



**2025-2026
WOMEN'S FIELD LACROSSE
OFFICIAL PLAYING RULES
VERSION 1.1 // JANUARY 2025**

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AUTHORITY AND IMPLEMENTATION

The official Rules of Women’s Field Lacrosse have been endorsed by the Rules Committee of World Lacrosse pursuant to the authority granted to it by the Board of Directors of World Lacrosse and have been approved by the World Lacrosse Members.

The official Rules of Women’s Field Lacrosse apply to all World Lacrosse competitions and qualifications thereto and to all other international games as established and defined by World Lacrosse, in each case from and after January 1, 2025. Each National Governing Body may determine its own date of implementation of the Rules at the national level and may vary the Women’s Rules based on its specific needs. When doing so, World Lacrosse encourages National Governing Bodies to consider the safety of the Players and the integrity of the game when making these decisions.

In the event of any conflict between the official English-language version of the Rules of Women’s Field Lacrosse (as published by World Lacrosse) and any other version or translation of the same, the official English-language version of the Rules for Women’s Field Lacrosse Rules as published by World Lacrosse shall govern and apply. Should a National Governing Body vary the rules for their own internal purposes, all interpretations shall be the responsibility of that National Governing Body and will not apply to these rules.

All participants in any game to which these Rules apply will be expected to have read these Rules in their entirety and will be required to comply fully with them. Individual Players shall ensure that their equipment does not constitute a danger to themselves, or to others by virtue of its quality, materials or design, and World Lacrosse expressly disclaims any liability for any loss, cost or other damage that may arise or otherwise result from any defect in any equipment or from any failure by any participant to abide by these Rules.

All in-game interpretations of the Rules, and all decisions regarding the same, will be made exclusively by the applicable game officials.

Availability and Inquiries

A copy of these Rules is available on the World Lacrosse website at:

<https://worldlacrosse.sport/the-game/playing-rules/>

Please direct any inquiries, suggestions, or questions regarding the Women's Rules to the individual in charge of rules at your National Governing Body, with an electronic copy of the same to the World Lacrosse Chair of Rules at RulesChair@worldlacrosse.sport.

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SUMMARY OF CHANGES

The following rule changes were approved by postal vote of the Full Members of World Lacrosse in December 2024 and shall take effect January 1, 2025.

To reference all editorial and decided by vote of the World Lacrosse membership changes to the rules, [click here](#).

The approved rule changes have been highlighted in the Rules as shown below:

Rule 1.0 Rule text that has been added or changed.

Where a rule has been deleted, the rule number shall be retained, shaded and shown as follows:

Rule 1.0 Deleted World Lacrosse January 2025.

Where a rule has additional guidance provided it is in *blue italicized font* and shown as follows:

↻ *This ruling does not apply to medical sleeves.*

Note on Editorial Changes:

Many editorial changes intended for consistency, consolidation, reorganization, and clarity are included throughout these Rules but have not been called out.

RULE 1 FIELD MARKINGS

A GENERAL

- 1.A.1** All field line marking measurements are to be measured center to center.
- 1.A.2** The playing area will be marked with a solid lined rectangular boundary, 91.4m to 100m long between end-lines, and 50m to 60m wide between side-lines. Four cones may be used to mark the corners of the field. (*Diagram 1*) All field lines will be marked 5cm to 10cm wide. It is recommended that all lines be painted white. No unauthorized marks or lines may be added to the field.
- 1.A.3** A playing area of 100m x 50m to 60m will be used for World Lacrosse events. (*Diagram 1*)
- 1.A.4** The playing area must be flat and free of stones, glass, and protruding objects. There must be at least 4m of field beyond side-lines and end-lines clear of natural or artificial objects, such as trees, bushes, athletic tracks, fences, spectators, or stands.
- *Spectators must stay back at least 4m from the sidelines and are not allowed directly behind the team benches or score table.*
 - *No spectators are allowed behind the end-lines unless permanent seating, with protection from flying balls, is available.*
- 1.A.5** A goal-line and a Goal-Line-Extended (GLE) will be measured from the center point of the field width and 12m from the end-lines and parallel to the end-lines. The goal-line will measure 1.83m in length and must be marked 5cm wide, (plus or minus <>5mm). The GLE will be measured 15m from the center point of the goal-line and marked from 3m to 15m. (*Diagram 1, Rule 2*)
- 1.A.6** A 15m Marking Area (MA) semi-circle, will be measured from the center point of the goal-line and marked with a 15m radius to each GLE. (*Diagram 1, Diagram 2, Diagram 7*)
- 1.A.7** An 11m Marking Area (MA) will be measured from the center point of the goal-line and marked with an 11m radius towards each GLE. A line is marked from the point where GLE meets the goal-circle, at a 45° angle to GLE and extends to the 11m radius. The 11m radius ends where it intersects with the 45° line. (*Diagram 1, Diagram 2, Diagram 7*)
- 1.A.7.a** Seven hash marks of 31cm in length marked through the 11m MA, and 4m from the center hash. (*Diagram 2*)
- 1.A.8** Two dots at both ends of the field, will be measured 4m in from the end-line and in line with the point where the 15m MA semi-circle meets the GLE, and marked 15cm in diameter. A Goal-Circle will be measured from the center point of the goal-line and marked with a radius of 3m. (*Diagram 1*)

- 1.A.9** Restraining-Lines will be measured 22m up field from each goal-line and marked across the full width of the field. ([Diagram 1](#))
- 1.A.10** A Center-Line will be measured from the center point of the field and parallel to the Restraining-Lines and marked 3m in length. ([Diagram 1](#))
- 1.A.11** A Center-Circle will be measured from the center point of the field and marked with a 9m radius. ([Diagram 1](#))
- 1.A.12** The *Substitution Area* will be measured 13m from the center point of the field length (6.5m either side of the center point) and 4m parallel to the side-line. ([Diagram 3](#))
- 1.A.13** The *Coach Walk* will be measured 4m parallel to the side-line and extend a fixed 14m from the *Substitution Area* towards the Restraining-Line. ([Diagram 1](#), [Diagram 3](#))
- 1.A.14** A maximum of 4 Coaches are permitted in the *Coach Walk* during play and must move to provide a clear path for on-field officials. ([Diagram 3](#))
- 1.A.15** The Team Bench Area will be measured 5m parallel to the *Coach Walk* and extend from the *Substitution Area* to the Restraining-Line. Players and other Team/Bench Staff (additional to the maximum of 4 permitted in the *Coach Walk*) must remain in the Team Bench Area and cannot enter the *Coach Walk* during play. Players' benches/chairs must be at least 7m from the side-line and 4m from the *Substitution Area*. ([Diagram 3](#))

RULE 2 THE GOALS

A GENERAL

- 2.A.1** A goal cage will be placed in each Goal-Circle.
- 2.A.2** A goal cage consists of two vertical posts/pipes joined at the top by a rigid crossbar. The posts/pipes will be 183cm apart and the top horizontal crossbar will be 183cm from the ground. All measurements are inside measurements. The goal posts/pipes and crossbar will be 5.1cm square or 5.1cm in diameter and must be painted white or orange. ([Diagram 4](#))
- 2.A.3** If a freestanding goal is used, all ground level, side and center back supports must be padded their entire length with material that limits the rebound of the ball.
- 2.A.4** It is not necessary to pad goals with flat or angled ground supports that prevent the ball from rebounding. Supporting braces should not be placed in the corners of the goal, that would prohibit a goal from being scored. ([Diagram 4](#))

- 2.A.5** Mesh cotton or nylon goal netting must not be larger than 4cm diamond. The goal net must be securely attached to the posts/pipes, the crossbar and to a point on the ground 2.1m behind the center of the goal-line. The net should be strung to limit the ball rebounding.
- 2.A.6** Any structure supporting the net behind the goal must allow the goalkeeper and defenders to move freely behind the goal, in the back part of the Goal-Circle.
- 2.A.7** Goal Skirts are permissible ([Diagram 5](#)).

RULE 3 THE CROSSE

A RULES

- 3.A.1** A field Crosse is legal if:
 - 3.A.1.a** It meets the specifications outlined in [APPENDIX H](#);
 - 3.A.1.b** The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, is visible above the top of the entire wooden or plastic sidewall.
 - 3.A.1.c** The ball does not become lodged in any part of the pocket.
 - 3.A.1.c.i** To ensure the ball moves, the official will tilt the Crosse in both directions so that the ball moves from the ball stop to the scoop and out of the Crosse.
 - 3.A.1.c.ii** The ball must not become wedged between the walls, under the guard or under the bridge of a wooden Crosse, or in the ball stop, or under the walls of a plastic/molded head Crosse.
 - 3.A.1.c.iii** The ball must fall out of the pocket of the Crosse when the Crosse is turned upside down.
- 3.A.2** A goalkeeper Crosse is legal if:
 - 3.A.2.a** It meets the specifications outlined in [APPENDIX H](#);
 - 3.A.2.b** The Crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, and more than one half of the ball is visible above the ball stop.
 - 3.A.2.c** The ball does not become lodged in any part of the pocket.

B PENALTIES

- 3.B.1** At any time during play, an official may take a time-out to inspect the pocket of a Crosse.
- 3.B.2** 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.
- 3.B.3** If at any time during play the ball becomes lodged in a field player's Crosse, the Crosse no longer meets specifications. An official will take a 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. ([19.A.3](#))

RULE 4 THE BALL

A GENERAL

- 4.A.1** The ball will be solid, smooth Elastomer and may be any solid color. ([APPENDIX C](#))
- 4.A.2** The ball shall be between 19.69cm and 20.32cm circumference. It shall be between 141.75g and 148.83g in weight, and, when dropped onto a hard wooden floor from a height of 1.83m, shall bounce to a height of between 114.3cm and 124.46cm.
- 4.A.3** The home team supplies the game balls and the ball in use at the end of the game shall become the property of the winning team.

RULE 5 TEAMS

A GENERAL

- 5.A.1** A game is played between two teams.
- 5.A.2** For World Lacrosse events, a roster of **twenty-two (22)** players maximum constitutes a full team. ([APPENDIX C](#))
- 5.A.3** Any number of players up to ten (10) are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper.
- ↻ *If a team chooses to play without a goalkeeper, unprotected field players may enter the Goal-Circle, but must comply fully with Rule 17 Goal-Circle Rules & Penalties.*

RULE 6 UNIFORMS AND EQUIPMENT

A General

- 6.A.1** No equipment, including protective devices, may be used unless it complies with *Rule 6* below, and the officials agree that the equipment is not dangerous to other players.
- 6.A.2** Field players may wear close-fitting gloves, nose guards, or eye guards. Field players are not permitted to wear headgear or face masks.
- 6.A.3** Field players choosing to wear eye guards may only wear eye guards that comply with the safety aspects listed in *Rule 6*, or meet certification requirements of any country, organization or standard.
- ↻ *World Lacrosse does not guarantee the safety of the eye guard to the player wearing them, or other players. World Lacrosse 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 World Lacrosse review or approve the certification process of any country, organization or standards organization.

- 6.A.4** A player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended.
- 6.A.5** All players, including the goalkeeper, must correctly wear a professionally manufactured intra-oral mouthguard that covers all teeth of the upper jaw.
- 6.A.5.a** The mouthguard **may be of any color, including white or colorless (clear).**
- 6.A.5.b** Mouthguards must not be altered to decrease protection and field players must remove protruding tabs.
- 6.A.6** Additional protective devices warranted on genuine medical necessity will be evaluated before the game and may be worn provided the officials 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.
- 6.A.7** Players may wear securely taped medical alert jewelry with information clearly visible and closefitting 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 official 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. (19.A.3)
- 6.A.8** Sweat bands must not be worn to cover illegal jewelry.
- 6.A.9** All field players must be dressed uniformly, with the exception of the goalkeeper. (6.A.14)
- 6.A.10** All visible garments, worn on the field, are considered to be part of the team uniform.
➡ *This ruling does not apply to medical sleeves.*
- 6.A.11** All visible undergarments worn under the uniform shirt must be the same predominant color as the uniform shirt.
- 6.A.12** All visible garments worn under the kilt/skirt/shorts must be the same predominant color as the kilt/skirt/shorts or be one solid dark color.
- 6.A.13** The goalkeeper's shirt/top must be the same color as field players shirt/top and must be worn over their chest-pad and any shoulder/arm-pads.
- 6.A.14** The kilt/skirt/shirt/shorts/bottom of the goalkeeper uniform must be the same predominant color of player's kilt/skirt/shorts or be a solid dark color.

- 6.A.15** All players and goalkeeper's uniform shirt must be numbered with identical fonts, 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.
- 6.A.16** If a team wears a patterned shirt, the numbers must be superimposed on a solid, clearly contrasting color block background.
- 6.A.17** 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. Numbers must be a solid block font. ([APPENDIX C](#))
- 6.A.18** For World Lacrosse Tournaments, numbers 1 to 98 only are permitted on team shirts. ([APPENDIX C](#))
- 6.A.19** Players may wear shoes with plastic, metal, leather, or rubber cleats/studs. Spikes (athletics) are not permitted. Regardless of their composition, the exposed surface of all studs/cleats must be smooth. Players may also wear flat soled shoes.

GOALKEEPERS

- 6.A.20** The goalkeeper must wear a chest or body pad, a helmet designed for field lacrosse 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/collar may be worn.
- 6.A.21** The goalkeeper must wear padded gloves and may wear shoulder/arm pads and shin guards (soccer/football style), compression shorts or football pants (American football) that conform to the body. Compression shorts or football pants may be worn with or without pads designed for the pants as designed by the manufacturer. Hard plastic pieces on goalkeeper gloves are permissible if included by design of the manufacturer.
☞ *Thumb protectors, if attached during the manufacturing process, are legal/allowed.*
- 6.A.22** All padding must fit securely and not increase the width of the goalkeeper's body beyond the thickness of the padding.
- 6.A.23** A goalkeeper may wear a shatter resistant clear or tinted visor securely attached to their helmet.
- 6.A.24** The maximum thickness of padding is 3cm. Padded gloves must be tied securely at the cuff and must not have any webbing.

RULE 7 CAPTAINS

A GENERAL

- 7.A.1** Each team will designate one speaking captain for the game. The designated captain may choose to wear a distinctive armband. The designated captain's number will be noted on the official team score sheet.
- 7.A.2** The designated captain:
- 7.A.2.a** Will meet with the head official to call the coin toss for choice of end to defend. The visiting or lower seed team captain will call all coin tosses.
 - 7.A.2.b** While on the field, will be permitted to request a team time-out directly to the official after a goal has been scored.
 - 7.A.2.c** May approach the officials for clarification of rules during a team time-out, during the break between each quarter, and immediately following the game.

RULE 8 COACHES

A THE COACH, OR THE CAPTAIN IF A COACH IS NOT PRESENT:

- 8.A.1** Will confer with the officials if weather conditions or any other circumstances make the continuation of the game questionable. (12.A.8)
- 8.A.2** May request a rule clarification from the officials during the break between each quarter and immediately following the game, but not during a team time-out.
- 8.A.3** May request a team time-out through the scorer's table. (12.B.1)
- 8.A.4** Will be responsible for ensuring that their players are properly and legally dressed and equipped according to *Rule 3, Rule 6* and [APPENDIX H](#) and confirm this to the officials prior to the start of the game.

RULE 9 OFFICIALS

A THE OFFICIAL WILL:

- 9.A.1** Enforce the rules in accordance with the procedures and guidelines set forth by World Lacrosse. The officials are solely responsible for judging safe and fair play, and the officials' decisions are final and without appeal.
- 9.A.2** Be in charge of a game 35 minutes prior to the start of the game.
- 9.A.3** Prior to the game, inspect the playing surface, goals, and the ball.

- 9.A.4 Agree on the safety of protective equipment required on genuine medical necessity. (6.A.1, 6.A.2, 6.A.6)
- 9.A.5 Ensure that the scorer and timer understand their responsibilities.
- 9.A.6 The head official will conduct all coin tosses with the captains. (7.A.2.a)
- 9.A.7 Agree with the captains and/or coaches on the length of playing time and quarters.
- 9.A.8 Confer with the captains and/or coaches if weather conditions or any other extenuating circumstances make the continuation of the game questionable. If a game must be interrupted or suspended, the official's decision is final. (12.A.8)
- 9.A.9 Officiate the game in accordance with the World Lacrosse Women's rules.
- 9.A.10 Report goals and player warnings or suspensions to the scorer.
- 9.A.11 Be available to clarify rules for the captains during a team time-out and for captains and coaches during quarter breaks and immediately following the game.
- 9.A.12 Make the game approved/certified by signing the team score sheet.

RULE 10 SCORERS AND TIMERS

A THE SCORER WILL:

- 10.A.1 Record the team rosters, names, and shirt numbers, of both teams on the team score sheet 20 minutes prior to the start of the game.
- 10.A.2 Keep an accurate record of the goals scored and team time-outs and display an accurate score for all participants.
- 10.A.3 Record all warning and suspension cards, the time on the game clock when the player is suspended and the time the player or their substitute may re-enter the game.
- 10.A.4 Inform the carded player and their coach at what time the penalty suspension will expire. (23.B.2)

B THE TIMER WILL:

- 10.B.1 Confirm with the officials the time of each quarter and time between each quarter for the game and overtime, when played.

- 10.B.2** Time the quarters. (12.A.1)
- 10.B.3** Time the break between each quarter. (12.A.2)
- 10.B.4** Start the clock on the official's whistle at the start of each quarter or overtime period.
- 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 and according to self-starts as per *Rule 12.A.6, 12.A.7, 12.A.8, 12.B.1, 12.B.4, and 12.B.5.*
- 10.B.6** Notify the officials and coaches when there are 30 seconds remaining in quarters 1, 2, 3 and 2 minutes remaining in quarter 4.
- ☞ *When play is stopped 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.*
- 10.B.7** Time the 90 seconds team time-out and notify the officials and coaches when there are 30 seconds remaining. (12.B.2)
- 10.B.8** Verbally count down the last 10 seconds of each period to the nearest official and sound the horn when time has expired. This is not required when a visible clock is used.
- ☞ *The horn will indicate the end of time. When a horn is not available, the field official's whistle (three short blasts) shall indicate the end of time. (12.A.5)*
- 10.B.9** Notify the officials and coaches when 1 minute remains during each break. (12.B.2, 19.A.13.b.)
- 10.B.10** Time the recovery time allowed for an injured player.
- 10.B.10.a** A field player is allowed up to 2 minutes recovery time. (12.B.3)
- 10.B.10.b** The goalkeeper is allowed up to 5 minutes recovery time. (12.B.3)
- 10.B.11** Time the penalty suspensions:
- 10.B.11.a** Yellow card - 2 minutes before the suspended player or a substitute may enter the game following a yellow card.
- 10.B.11.b** Yellow/red card - 5 minutes before a substitute may enter the game following a yellow/red card shown together.
- 10.B.11.c** Red card - 10 minutes before a substitute may enter the game following a straight red card.
- 10.B.12** Inform the nearest official if a suspended player or a substitute re-enters the game before the timed penalty suspension expires. The player or their team must re-serve the penalty suspension. (23.B.6)

10.B.13 Inform the officials if a penalty suspension will carry over into the next quarter or overtime.

RULE 11 SCORING

11.A.13 Disallow a goalkeeper goal – Deleted World Lacrosse Rules Assembly, January 2025.

A GOAL SCORING

11.A.1 The team scoring the greater number of goals wins. If the scores are equal at the end of regulation time, the result is a tie. When a winner must be determined, overtime procedures must be followed. (12.C.1)

11.A.2 A goal is scored when the whole ball passes completely over the goal-line, between the goal posts and under the crossbar from above the GLE, the ball having been shot or propelled from an attack player's legal Crosse, or from a defensive player's Crosse or body.

B A GOAL IS NOT SCORED WHEN:

11.B.1 The ball enters the goal after the official's whistle is blown or the horn has sounded.

11.B.1.a Exception: Shooting Space Exception. (20.B.7.a)

11.B.2 The ball is put in the goal by a non-player. (16.A.3.a)

11.B.3 The ball comes off the person/body of an attack player.

11.B.4 The attack shooter steps on or over the Goal-Circle line, before the ball crosses the goal-line, or if any other attack player enters the Goal-Circle.

11.B.5 The attack interferes with the goalkeeper or their Crosse when the goalkeeper is in their Goal-Circle.

11.B.6 The official rules a shot or follow-through as dangerous. (20.A.6, 20.A.8)

➡ *If a goalkeeper moves into the path of the Crosse/follow-through after the ball has been initiated by the shooter, this is not a foul and if a goal is scored, the goal will count. (20.A.6)*

11.B.7 The ball enters the goal while the attacking team has an illegal player on the field. (14.B.2.a)

11.B.8 The ball enters the goal from an attack player's illegal Crosse. (19.A.3.c)

11.B.9 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.3.e)

11.B.10 The player who shot the goal, or any teammate, adjusts the players Crosse in any way before dropping the Crosse or handing it to the official. (19.A.3.e)

11.B.11 The ball enters the goal when the attacking team is Offside. (18.B.8)

11.B.12 The attack shooter commits a foul in the act of shooting.

11.B.13 The attacking team commits a foul prior to the Ball crossing the goal-line.

↻ *If a player is discovered to be wearing jewelry, or not wearing a mouthguard, immediately after a goal is scored, the goal counts. To resume play, a minor foul Free Position is taken by the opponent at the Center-Line. (19.A.3.b)*

RULE 12 DURATION OF PLAY

A GENERAL

12.A.1 The duration of the game will be four 15-minute quarters.

↻ *For domestic games, the officials and captains/coaches may agree on an alternative length of the quarters.*

12.A.2 Breaks between quarters 1 & 2 and 3 & 4 may not exceed 2 minutes and half time may not exceed 10 minutes.

12.A.3 Teams will change ends after quarters 1, 2, and 3.

12.A.4 The official's whistle starts and stops play. The game begins at the sound of the official's whistle at the opening Draw. The game is restarted with a Draw after a goal is scored and following every quarter break. In some instances, play may commence or re-commence with **Alternate Possession**, self-start, a Free Position, or at the spot of the ball on a *Dead Ball* time-out.

12.A.5 The horn will indicate the end of each quarter/overtime period. If no horn is available, the official's whistle indicates the end of each quarter and overtime period.

12.A.6 **Stoppage Time (All Whistles):** The clock is stopped on the officials' whistles within the last 30 seconds of quarter 1, 2, and 3, and the last 2 minutes of quarter 4 and during overtime. The clock is restarted with the official's whistle or when a player legally self-starts according to *Rule 13.A.9.i*.

12.A.7 Play should be continuous, but at the discretion of the official, a time-out may be taken for unusual circumstances including: a broken Crosse, an animal on the field, a lost ball, or a ball that has gone too far out of bounds, an inadvertent whistle, delaying the game (19.A.13), or spectator interference. The officials must also stop play for illness, injuries,

and accidents, to issue warning cards, to inspect a Crosse, and to remove illegal substitutes.

12.A.8 If weather conditions or any other extenuating circumstances make play dangerous, the officials will suspend the game after consultation with the captains/coaches. The officials' decisions are final. (*APPENDIX F*)

12.A.9 A game is considered legal and complete if 80% of the playing time has elapsed. 80% of a 4 x 15-minute game is 48 minutes. If an interrupted game (one in which less than 80% of the game has been played) is continued on the same day, it will be restarted from the point of interruption. A suspended game that is replayed on another day must be replayed from the beginning.

➔ *To accommodate the time constraints of a tournament, a suspended game that is replayed on another day may be restarted from the point of interruption.*

B TIME-OUTS

12.B.1 Each team may request two 90-second time-outs during regulation play.

12.B.1.a Time-outs are not permitted in overtime. Time-outs not used during regulation play cannot be used during overtime.

12.B.1.b A team may request a time-out:

12.B.1.b.i After a goal is scored, or

12.B.1.b.ii When their team is entitled to Possession at the restart of play, following a *Dead Ball*, anywhere on the field outside the Advantage Flag Area (AFA), or

12.B.1.b.iii When in Possession of the ball **outside** the defensive or offensive AFA.

12.B.1.c The coach may request a time-out through the score table, the player who is in Possession or entitled to Possession of the ball may request a time-out directly through a field official. (*7.A.2.b*)

12.B.1.d Successive team time-outs are not allowed.

➔ *Play must resume before a following time-out can be requested.*

12.B.2 The time-out will begin when the official 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 whistle or horn.

12.B.2.a If a time-out was requested following a *Dead Ball* or an out of bounds, any player from the team entitled to Possession may restart with the ball following the time-out.

12.B.2.b If a time-out was requested following a foul, the player who was fouled will start with the ball, or their substitute in the case of injury. The player who committed the minor or major foul will restart according to *Rule 19.B.10* or *20.B.3* following the time-out.

12.B.2.c If a Possession time-out was requested, any player from the team requesting the time-out may restart with the ball following the time-out.

- 12.B.3** An official may call a time-out for player injury, including blood, suspected injury or illness, or as required. An incapacitated field player is allowed up to 2 minutes recovery time, and an incapacitated goalkeeper is allowed up to 5 minutes recovery time.
- 12.B.4** Following an injury time-out the game will be restarted according to *Rule 13.A.8*.
- 12.B.5** Players must be ready to re-start following an injury time-out and teams must have the correct number of players on the field when play resumes. Coaches and bench staff may not enter the pitch during an injury time-out for the purpose of coaching. (*20.A.15.a*)

C OVERTIME

- 12.C.1** When the score is tied at the end of regulation playing time, the sudden victory overtime procedure will be follows:
 - 12.C.1.a** Play will continue after a 2-minute break.
 - 12.C.1.b** At the end of regulation time and during the 2-minute break, the officials will call together the captains of each team at the center of the field. The head official will toss a coin to determine choice of goal to defend; the visiting captain will call the coin toss.
 - 12.C.1.c** All periods of sudden victory overtime will start with a center Draw.
 - 12.C.1.d** In sudden victory overtime, stop clock periods of 4 minutes will be played until the first goal is scored, deciding the winner.
 - 12.C.1.e** The teams will change ends at the end of each 4-minute period.
 - 12.C.1.f** There will be a 2-minute break between each 4-minute sudden victory overtime period.

RULE 13 START AND RESTART OF PLAY

A RULES

- 13.A.1** The game is started with a Draw, in the Center-Circle; At the start of each quarter of the game, at the start of each overtime period, and after each goal.
 - 13.A.1.a** **Exception:** when a Free Position is awarded at the Center-Line. (*14.B.2.a, 19.B.1, 19.B.4, 19.B.14.b, 21.B.5, 21.B.6, 23.B.11.d*)
- 13.A.2** Players must be ready to start the game 30 seconds after a goal has been scored.
- 13.A.3** A maximum of three players from each team may be in the *Midfield Area* during the center Draw. Players cannot cross from behind the Restraining-Line to enter the *Midfield Area* after the official signals the Draw is set with “READY” (audible).
 - 13.A.3.a** If a team only has two players between the Restraining-Lines, a third may enter from the Substitution Area at any time.

13.A.3.b The players not taking the Draw must not enter the Center-Circle until the whistle has been blown to start play.

➤ *This rule applies when a player or their team gains a clear advantage because of the violation.*

13.A.4 All other players, including each team's goalkeeper, must be in their *Attacking Area/Defending Area*, and must not cross the Restraining-Line until Possession has been gained or the ball crosses over the Restraining-Line, as indicated by the official's signal and verbal 'POSSESSION!' or "Free Ball!". Prior to the Possession call, players in the *Attacking Area/Defending Area* may reach over the line with their Crosses to play the ball, as long as no part of a player's body is on or over the line.

➤ *When the game starts or restarts with a Free Position or Alternate Possession at the Center-Line, the Restraining-Lines are "unlocked" and all players must move 4m away.*

13.A.5 To set the Draw:

13.A.5.a Two opponents stand at the center of the Center-Circle with one foot *Toeing the Center-Line*. Their Crosses are held in the air above hip level, parallel to and above the Center-Line.

13.A.5.b The Crosses will be held back-to-back, the right sidewall is down, so that each player's Crosse is between the ball and the goal they are defending.

➤ *The right sidewall of a molded Crosse head refers to the right side of the Crosse when a player holds the Crosse vertically with the open pocket facing them. The right sidewall of a wooden Crosse is the wooden side.*

13.A.5.c Both the head and shaft must lie along the vertical plane of the Center-Line.

13.A.5.d The hand at the bottom of the player's shaft cannot be higher than the hand at the top of the shaft.

13.A.5.e The butt end of the shaft cannot be lower than 30° from being parallel with the ground.

13.A.5.f A player's top hand must not contact the throat, the pocket or the sidewall of their Crosse. (19.A.1.a)

13.A.5.g To Draw, the official places the ball between the Crosses in the upper one-half of the head near the widest part of the heads.

13.A.5.h Once the Crosses are set, the official says, "READY" before moving backwards out of the Center-Circle. At the word "READY", players taking the Draw must remain motionless (except for moving their heads) until the whistle sounds.

13.A.5.i At the official's whistle, both players must immediately draw their Crosses up and away from one another.

13.A.5.j The flight of the ball must go higher than the heads of both players taking the Draw.

13.A.6 If both players draw illegally, or it cannot be determined why the Draw was illegal, or an official determines that the Draw was unsuccessful because it was not set correctly, the official will reset the Draw.

13.A.7 To restart the game after a time-out, play will resume at the spot of the ball when the time-out was called and with the same player in Possession of the ball.

- 13.A.8** If the game must be stopped because of an accident, injury, illness, interference, inadvertent whistle, or any other circumstance related or unrelated to the ball, the game will be restarted in one of three ways:
- 13.A.8.a** If a foul occurred, a Free Position will be awarded at a spot determined by the official in accordance with the rules. Play must not resume within the **11m MA** or within the *AFA* below GLE.
 - 13.A.8.b** If a foul did not occur, the ball will be awarded to the player who was in Possession of the ball when play was stopped, and outside of the **11m MA** or within the *AFA* below GLE. The opponent must give the ball carrier at least 1m of clear space with their Crosse and feet.
 - 13.A.8.c** If neither team had Possession of the ball when play was stopped, **Alternate Possession will apply. (Rule 16)**

SELF-START

- 13.A.9** Following a whistle for a major or minor foul outside the *AFA*, the player who is awarded the Free Position may continue to play when both their feet are stationary on the ground and the ball is in their Crosse, without waiting for an additional whistle, other than as in *Rule 13.A.9.i*.
- 13.A.9.a** 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 official. Any other player/s within 4m must move 4m away from the foul indicated by the official. All other players may move.
 - 13.A.9.b** If the player who has been awarded the Free Position chooses to self-start, the defensive players may play them immediately following their self-start.
- ☞ *A player has self-started when that player passes the ball, takes a step, or starts to run from their starting position. Cradling the ball, while remaining in place, is not considered a self-start.*
- ☞ *The offending player must continue to move 4m to the side or behind until the ball carrier has self-started. The intention is not to delay the self-start by moving players, it is the ball carrier's decision to self-start even if someone is very close.*
- 13.A.9.c** The option to self-start is administered at the spot of the foul. However, if the ball is within playing distance (a Crosse and a half-length away - approx. 2m) from the player who is awarded the Free Position, they may pick up the ball and self-start.
 - 13.A.9.d** 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 to self-start. If the spot of the foul cannot be determined, the official will indicate the location for the Free Position.
 - 13.A.9.e** On penalty administration outside the *AFA* and near a boundary, the player who was fouled should be brought 4m inside the boundary for the restart. They may self-start prior to being moved 4m inside.
 - 13.A.9.f** 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.g If the ball is out of bounds and the goalkeeper was in their Goal-Circle and is the nearest person, they are given the ball in their Goal-Circle and may self-start.

13.A.9.h Players **may** self-start following an official resetting the Free Position. The player awarded the Free Position will not be penalized 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.h.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. (19.A.13, 19.B.9)

13.A.9.i Self-start is not an option when:

13.A.9.i.i The game clock is stopped due to a time-out (i.e. injury, warning card, team officials).

13.A.9.i.ii There is a Restraining-Line violation;

13.A.9.i.iii There is an Illegal Draw;

13.A.9.i.iv All fouls occurring in the AFA.

B PENALTIES

➡ See Rule 19 for penalty administration regarding *Illegal Draw* (19.B.1), *Early Entry* (19.B.2, 19.B.3), *Delay of Game* (19.A.13, 19.B.9).

RULE 14 SUBSTITUTION

A RULES

14.A.1 Each team may substitute an unlimited number of players at any time during the play or during a *Dead Ball*.

14.A.2 Players substituting after a legal goal is scored may immediately enter the field through the *Substitution Area* and *Substitution Gate* and do not have to wait for the teammates they are replacing to come off the field.

➡ *Officials should count the players on the field before restarting play.*

14.A.3 Players substituting must substitute from the Team Bench Area to the Substitution Area. As an on-field player approaches the *Substitution Gate*, the player in the Substitution Area may enter the *Substitution Area* and approach the *Substitution Gate*. As soon as the on-field player has exited the field and entered the *Substitution Area* (both feet), the substituting player may enter the field. Players substituting should not remain in the *Substitution Area* and should avoid collision with other players and must provide a clear view for scorers.

- 14.A.4 Only players in the process of substituting, are permitted in the *Substitution Area*.
- 14.A.5 During play, an extra player on the field, a suspended player on the field, or an illegal player on the field, are all illegal substitutes. Their team will be penalized according to *Rule 14.B*.
- 14.A.6 A player whose name and number are listed incorrectly or has been omitted from the team score sheet, are illegal substitutes, and may only enter the game when the correction is made. Their team will be penalized according to *Rule 14.B*.
- 14.A.7 During an injury time-out, if medical personnel and/or a coach go on to the field to attend to a player, that player must leave the field. A substitute may take their place.
 - ☞ *If medical personnel need to enter the field to attend an injured player, they must wait until the on-field official has signaled for them to come on to the field.*
- 14.A.8 No player is allowed to remain on the field with an open wound or blood-saturated clothing or equipment. (*APPENDIX E*)

B PENALTIES

- 14.B.1 An Illegal Substitution is a minor foul and the Free Position will be awarded to an opponent player at or near the spot of the ball, unless a goal is scored during the Illegal Substitution. (*19.A.5*)
- 14.B.2 If the **attacking team** substitutes illegally, the official will stop play immediately.
 - 14.B.2.a If the illegal substitute is on the attacking team after a goal is scored and before the next Draw, the goal will not count. The illegal player will be removed, and an opponent player will be awarded a Free Position at the Center-Line. Player positioning for the Draw will apply. (*11.B.7*)
- 14.B.3 If the **defending team** substitutes illegally and the ball is:
 - 14.B.3.a In the *Midfield Area*, the official will stop play immediately.
 - 14.B.3.b In their *Defensive Area*, the official will stop play following a missed shot or a change of Possession. The illegal player will be removed, and an opponent player will be awarded a Free Position at the spot of the ball, outside the *AFA*. If the attack shoots and scores, play will resume at the center with a Draw.
- 14.B.4 If players from both teams substitute illegally, **Alternate Possession will apply**. (*Rule 16*)
- 14.B.5 If a player on the field is both an illegal substitute and Offside, remove the player and penalize the Offside to resume play. (*Rule 18*)

RULE 15 OUT OF BOUNDS

A RULES

15.A.1 The player/team that last touched the ball before it went out of bounds will lose Possession, unless it was a shot or a deflected shot on goal, then play resumes as described in *Rule 15.B.3*.

15.A.2 When a loose ball touches the boundary line or the ground outside the boundary line, the ball is out of bounds.

15.A.3 When a player is in Possession of the ball and steps on or over the boundary line, or any part of their body or Crosse is *Grounded* on or outside the boundary line, the ball is out of bounds and the player will lose Possession.

➡ *A player in Possession of the ball may hold their Crosse outside the boundary as long as their foot/feet do not touch the boundary line. If an opponent, whose feet are inside the boundary line, legally checks the player's Crosse and causes the ball to fall to the ground outside the boundary, Possession will be awarded to the opponent when play resumes.*

15.A.4 Players must not take an active part in the game when they are out of bounds i.e. their foot/feet are on or outside the boundary/end-line.

➡ *A player chasing a ball toward the boundary is able to stop the ball from going out of bounds with their Crosse, and as the ball comes to rest, their momentum takes them out of bounds. The player stops, turns and steps fully back on to the field, picks up the ball and continues with play. LEGAL*

15.A.5 During the game, players may not run out of bounds and re-enter to a more advantageous position. (19.A.7)

➡ *To avoid a pick set on the boundary by an opponent, a player runs out of bounds around the pick and returns to the field in a position that allows them to check the ball from the ball carrier's Crosse. ILLEGAL: the ball carrier maintains Possession 4m inside the boundary.*

B TO RESUME PLAY

15.B.1 When a ball goes out of bounds, it is a simple change of Possession to resume play. It is not a foul.

➡ *If any foul occurs when the ball goes out of bounds, the foul will be administered to resume play.*

➡ *When a ball goes out of bounds in the Attacking Area/Defending Area and the nearest player to the ball is in the Midfield Area, the ball may be awarded to the player in the Midfield Area, to avoid a Restraining-Line violation. To resume play, the player in the Midfield Area will be awarded Possession of the ball; move the ball, not the player.*

15.B.2 When the ball has gone out of bounds:

15.B.2.a The opponent nearest 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 (13.A.9). If the goalkeeper is inside the Goal-Circle and the nearest player to the ball when it crosses the boundary, they will be awarded the ball inside their Goal-Circle to restart play and may self-start.

15.B.2.b Opponents must give the player awarded the ball at least 1m of clear space (Crosse, body and feet).

15.B.3 When a shot or deflected shot on goal goes out of bounds:

15.B.3.a The player nearest to the ball where it crosses the boundary will gain Possession of the ball and will resume play, 2m inside the boundary line from where the ball went out of bounds and may self-start. If the goalkeeper is inside the Goal-Circle and the nearest player to the ball when it crosses the boundary, they will be awarded the ball inside their Goal-Circle to restart play and may self-start.

15.B.3.a.i A deflected shot is one that goes directly out of bounds after hitting the goal post or any player's body or their Crosse.

☞ *A deflection occurs when the ball makes contact with any players' Crosse or body and where no distinct/clear advantage or Possession of the ball is gained.*

15.B.3.a.ii When a shot or deflected shot goes out of bounds off an official's body, **Alternate Possession** will be applied to resume play (Rule 16). When a ball rebounds/deflects off an official's arm or body and stays in bounds, play will continue.

☞ *A shot rebounds from the goal post and goes out of bounds in the Attacking Area. A player who is in the Midfield Area is the player nearest to the ball when it Crosses the side-line. To resume play, the player in the Midfield Area will be awarded Possession of the ball; move the ball, not the player.*

15.B.3.b If two players are equal in distance from the ball when it goes out of bounds or it cannot be determined which team caused the ball to go out of bounds, **Alternate Possession** will be applied to restart play.

☞ *A shot or deflected shot "remains a shot" until:*

- *The ball goes out of bounds, or*
- *The ball comes to rest on the playing field, or*
- *A player gains Possession of the ball.*

15.B.4 When the ball goes directly out of bounds from a legal Draw, **Alternate Possession** will be applied. (16.A.3.h)

RULE 16 ALTERNATE POSSESSION & COINCIDENTAL FOULS

A ALTERNATE POSSESSION

16.A.1 Alternate Possession is a change of Possession. The team that wins the opening coin toss gets the choice of goal to defend or the first Alternate Possession. For overtime, the team

that wins the coin toss gets the choice of goal to defend or the first Alternate Possession. The officials and the scorer's table personnel shall keep track of the alternating Possessions. In the event of a dispute, the head official's decision shall prevail. A visible Possession arrow is optional, but not required.

16.A.2 Alternate Possession is taken at or near the incident and/or the spot of the ball when play was stopped outside the AFA. When the play is stopped and the ball is inside the 15m MA the play will be reset at the nearest point on the 15m line. When the play is stopped and the ball is inside the AFA below GLE, the play will be reset at the nearest dot. The ball should only restart from within the Goal-Circle on Alternate Possession if the goalkeeper is entitled to the ball inside the Goal-Circle. The opponent must give the ball carrier at least 1m of clear space with their Crosse and feet at the restart.

16.A.3 Alternate Possession is applied when:

16.A.3.a The ball goes into the goal off a non-player.

16.A.3.b The ball goes out of bounds following a shot or a deflected shot, and two opponents are equally distant (Crosse or feet) from the ball where it crossed the boundary. (15.B.3.b)

16.A.3.c Following a shot, the ball deflects out of bounds off an official's body. (15.B.3.a.ii)

16.A.3.d It cannot be determined which team caused the ball to go out of bounds. (15.B.3.b)

16.A.3.e There is an incident related or unrelated to the ball and neither team has Possession of the ball. (13.A.8)

16.A.3.f The ball lodges in the clothing of a field player or official.

☞ *If the ball is lodged in a goalkeeper's clothing, equipment or the goal netting, see Rule 17.A.10.*

16.A.3.g Two opponents foul simultaneously (major/major or minor/minor).

16.A.3.g.i **Exception 1:** If both center players draw illegally while taking the Draw according to Rule 13.A.6.

16.A.3.g.ii **Exception 2:** If the attacking team fouls, major or minor, during a Scoring Play/raised Advantage Flag, Alternate Possession will be applied. The set up will be according to the position of the ball when play stopped as per Rule 16.A.2.

16.A.3.h The ball goes directly out of bounds from a Draw. Alternate Possession will be awarded 2m inside the boundary from where it went out of bounds.

B SIMULTANEOUS/COINCIDENTAL FOULS

16.B.1 Fouls are considered simultaneous, i.e. part of the same play or "coincidental", when they occur anytime between a whistle and the restart of the next play. The next play may be restarted with self-start or a whistle, as dictated by the rules. This includes any fouls that may be "discovered" prior to the restart of play, including but not limited to Offside, Illegal Equipment, or a missing mouthguard.

16.B.2 (Minor/Minor) Simultaneous minor fouls result in Alternate Possession. No minor foul has precedence over another. Restraining-Line violations are minor fouls. (19.A.12)

16.B.2.a Goal-Circle violations are not minor fouls. However, they are the equivalent of a minor foul when considering simultaneous fouls.

16.B.3 (Major/Major) Simultaneous major fouls result in Alternate Possession.

16.B.4 (Card/Major/Minor) When there are simultaneous fouls of differing severity, penalize the most severe foul over the less severe foul. Most severe to less severe is as follows:

Red Card > Yellow Card > Major Foul > Minor Foul.

16.B.5 Restart of play:

16.B.5.a When multiple fouls are committed by the same offender, and their opponents have not fouled, penalize the offender's most severe foul as per *Rule 16.B.5.c*.

16.B.5.b In all scenarios where both teams have committed simultaneous equivalent fouls (i.e. major/major or minor/minor), but one team has committed more equivalent simultaneously fouls than the other team, penalize the team that has committed more fouls according to *Rules 17.B, 18.B, 19.B or 20.B* at the restart.

➤ *Team Blue has committed two major fouls, and Team Red has committed one major foul simultaneously. ILLEGAL. To resume play, one player from the Blue Team would be penalized at the restart according to Rule 20.B. To determine which Blue Player will be penalized, see Rule 16.B.5.c.*

16.B.5.c In any scenario where a team has committed multiple simultaneous fouls, penalize their most severe foul at the restart as per *Rule 16.A.4.c*. If fouls are equally severe, penalize the most recent foul. If it cannot be determined which foul was the most recent, penalize the foul occurring closest to the ball at that time of the whistle according to *Rule 17.B, 18.B, 19.B or 20.B*.

RULE 17 GOAL-CIRCLE RULES & PENALTIES

A RULES

POSSESSION IN THE GOAL-CIRCLE

17.A.1 In the Goal-Circle the goalkeeper or a defender has **Possession** of the ball if they have one or both feet *Grounded* in the Goal-Circle **and**;

17.A.1.a The ball is in their Crosse, or

17.A.1.b The ball is in the Goal-Circle AND either in the pocket or trapped under the goalkeeper's Crosse.

➤ *As long as any part of their foot/body is touching the Goal-Circle, they are considered to be Grounded in the Goal-Circle.*

➤ *A defender in the Goal-Circle cannot cover the ball – only the goalkeeper can trap the ball under their Crosse in the situation described above.*

17.A.2 When in Possession of the ball in the Goal-Circle, the goalkeeper's Crosse **cannot** be checked.

17.A.3 When in Possession of the ball in the Goal-Circle, a defender's Crosse **can** be checked.

➤ *If the goalkeeper/a defender is Grounded in the Goal-Circle while trying to play a ball which is outside the Goal-Circle, e.g. pick up, scoop, flick, or rake, they are not in Possession of the ball.*

17.A.4 When inside the Goal-Circle, the goalkeeper, or the defender must move the ball out of the Goal-Circle within 5 seconds of gaining Possession of the ball in the Goal-Circle.

➤ *The official will count the 5 seconds out loud while using a visible, hand chopping motion to count each second that the ball remains in the Goal-Circle.*

17.A.5 If the goalkeeper or a defender gains Possession of the ball outside the Goal-Circle, they may return the ball to the Goal-Circle for one 5-second count.

17.A.5.a A goalkeeper or a defender cannot re-enter the Goal-Circle with Possession of the ball in their Crosse.

➤ *They may throw or roll the ball into the Goal-Circle and then follow it into the Goal-Circle.*

17.A.6 Once the defending team has moved the ball out of the Goal-Circle, they must not return the ball to their Goal-Circle until it has been Played.

17.A.7 If a goalkeeper or a defender steps out of the Goal-Circle with the ball in their Crosse, they may not return the ball to their Goal-Circle until it has been Played.

17.A.8 The goalkeeper or a defender may rake the ball into their Goal-Circle if they are *Grounded* in the Goal-Circle. (19.A.8)

17.A.8.a In the process of bringing/raking the ball back into the Goal-Circle, the goalkeeper/defender must abide by *Rule 19.A.8 (Withholding the Ball)*.

17.A.9 When *Grounded* inside the Goal-Circle, the goalkeeper may stop the ball with their hand, body and/or their Crosse. If they catch the ball or play the ball with their hand, they must put the ball in their Crosse to proceed with the game.

17.A.10 **When Grounded inside the Goal-Circle,** the goalkeeper must remove a ball lodged in the goal netting, their clothing or pads, and place it in their Crosse and proceed with the game.

17.A.10.a **When outside the Goal-Circle, and the ball becomes lodged in the equipment or clothing of the goalkeeper, refer to Rule 16.A.3.f.**

17.A.10.b **When the goalkeeper is out of the Goal-Circle and not the nearest player to the Goal-Circle, an official may signal time-out if a defender is unable to retrieve the ball from the goal netting. The defender may not use their hand to retrieve the ball**

as per Rule 19.A.10 during live play. An official should not signal time-out if an attacking player is making an attempt to play the lodged ball.

➤ *The official may signal time-out to assist the goalkeeper with dislodging the ball from their clothing, equipment, or the goal netting. The goalkeeper will start with Possession and the 5-second count will begin at the whistle to restart play.*

17.A.11 When completely outside the Goal-Circle, the goalkeeper or a defender, cannot step on the Goal-Circle line or back into the Goal-Circle if they have Possession of the ball.

➤ *The goalkeeper is outside the Goal-Circle to pick up a ground ball and steps back into the Goal-Circle. ILLEGAL: the goalkeeper was Grounded **outside** the Goal-Circle. To resume play, the goalkeeper remains at the spot of the foul (inside the Goal-Circle), and the attack is awarded a Free Position where the 15m MA joins the GLE.*

ATTACK

17.A.12 Attacking players are not allowed to enter the Goal-Circle or have their feet *Grounded* in the Goal-Circle or on the Goal-Circle line at any time.

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)

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.B.5)

➤ *'Interfere' refers to any contact initiated by the attacker's Crosse or body to the goalkeeper's Crosse or body. For example, when the attacker makes an attempt to "mirror" the goalkeeper's Crosse, intercept a clear, or make a check and makes contact with the goalkeeper.*

➤ *'Play' includes shoot, shot, pick up, flick, pass and other legal actions. This means that a shot can be initiated inside the Goal-Circle, whether it is bouncing, Grounded, in the air, caught or intercepted.*

➤ *The shooter may enter the Goal-Circle after the ball has crossed the goal-line.*

➤ *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 their teammates.*

DEFENSE

17.A.14 When the defending team has Possession or the ball is loose, players in their *Defending Area* who do not have Possession of the ball may move through or remain in the Goal-Circle in their defensive end of the field. Any defensive player in Possession of the ball must abide by Rule 17.A.4.

➤ *This is usually the goalkeeper but can also be a defender.*

17.A.15 When the attacking team has Possession, only the goalkeeper may **remain** in the Goal-Circle *for the purpose of saving a shot.*

17.A.16 If a defender is in the Goal-Circle, they must immediately leave the Goal-Circle when the opposing team gains Possession of the ball. A defender attempting to save a shot on goal, while in the Goal-Circle, is a major foul. (20.A.14)

17.A.17 When the attacking team has Possession, players in their *Defending Area* may move through their Goal-Circle. 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 Goal-Circle while defending.

➤ *Any defender running through the Goal-Circle must still abide by all provisions of the Shooting Space and Three Seconds rules. (20.A.19 & 20.A.20)*

➤ *A defender may run through the Goal-Circle:*

- *When they are marking the attack player with the ball, or*
- *When they are marking a non-ball attack player, or*
- *When they are not marking any attack player, or*
- *To play the ball within the Goal-Circle.*

➤ *If a non-ball carrying attack player settles at the edge of the Goal-Circle or below the Goal-Circle, any defender(s) marking them while in the Goal-Circle must step out. If the attacker begins to move again, the defender(s) may step back into the Goal-Circle and move through to stay with the attack player.*

GOALKEEPER

17.A.18 When the goalkeeper is completely outside the Goal-Circle, they lose all of their goalkeeping privileges.

➤ *From inside the Goal-Circle, the goalkeeper may, with one or both feet, step over or stand on the Goal-Circle line. As long as one of their feet are touching any part of the Goal-Circle line or are inside the Goal-Circle, they are considered to be inside the Goal-Circle.*

➤ *When the goalkeeper is completely outside of their Goal-Circle, they must abide by the Shooting Space rule (20.A.19), may not use their body to save a shot (20.A.14), and may not **Withhold the Ball** (19.A.8).*

17.A.19 The goalkeeper **must not:**

17.A.19.a Throw their Crosse or equipment to another player.

17.A.19.b Step on the Goal-Circle line or back into the Goal-Circle if they have Possession of the ball. (17.A.11)

➤ *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.*

17.A.20 When inside the Goal-Circle, the goalkeeper must remove a ball lodged in the goal netting or their Crosse, place it in their Crosse and proceed with the game. (17.A.10)

B PENALTIES

17.B.1 When the **attack** commits a Goal-Circle foul:

17.B.1.a The goalkeeper will take the Free Position inside the Goal-Circle.

17.B.1.b The player who fouled will move 1m to the side of the Goal-Circle along the GLE.

17.B.1.c All other players must move at least 1m away from the Goal-Circle.

➤ *If the goalkeeper is completely outside the Goal-Circle when the attack commits a Goal-Circle foul, the nearest player on the defending team closest to the Goal-Circle, which may or may not be the goalkeeper, shall take the Free Position inside the Goal-Circle.*

17.B.2 When a **defender** commits a Goal-Circle foul:

17.B.2.a The attack will be awarded a Free Position where the 15m MA joins the GLE.

17.B.2.b The player who fouled will move 4m behind the player taking the Free Position.

17.B.2.c All other players will move 4m away from the spot where the Free Position has been awarded.

➤ *An unprotected defender is allowed in the Goal-Circle as described above, but they are not allowed into the Goal-Circle to save a shot. This is a major foul in the Goal-Circle and must be administered as per Rule 20.A.14.*

17.B.3 When the **goalkeeper** commits a Goal-Circle foul:

17.B.3.a The attack will be awarded a Free Position where the 15m MA joins the GLE.

17.B.3.b The goalkeeper will remain in, or return to, their Goal-Circle.

17.B.3.c No defender is placed 4m behind.

17.B.3.d All other players will move 4m away from the spot where the Free Position has been awarded.

17.B.4 When a major foul is carded during Goal-Circle play, the game will resume according to Rule 20. During a Scoring Play, the game will resume according to Rule 21.

RULE 18 RESTRAINING-LINE RULES & PENALTIES

A RULES

18.A.1 The Restraining-Line rule remains in effect at all times, for the entire game.

18.A.2 A team must not:

18.A.2.a Have more than six (6) players in their *Attacking Area* of the field.

18.A.2.b Have more than seven (7) players in their *Defending Area* of the field. One of these seven players are usually, but not necessarily, the goalkeeper.

18.A.3 Players may reach over the Restraining-Line with their Crosses to play the ball as long as no part of their foot/body is touching the Restraining-Line or *Grounded* in the *Midfield Area*.

➤ *When in the Midfield Area, any part of a player's foot that is Grounded on or beyond the Restraining-Line is deemed to be in the Attacking Area/Defending Area and could be a violation.*

➤ *When the goalkeeper clears the ball the officials should ensure that a player has not gone Offside when receiving the pass.*

18.A.4 Goalkeepers must remain in their *Defending Area* or *Midfield Area* throughout the game. They may not enter the *Attacking Area*. (19.A.2.a, 19.B.6)

B PENALTIES

18.B.1 Violation of the Restraining-Line is a minor foul. (13.A.9.i)

➤ *Officials indicate a Restraining-Line violation by raising an arm straight over their head. If there is an inadvertent whistle for an Offside violation and no other foul has occurred, the game will resume according to Rule 13.A.8.*

➤ *The administration of the Free Position is the same whether the Offside is committed by the attacking or the defending team.*

18.B.2 If the ball is **inside the AFA** when the Offside violation occurs:

18.B.2.a The Offside player or the teammate nearest to the Restraining-Line will move back onside.

18.B.2.b The Free Position is set at the **top of the 15m MA** when Offside is called. The opponent nearest to the **top of the 15m MA** will be awarded the Free Position.

18.B.2.c A player on the offending team, nearest to the player taking the Free Position, will move 4m away to the side of the player awarded the ball.

18.B.2.d All other players must be at least 4m away from the Free position.

18.B.3 If the ball is **outside the AFA** when the Offside violation occurs:

18.B.3.a The Offside player or the teammate nearest to the Restraining-Line will move back onside.

18.B.3.b The Free Position is set relative to the **spot of the ball**, at least **4m** inside the boundary, when the Offside was called. The opponent nearest to the spot of the ball will be awarded the Free Position.

18.B.3.c A player on the offending team, nearest to the player taking the Free Position, will move 4m away to the side of the player awarded the ball.

18.B.3.d All other players must be at least 4m away from the Free position.

18.B.4 If the **defending team is Offside** when the attacking team is on a Scoring Play within the Advantage Flag Area (*Rule 21*) the whistle must be held.

➡ *This is to prevent Restraining-Line breakdown fouls by the defending team, which would disadvantage the Scoring Play.*

18.B.5 If the **defending team is Offside** and there is no Advantage Flag/Scoring Play and play ends with:

18.B.5.a A major foul by the attack, penalize the major foul to resume play. (16.B.4)

18.B.5.b A minor foul by the attack, Alternate Possession will be applied. (16.A.3.g)

18.B.6 If the **defending team is Offside** and there is an Advantage Flag and the Scoring Play ends with a major or minor foul by the attack, the fouls are **coincidental**.

18.B.6.a To resume play, the Offside player will move back onside and **Alternate Possession** will be applied. (16.A.3.g.ii Exception 2)

18.B.7 If the **attacking team is Offside**, it is an immediate whistle to stop play.

18.B.8 If the **attacking team is Offside** when a goal is scored, the goal will not count (11.A.11), and the Free Position is set up as described in *Rule 18.B.2*.

18.B.9 If **both teams are Offside**, the Offside players will move back onside and **Alternate Possession** is applied. (16.A.3.g)

RULE 19 MINOR FOULS & PENALTIES

19.A.4 Deleted – Goalkeeper Goal Score, World Lacrosse Rules Assembly, January 2025.

19.A.10 Deleted – Body Ball, World Lacrosse Rules Assembly, January 2025.

19.A.11 Replaced – Covering is now Withholding the Ball (19.A.8), World Lacrosse Rules Assembly, January 2025.

A RULES

DRAW

➡ *Draw fouls are Illegal Procedure fouls.*

19.A.1 **Illegal Draw:** A player **must not** draw illegally. (13.A.5)

19.A.1.a During the Draw and at all other times during the game, a player's top hand must not contact the throat of their Crosse, or any part of sidewall or pocket.

➡ *For one-piece Crosses, the throat begins where the head starts to flare from the shaft.*

19.A.2 **Early Entry:** During the Draw:

- 19.A.2.a Goalkeepers must remain in their team's *Defending Area*. At all other times during the game, the goalkeepers must remain in their team's *Defending Area* or *Midfield Area*.
- 19.A.2.b Players must not step on or over the Center-Circle line before the whistle sounds to start play.
- 19.A.2.c Players must not step on or over the Restraining-Lines before Possession has been called.

☞ *This rule applies when a player or their team gains a clear advantage because of the violation.*

ILLEGAL PROCEDURE

19.A.3 Illegal Equipment: A player **must not** take part in a game:

- 19.A.3.a Unless their equipment is legal. ([APPENDIX H](#))
- 19.A.3.b If any part of their uniform is illegal, including illegal jewelry or the absence of a mouthguard. (*Rule 6*)
- 19.A.3.c Unless they are holding a legal Crosse.
- 19.A.3.d Players may exchange Crosses on the field when they are not in Possession of the ball. A player may not take an active part in the game if they are holding multiple Crosses. A bench staff member in the coaching zone only may hand a Crosse to a player when the play is dead e.g. before a Draw. A Crosse may never be thrown in an attempt to exchange Crosses with a teammate or bench staff member. (*19.A.6*).
- 19.A.3.e A player **must not** adjust the thongs of their Crosse **after** an official asks to inspect their Crosse. (*11.B.9, 11.B.10*).

☞ *When a player adjusts their thongs **after** an official asks to inspect their Crosse, the Crosse is ruled illegal and must be placed at the scorer's table for the remainder of the period. A player may adjust the thongs on their Crosse at any other time during the game.*

19.A.4 Illegal Crosse Request: When their team has Possession of a dead ball, or directly after a goal is scored, a team **must not** request, for a second time, the inspection of an opponent's Crosse that has previously received a Crosse inspection, and where it met specifications.

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

☞ *The player requesting the Crosse inspection must provide the official with the shirt number of the opponent whose Crosse will be inspected, or indicate which Crosse should be inspected.*

☞ *An inspection may be requested against a specific Crosse, that does not have to be in use on the field at the time of the request. If the Crosse is deemed to be illegal, the penalty will be served by the nearest opponent, 4m to the side.*

➤ *When the Crosse is ruled illegal, it must be placed at the scorer's table for the remainder of the period. If the Crosse cannot be made legal, it must remain at the scorer's table for the remainder of the game.*

19.A.5 Illegal Substitution: A player **must not** substitute illegally. (*Rule 14*)

19.A.6 Thrown Stick: A player **must not** throw their Crosse under any circumstances.

19.A.7 During the game, players may not run out of bounds and re-enter to a more advantageous position. (*15.A.5*)

DURING PLAY

19.A.8 Withholding the Ball: If an opponent is able to make a legal play on the ball:

19.A.8.a A player **must not** trap a loose ball on the ground with their Crosse longer than is necessary to control the ball and pick it up in one continuous motion. Raking the ball is permitted.

19.A.8.b A player must not withhold the ball from play with any part of their body.

19.A.8.c A player must not withhold the ball from play in any other manner.

19.A.8.d Exception: If the goalkeeper is *Grounded* in their Goal-Circle and the ball is inside the Goal-Circle, they may trap the ball as per *Rule 17.A.1.b*.

19.A.9 Empty Crosse Check: A player **must not** check an opponent's empty Crosse while the opponent is trying to gain Possession of the ball **in the air**. This rule only applies when an opponent is attempting to receive a pass.

➤ *Incidental contact between Crosses while playing a ball in the air is NOT a foul.*

19.A.10 Hand Ball: A player must not touch the ball with their hand or use their thumb or body to keep the ball in their Crosse unless they are a goalkeeper inside the Goal-Circle. (*17.A.9*)

19.A.11 Held Crosse: A player **must not** hold the Crosse of an opponent for a short time during a check.

➤ *This is different to a held check that impedes the player's movement or balance (20.A.10).*

19.A.12 Offside: A player **must not** violate the Restraining-Line rule. (*Rule 18*)

19.A.13 Delay of Game: Players **must not** intentionally delay the game.

19.A.13.a When a self-start is not permitted, players **must not** move before the whistle or feint or simulate a movement that causes an opponent to move before the whistle, during a Draw. This may also be carded.

19.A.13.b Players **must** be ready to start the game thirty (30) seconds after a goal has been scored, following quarter times, or team time-outs. (*13.A.2*)

19.A.13.c For start and re-start of play (*Rule 13*) players **must** be ready at the instruction of the official.

- 19.A.13.c.i** A minor foul will be called if a team is not ready to start after a time-out.
- 19.A.13.d** When a defensive player moves closer to the player who has been awarded the self-start Free Position before they self-start, this will be penalized at the spot of the ball.
- 19.A.13.e** Repeated violations of the Delay of Game rule will be administered in accordance with *Rule 19.B.9*.

B PENALTIES

🔄 *Held whistle: An official may refrain from enforcing any rule when it would penalize the non-offending team. When a player is fouled but is able to maintain quality Possession of the ball, the official will indicate that they have seen the foul by extending a straight arm in the direction that player is attacking. This may occur anywhere on the field, including within the AFA when the attacking team is NOT on a Scoring Play. When the attacking team is on a Scoring Play, defer to Rule 21.A.1.*

DRAW

- 19.B.1** **Illegal Draw:** When an Illegal Draw foul is called, the opponents will be awarded a Free Position at the Center-Line. Any players within 4m of the Free Position must move 4m away.
- 19.B.2** **Early Entry (Center-Circle):** Entering the Center-Circle during the Draw, prior to the whistle is a minor foul and will be called if the player or their team gains a clear advantage because of the violation. To restart play, a Free Position for a minor foul will be awarded to the nearest player at the spot of the ball.
- 19.B.3** **Early Entry (Midfield Area):** Entering the *Midfield Area* prior to the official indicating that Possession has been gained is a minor foul and will be called if the player on their team gains a clear advantage because of the violation. To restart play, a Free Position will be awarded to the nearest player at the spot of the ball.

MINOR FOULS COMMITTED BY A GOALKEEPER

- 19.B.4** If the goalkeeper is outside their *Defending Area* during the Draw, this is a foul. They must move back inside and the opponents will be awarded a Free Position for an Illegal Draw at the Center-Line. This rule applies when a goalkeeper or their team gains a clear advantage because of their illegal position. Any players within 4m of the Free Position must move 4m away. (19.A.2.a)
- 19.B.5** If the goalkeeper commits an Early Entry foul during the **Draw**, play will resume with Free Position at the spot of the ball. This rule applies when a goalkeeper or their team gains a clear advantage because of their illegal position. (19.A.2.a)

- 19.B.6** If a goalkeeper enters their team's *Attacking Area*, this is a foul. They must move to the *Midfield Area* and 4m to the side of the nearest opponent, who will be awarded a Free Position on the Restraining-Line which the goalkeeper illegally crossed. (18.A.4)
- 19.B.7** When the goalkeeper is *Grounded inside the Goal-Circle* and they commit a minor foul, they remain in the Goal-Circle for the Free Position. At the Free Position set-up, a defender is not required to move 4m to the side.
- 19.B.8** Whenever the goalkeeper is **completely outside their Goal-Circle** (both feet) and they commit a minor foul, they will be penalized the same as a field player and must move 4m to the side of the player taking the Free Position. (17.A.18)

OTHER

- 19.B.9** Any recurring Delay of Game and/or repeated or persistent minor fouls may be penalized as major fouls and may be carded.
- 19.B.10** For **all** minor fouls that occur **outside the AFA**;
- 19.B.10.a** Award the Free Position where the foul occurred, outside the *AFA* and at least 4m inside the boundary.
 - 19.B.10.b** The player who fouled will move 4m to the side of the opponent relative to their field position at the time of the foul.
 - 19.B.10.c** All other players will move at least 4m away from the spot where the Free Position has been awarded.
- 19.B.11** For **all** minor fouls that occur **within the 15m MA**:
- 19.B.11.a** Award the player who was fouled a Free Position on the 15m *MA* line, at a spot nearest to and in line with the foul.
 - 19.B.11.b** The player who fouled will move 4m to the side of the opponent relative to their field position at the time of the foul.
- ☞ *This also applies to the goalkeeper if they commit a minor foul while they are completely (both feet) Grounded outside the Goal-Circle.*
- 19.B.11.c** All other players will move at least 4m away from the spot where the Free Position has been awarded. The 15m *MA* is not cleared.
 - 19.B.11.d** **Exception:** If the goalkeeper was fouled when they were inside their Goal-Circle, they remain in their Goal-Circle. The player who fouled will move 1m to the side of the Goal-Circle along the GLE. All other players must move at least 1m away from the Goal-Circle.
- ☞ *Officials are encouraged not to blow their whistle if a minor foul is committed by a defender when an attack player may have an opportunity to shoot.*
- 19.B.12** For **all** minor fouls that occur **inside the AFA below GLE**:
- 19.B.12.a** The Free Position is set at the **dot** nearer to the **spot of the foul**.
 - 19.B.12.b** The offender will move 4m behind from the player taking the Free Position.

19.B.12.c All other players will move at least 4m away from player taking the Free Position.

➡ *Note that a player awarded a Free Position in the AFA is not allowed to self-start.*

19.B.13 When the **attack** commits a minor foul **during a raised Advantage Flag**, **Alternate Possession** will be applied to resume play. (Rule 21)

19.B.14 **Illegal Crosse:** When a Crosse inspection is requested, the spot of the foul is the spot where the Crosse is dropped or handed to the nearest official, where the inspection occurs. The official should signal time-out before inspecting the Crosse. (3.B.1)

19.B.14.a If a goal was scored with an illegal Crosse, the goal will not count. The Free Position will be awarded at the spot of the foul.

19.B.14.b If a goal was scored and a Crosse is deemed to be illegal but it was not the Crosse used to score the goal, the goal will count. The Free Position will be awarded at the center-line.

19.B.14.c If a goal was not scored, but an Illegal Crosse is discovered, and the Crosse inspection occurred:

19.B.14.c.i Outside the AFA, the Free Position will be awarded at the spot of the foul.

19.B.14.c.ii Within the Goal-Circle, the Free Position will be awarded with the goalkeeper inside the Goal-Circle.

19.B.14.c.iii Within the 15m MA outside the Goal-Circle, the Free Position will be awarded on the 15m MA line, at a spot nearest to and in line with the foul.

19.B.14.c.iv Within the AFA Below GLE outside the Goal-Circle, the Free Position will be awarded at the nearest dot.

➡ *See Rule 19.A.3.c, 19.A.3.e, and 19.A.4.*

RULE 20 MAJOR FOULS & PENALTIES

20.A.14 Merged – Illegal Pick has been merged into Block (editorial, January 2025).

20.A.16 Merged – Pushing has been merged into Illegal Contact (editorial, January 2025).

A RULES

20.A.1 Across the Body: A player **must not** reach around or across their opponent's body to check the opponent's Crosse when their feet are behind or level with the opponent, with or without contact.

➡ *The defender's feet must be ahead of an opponent before they may attempt to reach around/across their body. This rule does not prohibit a defender from legally checking an attack player's Crosse from behind.*

20.A.2 Block: A player moves into the path of an opponent without giving the opponent the space & time to stop and/or change direction and contact occurs, creating an illegal *Pick*.

➡ *When a player is running, a "blind side" opponent **outside their Visual Field** must give them enough time and/or space to change their direction.*

20.A.2.a A player **must not** set a moving or stationary *Pick* that is

- 20.A.2.a.i Out of an opponent's *Visual Field* (blind), and
- 20.A.2.a.ii Does not allow enough time or space for the opponent to stop or change direction, and
- 20.A.2.a.iii Contact occurs.

☞ *A moving Pick/Block is not illegal, but it is the combination of the three elements above that make the Pick/Block illegal.*

20.A.3 Charge: A when a player uses their body or Crosse to interfere with and make body contact with a defender who is in a *Legal Defensive Position*. The attack player needs to move around, not through, a defender who is holding their ground/maintaining their *Legal Defensive Position*.

20.A.4 Check to the Head: (Mandatory card) A player **must not** strike an opponent on the head with their Crosse.

20.A.5 Dangerous Check: A player **must not** roughly or recklessly check an opponent's Crosse.

20.A.5.a Players **must not** check an opponent's Crosse within a field Crosse width of a player's head (a distance of approximately 18cm or the width of a player's shoulders).

20.A.5.a.i The direction of a check must be away from a player's head/neck, and checks must be controlled. Checks may not be intimidating or dangerous.

20.A.5.a.ii A check that causes the ball to go toward an opponent's face or a check that forces an opponent's Crosse into their body is illegal.

20.A.5.a.iii A player must not hold their Crosse within a field Crosse width of an opponent's head or neck. A player must not poke or wave their Crosse near or toward an opponent's face or body.

☞ *Unbalanced body position, stationary feet, and slipped hands on the shaft of the Crosse may result in large sweeping swings that are reckless and dangerous. To determine the legality of a check, officials must consider the amount of force, and the extent and direction of the back swing and the follow-through. Loud checks are not necessarily illegal checks.*

☞ *It is not a Dangerous Check if an attack player checks themselves:*

- *When they turn into or force their Crosse or body into an opponent's body/legally held Crosse, or*
- *When they illegally force through a legal defensive double team.*

20.A.6 Dangerous Follow Through: (Mandatory card) A player **must not** at any time, follow through with their Crosse in a dangerous or uncontrolled manner.

☞ *If the defender has already established their Legal Defensive Position before the shot and the ball carrier follows through with their Crosse in a dangerous or uncontrolled manner, this is a Dangerous Follow Through. If a defender moves into the path of the Crosse/follow-through after the ball has been released this is a not dangerous follow through.*

- 20.A.7 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.7.a** A player must not deliberately push, flick, or bat the ball into an opponent's feet or body to cause the ball to go out of bounds.
- 20.A.8 Dangerous Propel:** (Mandatory card) A player **must not** propel the ball with their Crosse in a dangerous or uncontrolled manner. A pass that is thrown or a shot that is taken without regard to the positioning of any field player is potentially dangerous.
- 20.A.9 Dangerous Shot:** A player **must not** shoot dangerously or without control. A dangerous shot is usually directed at the goalkeeper and may be judged dangerous and/or uncontrolled even if it misses the goal. A dangerous shot is judged on any combination of the following:
- 20.A.9.a** Shooter's distance from the goal.
- 20.A.9.b** Force of the shot.
- 20.A.9.c** Placement of the shot.
- 20.A.10 Detain:** An opponent **must not** hold the player's Crosse or body, *which impedes the player's movement or balance.*
- ➡ *This is different to a minor foul Hold (19.A.11).*
- 20.A.11 Hook:** A player **must not** use the webbed area of their Crosse to hook/check the end of the shaft of an opponent's Crosse.
- 20.A.12 Illegal Contact:** A player **must not** displace another player. They **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 or push an opponent on or off-ball.
- 20.A.12.a** A player **must not** barge, shoulder, push with the hand or stick, back into an opponent, or force their way through an opponent or a legal double team.
- ➡ *A player is entitled to a legal field position that is not already occupied by an opponent, but they must allow the opponent time and/or space to stop and/or change direction to avoid contact. (20.A.2)*
- ➡ *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.*
- 20.A.13 Illegal Cradle:** A player in Possession of the ball **must not** protect their Crosse by holding their Crosse near their own or a teammate's face or body, with or without cradling, making a legal check impossible.
- ➡ *A player must be allowed to legally check an opponent's Crosse. This foul should be called when the player pulls their Crosse in toward their head/body to prevent an opponent who is in good defensive position from making a legal play on the ball. This foul often occurs when a player becomes trapped in, or tries to go through a legal double team.*

20.A.14 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 inside the Goal-Circle. (17.A.16)

20.A.14.a The goalkeeper, while fully outside the Goal-Circle, must not deliberately play the ball with any part of their body. (17.A.18, 19.B.8)

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.B.5)

20.A.16 Swipe: (Mandatory Card) A player **must not** make a long sweeping motion with an extended arm from high to low across the body, at their opponent with their Crosse, regardless of whether or not contact is made with an opponent's Crosse or body.

20.A.17 Trip: A player **must not** trip an opponent.

20.A.18 Ward: A player **must not** guard their Crosse with their arm. If one hand is removed from the shaft of the Crosse, an elbow or arm must not be used to ward off an opponent, deliberately or otherwise, with or without contact.

SHOOTING SPACE

20.A.19 Shooting Space: A defender **must not** block or guard the goal, with any part of their body for the purpose of obstructing the shooting lane ([Diagram 6](#)). Obstructing this space denies the attacking team the opportunity to shoot safely.

20.A.19.a This rule is in effect only when the attacking team is in Possession of the ball within the 15m MA. ([Diagram 7](#))

20.A.19.b Obstruction of the Shooting Space occurs when a defender is illegally in the Shooting Space **at their own initiation**.

20.A.19.c A defender is **not** obstructing the Shooting Space if they are:

20.A.19.c.i Drawn into and or through the shooting lane by an opponent they are legally marking *Within a Crosse Length*, approximately 1.5 m.

20.A.19.c.ii Standing below the GLE. (20.A.19, 20.A.20, [Diagram 7](#))

➡ *This call should be made only if the ball carrier is “looking” to shoot and has the opportunity to shoot.*

➡ *When approaching the ball carrier, a defender's body, not their Crosse, must be outside the Shooting Space until they are Within a Crosse Length of the ball carrier.*

➡ *Defenders who are Within a Crosse Length and double teaming a player without the ball are exempt from Shooting Space, but they must not stay in the 11m Fan for more than three seconds. (20.A.23, 20.A.24, [Diagram 7](#))*

THREE SECONDS

- 20.A.20** A defender must not remain in the **11m Fan** for more than three seconds unless they are marking an opponent *Within a Crosse Length*, approximately 1.5m. (*Diagram 7*)
- 20.A.20.a** Only one defender may mark the same opponent without the ball in the **11m Fan**.
- 20.A.20.b** For a defensive player to be considered “inside” the **11m Fan** both feet must be fully in the **11m Fan**. Once one foot is on the **11m Fan** line or beyond, this defensive player is considered “out” and is no longer eligible for Three Seconds.
- 20.A.20.c** The Three Seconds rule takes effect when the team in Possession of the ball crosses the ball over the Restraining-Line into their attacking end of the field.
- 20.A.20.d** A defender who is marking an unmarked opponent standing **directly behind the Goal-Circle** is exempt from the Three Seconds rule, but is not exempt from Shooting Space rule (*Diagram 7*, 20.A.19)
- *When a defender is marking an unmarked attacker standing **directly behind the Goal-Circle** and one of their defensive teammates moves behind goal to directly mark that attack player Within a Crosse Length, the defender may not remain in the **11m Fan** for more than three seconds.*
- *While an unmarked opponent **remains directly behind the Goal-Circle**, if a defender, who is marking that player is drawn into a double team in front of goal by other opponent(s) without the ball, that defender cannot be penalized for the Three Seconds rule.*

B PENALTIES

- *Held whistle: an official may refrain from enforcing any rule when it would penalize the non-offending team. When a player is fouled but is able to maintain quality Possession of the ball, the official will indicate that they have seen the foul by extending a straight arm in the direction that player is attacking. If there has been a cardable foul, this must be administered in line with, Rule 23, following the goal.*
- 20.B.1** If a foul by the defense prevents an almost certain goal, the official may move any player(s) including the goalkeeper, who are positioned between the Free Position and the goal. The Goal-Circle will remain empty.
- 20.B.2** During the Free Position set up, if any defender is in the Shooting Space, they must not be penalized for blocking the Shooting Space, unless they do not immediately move out when the whistle sounds to restart play.

IN ALL OF THE FOLLOWING SCENARIOS, THE ADVANTAGE FLAG HAS NOT BEEN RAISED:

- *See Rule 21.B for administration of major fouls when the Advantage Flag has been raised.*

20.B.3 For a foul **outside the AFA**:

- 20.B.3.a** When the **foul is committed by any player** including the goalkeeper:
- The Free Position set at the spot of the foul and no closer than **4m** from the boundary.
 - The offender will move 4m behind the player taking the Free Position.

- All other players will move at least 4m away from player taking the Free Position.
- If the goalkeeper has fouled, the Goal-Circle will remain empty. When play resumes, a **defender** may only enter the Goal-Circle to stop a rolling or a low bouncing ball. (20.A.14)

➡ *Note that a player awarded a Free Position can choose to self-start before other players are 4m away in accordance with Rule 13.A.9.*

20.B.4 For a **foul inside the 11m MA**:

20.B.4.a When the foul is committed by any player on the **defending team** including the goalkeeper:

- The Free Position is set at the **hash mark nearest the spot of the foul**. The center hash mark, first hash mark and second hash mark are used for Free Position placement. The third hash mark is not used for the ball carrier (it is used to place the defender 4m away). The hash at 11m along GLE is **not** used for penalty administration.
- The offender will move 4m behind the player taking the Free Position.

20.B.4.a.i **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.

- All other players will move at least 4m away from player taking the Free Position.
- The entire **11m MA** is cleared of the players' bodies and Crosses.
- If the goalkeeper has fouled, the Goal-Circle will remain empty. When play resumes, a defender may only enter the Goal-Circle to stop a rolling or a low bouncing ball. (20.A.14)

20.B.4.b If the goalkeeper is outside the Goal-Circle and has not fouled, they may return to the Goal-Circle.

20.B.4.b.i **Exception:** If the foul is called for a defender who is illegally inside the Goal-Circle, attempting to save a shot on goal, the Free Position will be awarded at the center hash mark and the Goal-Circle will remain empty. (17.A.16, 20.A.14)

➡ *Defenders are entitled to a position on the hash marks closest to the attack player who is awarded the Free Position.*

➡ *Note that a player awarded a Free Position within the AFA is not allowed to self-start.*

20.B.4.c When the foul is committed by an **attacker**:

20.B.4.c.i The Free Position set at the nearest **spot** on the **11m MA** line, **in line with the foul**.

20.B.4.c.ii The offender will move 4m behind the player taking the Free Position.

20.B.4.c.iii All other players will move at least 4m away from player taking the Free Position.

20.B.4.d When an **attack player fouls the goalkeeper**, and the goalkeeper is:

20.B.4.d.i Fully outside the Goal-Circle, the goalkeeper will take the Free Position at a **spot** on the **11m MA** line, **in line with the foul**. (20.B.4.c)

20.B.4.d.ii Inside or partially inside the Goal-Circle, the goalkeeper will take the Free Position inside the **Goal-Circle**. The offender will move 1m behind the Goal-Circle.

20.B.5 For any foul **between** the 15m MA line and the 11m MA:

20.B.5.a When the **foul is committed by any player** including the goalkeeper:

20.B.5.a.i The Free Position set at the spot of the foul.

20.B.5.a.ii The offender will move 4m behind the player taking the Free Position.

20.B.5.a.iii All other players will move at least 4m away from player taking the Free Position.

20.B.5.a.iv If the goalkeeper has fouled, the Goal-Circle will remain empty. When play resumes, a **defender** may only enter the Goal-Circle to stop a rolling or a low bouncing ball. (20.A.14)

➡ *Note that a player awarded a Free Position in the AFA is not allowed to self-start.*

20.B.6 For a foul inside the AFA & below GLE:

20.B.6.a Where the **foul is committed by any player**, including the goalkeeper:

20.B.6.a.i The Free Position is set at the **dot** nearer to the **spot of the foul**.

20.B.6.a.ii The offender will move 4m behind from the player taking the Free Position.

20.B.6.a.iii All other players will move at least 4m away from player taking the Free Position.

➡ *Note that a player awarded a Free Position in the AFA is not allowed to self-start.*

SHOOTING SPACE VIOLATION

➡ *Shooting Space is an immediate whistle.*

20.B.7 If the whistle is blown for a Shooting Space violation:

- The Free Position is set **relative to the spot of the foul (i.e. the position of the defender at the time of the whistle)** per Rule 20.B.4.
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.

20.B.7.a Exception: If the whistle is blown for a Shooting Space violation, **between:**

20.B.7.a.i The moment the shot has been released **and** a goal is scored (11.A.2) the goal will count.

20.B.7.a.ii The moment the shot has been released **and** 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 re-started on the official's whistle.

20.B.7.b In all other scenarios, the Shooting Space Free Position is administered, unless there is a coincidental foul by the attacker. (Rule 16)

THREE SECONDS VIOLATION

20.B.8 When the ball is:

20.B.8.a Outside the AFA, set up is described in Rule 20.B.3, with the exception that the Free Position is set at the **spot of the ball** and the nearest player from the offending team will move 4m behind the player taking the Free Position. (20.B.4.a.i)

20.B.8.b Inside the AFA, 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**.

RULE 21 ADVANTAGE FLAG

A RULE

21.A.1 The *Advantage Flag* is a held whistle for a major foul committed by the defending team when the attacking team is on a *Scoring Play* inside the AFA. (Diagram 7)

21.A.1.a The official will raise the *Advantage Flag* when the attack is on a *Scoring Play* within the AFA **and** the defending team commits a **major** foul against an attack player *with or without the ball*.

21.A.1.b The *Advantage Flag* will remain raised until a *Scoring Play* is complete or ends.

21.A.2 A *Scoring Play* is complete or ends when:

21.A.2.a A shot is taken, or

21.A.2.b The attacking team passes or carries the ball behind the level of the goal-line **and** fails to continue the initial movement to score a goal, or

☞ *An attacking team must not be permitted to take or pass the ball behind the level of the goal-line to set up a **new** scoring play.*

☞ *An attacking team is permitted to take or pass the ball behind the GLE to continue a *Scoring Play*.*

21.A.2.c The attacking team stops their movement to complete a shot on goal, or

21.A.2.d The player with the ball is forced by a defender to lose their forward movement, or

☞ *Officials will blow the whistle to end the *Scoring Play* if the attack is forced by good defensive play to lose forward movement to goal, or if the attack simply stops moving to goal.*

21.A.2.e The attacking team fouls (major or minor) (Rule 16, **Alternate Possession**), or

21.A.2.f The attacking team loses Possession of the ball, or

21.A.2.g A defender commits another major or minor foul that requires the game to be stopped.

☞ *During a *Scoring Play*/raised *Advantage Flag*, it is not necessary to automatically stop play when there are additional/subsequent defensive fouls. However, the *Scoring Play* may be stopped at any time to prevent injury.*

21.A.3 Following an *Advantage Flag* being raised:

21.A.3.a If the attacking team chooses to shoot, the ‘advantage’ indicated by the raised flag is complete.

☞ *If the shot on goal is successful, the goal counts. If the shot on goal is not successful, play continues and the official lowers the flag to indicate that the advantage is complete*

21.A.3.b A Free Position will be awarded to the player who was fouled if:

21.A.3.b.i The *Scoring Play* ends without a further foul or a shot on goal, or

21.A.3.b.ii A shot on goal is directly and immediately affected by a foul and no advantage is gained.

B PENALTIES WHEN ADVANTAGE FLAG HAS BEEN RAISED

☞ *See Rule 20.B for administration of major fouls when the *Advantage Flag* has not been raised.*

➡ *A player awarded a Free Position in the AFA is not allowed to self-start.*

SCORING PLAY ENDS WITHOUT A SUBSEQUENT FOUL BY THE DEFENDING TEAM:

21.B.1 If the initial foul that led to the Advantage Flag being raised was committed:

21.B.1.a In the 11m MA – see *Rule 20.B.4*, or

21.B.1.b Between the 15m MA line and the 11m MA – see *Rule 20.B.5*, or

21.B.1.c In the AFA, below GLE - see *Rule 20.B.6*.

21.B.2 Or is a Three Seconds violation – see *Rule 20.B.8*.

➡ *The Free Position is set up relative to the **spot of the ball** when the flag was raised.*

SCORING PLAY ENDS WITH A SUBSEQUENT FOUL BY THE DEFENDING TEAM:

➡ *Note that a player awarded a Free Position in the AFA is not allowed to self-start.*

21.B.3 When a subsequent foul (major or minor) ends the scoring play:

- The Free Position is set at the **hash mark nearest the spot of the most recent foul**. The center hash mark, first hash mark and second hash mark are used for Free Position placement. The third hash mark is not used for the ball carrier (it is used to place the defender 4m away). The hash at 11m along GLE is **not** used for penalty administration.
- The offender will move 4m behind the player taking the Free Position.
- All other players will move at least 4m away from player taking the Free Position.
- Clear the 11m MA of players' bodies and Crosses.

21.B.3.a If the subsequent foul is a Shooting Space violation (Obstruction of Free Space to Goal) – see *Rule 20.B.7*.

21.B.3.b If the subsequent foul is a Three Seconds violation – see *Rule 20.B.8*.

PLAY ENDS WITH A SUBSEQUENT FOUL BY THE ATTACKING TEAM:

21.B.4 If the attacking team commits any major or minor foul during an Advantage Flag, **Alternate Possession** will be applied to resume play. (*Rule 16*)

SCORING PLAY ENDS AND A WARNING CARD IS ADMINISTERED:

21.B.5 If a defender commits a major foul that must be carded when the Scoring Play ends with the attack scoring a goal, the Free Position will be awarded at the Center-Line. The center player of the team that fouled will move 4m away to the side of their opponent at the restart.

21.B.6 If a defender commits a major foul that must be carded when the Scoring Play ends with the goalkeeper making a save or a goal is not scored, the Free Position will be set up as described in *Rule 21.B.1, 21.B.3, or 21.B.4*.

RULE 22 MISCONDUCT

A RULE

- 22.A.1** Misconduct is a major foul, and an official may also award a warning card. (20.A.15, 23.A.3, 23.A.4)
- 22.A.2** A player, a coach, manager, or other bench staff must not:
- 22.A.2.a** Conduct themselves in a rough, dangerous, or unsporting manner.
 - 22.A.2.b** Persistently or flagrantly violate the rules.
 - 22.A.2.c** Deliberately endanger the safety of an opponent.
 - 22.A.2.d** Use abusive language or excessively disagree with the officials' decisions.
 - 22.A.2.e** Use language or exhibit behavior that is intended to embarrass, ridicule, or demean others, i.e. tormenting or taunting.
 - 22.A.2.f** Exhibit any type of behavior which in the official's opinion amounts to misconduct.
- 22.A.3** A coach, manager, or other bench staff must also not:
- 22.A.3.a** Leave their *Coach Walk* or Team Bench Area during play/injury time-outs.
 - 22.A.3.b** Exhibit any type of behavior which in the official's opinion, amounts to misconduct.

B PENALTIES

- 22.B.1** The Free Position and restart for misconduct will be administered as a major foul according to *Rule 20.B*.
- 22.B.2** When a warning card is awarded for Misconduct, the Free Position and restart for misconduct will be administered according to *Rule 23.B*.

RULE 23 WARNING CARDS

A RULES

- 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 Propel** are major fouls that require a mandatory warning card.
- 23.A.3 Repeated Major Foul:** Discretionary cards may be given for other persistently occurring major fouls.
- 23.A.4** The off-field game official may award a warning card for misconduct by a team coach, manager, or other team staff. (*Rule 22*)
- ➡ *The off-field game official is the 4th official. It does not include scorer or timekeeper.*

B PENALTIES

- 23.B.1** Carded players will serve timed penalties in their Team Bench Area.
- 23.B.2** The time served for warning cards is 2 minutes for a yellow card, 5 minutes for a second yellow card (a yellow and red card shown together), and 10 minutes for a straight red card.
- 23.B.3** When a player or goalkeeper receives a card and is suspended with less than 2 minutes remaining in the quarter for a yellow card, or 5 minutes for yellow/red, or 10 minutes for a straight red card, the suspension will carry over into the next quarter and overtime when played.
- 23.B.4** The warning card serving penalty is recorded against the offender in all cases, regardless of who is serving the penalty.
- *For example – player number 1 serves for a goalkeeper (number 12) or coach, it is number 12 or the coach’s name that is recorded.*
- 23.B.5** During any timed penalty, for each player serving a warning card, their team must play with one less player in their *Attacking Area* and *Defending Area* ([Diagram 8](#)). Only an eligible substitute may re-enter the game in their place, once the time penalty expires.
- 23.B.6** If the substitute enters the game before the timed penalty expires, their team must re-serve the same timed penalty from the beginning and their team must continue to play with one less player in their *Attacking Area* and *Defending Area* ([Diagram 8](#)) for the duration of the re-served penalty.
- *In any scenario below where a player who **did not foul** leaves the field to **serve** the timed warning card penalty, that player may return to the field at any time, so long as their team remains down a player for the duration of the time served penalty.*

FIELD PLAYERS

- 23.B.7** When a field player receives a warning card, the player must leave the field and serve the appropriate timed penalty according to *Rule 23.B.2*.
- 23.B.8** When a field player receives a second yellow card (5-minute timed penalty) or straight red card (10-minute timed penalty), the player must leave the field, serve their penalty time and are suspended for the remainder of the game. Only an eligible substitute may re-enter the game in their place, once the timed penalty expires.

GOALKEEPER

- 23.B.9** When a goalkeeper receives a **second yellow card (yellow/red card together)**, or a **straight red card**, they must leave the field, serve their penalty time, and are suspended for the remainder of the game.

23.B.10 Where a team **has** a *Second Dressed Goalkeeper*:

- 23.B.10.a** When the goalkeeper receives a warning card, and their team has a *Second Dressed Goalkeeper*, the goalkeeper who was penalized must leave the field and serve the appropriate timed penalty.
- 23.B.10.b** The *Second Dressed Goalkeeper* will replace the suspended goalkeeper and another field player from the offending team, who is nearest to their team's *Substitution Area*, must immediately leave the field to serve the timed penalty and their team must play with one less player in their *Attacking Area* and *Defending Area* ([Diagram 8](#)) for the duration of the timed penalty.
- 23.B.10.c** If the player closest to their team's *Substitution Area* is in the midfield, teams must be onside before play resumes.
- 23.B.10.d** To resume play, see *Rule 20.B*.

23.B.11 Where a team **does not have** a *Second Dressed Goalkeeper*:

- 23.B.11.a** When the goalkeeper receives a yellow card, and the suspended goalkeeper is their team's only dressed goalkeeper, the goalkeeper may remain in the game. Another field player from the offending team, who is nearest to their team's *Substitution Area*, must leave the field to serve the timed penalty (2 minutes) and their team must play with one less player in their *Attacking Area* and *Defending Area* ([Diagram 8](#)).
- 23.B.11.b** When the goalkeeper receives a second yellow card or a straight red card, and the suspended goalkeeper is their team's only dressed goalkeeper, a 2-minute time-out will be taken to enable a teammate to put on protective equipment, and another field player from the offending team, who is nearest to their team's *Substitution Area*, must leave the field to serve the timed penalty suspension (5 or 10 minutes).
- 23.B.11.c** To resume play, the goalkeeper, or their substitute, will stand 4m behind the attack player awarded the Free Position, and the Goal-Circle will remain empty.
- 23.B.11.d** If the goalkeeper receives a warning card following a goal, the goalkeeper or their substitute will remain in the Goal-Circle. To resume play, the Free Position will be set at the Center-Line. The goalkeeper may remain in the goal,
- 23.B.11.e** To resume play, see *Rule 20.B*.

TEAM BENCH STAFF OR COACH

- 23.B.12** When a team bench staff or coach receives a yellow warning card, a field player from the offending team, who is nearest to their team's *Substitution Area*, must immediately leave the field to serve the timed penalty and their team must play with one less player in their *Attacking Area* and *Defending Area* ([Diagram 8](#)) for the duration of the timed penalty.
 - 23.B.12.a** If the player closest to their team's *Substitution Area* is in the midfield, teams must be onside before play resumes.
 - 23.B.12.b** To resume play, see *Rule 20.B*.

- 23.B.13** When a team bench staff or coach receive a yellow/red or red warning card, a field player from the offending team, who is nearest to their team's *Substitution Area*, must

immediately leave the field to serve the timed penalty and their team must play with one less player in their *Attacking Area* and *Defending Area* (*Diagram 8*) for the duration of the timed penalty. The team bench staff or coach is suspended for the remainder of the game.

23.B.13.a If the player closest to their team's *Substitution Area* is in the midfield, teams must be onside before play resumes.

23.B.13.b To resume play, see *Rule 20.B*.

RULE 24 THE SHOT CLOCK

➔ *For legibility purposes, this rule has not been highlighted. However, all of Rule 24 is new.*

➔ *Rule 24 will be implemented in World Lacrosse Women's Field Lacrosse events effective January 1, 2027. The delayed implementation is to provide adequate timing for sourcing and acquiring suitable equipment, as well as not to disrupt the current timing of the implementation of new rules with qualifiers and World Championships.*

➔ *Where a rule in Rule 24 conflicts with another rule in this Rule Book, defer to Rule 24 only when a shot clock is being used (see 24.B for identified conflicts). When no shot clock is being used, Rule 24 does not apply. Rule 24, including rules that currently conflict, will be fully integrated in the next iteration of the Rule Book (at the time of publishing is scheduled for January 2027 release), and inconsistencies eliminated.*

A RULES

24.A.1 Two visible shot clocks with the ability to be set and reset to 80 seconds are required for use in all games. The shot clocks should run down from 80 seconds to 0 seconds, and it must be possible to stop (pause) the count as needed. An audible signal when the shot clocks reach 0 is required. The shot clocks shall be located at each end of the field, visible to players, coaches, and officials.

24.A.2 80-Second Shot Clock: After a team has gained Possession of the ball, the visible 80-second shot clocks will start. At the expiration of 80 seconds, a change of Possession will be awarded to the opposing team. **This is not a foul.**

➔ *The officials should signal "RESET" when the game restarts on the whistle or when a player self-starts.*

24.A.3 Shot Clock Resets: The 80-second shot clock resets in the following scenarios:

24.A.3.a When Possession is gained during live play;

24.A.3.b When a team is entitled to the ball following a Draw prior to a team gaining Possession (i.e. when a foul occurs without prior Possession).

24.A.3.c Following a change of Possession;

24.A.3.d Following a Shot Clock Violation (24.A.7);

24.A.3.e Following a *Valid Shot* on goal (24.A.6) that:

24.A.3.e.i Hits the pipe or crossbar;

24.A.3.e.ii Hits the goalkeeper or the goalkeeper's equipment while they are standing in the Goal-Circle;

24.A.3.f Any Delay of Game violation by the team who is not in Possession of the ball;

24.A.3.g When an official stops play using their whistle for a warning card;

24.A.3.h Any defensive injury where the officials are required to stop the game clock;

➤ *An attacking injury pauses the shot clock (24.A.5.d). When both an attacking and defensive player are injured (no foul), the shot clock will reset.*

24.A.3.i Any situation not covered by the rules and deemed to be appropriate by the officials.

➤ *The officials will signal "RESET" in all instances where the shot clock should be reset to 80 seconds.*

➤ *Following a reset of the shot clock, a team is entitled to a full 80-seconds of Possession. Common scenarios include:*

- *A Valid Shot hits the goalkeeper, "RESET", the ball rebounds outside the Goal-Circle and a player gains Possession, "RESET" again;*
- *A Valid Shot hits the goalkeeper, "RESET", the goalkeeper gains Possession inside the Goal-Circle (17.A.1.b), "RESET" again;*

24.A.4 The shot clock **will NOT reset** in the following scenarios:

24.A.4.a When a **shot or pass** by the attacking team is taken towards the goal when the shooter/passer's stick head is below the GLE and makes contact with the goalkeeper, the goalkeeper's equipment, the pipe or crossbar;

24.A.4.b Any time remaining on the shot clock at the end of a quarter does not carry over to a subsequent quarter;

24.A.4.c When there is no change of Possession following an out of bounds.

➤ *Examples of this include:*

- *When the ball goes out of bounds following a "shot" and the attacking team is nearest to the ball when it exits the field, or*
- *When a defensive team deflects the ball out of bounds without gaining Possession.*

24.A.5 The shot clock will be **PAUSED** (count stopped) in the following scenarios and restarted on the subsequent whistle:

24.A.5.a Any instance where the game clock is stopped, excluding instances outlined in 24.A.3 and 24.A.4.

24.A.5.b Any foul by the defense in their defensive AFA;

24.A.5.c During time-outs taken by either team;

24.A.5.d During an attack injury where the officials are required to stop the game clock.

24.A.5.e When there is an inadvertent whistle by the officials.

24.A.5.f When the ball is out of bounds.

➤ *The official will signal in all instances where the shot clock should be paused. The count will restart on the subsequent whistle that restarts play.*

- 24.A.6 Valid Shot:** For the purposes of shot clock resets, a Valid Shot is defined as an attempt to score a goal that is taken when the shooter's Crosse head is above the GLE. The shot must contact the goalkeeper, the goalkeeper's equipment, the pipe or crossbar, **prior to the expiration of the shot clock** to be considered valid and reset the shot clock.
- 24.A.6.a** An attempt by the attacking team to reset the shot clock by hitting a pipe or crossbar from below the GLE will not reset the shot clock.
 - 24.A.6.b** A goal may be scored regardless of whether a shot is valid. A *Valid Shot* applies only in relation to shock clock resets. A shot or pass by the attacking team that is not valid, i.e. that is taken from below the GLE that enters the goal according to *Rule 11.A.2 will count*. If it does not enter the goal, it will **not** reset the shot clock.
- 24.A.7 Shot Clock Violation:** When the 80-second shot clock expires, an audible signal is required. The official should blow the whistle immediately and signal the Shot Clock Violation.
- 24.A.8 Shot Clock Administration:** When the shot clock resets, award Possession to the nearest player on the opposing team. In all instances, players must abide by the rules of self-start (13.A.9). The opponents must give the ball carrier at least 1m of clear space with their Crosse, body, and feet. Administration is as follows:
- 24.A.8.a** If the ball is outside the *AFA*, restart from the spot of the ball.
 - 24.A.8.b** If the ball is within the *AFA* below the GLE at the time of the violation, restart from the nearest dot.
 - 24.A.8.c** If the ball is within the 15m *MA* at the time of the violation, restart from the nearest spot on the 15m *MA*.
 - 24.A.8.d** If the ball is within the Goal-Circle at the time of the violation and should be restarted by the **defensive team in their defensive end of the field**, restart play with the goalkeeper in the Goal-Circle. If the goalkeeper is outside of the Goal-Circle, restart play with the nearest defensive player within the Goal-Circle.
 - 24.A.8.e** If the ball is within the Goal-Circle at the time of the violation and should be restarted by the **attacking team in their attacking end of the field**,
 - 24.A.8.e.i** And the ball is above the GLE, restart from the nearest spot on the 15m *MA*.
 - 24.A.8.e.ii** And the ball is below the GLE, restart from the nearest dot.
 - 24.A.8.f** If the ball is in the air at the time of the violation, the Free Position will be administered relative to where the ball lands, at least 2m inside the boundary.
 - 24.A.8.g** If the ball was out of bounds at the time of the violation, the restart will be administered relative to where the ball went out of bounds, 2m inside the boundary.
 - 24.A.8.h** If the shot clock expires during a Scoring Play/raised Advantage Flag,
 - 24.A.8.h.i** And the **attacking team has NOT fouled**, signal the Shot Clock Violation.
 - 24.A.8.h.ii** And the **attacking team has fouled**, defer to *Rule 16*. Whichever team gains Possession will have the shot clock reset to 80 seconds.

24.A.9 Shot Clock Errors: In cases where the shot clock does not reset or start within 5 seconds of the official signaling the reset, the officials are instructed to stop play and correct the clock to the appropriate time. Note: In the event of an imminent scoring opportunity, the officials shall allow the scoring opportunity or clear to continue and stop the play to reset the shot clock when either is complete. Should the officials not know the correct timing of the shot clock at the time of stoppage, it shall be reset to 80 second.

24.A.10 Shot Clock Operator: A shot clock operator shall be used in all games. It is recommended that the shot clock operator have this duty as their main function in the game (i.e. separate from the timekeeper). The shot clock operator's duties will be to:

24.A.10.a Start, stop, reset and pause the shot clock according to the officials' signals.

24.A.10.b Start and stop the shot clock according to the game clock being stopped and started.

24.A.10.c When a Shot Clock Violation occurs, signal an audible signal alerting the officials to the violation.

24.A.10.d In cases where the shot clock does not start within five (5) seconds of the officials signaling the start or reset of the shot clock, inform the game officials.

➤ *The officials should not interrupt a Scoring Play to manage instances where the shot clock has not reset. Stop the game clock and address the issue when the Scoring Play is over.*

24.A.10.e The shot clock shall remain in effect regardless of the time on the game clock.

24.A.10.f Shot Clock Malfunction: In a situation where one or both shot clocks have malfunctioned, turned off, or become unsynchronized, inform the game officials. The shot clock operator should continue to monitor the shot clock and count down using a back-up device (stopwatch) at the scoring table. The shot clock operator will verbally communicate the time in 10-second intervals to the benches/officials. The shot clock operator should use a manual horn to signal the Shot Clock Violation if one or both shot clocks have malfunctioned.

➤ *The officials should not interrupt a Scoring Play to manage instances where there has been a shot clock malfunction. Stop the game clock and address the issue when the Scoring Play is over.*

➤ *The time on the game clock cannot be used as a method of timing the shot clock.*

B IMPACTED RULES

➤ *Conflicting rules are listed here and the changes relative to the shot clock are highlighted in blue. Future editions of the Rule Book will be updated to reflect these changes.*

A GOAL IS NOT SCORED WHEN:

11.B.1 The ball enters the goal after the official's whistle is blown or the horn has sounded **or after the shot clock has expired.**

APPENDICES

APPENDIX A DEFINITIONS


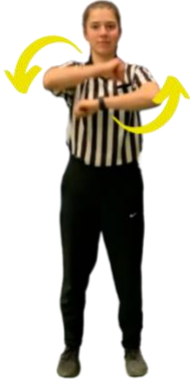

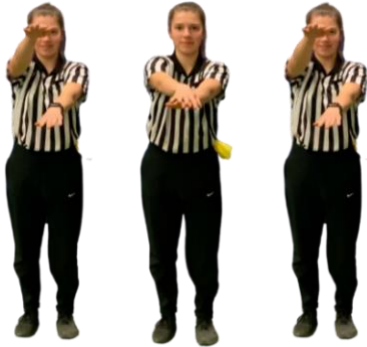


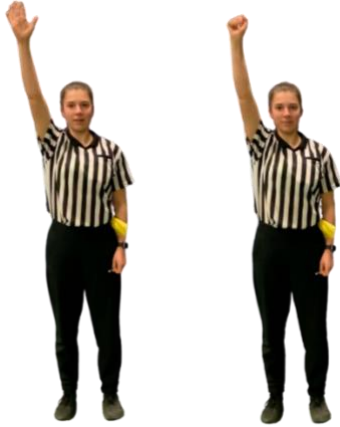
Advantage Flag	The official raises a flag and calls “flag” to signal a held whistle for a major foul committed by a defender, on an opponent with or without the ball, when the attacking team is on a <i>Scoring Play</i> inside the AFA. (Diagram 7)
Advantage Flag Area (AFA)	See Diagram 7 .
Attacking Area	See Diagram 8 .
Block	See <i>Rule 20.A.2</i> .
Charge	See <i>Rule 20.A.3</i> .
Clear	The action taken by the defending team, that has gained Possession of the ball in the Goal-Circle, to move the ball out of the Goal-Circle in line with <i>Rule 17.A.4</i> .
Clear Space	The space between players which is free of crosses or any parts of another player’s body.
Coach Walk	Designated area for a restricted number of team/bench staff. (Diagram 3)
Checking	An action whereby the defender attempts to dislodge the ball from an opponent’s Crosse by using controlled Crosse-to-Crosse contact. “Checking” or “check” does not refer to an official inspecting a player’s Crosse for legality.
Dead Ball	The ball is ‘dead’ whenever an official blows the whistle to stop play e.g. following a foul, time-out, boundary ball, etc.
Defending Area	See Diagram 8 .
Directly Behind the Goal	The area between two imaginary lines extending perpendicular and back from the GLE and tangent to the Goal-Circle. (Diagram 7)
Goalkeeper Save	Occurs when the goalkeeper is inside the Goal-Circle, and their team either catches the ball in their Crosse or they stop the ball with any part of their body or Crosse, to prevent the ball from crossing over the goal-line.
Goal Line Extended (GLE)	See Diagram 7 .
Grounded	Referring to a player’s position relative to the area of the field in which they are making contact with the field.
Held Whistle	An official may refrain from enforcing any rule when it would penalize the nonoffending team. When a player is fouled but is able to maintain quality Possession of the ball, the official will indicate they have seen the foul by extending a straight arm in the direction that player is attacking.
Inside The Goal-Circle	When a player steps on the Goal-Circle line or inside the Goal-Circle they are inside the Goal-Circle. A ball resting on the Goal-Circle line, is inside the Goal-Circle. A goalkeeper or a defender is inside the Goal-Circle if one or both their feet are <i>Grounded</i> in the Goal-Circle or touching the Goal-Circle line.
Legal Crosse	A Legal Crosse is one that meets (Appendix H) Manufacturer’s Specifications.


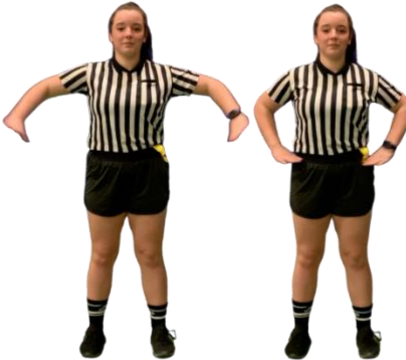





Legal Defensive Position	A player's Legal Defensive Position is as wide as their shoulders. It includes the space in front them, extending as far as the length of their outstretched arms directly in front of their nominally upright torso.
Marking Area (MA)	See Diagram 7 .
Midfield Area	See Diagram 8 .
Offside	This is an infringement of <i>Rule 18 Restraining-Line Rules & Penalties</i> .
Pass	A movement of the ball caused by a player in control throwing or bouncing or rolling the ball to a teammate.
Pick	A technique by which a player without the ball uses their positioning to force an opponent to take another route. To be legal, picks must be set within the <i>Visual Field</i> of the opponent, giving the opponent enough time and space to stop and/or change direction. (20.A.2)
Played	The action when: <ul style="list-style-type: none"> the ball leaves a player's Crosse and is touched by another player or their Crosse is checked Crosse to Crosse by an opposing player or play is stopped for a major or minor foul committed by a player on the defending team.
Possession – In Goal-Circle	See Rule 17.A.1.
Possession – Outside the Goal-Circle	A team shall be considered in Possession of the ball when a player on that team has Possession of the ball in their Crosse or when the ball is passed from a player to a teammate. A pass is a movement of the ball caused by a player in control throwing or bouncing or rolling the ball to a teammate.
Scoring Play	A continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. An attacking team may carry or pass the ball behind the GLE to continue a Scoring Play. (21.A.2)
Second Dressed Goalkeeper	Any player on the roster in the Team Bench Area who is wearing any piece of equipment intended for a goalkeeper as per <i>Rule 6.A.20</i> and <i>6.A.21</i> is considered a Second Dressed Goalkeeper. They do not have to be fully dressed in all equipment to be considered the Second Dressed Goalkeeper.
Shot	The action of a player throw/propelling the ball in the direction of the goal with the intention of scoring a goal.
Substitution Area	See Diagram 3 .
Substitution Gate	The sideline section of the Substitution Area and defined by two cones/markers placed 13m apart (Diagram 3)
Taper	In relation to a Crosse, to diminish or reduce in thickness toward one end.
Team/Bench Staff	Any persons affiliated with the team who are in the Team Bench area. Refer to the World Lacrosse Event Hosting and Competition Manual for World Lacrosse events.
Toeing the Center-Line	Refers to the Draw taker's foot during the draw, placed up to, but not on, the Center-Line (13.A.5.a)
Valid Shot	For the purposes of shot clock resets, a Valid Shot is defined as an attempt to score a goal that is taken when the shooter's Crosse head is above the GLE. The shot must




	contact the goalkeeper, the goalkeeper's equipment, the pipe or crossbar, prior to the expiration of the shot clock to be considered valid and reset the shot clock.
Visual Field	A player's peripheral vision. A player is responsible for using their peripheral vision to see their opponent/s. A player's peripheral vision is 180° using a player's nose as the point of reference, not their shoulders. (20.A.2)
Within a Crosse Length	This is a helpful way to visualize a distance of 1.5m i.e. when determining how close a player it to their opponent.

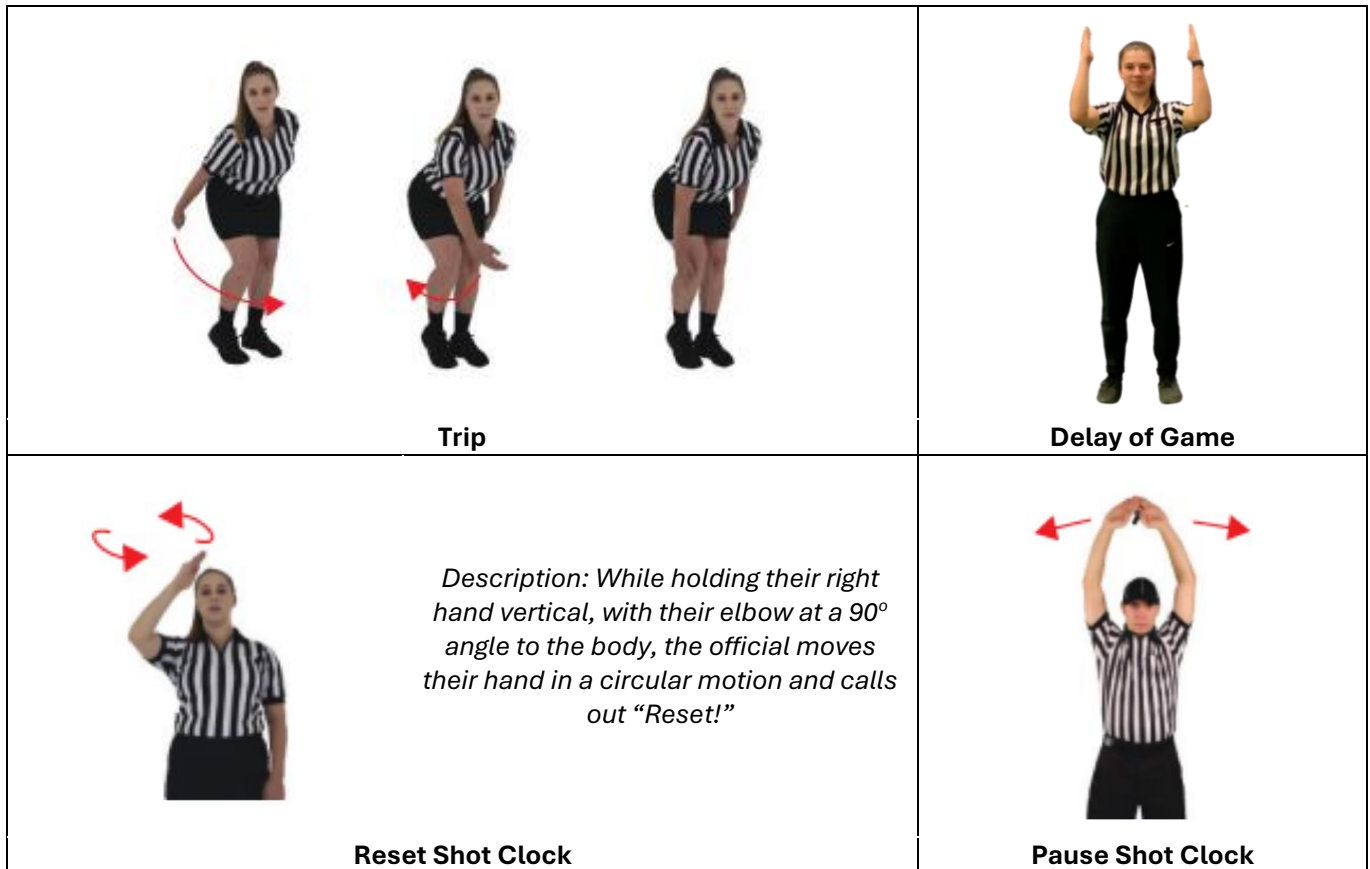
APPENDIX B OFFICIALS' ARM SIGNALS

<p><i>Description: Facing the center of the field, raise both arms straight above the head and then lower them to chest level pointing horizontally toward the center of the field. Image to follow.</i></p>		
Goal		No Goal
Out of Bounds/Advantage/Direction	Possession/Free Ball	
		<p><i>Description: The official will count the five seconds out loud while using a visible, hand-chopping motion to count each second that the ball remains in the Goal-Circle. Image to follow.</i></p>
Coincidental Fouls	Alternate Possession	5-Second Goal-Circle Count

<p><i>Description: Turn toward the scorer/timer and cross fully extended arms at wrists above the head. Image to follow.</i></p> <p>Time-Out</p>	<p><i>Description: Place arms fully extended horizontally in front of the body. Begin with palms together and extend them up and out with a quick motion. Image to follow.</i></p> <p>Re-Draw</p>	 <p>Point at the line and signal the direction.</p> <p>Goal-Circle Foul/Early Entry</p>
 <p>Illegal Procedure</p>	 <p>Withholding the Ball</p>	 <p>Empty Crosse Check</p>
 <p>Hand Ball</p>	 <p>Held Crosse</p>	 <p>Restraining Line/Offside</p>

 <p>Across the Body</p>	 <p>Block</p>	 <p>Charge</p>
 <p>Check to the Head</p>	 <p>Dangerous Follow Through/ Dangerous Propel</p>	<p><i>Description: Salute to the side of the head with a closed fist. Similar to Sixes and Men's Field signal for Unnecessary Roughness, but the fist is closed so as to not be confused with Check to the Head. Image to follow.</i></p> <p>Dangerous Play</p>
 <p>Dangerous Shot</p>	 <p>Detaining</p>	<p><i>Description: Hold one hand in a hook shape and lift fingers of other hand. Image to follow.</i></p> <p>Hooking</p>

 <p>Illegal Contact</p>	 <p>Illegal Cradle</p>	 <p>Point at the line and signal the direction.</p> <p>Illegal Defending</p>
 <p>Misconduct</p>	 <p>Dangerous Check</p>	 <p>Shooting Space</p>
 <p>Swipe</p>	 <p>Three Seconds</p>	 <p>Warding</p>



APPENDIX C WORLD LACROSSE TOURNAMENT RULES

1. Roster Size

For World Lacrosse events, a roster of 22 players constitutes a full team. 8 support staff are allowed in the Team/Bench Area during games. (5.A.2)

2. Ball Specifications

The color of the ball will be solid yellow or as provided by World Lacrosse.

3. Scorekeeping

The scorekeeper will record the time of goals and any other necessary game statistics.

4. Tie-Breaking

The [World Lacrosse Event Hosting and Competition Manual](https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf) - <https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf> dictates all tie-breaking procedures.

5. Penalty Demerits for World Lacrosse Events

For World Lacrosse Tournaments, a penalty point system will be in place for players receiving warning cards for personal fouls and to deter unsportsmanlike or dangerous conduct by players:

- Yellow card suspension = 2 penalty points
- Yellow/red card suspension = 4 penalty points (including initial yellow card)

- Red card suspension = 8 penalty points

When a player has accrued 8 penalty points, they will be suspended from the next match of the championship.

Penalty points are cumulative. Once a player sits out one match, they will sit out a second match if they accrue an additional 6 points. It is the responsibility of the Official in Chief (OIC) to advise the Team Manager when a player has accrued 6 points.

6. Uniforms Advertising & Uniforms

The [World Lacrosse Event Hosting and Competition Manual](https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf) - <https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf> dictates all uniform regulations.

7. Officiating Leadership

The Officiating Leadership Team will ensure that tournament and bench rules are used in accordance with World Lacrosse Rule Book and World Lacrosse World Event Bylaws where applicable.

APPENDIX D WORLD CHAMPIONSHIP PRE & POST MATCH SCHEDULES

The [World Lacrosse Event Hosting and Competition Manual](https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf) - <https://worldlacrosse.sport/wp-content/uploads/2022/04/WL-Event-Hosting-Competition-Manual.pdf> dictates all pre and post-match schedules.

APPENDIX E WORLD CHAMPIONSHIP POLICY: BLOOD/BLEEDING

1. Whenever a participant suffers a laceration or wound where oozing or bleeding occurs, an official will stop the game at the earliest appropriate time, and the player or official will be required to go to the Team Bench Area to receive medical treatment. The participant that has been removed shall not re-enter the game without approval of medical personnel.
2. If there is blood on any part of a player's uniform, skin, or other personal equipment, medical personnel must determine whether the blood has saturated the uniform or equipment enough to require a change. A uniform is considered saturated when blood has soaked through the uniform to a player's skin or is capable of being transferred to another player. The same saturation criteria should be applied to a player's personal equipment (Crosse, gloves, pads, knee brace, etc.). If the uniform shirt is changed, the player's new number must be recorded on the team score sheet before the player re-enters the game. It is recommended that teams travel with extra uniforms.
3. Before the game is restarted, appropriate medical personnel must clean and decontaminate any and all surfaces that are contaminated with blood, including the playing field if necessary.
4. In the event of an injury, time-out will be called at the discretion of the official. If, in the official's opinion, the injury is serious or the player's safety is compromised in any way, the official will suspend play immediately. Otherwise, the official may delay the whistle to allow a team to complete a Scoring Play. When time-out is called, the official will beckon team medical personnel onto the field to attend to the injured player.
5. If a field player is not ready to resume play after two minutes recovery time or a goalkeeper is not ready to resume play after five minutes recovery time, a substitute must take their place. However, if a player sustains a serious injury, play will be suspended until the injured player can be safely moved off the field and a substitute has taken their place.

APPENDIX F WORLD CHAMPIONSHIP POLICY: GAME INTERRUPTION

1. The decision to suspend a game due to lightning and/or thunder will be made by the officials and off-field game officials on the field at the time of play. During a tournament, if two games are being played at the same time, the decision made on one field will be communicated to the other field and followed.
2. The Head Technical Delegate, the World Lacrosse Competitions Chair, and representatives from the Host Committee will communicate daily to monitor weather forecasts and communicate possible weather concerns to off-field game officials and officials. They will be instructed to actively look for signs of bad weather throughout each game and notify the officials/ off-field game officials on the field if severe weather becomes dangerous.
3. If at any time, the Head Technical Delegate, the World Lacrosse Competitions Chair, and/or a designated member of the Host Committee determines that play should be interrupted, they shall inform the nearest official on the field and/or the Off-field game official to suspend play immediately. The head on-field official and/or table official must note the time of the stoppage on the team score sheet.
4. In the absence of technology to assist with weather evaluation, games will be suspended when the “flash to bang” count for lightning is less than 30 seconds. The following “Flash to Bang” method should be used to estimate the proximity of lightning from your location. If the delay between observing a lightning flash and hearing subsequent thunder is 30 seconds or less, or if dangerous looking thunder clouds are building overhead, the lightning safety action plan must be implemented without delay.
5. Once a game is suspended, the technical delegates will assist event staff to quickly evacuate teams and spectators to predetermined safe shelter. Teams and field officials will go to their respective locker rooms or other safe shelter, and spectators will be instructed to proceed to their automobiles or designated adjacent buildings.
6. Players may take the field, and spectators may return to the stands 30 minutes after the last visible lightning flash or sound of thunder. The decision to resume play will be made by the head on-field official, in consultation with the Head Technical Delegate, the World Lacrosse Competitions Chair, and/or a designated member of the Host Committee.

RESUMING PLAY FOLLOWING A GAME INTERRUPTION

7. If a game is stopped/interrupted due to severe weather, the remaining time in the game will be played as soon as possible; the score will resume from the point of interruption. The Head Technical Delegate and the World Lacrosse Competitions Chair will make the decision as to when the game will resume.
8. Following a game interruption, teams will be allowed to warm-up as follows:
 - If the delay is not more than 30 minutes, a 10 minutes warm-up will be allowed.
 - If the delay is between 30 and 60 minutes, a 15 minutes warm-up will be allowed.
 - If the delay is more than 60 minutes, a 20 minutes warm-up will be allowed.
 - By mutual consent of both coaches, the above warm-up time may be shortened.
9. When lightning occurs, count the number of seconds until thunder is heard. Divide the number of seconds by 5 to determine how far the lightning is away from you. Example: If lightning is seen and 30 seconds elapses before thunder is heard, the lightning is 6 miles/9 km away, 30 divided by 5 = 6 miles.

APPENDIX G WORLD CHAMPIONSHIP POLICY: HEAT/HYDRATION

Water breaks will be incorporated into each game if, in the opinion of attending medical personnel, they become necessary. Water breaks will be no longer than 90 seconds in length. Officials will let the teams know when there are 30 seconds remaining in the break, at which point they must take their positions on the field of play.

1. The water break will be taken closest to the mid-point of each quarter after a goal is scored, or on a *Dead Ball* outside the *AFA*.
2. All players on the field must remain on the field until the end of the water break. They may come to the side of the field to get drinks.

3. Substitutes must remain in the Team Bench Area until the end of the water break.
4. If the water break is after a goal, a substitute may enter the game at the end of the water break. If the water break is called when the ball is outside the *AF*A, a substitute must enter the game through the *Substitution Area* once play resumes.

WORLD LACROSSE WATER BREAK PROCEDURES

Forty-five (45) minutes before each match begins, personnel* from the host country will determine if water breaks are necessary and inform the Technical Delegate in charge of the match. Team coaches will be informed when the teams take the field for the 35-minute pre-game warm-up. If water breaks are necessary, they will occur throughout the game. Water breaks may also be implemented at half time.

LEVEL 1 WET BULB GLOBE THERMOMETER (WBGT) <80F/26.7C

No specific action needed. Encourage hydration before, during, and after activity.

Encourage shade before and after activity, and during rest breaks when possible. Do not utilize inside areas that are not air conditioned as they could be stifling due to lack of air flow.

Risk of exertional heat illnesses is not absent in these conditions but are reduced compared to more extreme environmental conditions.

LEVEL 2 WBGT 80-90F/26.7-32.2C

1. Increase quarter breaks to 7 minutes (including break before overtime).
2. Increase half time to 15 minutes (in shade or air conditioning)
3. Hydration to be available for all athletes and officials on the side-lines, and it is chilled, cups/bottles are available.

Strongly encourage shade before and after activity, and during rest breaks when possible. Do not utilize inside areas that are not air conditioned as they could be stifling due to lack of air flow.

Closely monitor for signs and symptoms of exertional heat illness in players and officials.

Monitor temperature to be sure it does not climb to Level 3.

LEVEL 3 WBGT >90F/32.2C

Strongly consider delaying completion of the game.

If activity must occur, the following should be implemented.

1. Increase quarter breaks to 7 minutes, including break before overtime.
2. Increase halftime break to 20 minutes.
3. Institute 3-minute breaks in the middle of each quarter, allow hydration during this time.
4. Closely monitor for signs and symptoms of exertional heat illness in players and officials.

*Personnel: For each world event, it is the host country's responsibility to identify a person/s who will be responsible for instituting water breaks in accordance with the above criteria when temperature and/or humidity levels are deemed dangerous to the health of the athletes. When necessary, water breaks will be discussed at the managers' meeting prior a World Lacrosse Women's World Event.

APPENDIX H CROSSE SPECIFICATIONS

A MEASUREMENTS

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

➡ *If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.20cm passes and 5.21cm does not. If the minimum specified length for a particular measurement is 5.1cm, then a measurement of 5.00cm passes and 4.99cm does not.*

To determine Crosse compliance with angular measurement specifications, all measurements and calculations will be made to the nearest 0.01°. The allowed deviation from the standard is 0.44°.

➡ *If the maximum specified angle is 7°, then a particular measurement of 7.44° passes and 7.45° does not.*

B CROSSE CONSTRUCTION

B.1 FIELD CROSSE CONSTRUCTION

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.

B.1.a A field Crosse must:

- Have an overall length of 90cm minimum to 110cm maximum. End caps are included when measuring the overall length of a Crosse.
 - Junior players who are under the age of 15 may use a Crosse shorter than 90cm to allow it to fit comfortably along the length of the player's arm.
- Not weigh more than 567g. This is the entire Crosse (strung head and shaft).
- Use recessed metal screws with round heads to attach the head of a plastic/molded head Crosse to the shaft.
- Not be altered in such a way as to give an unfair advantage to a player is illegal, such as baking, drilling additional holes, breaking and/or reconstructing with adhesive materials, stretching, pinching and shaving.
- Not have not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

B.1.b The head of a field Crosse specifications:

- The head shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.
- The unstrung head of a field Crosse shall lie within a 6.55cm horizontal plane of the shaft. To determine this, 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 and the lowest part of the head is 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 6.55cm above the table.
- 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. ([Diagram 9](#))
- The top edge of the sidewall must not be more than 0.6cm below the Center-Line of the shaft. ([Diagram 9](#))
- 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. ([Diagram 9](#))
- 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.

- 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.
- The head of the Crosse shall be triangular in concept. (*Diagram 11*)
 - 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.
 - The inside width between the sidewalls of the head, as measured 3.2cm from the center of ball stop, shall be 6.7cm minimum to 8.0cm maximum. The radius of the ball is 3.2cm.
 - 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.
 - 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.
 - The inside width between the sidewalls as measured 10.2cm from the center of the ball stop shall be 8.2cm minimum.

➞ *The inside width between the sidewalls is measured by determining the minimum distance between projections of the sidewalls onto a horizontal plane.*

B.1.b.i The head of a wooden field Crosse specifications:

- 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 10*)
 - 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.
 - The wooden sidewall begins at the center of the bridge.
 - 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 minimum. From the midpoint of the head, the height of the sidewall may taper toward the scoop.
 - The guard is the soft woven wall of the head.
 - The height of the guard shall be 7cm maximum to 3.2cm minimum.

B.1.b.ii The head of a plastic field Crosse specifications:

- 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 10*)
 - 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 perpendicular to the long axis of the shaft. The height of the ball stop shall be 6.55cm maximum to 3.2cm minimum. (*Diagram 12*)
 - Stop pads are not required. If used it 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, if used, 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.*

- The sidewalls begin and the ball stop ends as measured 3.4cm from the center of the ball stop. (*Diagram 12*)
 - 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. (*Diagram 12*)

- The entire head of the Crosse will 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.
- 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 no more than 41.9cm.
- The overall inside width of the head of the Crosse when measured at the widest point at the top of the head must be 15.24cm minimum to 38.10cm maximum.

B.2.c The shaft of a goalkeeper Crosse specifications

- The shaft of the Crosse will be straight and may be constructed of wood, metal alloy, or other composite material.
- The butt end of all shafts will have an end cap, be taped, or be sanded smooth if made of wood, or composite material.

C POCKET

Strung pockets must be attached to the head of the Crosse through stringing holes or by fused mesh.

C.1 STRINGING MATERIALS

- Pockets may be strung with longitudinal leather or synthetic thongs, nylon cord, mesh, or pre sewn pockets, in any combination that meets specifications.
- Longitudinal leather or synthetic thongs shall meet the following criteria:
 - Be 0.3cm to 1.0cm wide.
 - Each thong must be made of one material (leather, synthetic leather, or nylon cord). They may contain stitching that is integral to the structure of the thong and does not increase the size of the thong.
- Pre-sewn pockets shall meet the following criteria:
 - Replicate the criteria of 2 – 5 (field) or 6 – 7 (goalkeeper) longitudinal thongs in design, spacing, dimensions and materials.
 - Contain nylon cord that is evenly spaced and is attached to the thongs by being sewn or traditionally woven.
 - Nylon cord may be attached using a secondary material such as rubber, provided the material is used only to attach the cord, and the ball is free moving in the pocket.
- Nylon cord shall meet the following criteria:
 - The nominal diameter of the shooting string, sidewall string, and pocket nylon shall be 0.3cm maximum.
- Flat laces shall meet the following criteria:
 - Have a maximum width of 1.7cm.
 - Flat laces may only be used in a goalkeeper Crosse as shooting strings.
- Mesh shall meet the following criteria:
 - The nominal diameter of pocket nylon used to create the mesh shall be 0.3cm maximum.

➡ *Definition of 'nominal'; a very small quantity or degree; synonyms: negligibly, slightly. The stipulation for 0.3cm maximum nominal diameter for pocket nylon including mesh is a manufacturer's specification. Officials shall not measure this for compliance as part of their routine Crosse inspection.*

- There is a defined gap present between pocket nylon mesh. A solid surface of nylon would be non-compliant.

C.2 POCKET DESIGN

C.2.a Pocket Specifications - When designing a pocket, the following criteria must be met:

- Longitudinal thongs/pre sewn pockets/mesh must be roughly evenly spaced along the length and across the width of the head. If using a pre sewn pocket or mesh runner, a maximum of two (field) and four (goalkeeper) longitudinal thongs may be used.
 - If using only longitudinal thongs there will be two to five (field) or six to seven (goalkeeper).
 - If using a pre sewn pocket or mesh runner, a maximum of two (field) and four (goalkeeper) additional longitudinal thongs may be used.
 - Thongs must be securely attached to the Crosse head, either through holes in the scoop and at the ball stop and must extend at least 5cm beyond the ball stop, OR securely attached to mesh if they do not run the full length of the head.
 - A second material may be used to allow attachment of each thong to the head at the scoop, ball stop, or mesh.
 - Mesh can be attached to longitudinal thongs with nylon cord.
 - Mesh is attached to the head of the Crosse by using nylon cord or it is fused to the head of the Crosse on the bottom rail of the sidewall.
 - The pocket must be anchored to the bottom rail of the sidewall through the stringing holes using nylon cord. The distance from the bottom of the sidewall to the bottom of the stringing hole must not be more than 1.0cm.
- ☞ *A pocket must 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, must not be used as stringing holes.*
- Nylon cord is used to create knots/stitches where two strings intertwine. They must stay intertwined when force is applied to them. A ‘diamond’ is the shape/gap formed between knots/stitches. A knot/stitch can be where the nylon cord meets the longitudinal thong, or where two pieces of nylon cord meet. For example, a mesh type pocket could be created using nylon cord.
 - A diamond/gap has a maximum diameter of 4.27cm (field).
 - Loose ends of thongs/cord must not be woven back up through the pocket of the Crosse.
 - All extra lengths of cord (including shooting strings) on the outside of the Crosse (field and goalkeeper) must be cut to 4cm maximum.
 - 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. Other materials that may be prohibited: any materials that are sharp/unyielding, i.e. metal or hard rubber material that could be dangerous to another player.

C.2.b Shooting Strings

A shooting string is created by using two pieces (or one piece doubled back on itself) of nylon cord that are twisted around each other and the pocket. Shooting strings are not required. If shooting strings are used, they shall meet the following criteria:

- Field Crosses:
 - Shall have no more than two separate shooting strings.
 - Shooting strings shall not be rolled or coiled more than twice between each thong.
 - In a mesh pocket, the shooting string may be coiled once per mesh diamond/hole.
 - Flat laces may not be used as shooting strings.
 - Any shooting string must be directly attached to both sidewalls.
 - The top shooting string must be directly attached to the sidewall within 9cm as measured from the lowest point to the top outside edge of the head.
 - The bottom shooting string may be an “inverted “U” in shape and the lowest point of the “inverted U” must be directly attached to the sidewall within 16.5cm, as measured from the top outside edge of the head ([Diagram 14](#)).

- Two separate horizontal shooting/throw strings may both be attached in the upper third of the head (*Diagram 14*).
- Two separate shooting/throw strings may both be attached in the upper third and may be crossed, but may not be thick/rolled where they cross (*Diagram 14*).
- Goalkeeper Crosses:
 - May have more than two shooting strings.
 - Flat laces may be used as shooting strings.
 - There are no restrictions regarding the design or placement of shooting strings in the pocket of the Crosse.

D CROSSE INSPECTION PROCEDURE

An official will undertake the following procedure to inspect a Crosse. This does not limit an official to calling a Crosse illegal based on any rule in this appendix, whether included in the inspection or not.

There are four aspects to review during a Crosse inspection, in the following order:

1. Pocket depth
2. Pocket design
3. Length
4. Head shape

When an aspect of the Crosse is illegal, the Crosse inspection is concluded and a penalty is applied per *Rule 19.A.3* and *Rule 19.A.4* if applicable.

Pocket Depth

1. The pocket is of legal depth and moves freely. To ensure the ball rolls freely, the official will tilt the Crosse in both directions so that the ball moves freely from the ball stop to the scoop and out of the Crosse. The ball must easily fall out of the pocket of the Crosse when the Crosse is turned upside down.
 - Legal Field Crosse: The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, is visible above the top of the entire wooden or plastic sidewall AND the ball does not become lodged in the pocket. The ball does not become lodged in any part of the pocket. To ensure the ball moves, the official will tilt the Crosse in both directions so that the ball moves from the ball stop to the scoop and out of the Crosse. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden Crosse, or in the ball stop, or under the walls of a plastic/molded head Crosse. The ball must fall out of the pocket of the Crosse when the Crosse is turned upside down.
 - Legal Goalkeeper Crosse: The Crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, and more than one half of the ball is visible above the ball stop. The ball does not become lodged in any part of the pocket.

Pocket Design

1. Contains an attached pocket with any combination of thongs, nylon, mesh, or pre sewn pocket.
 - Legal Field Crosse: 2-5 thongs (maximum two with a pre sewn pocket) roughly evenly spaced and attached to stringing holes.
 - Legal All Crosse: Mesh or combination mesh pocket attached to stringing holes or fused to head.
2. Strings are woven correctly. Apply pressure to the pocket to ensure all knots stay intertwined.
 - Legal Field Crosse: Look for any large looking gaps with a maximum of **4.27cm** diameter to ensure it does not pass through with no pressure applied.
 - Legal All Crosse: All knots/stitches stay intertwined when pressure is applied to the pocket.

Length

3. Measure the stick from the end of the butt end to the top of the head.
 - Legal Field Crosse: 90cm – 110cm.
 - Legal Goalkeeper Crosse: 90cm – 140cm.
4. Measure the head length 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.
 - Legal Field Crosse: 25.4cm - 30.5cm.
 - Legal Goalkeeper Crosse: Max. of 41.9cm.

Head Shape

5. Place the Field Crosse minimum specifications tool inside the Crosse head in line with the center of the shaft and against the ball stop. If no tool is available, refer to [Diagram 11](#).
 - Legal Field Crosse: [Diagram 11](#)
 - Legal Field Crosse: Sidewall crosses below centerline after the marked point and stays above sidewall bar.
 - Legal Field Crosse: Ball stop is higher than rod resting on the ball stop.
6. Measure the widest point of the head from the outside.
 - Legal Field Crosse: 18cm – 23cm.
 - Legal Goalkeeper Crosse: Inside width of 15.24cm - 38.10cm
7. Measure the sidewall height for the bottom half of the Crosse. They must taper out from the midpoint to the scoop.
 - Legal Field Crosse: 2.8cm – 4.7cm. A wooden Crosse must be 3.2cm – 4.5cm. The guard (woven sidewall must be 3.2cm to 7cm.
8. Measure the horizontal plane of the head by placing 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. 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 6.55cm above the table.
 - Legal Field Crosse: Under 6.55cm.

DIAGRAMS

DIAGRAM 1 FIELD MARKINGS

Note: Diagrams are not produced to scale. Spacing between all hashes is 4m.

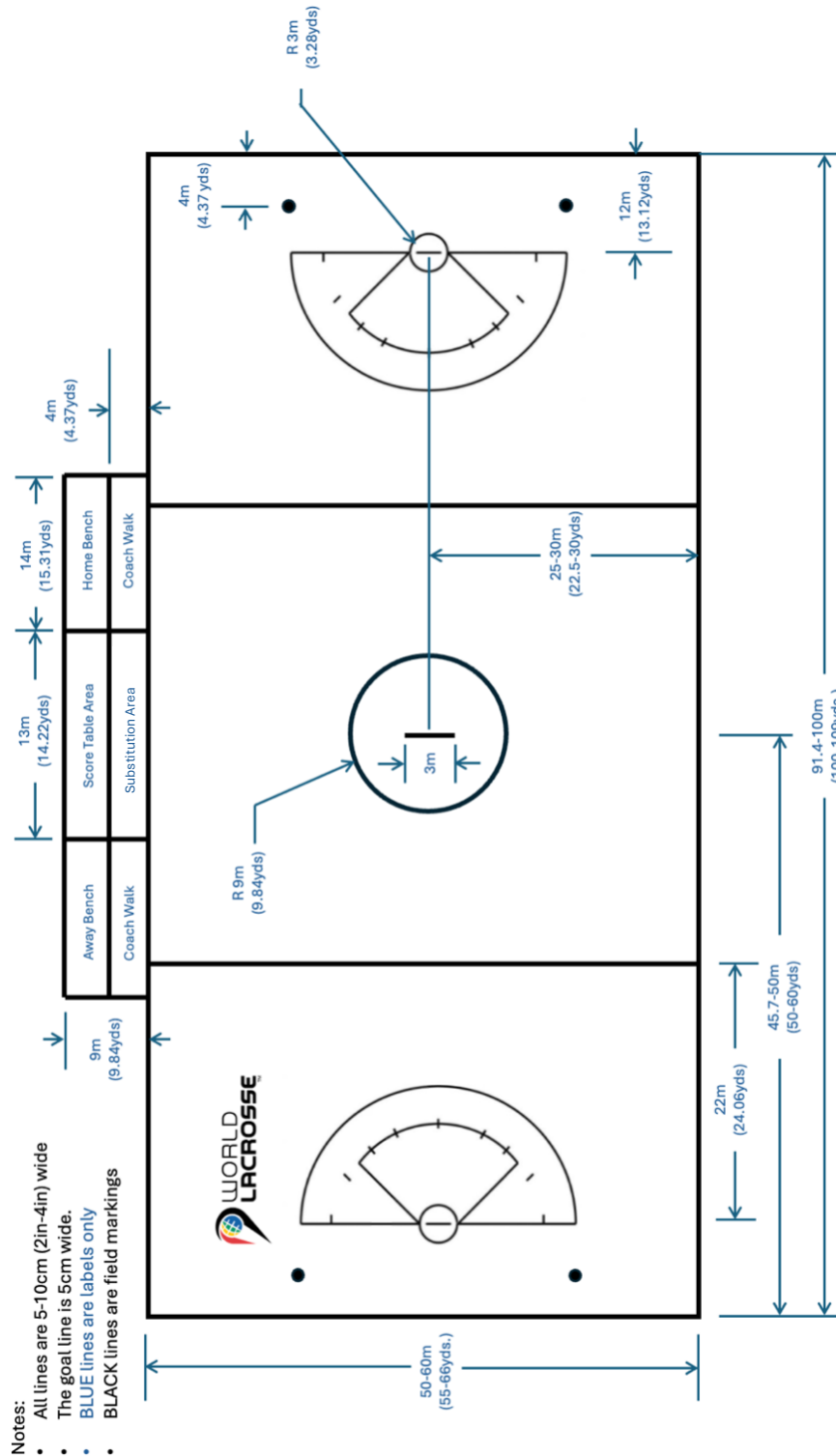


DIAGRAM 2 DIRECTIONS FOR MARKING THE AFA

Note: Diagrams are not produced to scale. Spacing between all hashes is 4m.

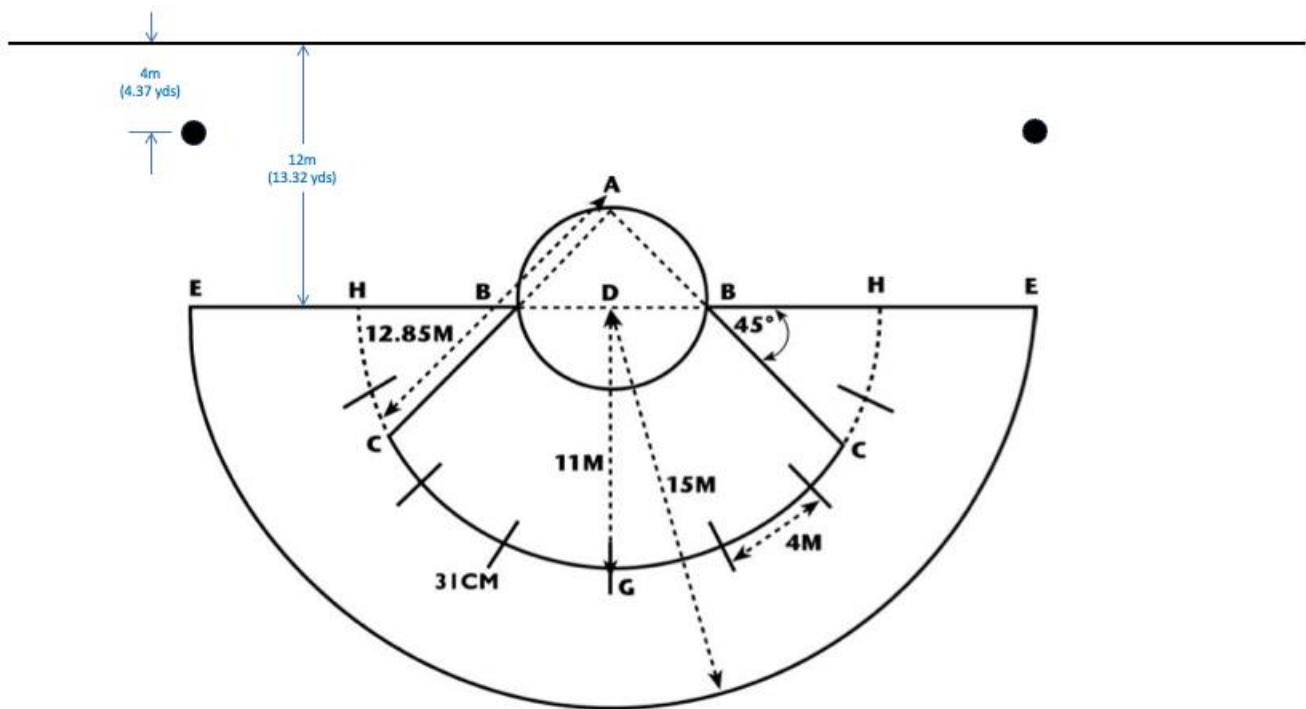
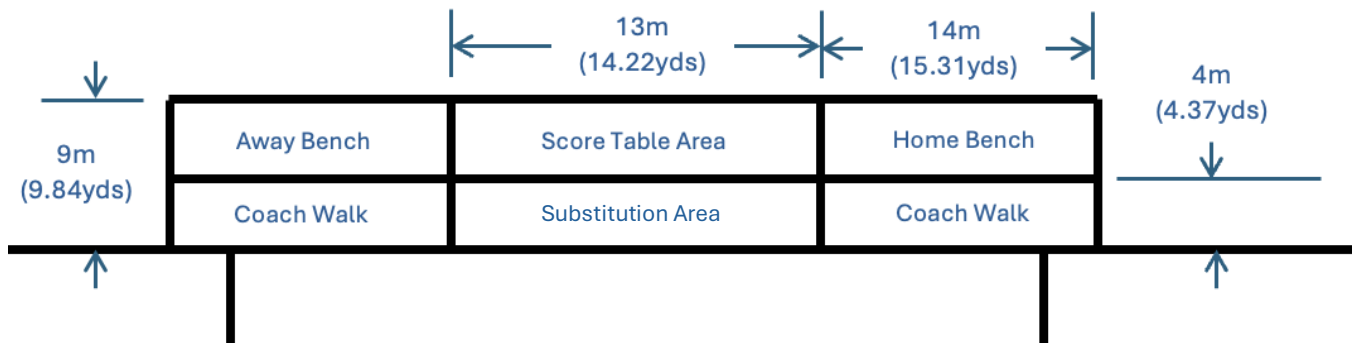


DIAGRAM 3 SUBSTITUTION, SCORERS, AND TEAM BENCH AREA

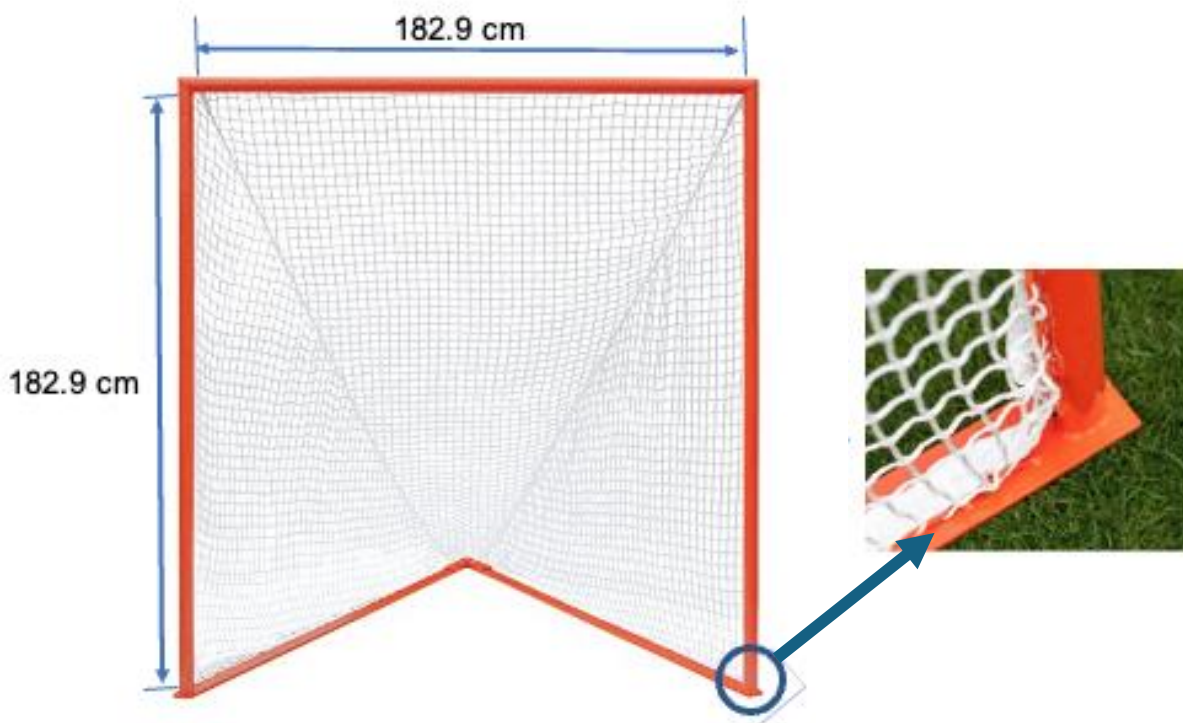
Note: Diagrams are not produced to scale.



- D.3.1** The *Substitution Area* will be measured 13m from the center point of the field length (6.5m either side of the center point) and 4m parallel to the side-line.
- D.3.2** The *Coach Walk* will be measured 4m parallel to the side-line and extend a fixed 14m from the *Substitution Area* towards the Restraining-Line.

- D.3.3** A maximum of 4 Coaches are permitted in the *Coach Walk* during play and must move to provide a clear path for on-field officials.
- D.3.4** The Home/Away Bench Area will be measured 5m parallel to the *Coach Walk* and extend a fixed 14m from the *Substitution Area* towards the Restraining-Line. Players and other *Team/Bench Staff* (additional to the maximum of 4 permitted in the *Coach Walk*) must remain in their respective Bench Area and cannot enter the *Coach Walk* during play. Players' benches/chairs must be at least 7m from the side-line and 4m from the *Substitution Area*.
- D.3.5** The *Substitution Gate* is the side-line section of the *Substitution Area* and defined by two cones/markers placed 13m apart.

DIAGRAM 4 GOAL CAGE SPECIFICATIONS



- D.4.1** A goal cage will be placed in each Goal-Circle.
- D.4.2** A goal cage consists of two vertical posts/pipes joined at the top by a rigid crossbar. The posts/pipes will be 182.9cm apart and the top horizontal crossbar will be 182.9cm from the ground. All measurements are inside measurements. The goal posts/pipes and crossbar will be 5.1cm square or 5.1cm in diameter and must be painted white or orange.

- D.4.3** If a freestanding goal is used, all ground level, side and center back supports must be padded their entire length with material that limits the rebound of the ball.
- D.4.3.a** It is not necessary to pad goals with flat or angled ground supports that prevent the ball from rebounding. Supporting braces should not be placed in the corners of the goal, that would prohibit a goal from being scored.
- D.4.4** Mesh cotton or nylon goal netting must not be larger than 4cm diamond. The goal net must be securely attached to the vertical posts, the crossbar and either the flat ground supports or to a point on the ground 2.1m behind the center of the goal-line. The net should be strung to limit the ball rebounding.
- D.4.5** Any structure supporting the net behind the goal must allow the goalkeeper and defenders to move freely behind the goal, in the back part of the Goal-Circle.

DIAGRAM 5 GOAL SKIRTS (ADVERTISING)



- D.5.1** Goal Skirts are permissible. World Lacrosse suggests that the goal skirt shall be attached directly to the netting of the goal and can be installed on the inside, outside, or both sides of the netting. The goal skirt shall be roughly triangular in shape following the drape of the goal's netting and the height of the skirt shall be no more than 61cm (24 inches) in height at its highest point.
- D.5.2** The goal skirt shall be affixed to the netting a minimum of 15cm (6 inches) from the goal post, and 10cm (4 inches) above the bottom plate running parallel to the ground, thus allowing an obstructed view of the ball within the goal area.
- D.5.3** The goal skirt shall be of one solid background color with contrasting writing or logo as illustrated and where feasible, the goal skirt should be semi-transparent, further assisting the ability to view the ball in the goal area

DIAGRAM 6 SHOOTING SPACE (SHOOTING LANES)

Note: Diagrams are not produced to scale. Spacing between all hashes is 4m.

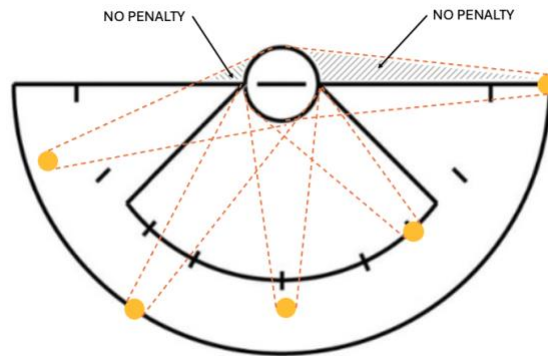
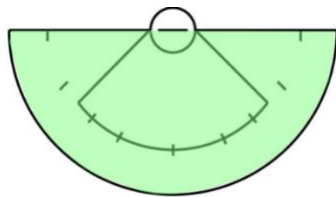
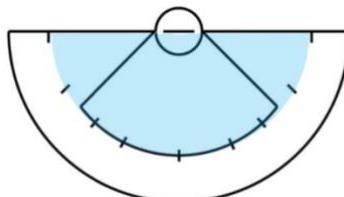


DIAGRAM 7 AREAS OF THE FIELD (TERMS)

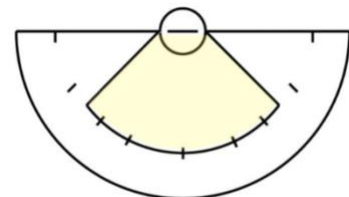
Note: Diagrams are not produced to scale. Spacing between all hashes is 4m.



15m Marking Area



11m Marking Area



11m Fan



DIAGRAM 8 RESTRAINING-LINES AND AREAS

Note: Diagrams are not produced to scale.

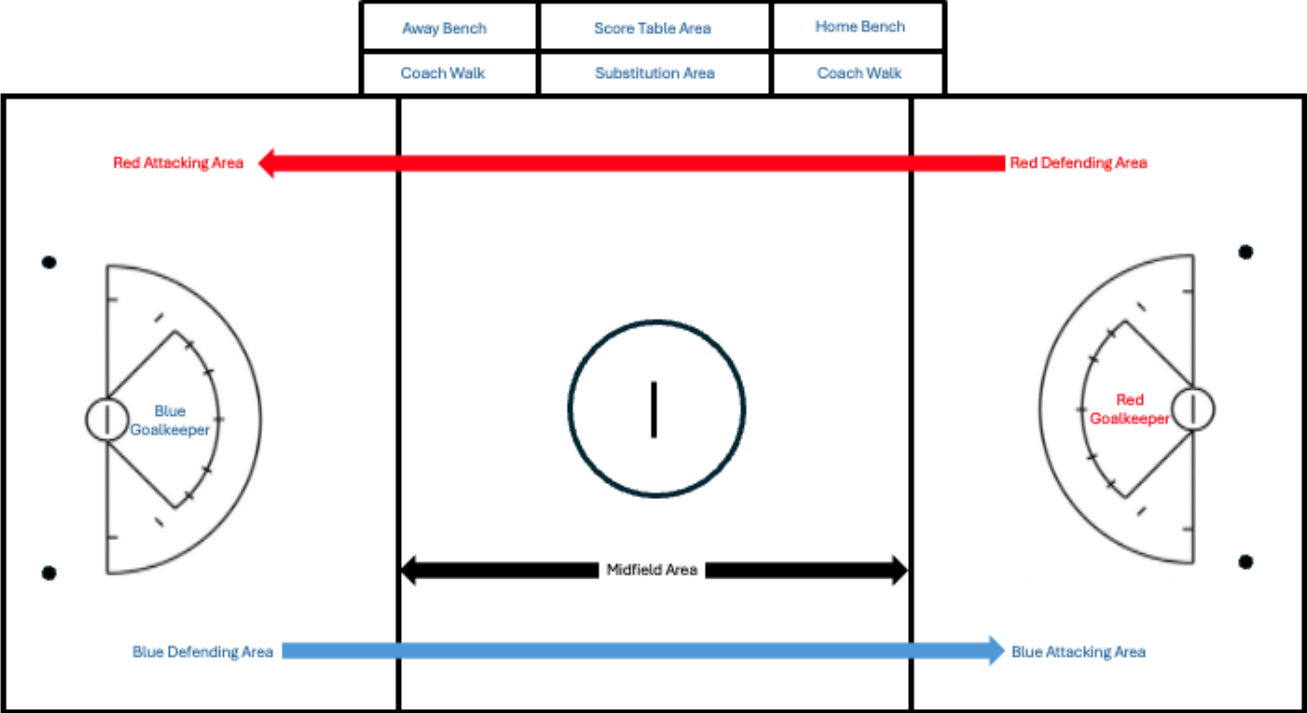


DIAGRAM 9 OFFSET SPECIFICATION

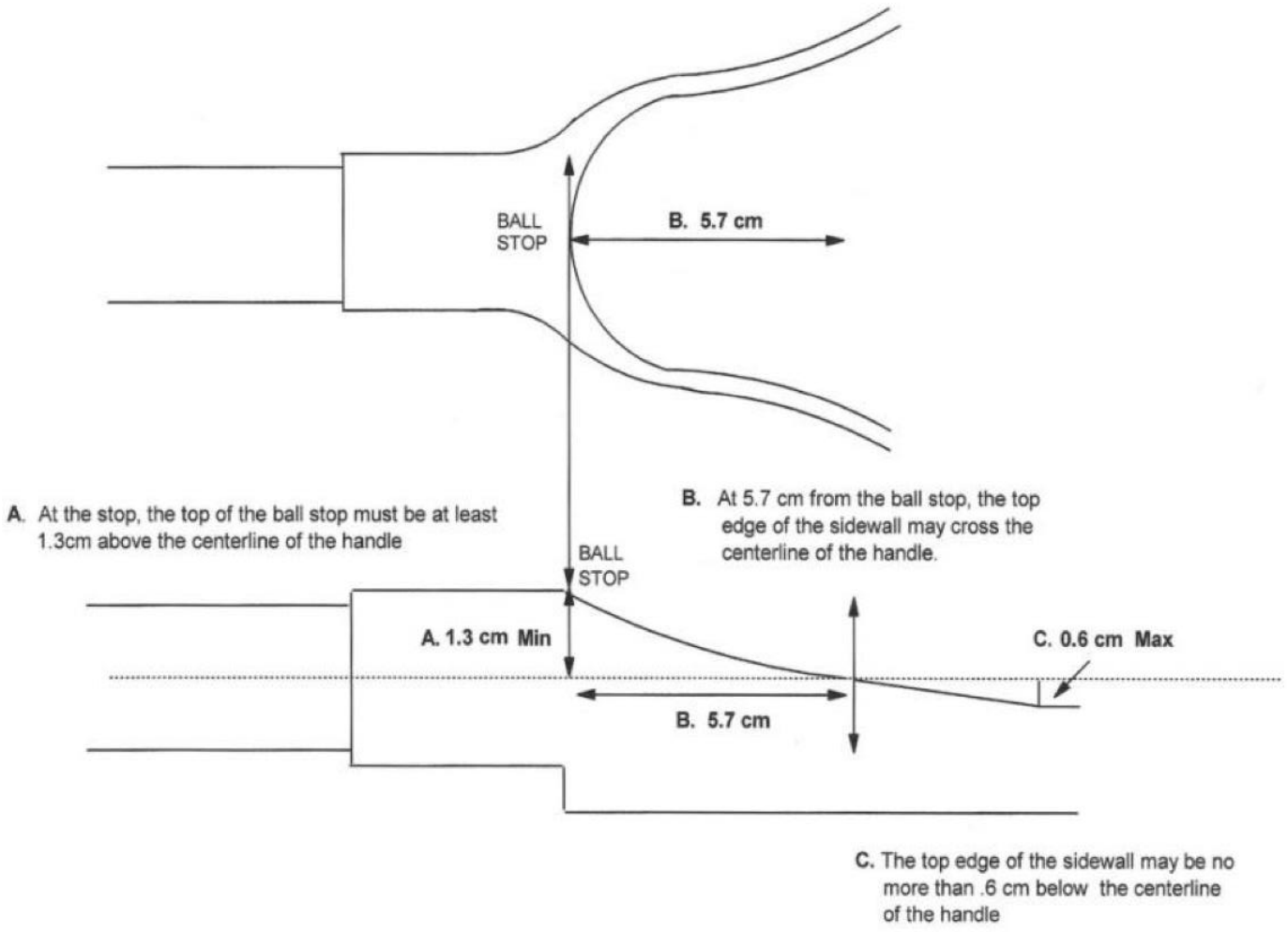


DIAGRAM 10 PARTS OF FIELD CROSSES

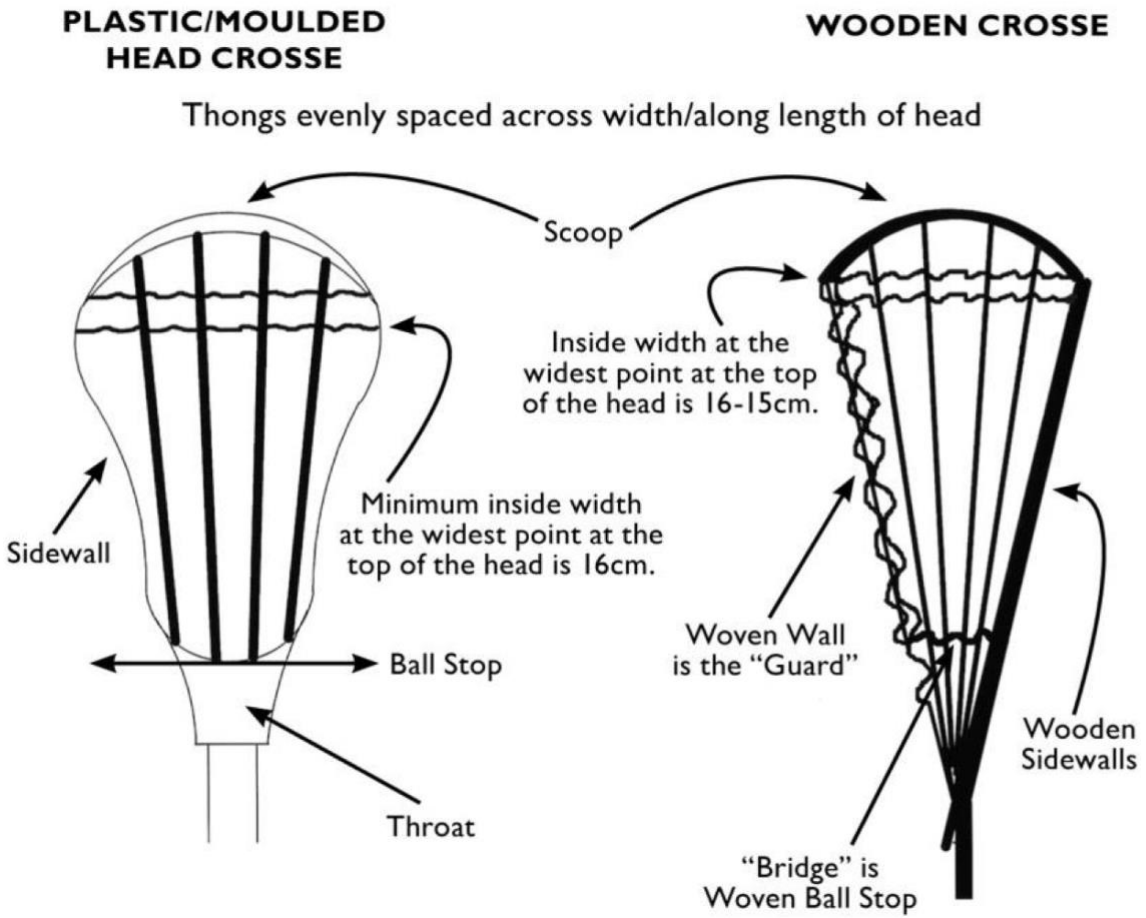


DIAGRAM 11 TRIANGULAR IN CONCEPT

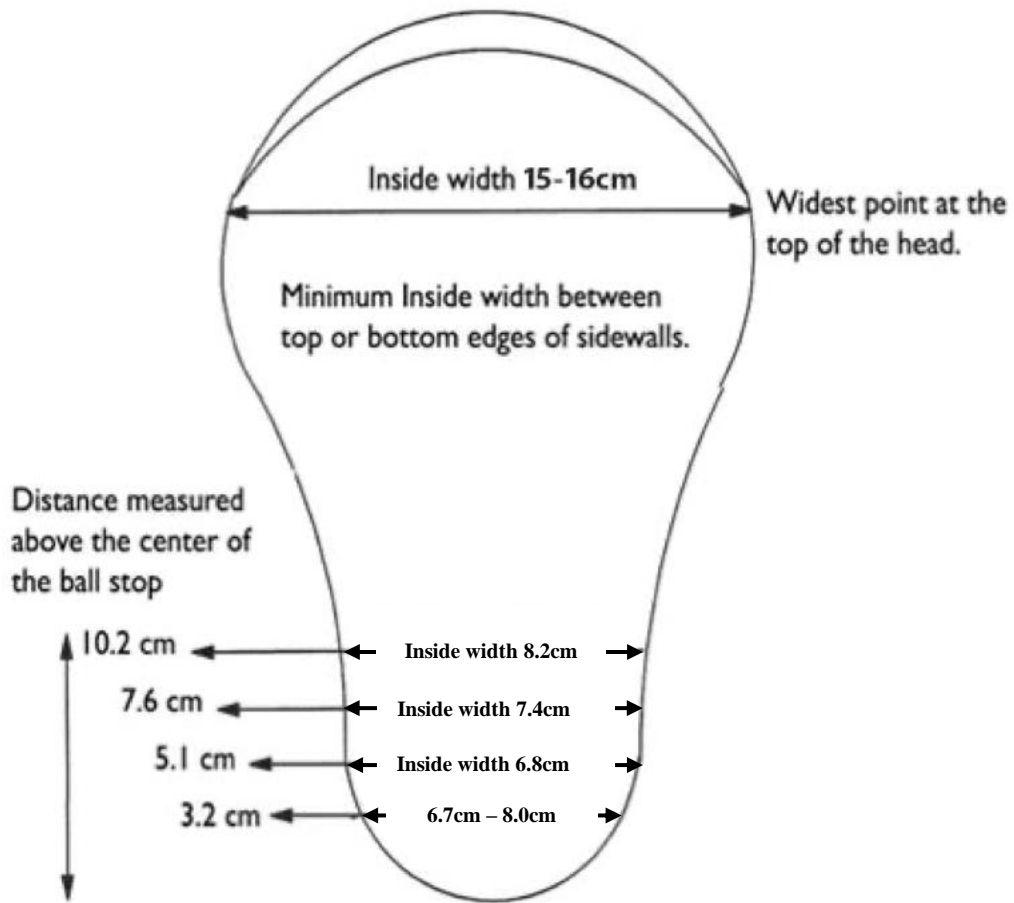


DIAGRAM 12 PLASTIC/MOLDED HEAD SPECIFICATIONS

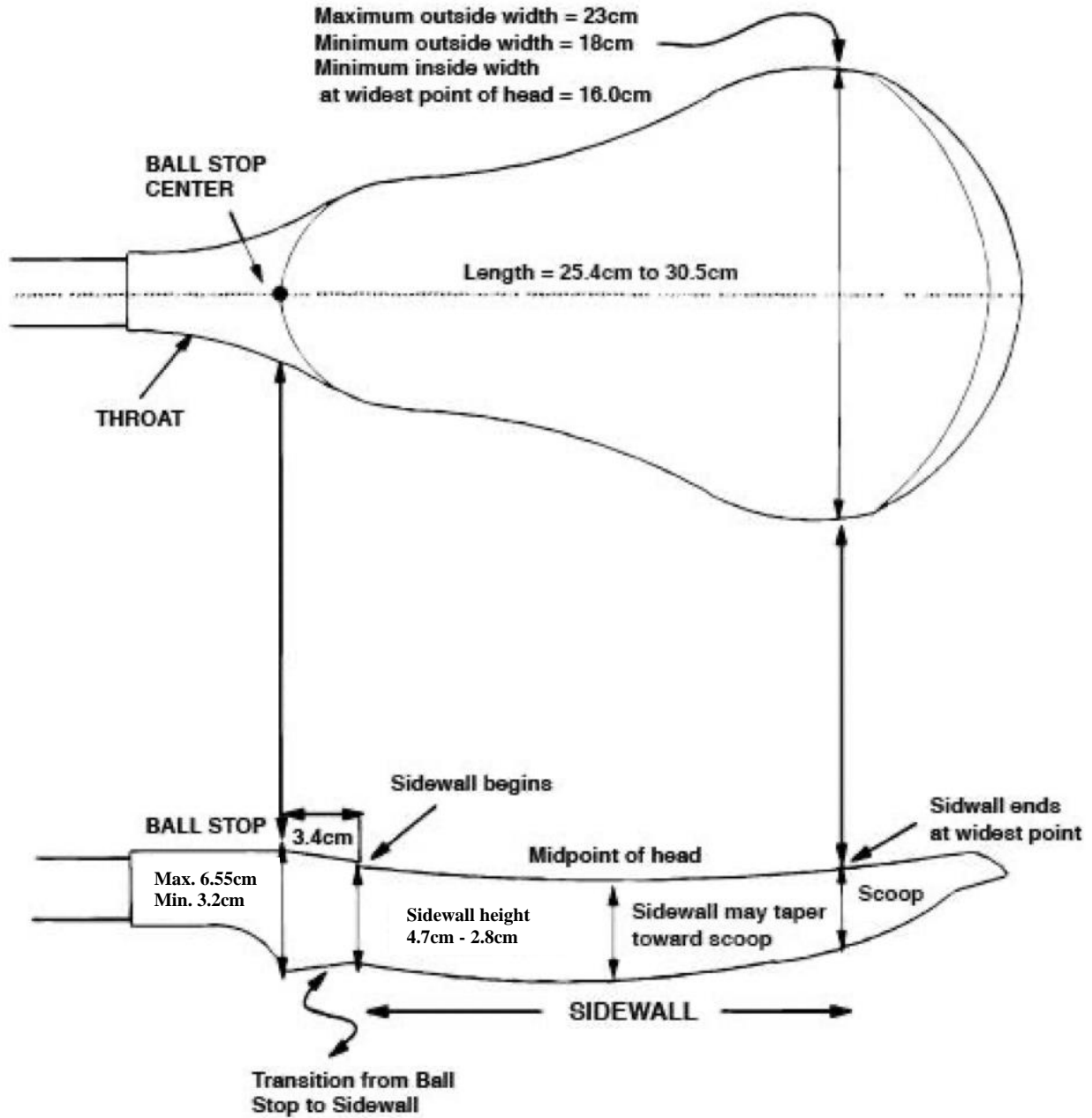
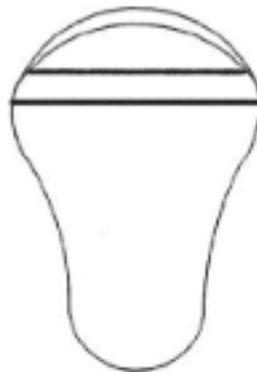


DIAGRAM 13 CROSS SECTION OF UNSTRUNG HEAD



$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} = < 0.65\text{cm}$$

DIAGRAM 14 SHOOTING/THROW STRINGS



Two separate horizontal throw strings; both attached in upper third of the head

Two separate curved throw strings; both attached in upper third of the head; may not be thick/rolled at point where they cross.



Two separate throw strings; One horizontal across upper third of the head; one inverted "U" in upper one-half of head.

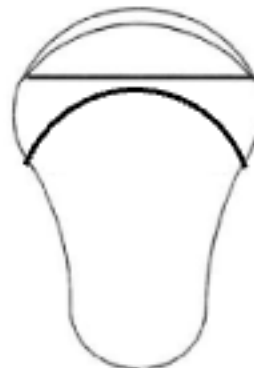
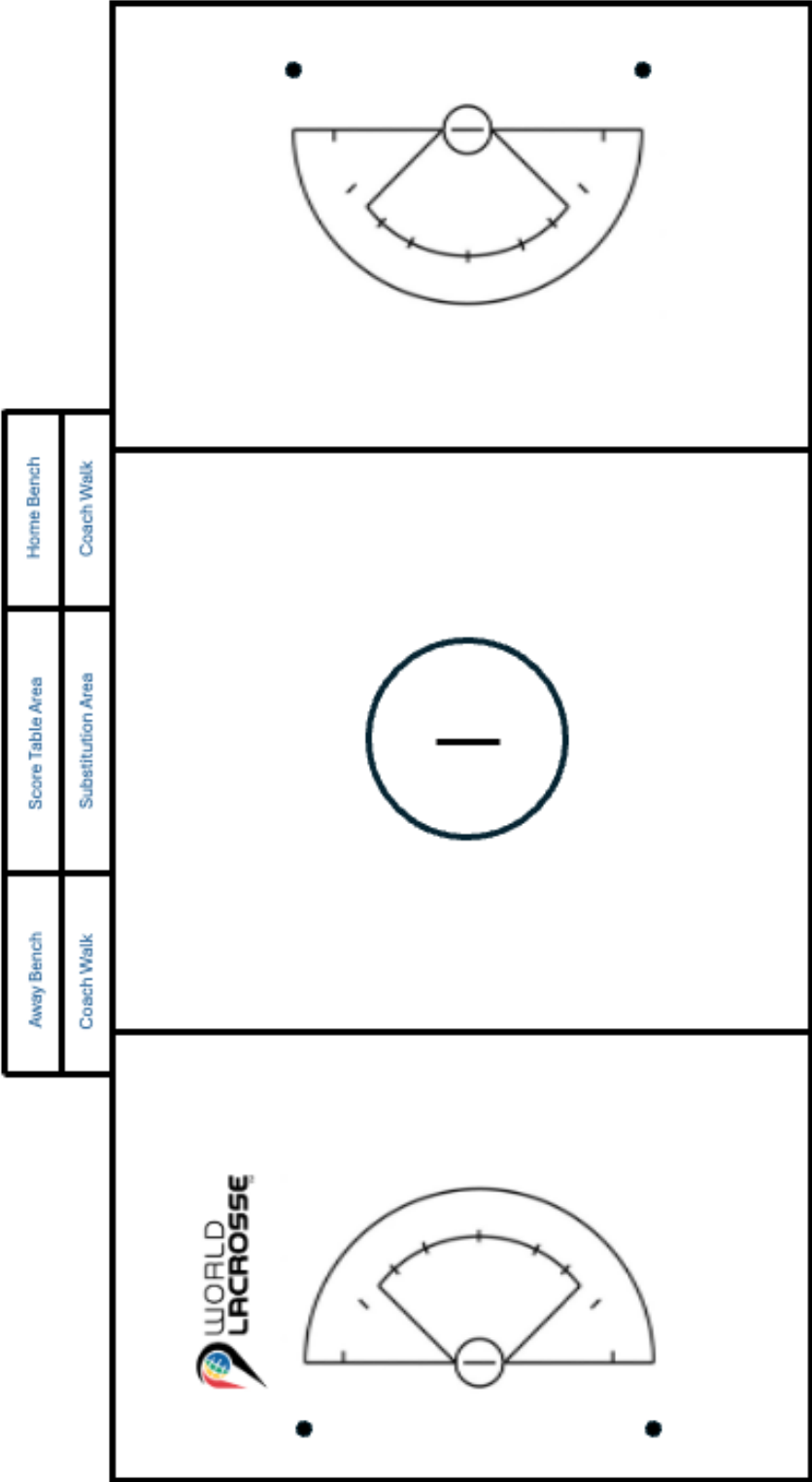


DIAGRAM 15 THE FIELD

Note: Diagrams are not produced to scale.



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