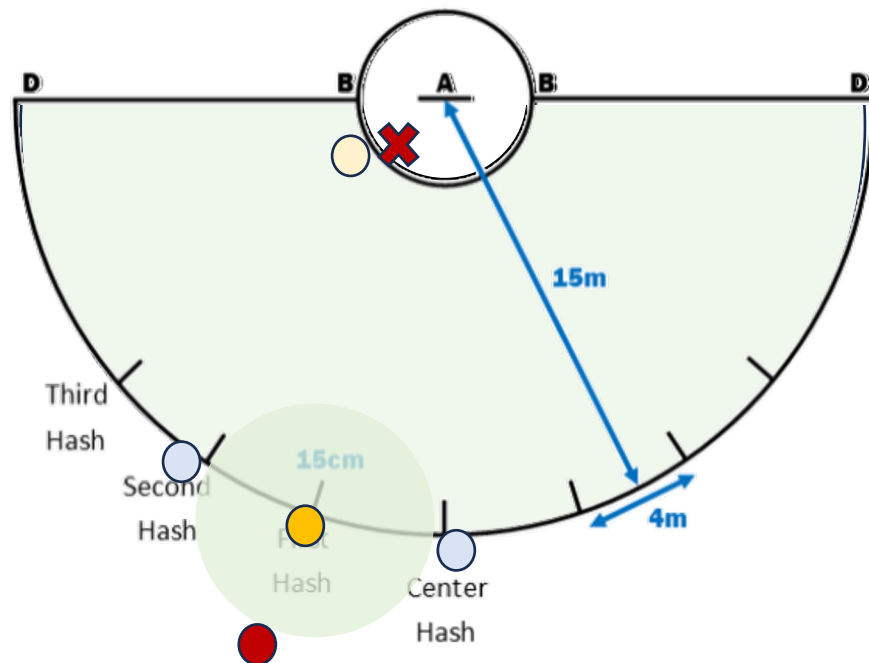
- ✗ – spot of foul/defender
- – spot of player who was fouled
- – spot of ball on set-up
- – spot of offender on set-up, 4m to side relative to the ball
- – others on set-up
- – area to clear (4m)

Please note that this slide was amended on Feb. 11, 2024

The Goal-Circle below the GLE is **not** considered part the Marking Area. Set-up on the nearest dot.

20.B.4 – Major Foul by Defender/GK in Goal-Circle Above the GLE

Dot ●

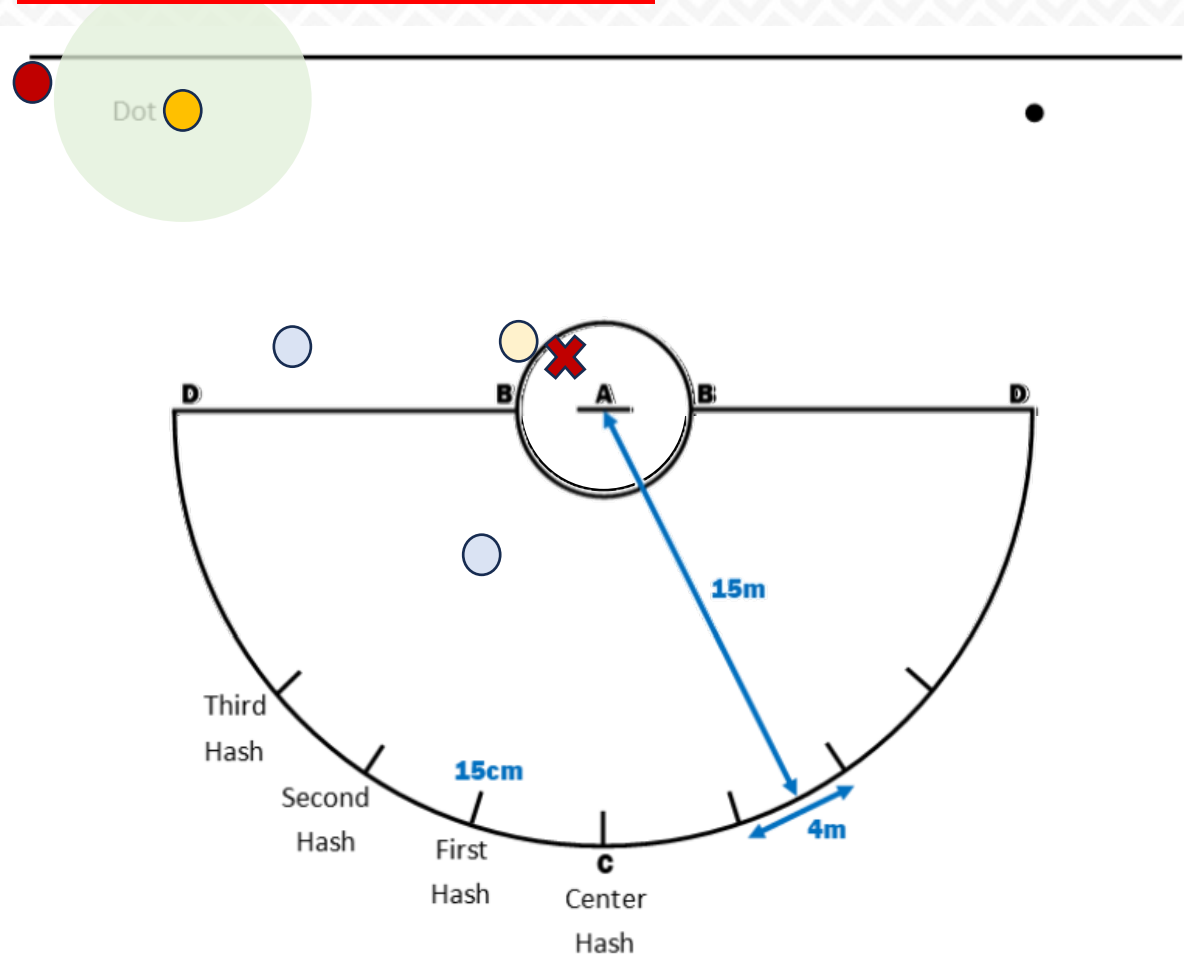


- ✗ – spot of foul/defender or GK
- – spot of player who was fouled
- – spot of ball on set-up
- – player who fouled 4m behind
- – others on set-up
- – area to clear (4m + MA)

Please note that this slide was added on Feb. 11, 2024

The Goal-Circle above the GLE is considered part the MA. Set-up on the MA line, in-line with the foul.

20.B.5 – Major Foul by Defender/GK in Goal-Circle Below the GLE

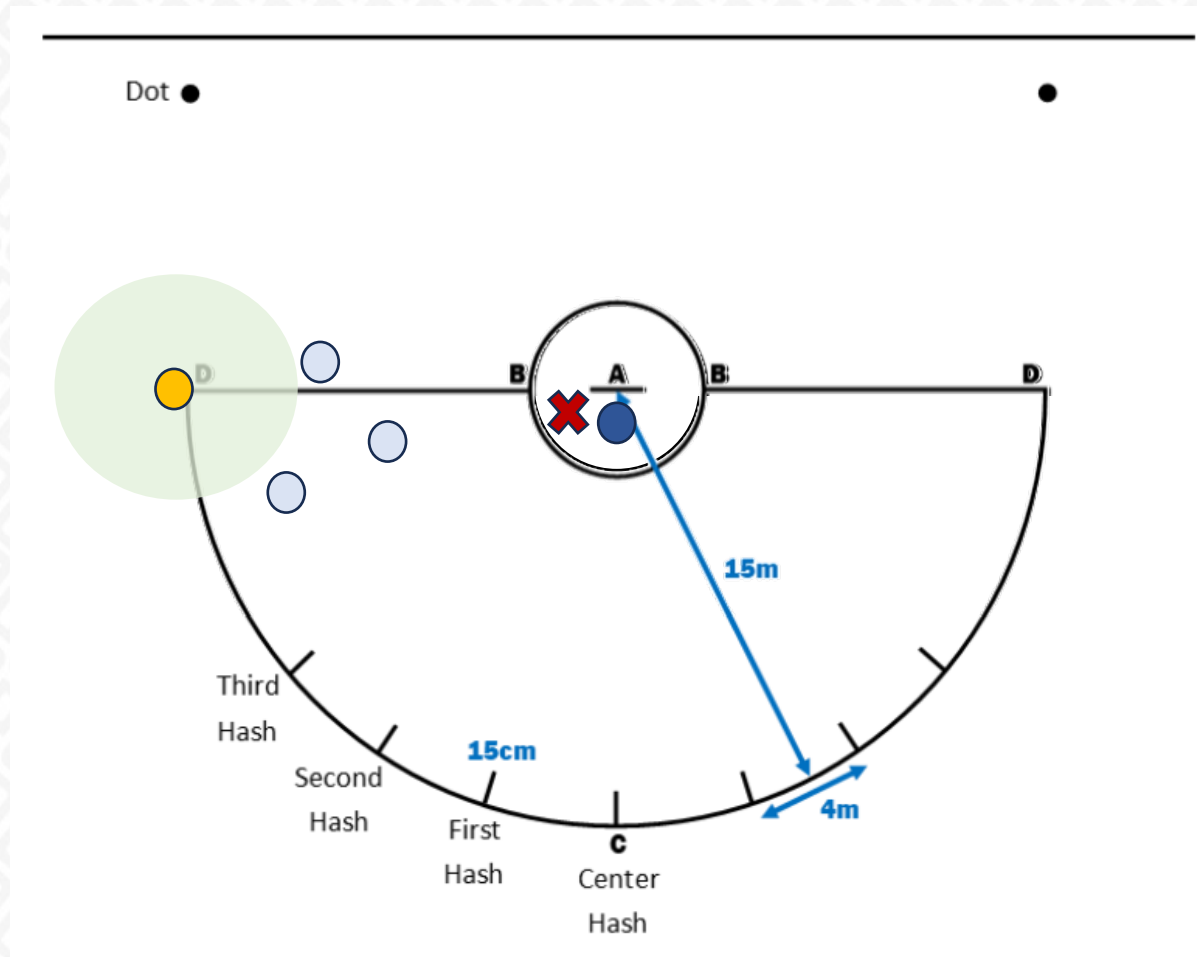


- ✗ – spot of foul/defender or GK
- – spot of player who was fouled
- – spot of ball on set-up
- – spot of offender on set-up, 4m to side relative to the ball
- – others on set-up
- – area to clear (4m)

Please note that this slide was amended on Feb. 11, 2024

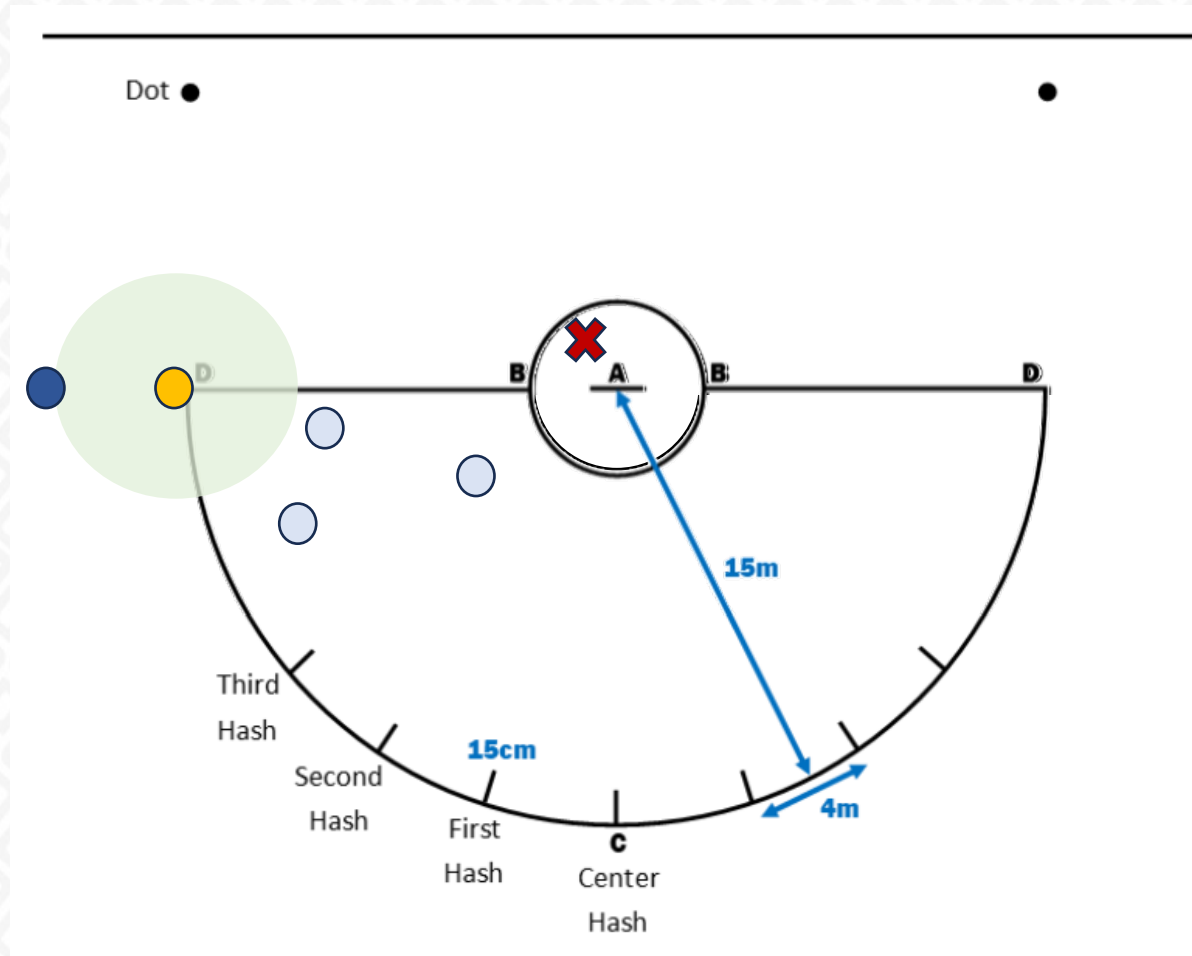
The Goal-Circle below the GLE is **not** considered part the Marking Area. Set-up on the nearest dot.

17.B.3 – Goal-Circle Violation by GK



- ✗ – spot of foul/GK who fouled
- – spot of ball on set-up (with closest attacker to GLE corner)
- – GK remains in Goal-Circle, no one goes to the side to serve
- – others on set-up
- – area to clear (4m)

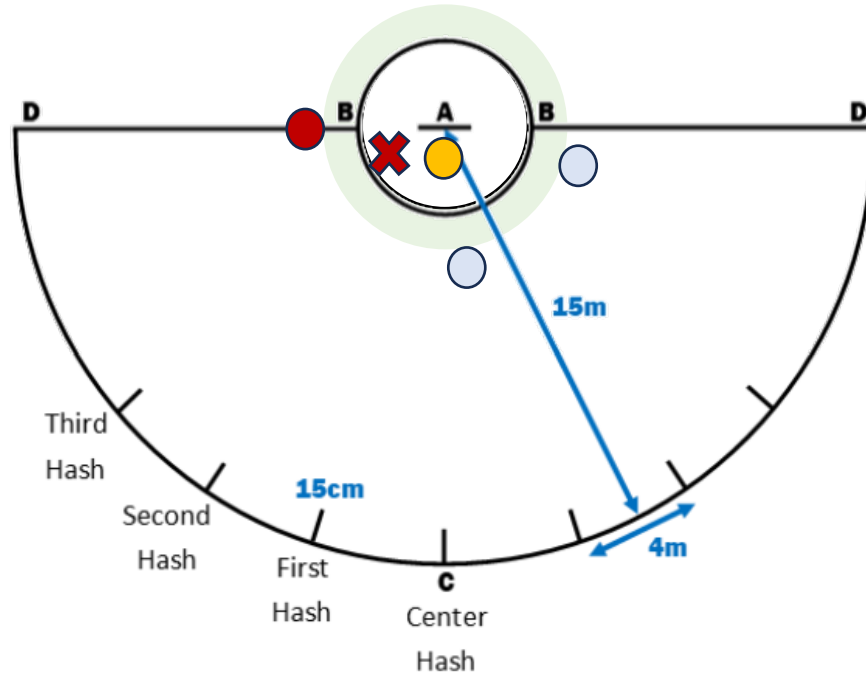
17.B.2 – Goal-Circle Violation by Defense



- ✗ – spot of foul by defense
- – spot of ball on set-up (with closest attacker to GLE corner)
- – Defense who fouled goes 4m behind
- – others on set-up
- – area to clear (4m)

17.B.1 – Goal-Circle Violation by Offense

Dot ●



✗ – spot of foul/attacker

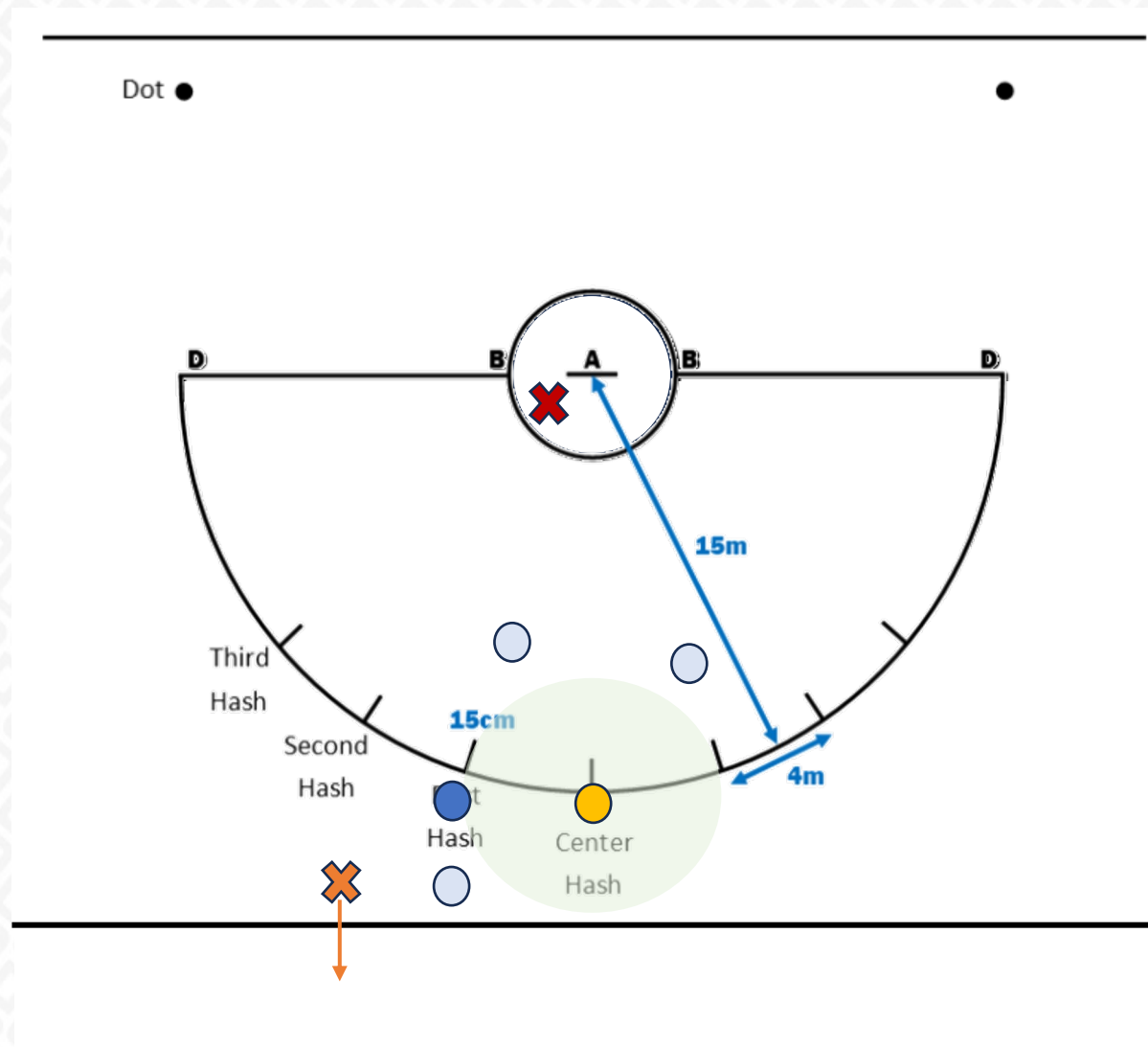
● – spot of ball on set-up (w/ GK)

● – player who fouled 1m to side on GLE

● – others on set-up

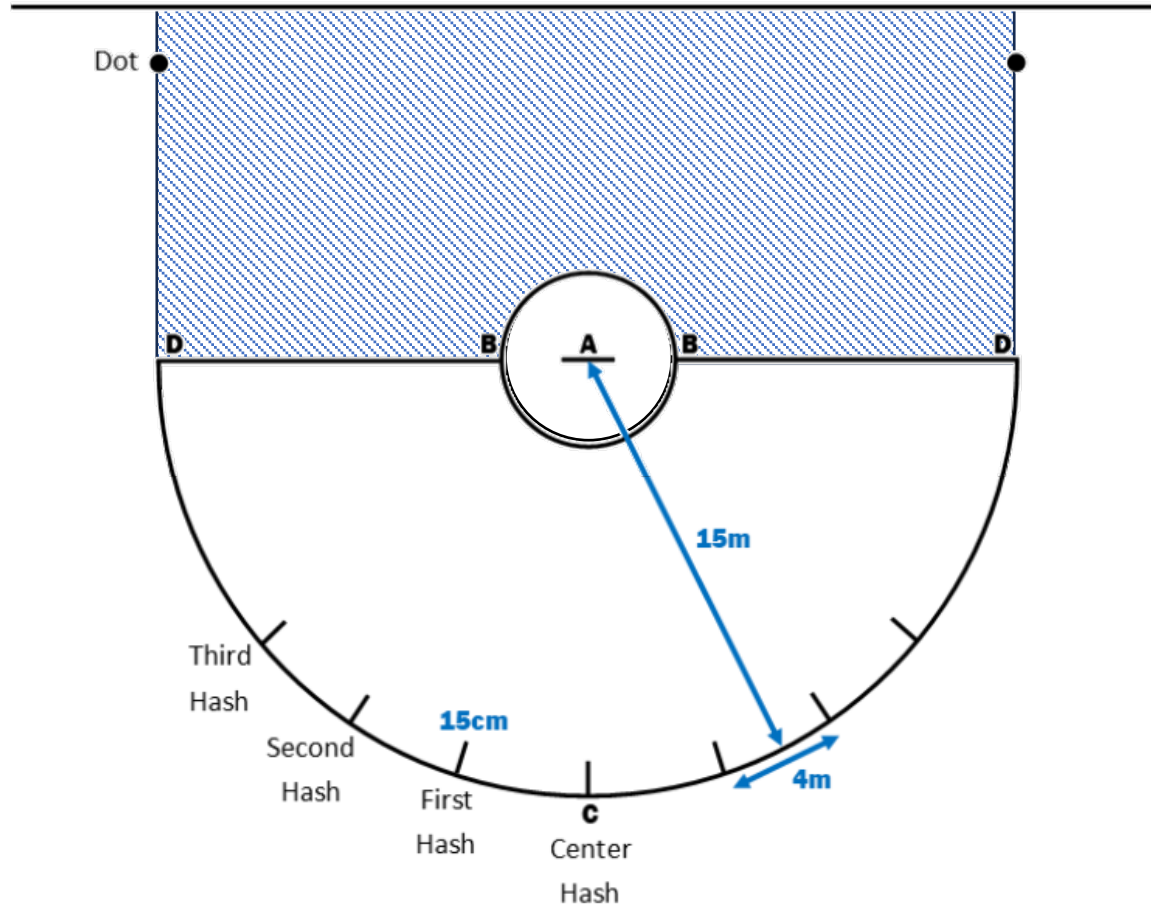
● – area to clear (1m from G-C)

18.B.2 – Restraining Line Foul, Ball is in the G-C



- ✗ – correct the player who is offside
- ✗ – spot of ball at whistle
- – ball is given to the player closest to Center Hash on non-offending team
- – nearest opponent to Centre Hash serves 4m to side of ball
- – others on set-up
- – area to clear (4m)

Foul Set-Ups: Foul Occurs in the AFA Below GLE



This section reviews penalty administration for the following fouls *when they occur in the AFA below GLE*:

- Minor Foul (19.B.8*)
- Major Foul (20.B.5)
- Major Foul (Flag below GLE, no 2nd foul) (20.B.5)
- Major Foul (Flag w/ subsequent foul above GLE) (20.B.4.b)

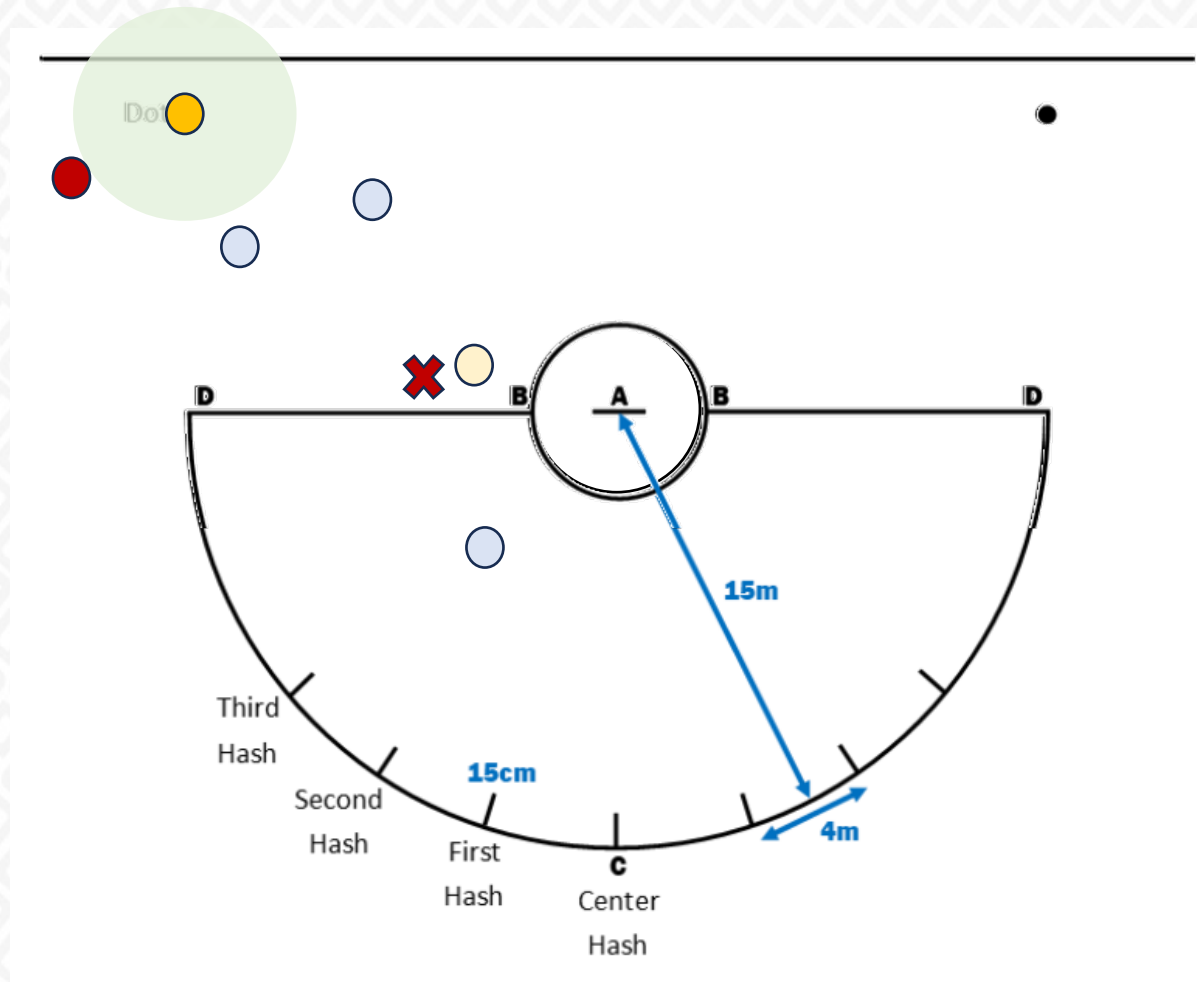
and...

- Restraining Line Violations *when the ball is below the GLE in the AFA* (18.B.2)

There is no Self-Start on fouls that occur in the AFA (13.A.9.h).

*Rule 19.B.8 Guidance requires editorial correction. Rule reference should be “at the dot as described in Rule 1.[7].1.”

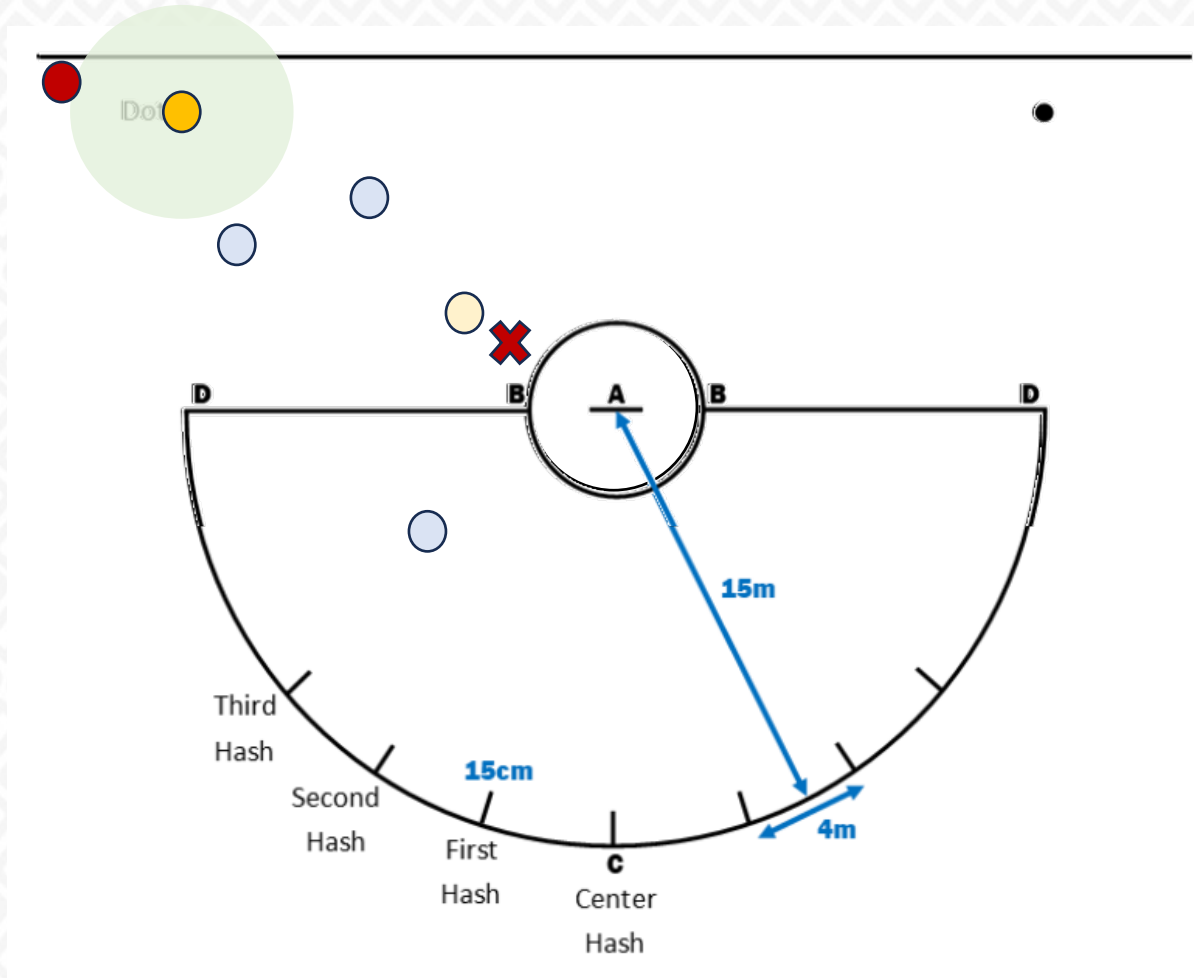
19.B.8* – Minor Foul by Defender Below GLE in AFA



- ✗ – spot of foul/offender
- – spot of the attacker fouled
- – spot of ball on set-up
- – spot of offender on set-up, 4m to side relative to the ball
- – others on set-up
- – area to clear (4m)

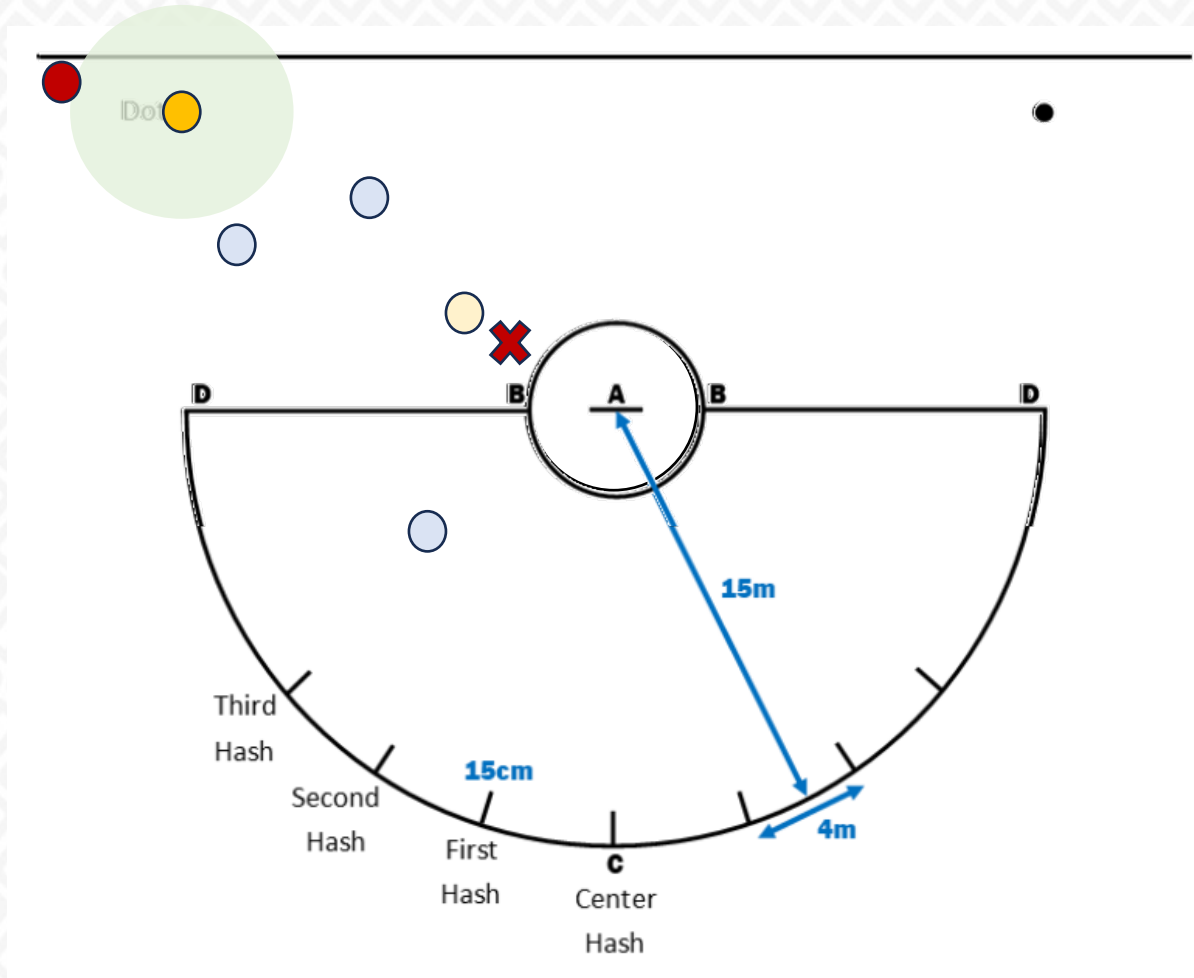
*Rule 19.B.8 Guidance requires editorial correction. Rule reference should be “at the dot as described in Rule 1.[7].1.”

20.B.5 – Major Foul by Defender Below GLE in AFA



- ✗ – spot of foul/offender
- – spot of the attacker fouled
- – spot of ball on set-up
- – spot of offender on set-up
- – others on set-up
- – area to clear (4m)

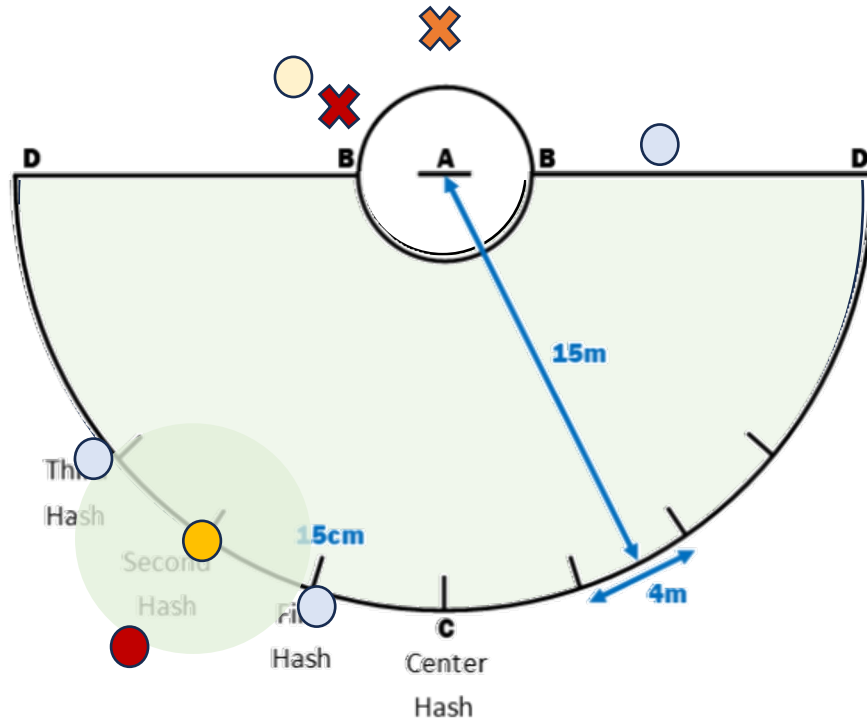
21.B.2.b – Major Foul (Flag) Below GLE in AFA



- ✗ – spot of foul/offender
- – spot of the attacker fouled
- – spot of ball on set-up
- – spot of offender on set-up
- – others on set-up
- – area to clear (4m)

21.B.4.b – Major Foul (Flag + 2nd Foul) Below GLE in AFA

Dot ●



✗ – spot of 1st foul/offender

✗ – spot of 2nd foul/offender*

● – spot of the attacker fouled

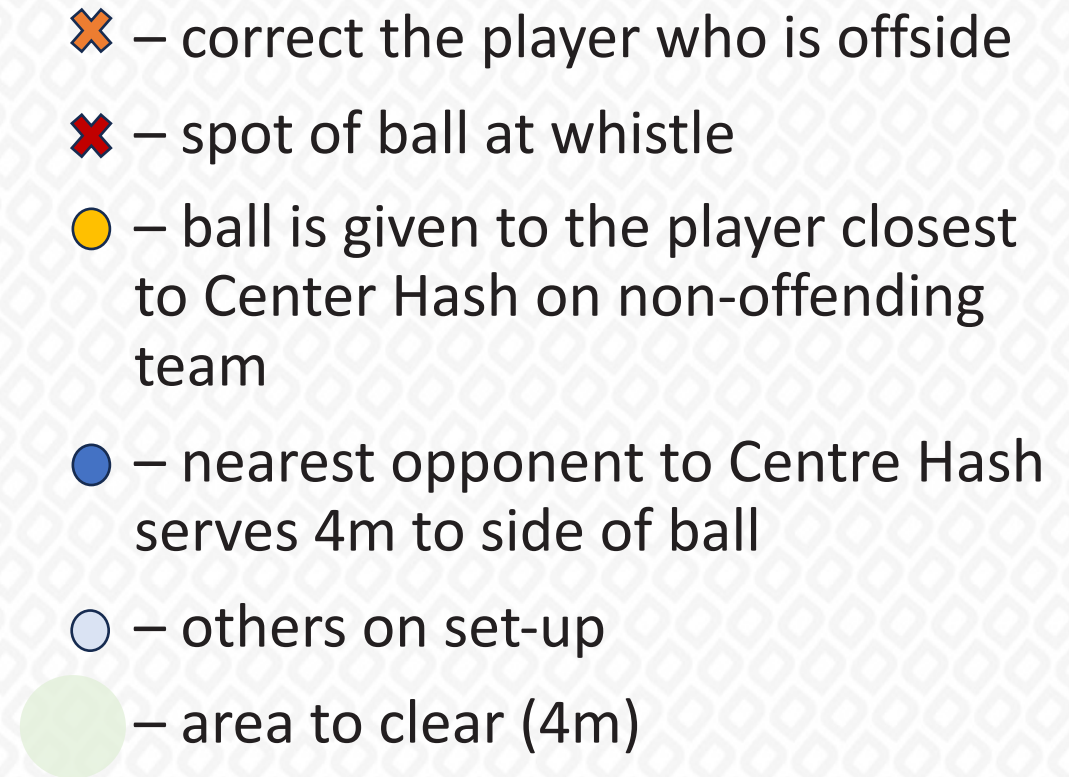
● – spot of ball on set-up

● – spot of offender on set-up

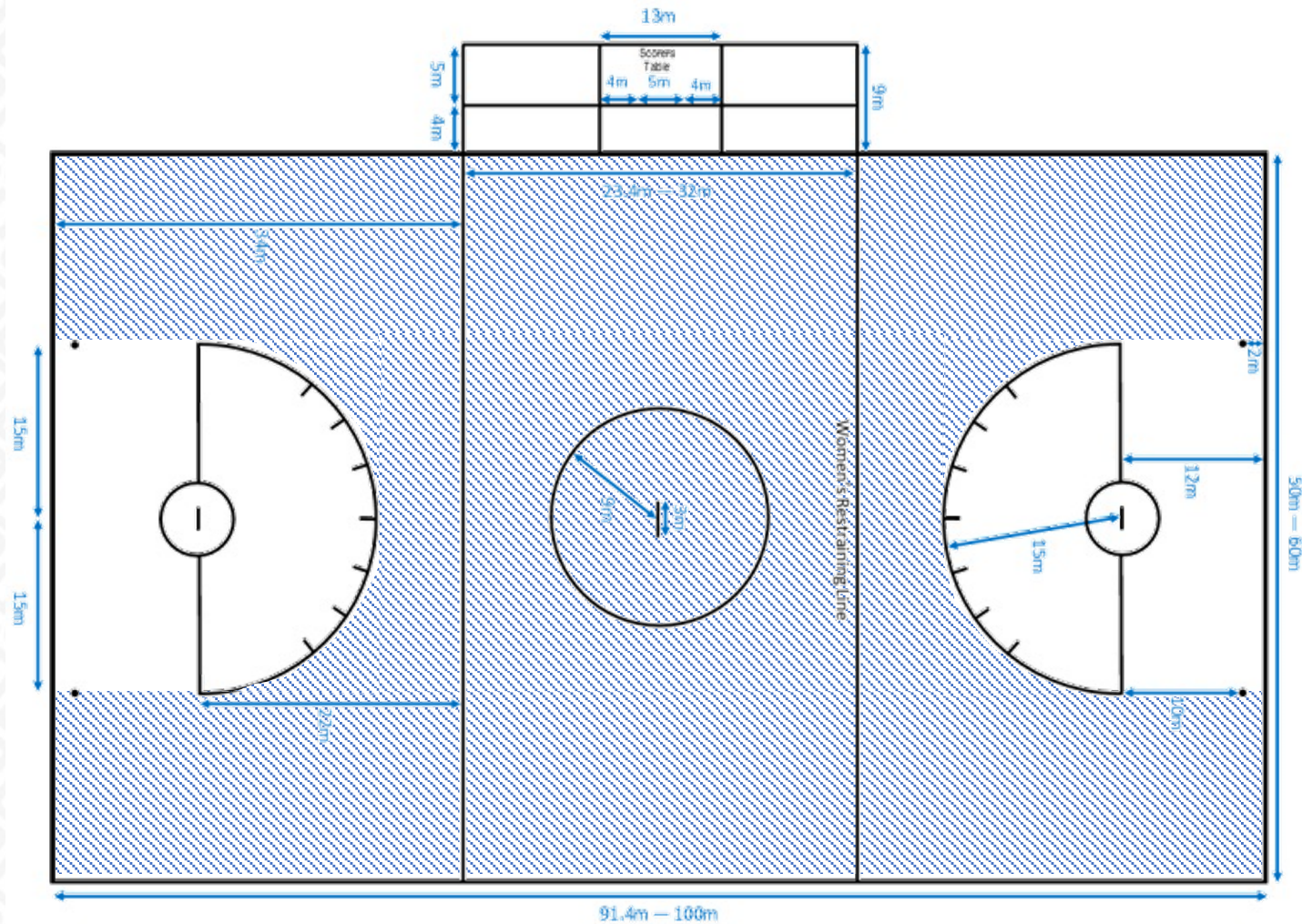
● – others on set-up

● – area to clear (4m + MA)

**Penalize the subsequent foul,
which guarantees a hash mark*



Foul Set-Ups: Fouls in the Midfield



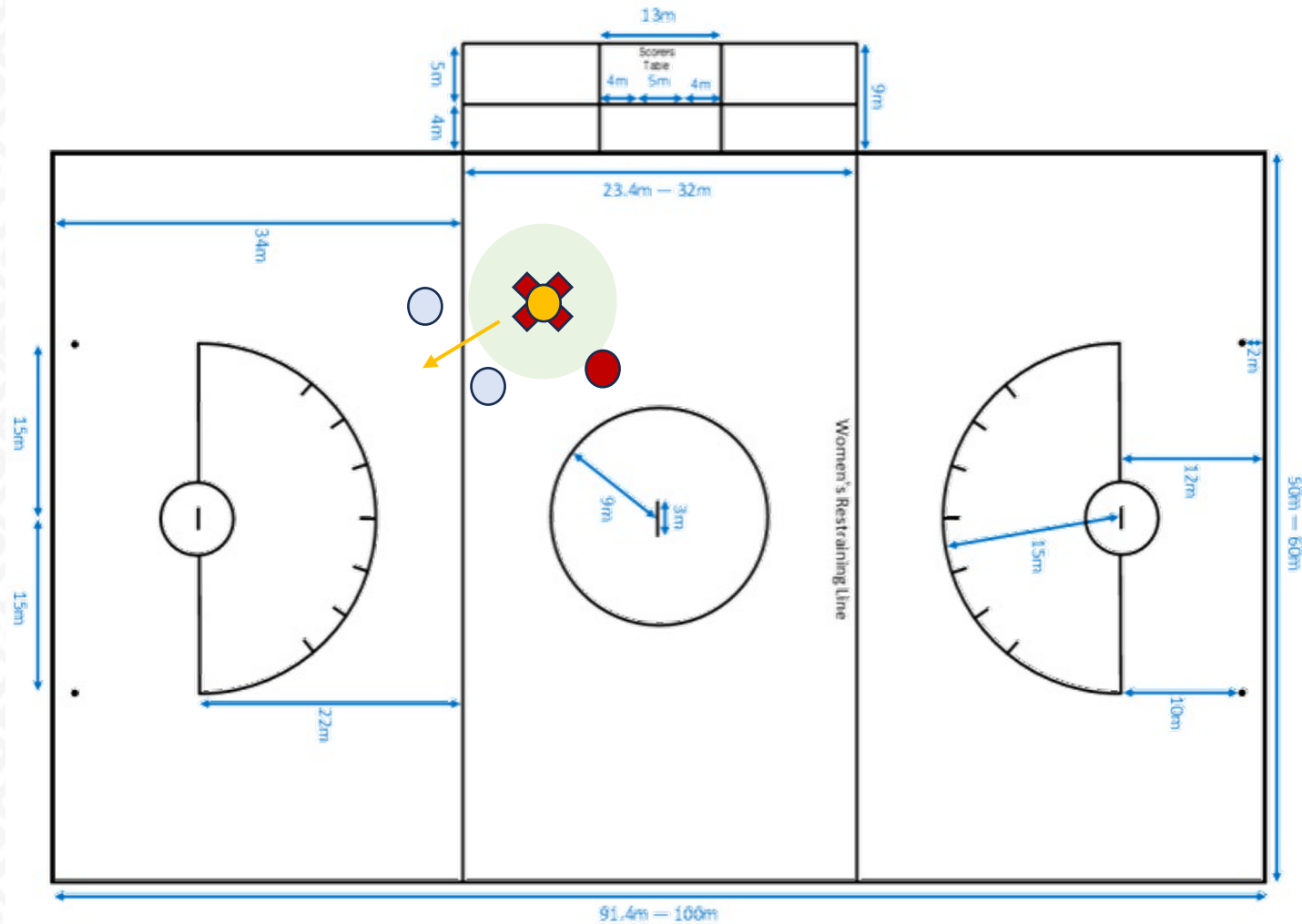
This section reviews penalty administration for the following fouls *when they occur in the midfield.*

Please note there are some exceptions.

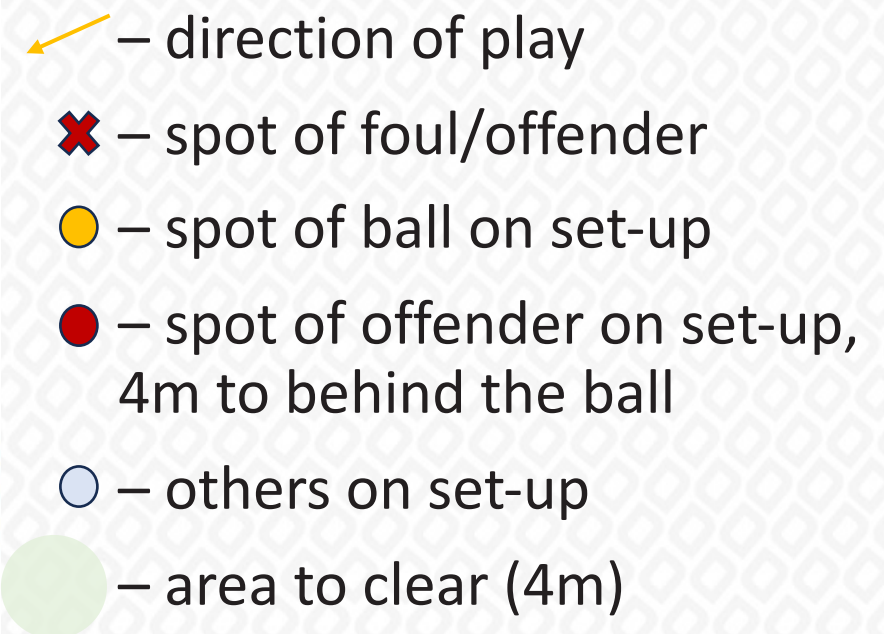
- Minor (19.B.8)
 - Major (20.B.3)
- and...
- Restraining Line Violations *when the ball is in the midfield* (18.B.3)

Self-Start as permitted by Rule 13.A.9 only.

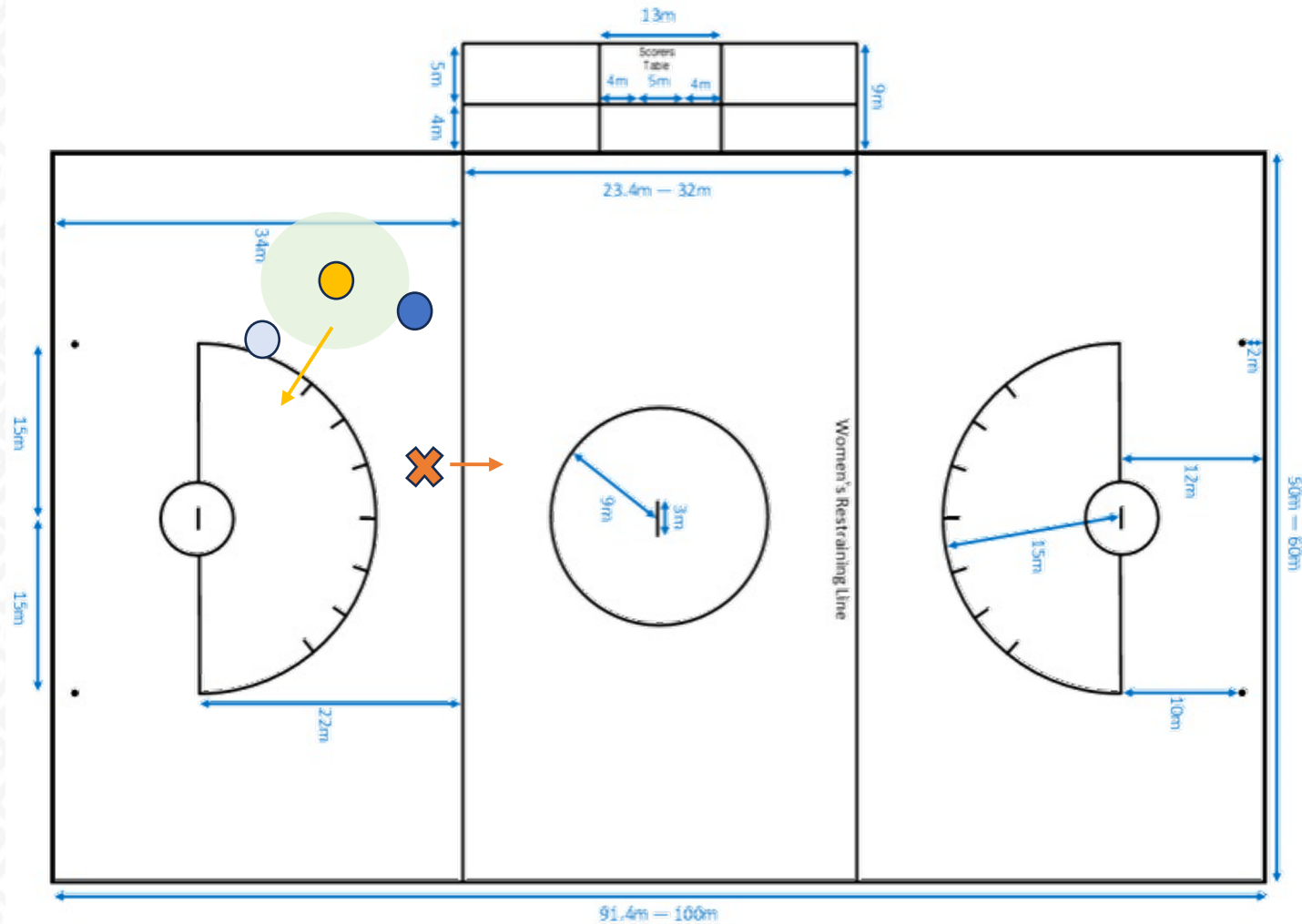
20.B.3 – Minor Fouls in the Midfield



- direction of play
- ✕ – spot of foul/offender
- – spot of ball on set-up
- – spot of offender on set-up, 4m to side relative to the ball
- – others on set-up
- – area to clear (4m)



18.B.3 – Restraining Line Foul, Ball in Midfield



- direction of play
- ✗ – correct the player who is offside
- – spot of ball at whistle = foul set-up
- – nearest opponent to ball serves foul 4m to side of ball
- – others on set-up
- – area to clear (4m)