



2008

Women's Lacrosse Rules
(2007 Updates, Overview of Lacrosse Terms and
Field Lining Specifications)

2007 US Lacrosse Rules Changes Synopsis

The following are some of the US Lacrosse rules changes for the upcoming 2007 season. These rules, along with a few other rules dealing with procedural issues, will be in effect for the season and will be covered in depth for coaches and umpires at pre-season clinics and meetings. The completely revamped US Lacrosse Official Rules for Girls and Women's Lacrosse rule book will be available for purchase after November 1, 2006.

Rule 1 – The Playing Area and Goals

Soft/flexible cones, pylons, or flags must be used to mark the corners of the field. Previous rule said "may be used" and did not include flags as an option.

The Substitution Area has changed from 2 areas on either side of the scorer's table to one area in front of the table. "The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yards) from the centerline of the field."

A recommendation is being added to the rules that all lines be painted white or a single contrasting color.

Rule 2 – Equipment and Uniforms

The ball must be smooth – no dimpled balls may be used as game balls.

At the high school level (already in place at the youth level), the goalkeeper will be required to wear padding on the shins and thighs.

The mouth piece must fully cover the upper jaw teeth. For NFHS affiliated schools, the mouth piece must be of any visible color other than clear or white.

Close-fitting cloth sweatbands may be worn.

Colors allowed for visible undergarments (top and/or bottom) have been changed. Either team may wear white, gray, or black or the team may wear a color matching their uniform color. They must still be a solid color and each player choosing to wear them must be wearing the same color. Previous rule said uniform color or white for the home team and uniform color or black for the visiting team.

Rule 3 – Game Personnel

The home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table if official scoring and/or timing functions are not handled at field level.

Rule 4 – Time Factors and Scoring

Time out must be taken anytime the draw must be re-taken.

Rule 5 – Play of the Game

There must be twelve players on the field before the start or restart of the game unless a team does not have twelve eligible players in uniform or they have accumulated more than 3 cards.

On the draw a player's top hand may not contact any part of the sidewall or pocket or her stick.

If it cannot be determined why the draw was illegal or if both players draw illegally the umpire will call time out and a re-draw will occur. Previous rule required that a throw be administered.

Rule 7 – Penalty Administration

If a team receives three cards (yellow or red) for offenses occurring on the field of play, on the fourth and every subsequent yellow or red card the carded player must leave the field and no substitute may take her place for 3 minutes of elapsed playing time.

Source: http://www.uslacrosse.org/the_sport/2007changes_womens.phtml (10-14-06)

Lacrosse Rules 101

Minor Fouls (Penalty is to move 4 meters away in the direction from which player came)

- Body Ball to self or Team Mate's Advantage (other body balls are no foul)
- Illegal drawing procedure
- Empty Stick Check (ball must be in contact with the stick to check it)
- Wearing Jewelry
- Deliberately Running or Throwing the Ball Out of Bounds
- Illegal Stick/Equipment, including no mouth guard
- Crease violation by any field player
- Covering or guarding the ball with stick, or body
- Warding off with arm or elbow to protect stick/body

Major Fouls (Penalty is to move 4 meters directly behind player taking free position)

- Dangerous Check (check towards the body, reaching across body from behind, hanging the stick across the neck, checking into the sphere)
- Check to the Head or Body
- Slash
- Push / Block
- Held Cross
- Dangerous Shot
- Blind Pick
- Dangerous Follow Through, Dangerous Propelling
- Shooting Space/Free Space to Goal
- Defensive Three Seconds in Arc without being stick's length from girl you are marking
- Charge/Barge
- Cradling within the sphere
- Misconduct (rough, dangerous, flagrant disregard for rules)
- Unsportsmanlike Conduct (taunting, screaming, language)
- Illegal Deputy Goal Keeper
- Taking a Shot on an Indirect Free Position without passing or being checked by opposing team

Delay of Game (Penalty is a loss of possession set up like a minor foul. 1st penalty is a green card presented to the captain, 2nd penalty is green and yellow card presented to the player who fouled, 3rd penalty is a green and red card presented to the player who fouled; that player must leave the field for 3 minutes of playing time (a sub can take her place).

- Failure to move 4m away after a foul, or follow referee instructions
- False Start
- Taking too much time after a Time Out
- Failure to stand on the whistle
- Not wearing a mouthguard/not wearing a mouthguard properly

Automatic Yellow Card Fouls

- Slash
- Dangerous Propelling
- Check to the Head
- Dangerous Follow Through

An umpire can give yellow or red cards for any foul she deems flagrant, unsportsmanlike, dangerous, or for misconduct. Cards can be issued to players and/or coaches. Penalty for yellow card: the player must leave the field for three minutes of elapsed playing time (a sub may take her place). Penalty for red cards (or two yellow cards): player must leave the field for the remainder of the game (a sub may take her place).

Goalkeeper/Goal Circle Fouls

GK must:

OGLA 2008 Reference Manual

- Clear ball out of crease within 10 seconds
- Clear the ball with her stick
- Wear a mouthguard, helmet, throat protector, gloves and chest protector (under her team jersey)
- Stay on the goal circle line or within the goal circle line to keep goalkeeper status. Any body part outside the crease = field player status
- Not cover ball outside crease and rake back in if other players are trying to play the ball
- Not deliberately clear the ball out of bounds
- Once the GK is outside of the crease after a save, the ball must be played by another person before it can be placed inside the crease again (to avoid excessive stalling)
- Only a 'field stick' can score a goal (Exception: GK stops shot, ball rolls out of her stick and into cage behind her)
- Once grounded, she cannot carry the ball back into the crease, she must throw or roll ball into crease
- A deputy GK may take her place in the crease AS LONG AS HER TEAM HAS POSSESSION OF THE BALL
- If GK commits a major foul against the attack, she may have to go 4M behind

Substitution

Players may sub on the fly. They pass a baton or card to one another in the Team Substitution Area. There are unlimited substitutions. Subbing may also occur after goals and injury or team time outs. Subs may not occur on any other dead ball.

Restraining Line

A restraining line is drawn 30 yards from the goal line extended. Only 7 attacking players may be over the line in the attacking area at one time. Seven defending field players plus the GK may be in the defending area at one time. Violation of this rule is a loss of possession. If the defense fouls, the attack gets a 12m direct free position in front of the cage. If the attack fouls the defense gets it going out 4 m above the restraining line.

Flag Situation (slow whistle)

The umpire will hold up a yellow flag to signal a major foul against the attack when the attack is on a scoring play and the attack maintains the ball after the foul. This is a held whistle situation so as not to stop the attack's momentum as they go to go. [Exceptions to this rule, the umpire will immediately blow the whistle for shooting space violations or to halt potentially dangerous play.] A scoring play is a continuous effort by the attack to move the ball towards goal and to complete a shot on goal. The scoring play is over if: (1) a shot is taken, (2) the attack loses possession of the ball, (3) the attack carries the ball behind the goal line extended and stops the continuous attempt to score, (4) the defense forces the attack to lose her forward momentum, (5) the attack fouls. If the attack shoots and scores, the goal counts. **If the attack shoots and misses, the flag is lowered and play continues.** A free position will be awarded to the attack if (a) the scoring play ends and attack does not shoot or foul, (b) the shot is affected by the foul or (c) a cardable foul is committed by the defense.

8-Meter Free Position

The attack is granted an 8-meter free position on a hash mark on the arc, with the arc cleared of all players, when she is fouled in the arc, or when 3-seconds is committed. When fouled within the critical scoring area (approx. 15m from the cage) she will be set up at the spot of the foul and a lane to goal is cleared.

Safety Equipment

Eye guards/goggles are required to be worn by all players as of the 2004-2005 school year. Close-fitting gloves and soft headgear are permitted. The umpires and coaches of girls'/women's lacrosse work very hard to ensure that the game is played safely.

OGLA 2008 Reference Manual

Field Lining Instructions

For field lining instructions, please refer to the USLacrosse Web site at http://www.uslacrosse.org/the_sport/womens_rules.phtml

