



LACROSSE

**2026 AND 2027
WOMEN'S RULES BOOK**

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2026 and 2027 NCAA WOMEN'S LACROSSE RULES



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USA LACROSSE ACKNOWLEDGMENT

The NCAA acknowledges USA Lacrosse, the national governing body of men’s and women’s lacrosse, and the former United States Women’s Lacrosse Association for their respective roles in developing and publishing the rules of women’s lacrosse since 1932. The NCAA rules book was developed based on current USA Lacrosse Official Rules for Girls’ and Women’s Lacrosse, and the NCAA continues to work collaboratively with USA Lacrosse in the area of rule development.



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NCAA Women's Lacrosse Rules Committee

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution	Term Expiration
Kari-Lei Berry	Notre Dame of Maryland University	8-31-26
Amy Foster, chair	Cornell University	8-31-26
Nicole Ham	Southern New Hampshire University	8-31-25
Jaclyn Lawrence	State University of New York at Cortland	8-31-27
Lauren Skellchock	Mount St. Mary's University	8-31-26
Scott Strasemeier	U.S. Naval Academy	8-31-28
Emilia Ward	Central Michigan University	8-31-27
Stefanie Sparks Smith*	Secretary-Rules Editor	8-31-26

* Non-voting member

** Eligible for reappointment



For a complete and current listing of the NCAA Women's Lacrosse Rules Committee, please go to www.ncaa.org/playingrules

Those seeking interpretations of rules or play situations may contact:

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Major Rules Changes for 2026 and 2027

The changed rules listed below are identified in the rules text by a shaded background.

Rule 1-19. Changed the rule on goals to clarify that goal nets may be any solid color and that logos, whether memorial, institutional, or commercial, are permitted only if they face outward, are centered on the back of the goal net, and are no higher than three feet from the ground.

Rule 1-19 and Rule 1-20. Amended the rule on goals to specify that no holes or gaps in the net may exceed the diameter of a game ball or allow a ball to pass through. Clarified that officials have final authority in determining whether goals meet rule specifications and that it is the responsibility of the home team to correct any issues identified prior to the start of the game.

Rule 2-13. Changed the procedure for managing a broken stick, including a detached head or broken shaft, to require players to immediately leave the field of play when their stick becomes illegal, regardless of location on the field. Clarified that a limited exception applies only to goalkeepers when their team is not in possession of the ball.

Rule 3-5. Clarified that a coach must be present on the sideline to commence or continue play and that a team shall forfeit if a coach is not present. Referenced NCAA Bylaws for guidance on who may serve as a coach.

Rule 3-10.d. Required all Division I and Division II officials to use headsets beginning with the 2027 season to improve communication and game management. Strongly encouraged headset use for the 2026 season and maintained permissive use for Division III.

Rules 3 and 4. Changed clock administration to stop both the game clock and possession clock for all defensive fouls committed in the critical scoring area or administered at the dot during the final minute of each quarter and overtime period. Clarified that the game clock shall run on all free positions in the critical scoring area, including all 8-meter free positions, except during the final minute of a quarter or overtime period.

Rule 4-8. Revised overtime procedures to include a two-minute rest period followed by a five-minute sudden-victory overtime period. This sequence shall continue, with a two-minute rest period and a change of ends preceding each additional five-minute overtime period, until a winner is determined.

Rules 3, 4, and 5. Implemented a 30-second draw clock following a goal, beginning after completion of the stick check on the goal-scorer's stick and governing the time between the goal and the administration of the draw. Clarified when the draw clock applies and does not apply, established readiness requirements for the draw, and outlined consequences when teams are not ready at the expiration of the draw clock.

Rules 5-1. Permitted a team in possession at the end of the first and third quarters to retain possession at the start of the subsequent quarter regardless of numerical advantage. Revised restart locations based on ball position at the end of the quarter and clarified that draws shall occur at the start of the game, at halftime, at the beginning of each overtime period, and after goals unless possession is otherwise determined by rule.

Rule 5-51 through Rule 5-61. Revised video review procedures to expand and clarify review opportunities for coaches, while narrowing and standardizing the use of video review by officials, including the establishment of required video review situations. Limited each team to two review requests per game, with retention following a successful challenge, and clarified the list of reviewable situations to promote consistent game administration.

Rule 6. Reorganized foul categories and penalty administration to reduce overlap, clarify releasable and non-releasable penalties, and establish consistent procedures for fouls committed both inside and outside the critical scoring area and dot restart area. Fouls are classified as Minor and Procedural, Major, Delay-of-Game, Technical, and Flagrant.

Rule 6-9 and Rule 6-11. Aligned the definition of stick length used to determine both shooting space and three-second violations to be the combined length of the defender's stick and arm.

Rule 6-6.f. Prohibited the switching of sticks on the field of play and required players to exit and re-enter the field through the substitution area when changing sticks.

Rule 6-34. Required a one-game suspension for any individual who fails to serve the required next-game suspension resulting from a red card. Added a one-game suspension for the head coach if a player fails to serve the suspension. Clarified that suspensions resulting from red cards issued in the final game of the season shall be served during the first game of the following spring season.

Rule 6-45 through Rule 6-52. Expanded the use of the slow whistle (flag) for all fouls when the ball is inside the critical scoring area, specifically including shooting space, and for fouls that occur outside the critical scoring area when the ball is inside the critical scoring area.

Rule 6-53 through Rule 6-58. Added and defined advantage for fouls committed outside the critical scoring area to clarify when advantage applies, when play may be stopped, and how penalties and free positions are administered following an advantage situation.

Rule 6 and Rule 7. Updated existing definitions and added new definitions to reduce overlap among fouls, simplify interpretation, and promote consistent application.

8-Meter Free Positions. Limited 8-meter free positions to the hash marks directly adjacent to the center hash and clarified that the appropriate hash shall be determined by the half of the critical scoring area in which the foul occurred.

Critical Scoring Area and Dot Restart Area. Revised the definition of the critical scoring area and created the dot restart area to assist with consistent penalty administration.

Location of Penalty Administration. Clarified that all fouls shall be administered at the spot of the foul unless doing so would disadvantage the non-offending team, in which case the foul shall be administered at the spot of the ball.

Significant Editorial Changes

In addition to the rule changes outlined in this book, editorial updates were made throughout the rules to clarify language, improve consistency, reduce redundancy, and better align related sections. These updates include the addition of new and revised definitions, updates to official signals and signal descriptions, reorganization of select provisions for clarity, and the removal of outdated or duplicative language.

Significant editorial changes have been shaded in blue. Due to the volume of revisions, some minor editorial changes may not be indicated. These edits do not change the intent or application of the rules but are intended to improve readability, consistency, and administration.

Points of Emphasis

The Points of Emphasis section highlights areas of the game where the Women's Lacrosse Rules Committee believes additional attention is needed by placing a stronger emphasis on existing rules. The committee asks players, officials, and coaches to focus on the following areas:

PROFESSIONAL DECORUM FOR COACHES AND OFFICIALS

Professional decorum is a fundamental part of the game and a shared responsibility of both coaches and officials. Respectful communication and appropriate conduct are essential to maintaining a fair, safe, and well-managed contest.

Expectations for Coaches

Coaches are expected to communicate with officials in a respectful, calm, and professional manner at all times. Questions or concerns should be raised without confrontation, sarcasm, or personal remarks. Coaches must also comply with all positional and behavioral requirements, including remaining within the designated coaching area and staying off the field of play during live action, as required by Rule 1-14. Failure to meet these expectations may result in penalties as provided in the rules.

Expectations for Officials

Officials should make every reasonable effort to communicate clearly and concisely with coaches. When appropriate and when it does not interfere with game management, officials should acknowledge and respond to legitimate questions during play or at appropriate stoppages. Officials must not allow extended dialogue or coach behavior to distract from their primary responsibility of observing play and enforcing the rules impartially.

Shared Responsibility

Maintaining a professional environment is a shared responsibility. Communication should be brief, respectful, and focused on game administration. When these standards are upheld by all parties, it helps promote mutual respect, reduce conflict, and protect the integrity of the contest.

SIGNALS AND MECHANICS

Signals and mechanics are how officials communicate decisions to coaches, players, media, and fans. Officials must use the correct signals and execute them clearly and decisively. Under the 2026-2027 rules, penalties are tied directly to the signal given, particularly with respect to releasable and non-releasable cards. Officials must not create new signals or add unnecessary or confusing movements. Only signals prescribed in the 2026-2027 NCAA Women's Lacrosse Rule Book are to be used, and they must be delivered in a clear and professional manner.

TIMING EFFICIENCIES

There is growing concern about the overall length of games. Coaches, players, and officials share responsibility for ensuring that play resumes promptly following stoppages, including team timeouts, quarter breaks, halftime, goals, and media timeouts. Teams are expected to return to the field and be prepared to resume play without unnecessary delay. Officials are expected to actively manage the pace of play by minimizing avoidable stoppages and administering the game efficiently.

RULE 1

The Playing Area and Goals

THE PLAYING AREA

FIELD DIMENSIONS (SEE DIAGRAM 3)

SECTION 1. The playing area shall be rectangular and marked with a solid lined boundary. Optimal field dimensions shall be 60 meters (65 yards) in width and 110 meters (120 yards) in total length, with goals 92 meters (100 yards) apart. Where optimal field dimensions cannot be met due to field-space limitations, the field shall be between 101 and 110 meters (110 to 120 yards) from end line to end line and between 55 and 64 meters (60 to 70 yards) from sideline to sideline. The goals shall be placed not more than 92 meters (100 yards) and not less than 82 meters (90 yards) apart, measured from goal line to goal line. There shall be 9 meters (10 yards) of space behind each goal line, extending to the end line and running the width of the field. There shall be a minimum of 4 meters (4.4 yards) of space between the sideline boundary and the scorer's/timer's table. There should be at least 4 meters (4.4 yards) of space between the other sideline and any spectator area. There should be 2 meters (6'6") of space beyond each end line.

SECTION 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the rules. Where optimal field dimensions as listed in Rule 1-1 are not or cannot be met due to field-space limitations, play may take place if the visiting team has been notified in writing before the day of the game and personnel from both participating teams agree. Soft/flexible cones, pylons or flags shall be used to mark the corners of the field. The playing area shall be flat and free of glass, stones and any protruding objects. Unless required or recommended by these rules, or related to another sport that utilizes the same field, no additional marks may be added to the field.

LINE SIZE AND COLOR

SECTION 3. All lines are 5-10.1 centimeters (2"-4") wide, except the goal line, which shall be 5 centimeters (2") wide. It is recommended that all lines be painted white or a single contrasting color.

RESTRAINING LINE (SEE DIAGRAM 3)

SECTION 4. The restraining line, a solid line 27 meters (30 yards) upfield from each goal line, shall extend across the width of the field. It shall be clearly distinguishable as the restraining line, for example, the only line on the field,

marked in a different color or marked with X's. Cones shall not be used for this purpose.

CENTER CIRCLE

SECTION 5. A circle with a radius of 9 meters (30') shall be centered on the field. A line 3 meters (9'11") in length shall be centered within the circle, shall run through the center point, shall be parallel to the goal lines, and shall not extend beyond the circumference of the circle.

ARC AND FAN

SECTION 6. An arc and fan shall be marked 8 meters (26'4") and 12 meters (39'4"), respectively, from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6 meters (34'10") for the 8-meter mark and 14.6 meters (47'9") for the 12-meter mark. The 8-meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12-meter fan will end at the goal line extended.

SECTION 7. The 8-meter arc will be sectioned off by hash marks 30.5 centimeters (1') in length, perpendicular and bisecting the arc. These will be measured 4, 8 and 12 meters, respectively, from either side of the center hash mark, which shall be measured from the center of and perpendicular to the center of the goal line (10.6 meters/34'10"). Two additional 30.5 centimeters (1') hash marks shall be placed 8 meters from the goal circle, perpendicular to the goal line extended.

BELOW GOAL MARKINGS (SEE DIAGRAM 1)

SECTION 8. Two small circles ("dots") 4-6 inches in diameter shall be added to the field behind each goal. The circles shall mirror each other and shall be placed 5 yards from the hash marks on the goal line extended. Each circle shall be marked toward the end line and measured along a line perpendicular to the goal line extended. They may be marked in a temporary substance (e.g., spray paint, chalk).

CRITICAL SCORING AREA (SEE DIAGRAM 1)

SECTION 9. The area in a team's offensive end of the field that includes the 12-meter fan and the goal circle.

RESTRICTED AREA (SEE DIAGRAM 1)

SECTION 10. The restricted area shall be defined as a rectangular area defined by a line parallel to the end line connecting the two dots; a line extending across the top of the goal circle to the width of the dots; and two lines connecting these lines and running parallel to the sidelines. Marking the restricted area on the field is recommended but not required and, when marked, shall be done with tape or another temporary marking substance (e.g., spray paint or chalk).

DOT RESTART AREA (SEE DIAGRAM 1)

SECTION 11. The dot restart area shall be defined as the space extending from the extended goal line to the end line and between two parallel lines extending from the extended goal line, through the dots, to the end line.

SUBSTITUTION AREA (SEE DIAGRAM 3)

SECTION 12. The substitution area shall be in front of the scorer's/timer's table and centered at the midfield line. The area shall be sectioned off by two hash marks, 2-4 meters (6'6" to 4.4 yards) in length. The hash marks shall be placed perpendicular to and touching the sideline, with each one placed 4.5 meters (5 yards) from the center line of the field.

PENALTY AREA (SEE DIAGRAM 3)

SECTION 13. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty shall sit or kneel in this area.

TEAM BENCH AREA (SEE DIAGRAM 3)

SECTION 14. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and behind the scorer's/timer's table extended. Nonplaying team personnel shall remain within their team bench area. Violation of this rule shall be assessed as a misconduct foul.

SCORER'S/TIMER'S TABLE AND CLOCKS (SEE DIAGRAM 3)

SECTION 15. A scorer's/timer's table shall be set up at midfield, at least 4 meters (4.4 yards) from the designated playing boundaries on the teams' bench side. An accurate visible score shall be continuously displayed. A visible game clock and 90-second possession clock are required. It is recommended that two visible 90-second possession clocks be placed at either end of the field, but one visible 90-second possession clock at the midfield table will satisfy the requirement of this rule. If a single 90-second possession clock is utilized, it is recommended that it be placed at midfield opposite the teams' benches for optimal visibility for officials and teams. It is also recommended that an institution have access to a visible back-up 90-second possession clock in case of clock malfunction. Play may not take place without a visible 90-second possession clock. A visible possession indicator is required. Visible possession indicators that are located at the table should indicate a team's possession by either pointing to the team's bench if an indicator is being used, or being placed on the side of the table closest to the team's bench. A visible possession indicator on a scoreboard will also satisfy the requirement of this rule.

COACHING AREA

SECTION 16. Coaches shall remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and up to the sideline. Violation of this rule will be assessed as a misconduct foul.

SPECTATOR AREAS

SECTION 17. Spectators shall be kept back at least 4 meters (4.4 yards) from the sidelines. Spectators are not allowed immediately behind the team bench or table area, except in permanent stadium seating. No spectators are allowed behind the end lines, except in permanent stadium seating positioned behind protective netting or fencing.

DIRECTIONS FOR 8-METER ARC/12-METER FAN

8-METER ARC (SEE DIAGRAM 2)

1. The goal circle is marked first. The goal circle is a circle, radius 8½' (2.6 meters) measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2" - 4" (5-10.1 centimeters) wide.
2. The goal line shall be 2" wide and align with the goalposts of the goal cage.
3. From point A on the back of the goal circle, run a string perpendicular to the goal line through its center to points B on the goal circle, such that an extension of the goal line would intersect the circle. From each point B, extend and mark a line at a (45-degree angle) from the goal circle 28'-3" (8.58 meters) to point C.
4. To mark the curve of the arc, measure 34' 10" (10.6 meters) from the center of the goal line (point D) to point G, then mark an arc connecting the two 45-degree angle lines. The resulting arc shall be 8 meters from the goal circle.
5. The center hash mark 1' (30.5 centimeters) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34'-10"/10.6 meters). The other hash marks shall be measured 4, 8 and 12 meters respectively from either side of the center hash mark. Two additional hash marks shall be marked 8 meters from the goal circle, perpendicular to the goal line extended.

12-METER FAN (SEE DIAGRAM 2)

Inscribe a semicircle (points E) from the center of the goal line (point D) with a radius of 14.6 meters (47' - 9"). The flat side of the semicircle shall be marked from each point B on the goal circle to the semicircle.

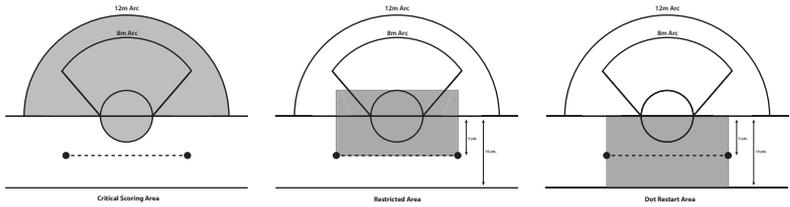


DIAGRAM 1
Critical Scoring Area, Restricted Area, and Dot Restart Area

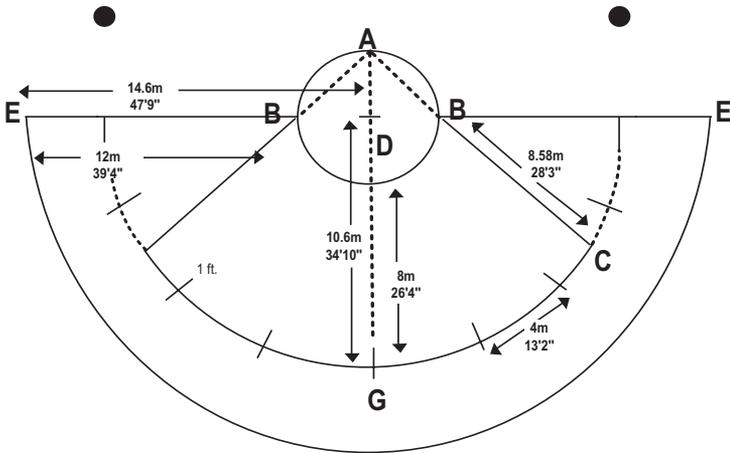


DIAGRAM 2
8-Meter Arc/12-Meter Fan
(Not Drawn to Scale)

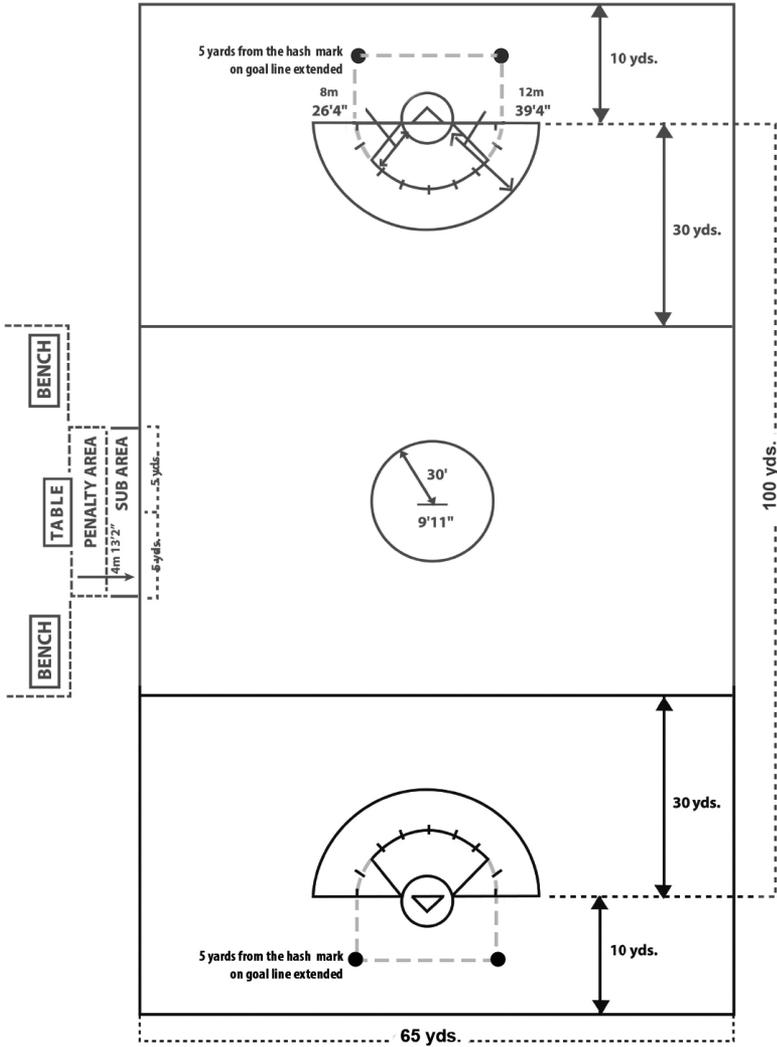


DIAGRAM 3
Field Setup and Measurements
(Not Drawn to Scale)

THE GOALS

THE GOALS (SEE DIAGRAM 4)

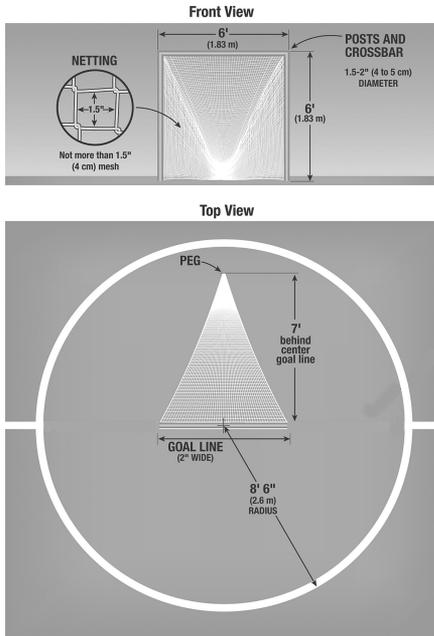
SECTION 18. Each goal consists of two posts or pipes perpendicular to the ground, constructed of metal, 1.83 meters (6') high and 1.83 meters (6') apart, joined at the top by a crossbar 1.83 meters (6') from the ground (inside measurements). The goal posts (pipes) shall not extend upward beyond the crossbar nor should the crossbar extend sideways beyond the goal posts. The posts and crossbar shall be a solid white, orange or silver color and be 4-5 centimeters (1.5" - 2") in diameter. A line called the goal line shall be drawn between the two posts, continuous with them and of the same width. The netting, not more than 4 centimeters (1.5") mesh, shall be attached to the posts and crossbar and to a point on the ground 2.1 meters (7') behind the center of the goal line; it shall be firmly pegged down. Whenever possible, the net should be strung so as to prevent the rebounding of the ball. Any additional goal supports that are exposed shall be padded the entire length with material that limits the rebound of the ball. Goal cages that have "flat" supports or angled ground pipes that prevent the ball from re-entering the playing area after hitting the ground pipe, do not have to be padded, and if netting is attached to "flat" support of angled ground pipes, it does not have to be attached to a point on the ground or firmly pegged down.

SECTION 19. Nets may be of any solid color. Logos (memorial, institutional, or commercial) are permitted only when facing outward, centered on the back of the goal net, and positioned no higher than three feet from the ground. No holes or gaps in the net may exceed the diameter of a game ball or be large enough to allow a ball to pass through.

SECTION 20. Officials shall have final authority in determining whether goals meet rule specifications. The home team is responsible for addressing and correcting any issues identified by officials prior to the start of the game.

GOAL CIRCLE

SECTION 21. The goal circle is a circle, with a radius of 2.6 meters (8'6") measured from the center of the goal line to the outer edge of the goal circle line. The goal circle line shall be 5-10.1 centimeters (2" - 4") wide.



**DIAGRAM 4 - The Goal
(Not Drawn to Scale)**

RULE 2

Equipment and Uniforms

EQUIPMENT

SECTION 1. The head coach shall verbally certify that all team equipment (e.g., sticks, eye protection, balls, goalkeeper helmets, helmet caps, headgear) is legal and in compliance with these rules.

FIELD STICK

SECTION 2. The field stick shall be made of the following basic materials: composite, metal alloy (shaft only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. The stick shall not have sharp or protruding edges, or parts, and shall not be dangerous to players in any way. The end of all shafts shall be fitted with an end cap, taped, or sanded smooth if made of wood or solid composite material.

The head of the stick shall be triangular in concept and shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft. A “bent” shaft may only be used with the heads that are specifically designed to accommodate them; and bent at the part of the shaft that connects the head of the stick to the shaft; “bent” shafts are head and manufacturer specific. Heads designed for use with a “bent” shaft are not legal when mounted/attached to a straight shaft. Heads designed for use with a straight shaft are not legal when attached to a “bent” shaft. All other “bent” shafts are illegal.

No adhesive substance, including tape, that impedes the movement of the pocket shall be used in the pocket or anywhere on the head of the stick. Tape is permitted on the shaft of the stick only. Tape may not be used to repair or reinforce a broken or cracked stick.

The use of beads, tubing, or similar items on any part of the pocket is strictly prohibited.

Strung pockets shall be attached to the head of the stick. Mesh pockets are permitted.

If strung with “shooting” strings, the pocket of the stick shall have no more than two “shooting” strings, which shall be attached directly to the sidewalls. The “shooting” strings do not need to be attached through stringing holes. The top shooting strings should be attached in the top 1/3 of the head of the stick; the second, or lower, “shooting” string may be attached in the top 1/3 or be an inverted U and attached in the top 2/3 of the head. Shooting strings cannot be coiled more than once per mesh gap or twice between thongs if traditionally strung. “Shooting” strings are not required in the pocket of the stick.

Sidewall stringing shall be attached to a vertical hole directly above the sidewall stringing. Sidewall stringing attached to a vertical hole other than the

one directly above the sidewall stringing, including any attachment made at an angle, shall render the stick illegal. All vertical stringing in the head shall be in the same plane as the pocket.

The stick's overall length shall be a minimum of 35½" (90 cm) and a maximum of 43¾" (110 cm). The end cap is included when measuring the overall length of the stick.

The minimum inside width of the head of the stick at its widest point shall be 6.3" (16 cm).

The minimum inside width of the head of the stick at its narrowest point shall be 2.64" (6.7 cm).

SECTION 3. A stick is legal for play if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer's Specifications at the time it was manufactured and is listed on the [USA Lacrosse website](#).
- c. When the ball is placed in the front and back of the pocket of a horizontally held stick, the top of the ball shall remain visible at the top of the wooden or plastic sidewall. The top of the ball shall remain visible above the sidewall on both sides of the pocket.
- d. The ball moves freely within all parts of the head and the pocket of the stick, both laterally and along the full length of the front and back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball shall move freely when the stick and head are tilted 90 degrees.
- e. When the ball is placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees, the ball shall roll freely out of the back of the pocket.
- f. No holes or gaps in the pocket shall exceed 1.68" (42.2 mm) in diameter, as measured by a spherical object of equivalent diameter (e.g., an American golf ball).

GOALKEEPER STICK

SECTION 4. The goalkeeper stick shall be made of the following basic materials: composite, metal alloy (shaft only), rubber, wood, gut, leather, fiberglass, nylon, plastic and any other synthetic material. The stick shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way.

The head of the stick shall be triangular in concept and shall be affixed securely to the shaft in such a way that it shall basically be in the same plane as the shaft.

No adhesive substance, including tape, that impedes the movement of the pocket shall be used in the pocket or anywhere on the head of the stick. Tape is permitted on the shaft of the stick only. Tape may not be used to repair or reinforce a broken or cracked stick.

The use of beads, tubing, or similar items on any part of the pocket is strictly prohibited.

The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs and cross-lacing, or be mesh.

“Shooting” strings are not required in the pocket of the goalkeeper’s stick. A goalkeeper’s stick may have more than two “shooting” strings.

The stick’s overall length shall be a minimum of 35½" (90 cm) and a maximum of 52" (132 cm). The end cap is included when measuring the overall length of the stick.

The inside width between the sidewalls of the head of the goalkeeper stick shall continually increase from the center of the bridge or ball stop to the widest point at the top of the head. With the open pocket of the head facing up, all width measurements are taken between the plastic or woven and wooden sidewalls on a line that is perpendicular to the centerline of the shaft.

- a. When measured 5.1 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 13 cm to 17 cm. The maximum outside width of the head shall be 20 cm.
- b. When measured 10.2 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 18.5 cm to 22.5 cm. The maximum outside width of the head shall be 26 cm.
- c. When measured 15.3 cm from the center top edge of the ball stop, the inside width between the sidewalls of a plastic/molded head stick shall be 23 cm to 26 cm. The maximum outside width of the head shall be 30 cm.
- d. At the widest point of the head, the inside width between the sidewalls of a plastic/molded head stick shall be 28.5 cm to 30.5 cm. The maximum outside width of the head shall be 33 cm.

Note: The intent of the rule governing the design of the goalkeeper’s stick is to disallow any stick to which excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.

SECTION 5. A stick is legal for plays if:

- a. It complies with the criteria in this rule.
- b. It meets the Manufacturer’s Specifications at the time it was manufactured and is listed on the [USA Lacrosse website](#).
- c. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

An illegal goalkeeper stick shall be penalized the same way as an illegal field player’s stick. The penalty shall be administered using the standard rules that apply to goalkeepers.

DISCRETIONARY STICK CHECK

SECTION 6. At any time during the game, an official may call a timeout to inspect any stick in use on the field. A stick “in use” is considered any stick in the bench area, on the sideline or on the field of play.

Should the stick pass the discretionary stick check, the game should be restarted by the ball being given to the player who was in possession of the ball prior to the discretionary stick check, or by a draw if play was to be commenced with a draw prior to the discretionary stick check and player positioning for the draw shall apply.

PENALTY ADMINISTRATION FOR DISCRETIONARY STICK CHECK

SECTION 7. For failure to pass a discretionary pocket-depth check, the stick shall be removed from the game by the official and placed at the scorer's/timer's table, where it shall remain until a reinspection deems it legal. The stick is eligible to be reinspected at the next two-minute break between quarters, at halftime, or subsequent break prior to an overtime period. After the removal of the stick, the game shall be restarted with a free position, which may be taken by any player who was on the field of play at the time of the whistle following the discretionary stick check foul. Play shall commence on the official's whistle. If play is stopped below goal line extended and within the dot restart area, a free position shall be awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be positioned within 2 meters of the player awarded the free position.

If play is stopped inside the critical scoring area, a free position shall be awarded to the non-offending team at the hash mark on the 8-meter arc directly adjacent to the center hash that is nearest to the spot of the ball, as determined by the half of the critical scoring area in which the foul occurred. No player may be positioned within 4 meters of the player awarded the free position. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area.

If play was to be commenced with a draw, a free position shall be awarded at the center line and player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position. No free position may be taken closer than 2 meters of a boundary line. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field.

If a discretionary stick check reveals a violation of this rule, excluding pocket depth, the player shall be issued a non-releasable yellow card. The player found to have an illegal stick shall enter the penalty area and remain there for two minutes of elapsed playing time. The stick shall be removed from the game and placed at the scorer's/timer's table where it shall remain until a reinspection deems it legal. The stick shall be eligible for reinspection at the start of the second half or subsequent break prior to an overtime period. After the removal of the stick, the game shall be restarted with a free position, which may be taken by any player who was on the field of play at the time of the whistle following the discretionary stick check foul.

If play is stopped below goal line extended and within the dot restart area, a free position shall be awarded to the non-offending team at the dot nearest to the spot of the ball when play was stopped. No player may be positioned within 2 meters of the player awarded the free position.

If play is stopped inside the critical scoring area, a free position shall be awarded to the non-offending team at the hash mark on the 8-meter arc directly adjacent to the center hash that is nearest to the spot of the ball, as determined by the half of the critical scoring area in which the foul occurred. No player may be positioned within 4 meters of the player awarded the free position. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. If play was to be

commenced with a draw, a free position shall be awarded at the center line and player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position. No free position may be taken closer than 2 meters of a boundary line.

TEAM-REQUESTED STICK CHECK

SECTION 8. The officials shall also inspect any stick in use upon request of an opposing coach or player on the field. Each team will be allowed two stick check requests per game for any stick in use. Teams shall provide the number of the player whose stick they are requesting be inspected. If the number of a player cannot be identified because the stick is located in the bench area or on the sideline, the stick shall be clearly identified by its physical characteristics.

Field player stick checks requested by teams shall consist of the following actions:

1. Conduct a pocket-depth check, including performing a drop test and a roll-out test from the front and back of the head to ensure free ball movement.
2. Examine the head and stringing of the stick, including verifying that the pocket and shooting strings are properly attached to the sidewall.
3. Check for gaps in the stringing, which shall not exceed 1.68 inches; a spherical object of equivalent diameter (e.g., an American golf ball) may be used for measurement.
4. Measure the overall stick length, which shall be between 35 1/2 and 43 1/4 inches (90 cm and 110 cm).
5. Measure the minimum inside width at the widest point, which shall be 6.3 inches (16 cm).
6. Measure the minimum inside width at the narrowest point, which shall be 2.64 inches (6.7 cm).
7. Inspect for adhesive substances, including tape, which shall not be present in the pocket if they impede movement and shall not be used anywhere on the head of the stick.

If a potential violation is identified, officials may conduct further inspection than outlined above. For goalkeeper stick check requests, please use the measurements and requirements outlined in Rule 2-4.

A team is permitted to request a full stick check or a pocket-depth check only

A team may request a stick check during the following time periods:

- a. At any point during a quarter break or halftime;
- b. During the break prior to an overtime period; and
- c. Prior to the start of the draw and before the expiration of the 30-second draw clock.

Following a goal scored in sudden-victory overtime, an official will perform the mandatory pocket-depth check on the goal scorer's stick; however, teams are not permitted to request a stick check on the goal scorer's stick during sudden-victory overtime.

If the selected stick passes the team-requested stick check, the team whose stick was checked and passed the check shall be awarded possession. The free

position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check. No player shall be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. Following a team's second team-requested stick check request in which the stick is deemed legal, the requesting team shall be charged with the loss of one of its three permitted timeouts. If play was to be commenced with a draw prior to the team-requested stick check, the game shall be restarted with a draw, and playing positioning for the draw shall apply. If possession had already been awarded at the start of a quarter or overtime period, the game shall be restarted by awarding possession to the team that was awarded possession of the ball prior to the team-requested stick check. Player positioning for the draw shall not apply. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check. No player shall be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. If a requesting team has no timeouts remaining, a team-requested stick check shall not be permitted unless the requesting team may be penalized with a loss of possession.

PENALTY ADMINISTRATION FOR TEAM-REQUESTED STICK CHECK

SECTION 9. For failure to pass only the pocket-depth portion of a team-requested stick check, the stick shall be removed from the game by the official and placed at the scorer's/timer's table, where it shall remain until a reinspection deems it legal. The stick is eligible to be reinspected at the next two-minute break between quarters, at halftime, or subsequent break prior to an overtime period. After the removal of the stick, the game shall be restarted with a free position awarded to the requesting team. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player shall be within 2 meters of the player awarded the free position.

If play was to be commenced with a draw prior to the team-requested stick check, a free position shall be awarded to the requesting team at the center line and player positioning for the draw shall not apply. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player shall be within 2 meters of the player awarded the free position.

If a team-requested stick check is made prior to the start of the game (e.g., before the national anthem, or if no national anthem then before lineups are announced), a free position shall be awarded to the requesting team at the center line and player positioning shall not apply. The free position may be taken by any starting player on the requesting team. No player shall be within 2 meters of the player awarded the free position. The player found to have an illegal stick is allowed to enter the bench area to obtain another stick and immediately return to the field. If the illegal stick is an offsetting foul, alternate possession will only be awarded if the requesting team's foul does not warrant the issuance of a yellow or red card. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested

stick check foul. No player may be positioned within 2 meters of the player awarded the free position. If the stick is brought into compliance prior to the start of the game, including during the playing of the national anthem and/or the announcement of starting lineups, no penalty shall be assessed.

If a team-requested stick check is conducted during a quarter break or halftime, a free position shall be awarded to the requesting team at the center line, regardless of which team ended the first or third quarter in possession. However, if the requesting team would have otherwise been entitled to a free position at the restraining line closest to its offensive end, the free position shall be taken at that location instead, as awarding the free position at the center line would disadvantage the non-offending team. Player positioning for the draw shall not apply. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player shall be within 2 meters of the player awarded the free position. Play shall commence on the official's whistle for all free positions resulting from a failure of a pocket-depth check during a team-requested stick check.

If a team-requested stick check reveals a violation of Rule 2-8, excluding pocket depth, the player shall be issued a non-releasable yellow card. The player found to have an illegal stick shall enter the penalty area and remain there for two minutes of elapsed playing time. The stick shall be removed from the game by the official and placed at the scorer's/timer's table, where it shall remain until a reinspection deems it legal. The stick shall be removed from the game and placed at the scorer's/timer's table where it shall remain until a reinspection deems it legal. The stick shall be eligible for reinspection at the start of the second half or subsequent break prior to an overtime period. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player shall be within 2 meters of the player awarded the free position. If an illegal stick is located in the bench area or on the sideline and the player whose stick it is cannot be identified, the non-releasable yellow card shall be issued to the head coach. The head coach shall designate a player on the field at the time of the requested stick check to serve the penalty.

If the stick check is prior to the start of the game, the head coach shall designate a starting player to serve the penalty. The game shall be restarted with a free position awarded to the requesting team. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player shall be within 2 meters of the player awarded the free position. If play was to be commenced with a draw, a free position shall be awarded at the center line and player positioning for the draw shall not apply. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player may be positioned within 2 meters of the player awarded the free position.

If the illegal stick is an offsetting foul, alternate possession will only be awarded if the requesting team's foul warrants the issuance of a yellow or red card. The free position may be taken by any player on the field of play at the time of the whistle to restart play following a team-requested stick check foul. No player may be positioned within 2 meters of the player awarded the free

position. Play shall commence on the official's whistle for all free positions resulting from a team-requested stick check that reveals a violation of Rule 2-8.

SECTION 10. If a team requests a stick check on the goal scorer's stick after the official deems it legal pursuant to the mandatory pocket-depth check and prior to the draw, and the goal scorer's stick is found to be illegal, the goal shall not count.

SECTION 11. A team requesting a stick check will not lose any of its two allowable requests, possession, or a timeout if the stick is found to be illegal.

STICK CHECK ON GOAL SCORER'S STICK AND PENALTY ADMINISTRATION

SECTION 12. Once a goal is scored, the official will take possession of the goal-scoring stick and will perform a pocket-depth check. If an official suspects violations of this rule, a closer examination of the stringing of the pocket and head of the stick (including measurements) will be conducted at that time.

In the event that a goal was scored with an illegal stick, including if the player who shot the goal does not drop their stick or hand their stick to the nearest official in a timely fashion, or the goal scorer or any teammate adjusts the goal-scoring stick in any way before dropping the stick or handing it to the official, the goal shall not count. The stick shall be removed from the game by the official and placed at the scorer's/timer's table, where it shall remain until a reinspection deems it legal. If a stick is found to have an illegal pocket depth, the goal scorer failed to drop or hand their stick to the nearest official in a timely fashion, or there was any adjustment of the goal-scoring stick, the stick is eligible to be reinspected at the next two-minute break between quarters, at halftime, or subsequent break prior to an overtime period. After removal of the stick, play shall commence with a free position at the center line for the opposing team and player positioning for the draw shall not apply. No player shall be within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. Should a stick violate this rule, excluding pocket depth, the goal scorer will be issued a non-releasable yellow card. The goal scorer shall enter the penalty area and remain there for two minutes of elapsed playing time. The stick shall be removed from the game and placed at the scorer's/timer's table where it shall remain until a reinspection deems it legal. The stick shall be eligible for reinspection at the start of the second half or subsequent break prior to an overtime period. After removal of the stick, play shall commence with a free position at the center line for the opposing team and player positioning for the draw shall not apply. No player shall be within 2 meters of the player awarded the free position. Play shall commence on the official's whistle.

If, after a goal is scored and before the game is restarted with the draw, any player other than the goal scorer is found to have an illegal stick, the goal shall stand and play shall commence with a free position at the center line for the opposing team. Player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. Should the stick violate a section of this rule, excluding pocket depth, the player will be issued a non-releasable yellow

card. The player shall enter the penalty area and remain there for two minutes of elapsed playing time. The stick shall be removed from the game and placed at the scorer's/timer's table where it shall remain until a reinspection deems it legal. The stick shall be eligible for reinspection at the start of the second half or subsequent break prior to an overtime period.

HEAD DISCONNECTED FROM SHAFT, BROKEN SHAFT, AND BROKEN HEAD

SECTION 13. If the head of a stick falls off or otherwise becomes detached during a cradling, throwing, or shooting motion, or if the head or shaft of a stick breaks, the stick shall be considered improper or broken equipment. If the ball entered the goal while the stick is improper or broken, the goal shall not count unless it is clear that the improper or broken equipment resulted from a collision or from the stick being dropped after the shot was taken.

If the head of a stick falls off or otherwise becomes detached during a cradling, throwing, or shooting motion, or if the head or shaft of a stick breaks while on the field of play, the player, whether or not in possession of the ball, shall immediately leave the field of play, regardless of the player's location on the field. The player shall either obtain a legal stick from the bench area and immediately return to the field of play or allow a substitute to enter the game. The game shall not be stopped for the purpose of repairing or replacing the improper or broken stick or to permit the substitution.

If the head of a stick falls off or otherwise becomes detached, or if the head or shaft of a stick breaks, as a result of a foul, the official shall stop play by blowing the whistle, administer the penalty, and restart play in accordance with these rules. The player shall leave the field of play and shall either obtain a legal stick from the bench area and immediately return to the field of play or allow a substitute to enter the game. The game shall not be delayed for the purpose of repairing or replacing the improper or broken stick or to permit the substitution.

If the shaft of a stick is bent or broken, the stick shall be removed from the game and placed at the scorer's/timer's table, where it shall remain for the duration of the game. If the head of a stick falls off or is otherwise dislodged from the shaft, the stick may be fixed in the team's bench area. Once fixed, the stick may be used again during the game. It is not required that the fixed stick be reinspected prior to its renewed use in the game.

If the head of a stick falls off or otherwise becomes detached, or if the head or shaft of a stick breaks, while a player is taking the draw, the stick shall be considered improper or broken equipment. The player shall immediately leave the field of play, and the applicable provisions governing improper or broken equipment, as set forth above, shall apply. Play shall restart by alternate possession at the center line. Player positioning for the draw shall not apply. The player awarded the free position may self-start. No player shall be within two meters of the player awarded the free position. If, during the administration of the draw, a player is positioned below a restraining line at the time the head or shaft of their stick breaks or the head becomes detached, the player shall leave the field immediately; however, the player shall not cross the restraining line to

do so until the player would otherwise be permitted to cross the restraining line without committing an early entry violation.

If the head of a player's stick falls off or otherwise becomes detached during a cradling, throwing, or shooting motion, or if the head or shaft of a stick breaks while on the field of play, and the player does not immediately leave the field of play, the player shall be issued a green card for delay of game. After the card is issued, a free position shall be awarded to the opposing team in accordance with the rules governing the administration of delay-of-game fouls. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play will commence on the official's whistle.

Goalkeeper's Stick

When the goalkeeper's team is in possession of the ball and the head of the goalkeeper's stick falls off or otherwise becomes detached, or the head or shaft of the stick breaks, the team shall have the following options in order to avoid a delay-of-game penalty:

1. The goalkeeper may immediately leave the field of play to replace the broken stick in accordance with this rule; or
2. The team may request and be granted a timeout, provided the team has a timeout remaining.

If neither action is taken, the goalkeeper shall be issued a green card for delay of game.

When the opposing team is in possession of the ball and the goalkeeper is within their goal circle when the head of the goalkeeper's stick falls off or otherwise becomes detached, or the head or shaft of the stick breaks, the official shall stop play and call a timeout to allow the goalkeeper to replace the stick, except in the following situations:

1. If the opponent is on a scoring play, a flag shall be raised and play shall continue in accordance with the rules governing slow whistle situations; however, no green card shall be issued.
2. If the opponent has a held advantage, the official shall signal advantage and play shall continue in accordance with the rules governing advantage; however, no green card shall be issued.

Once the scoring play or advantage situation has concluded, play shall be stopped and the goalkeeper shall be permitted to replace the broken stick.

THE BALL

SECTION 14. The ball shall be yellow or bright orange (similar to Pantone 811) and made of solid rubber. The ball shall meet the current NOCSAE lacrosse ball standard. All balls shall specify that they meet the NOCSAE standard. The home team will supply the game balls.

The teams shall agree on which color (yellow or bright orange) ball to use prior to game time. If no agreement can be reached, the default will be a yellow ball. For all NCAA tournament games, a yellow ball will be used.

It is recommended that the home team supply balls at each end line and sideline. If the home team supplies balls at each end line and sideline, the number of balls in each area shall be equal, the balls shall specify that they meet the current NOCSAE lacrosse ball standard, and the home team is responsible for ensuring that the balls are replenished throughout the course of the game. On the bench side, the balls shall be placed at the scorer's/timer's table and outside each bench area.

GOALKEEPER EQUIPMENT

SECTION 15. The goalkeeper shall wear a helmet with a face mask, a separate throat protector, padded gloves, a mouthpiece and a chest protector. The protective helmet, designed for lacrosse, shall meet the NOCSAE test standard and shall have a chin strap securely attached. Since January 2021, goalkeepers shall use chest protectors designed for lacrosse certified to the NOCSAE commotio cordis protective device standard at the time of manufacture, or they shall wear an alternative protective device certified to the NOCSAE commotio cordis protective device standard at the time of manufacture. Any helmet cap attachment worn by a player must meet all requirements of this rule, and the institution shall certify that the helmet remains NOCSAE-certified. Institutions seeking to add any product to an existing helmet are encouraged to contact the helmet manufacturer to confirm that the helmet continues to meet NOCSAE standards when such a product is added.

SECTION 16. It is recommended that the goalkeeper wear padding on arms, legs and shoulders. This padding shall not excessively increase the size of these body parts. Body padding shall not exceed the thickness of legal goalkeeping gloves – 2.54 cm (1") padding. Gloves shall not contain any webbing and shall not excessively increase the size of the hands as they are presented to the ball.

MOUTHPIECE

SECTION 17. All players shall properly wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. The mouthpiece shall not be altered to decrease protection, and there may be no protruding tabs for field players. It is recommended that the mouthpiece be properly fitted, for example, constructed from a model made from an impression of the individual's teeth, constructed and fitted for the individual by impressing the teeth into the mouthpiece, or provided by a dental professional.

EYE PROTECTION

SECTION 18. All field players shall wear eye protection properly. Eye protection shall meet the most current ASTM Specification Standard for eye protectors for women's lacrosse and shall be listed on the USA Lacrosse website (www.usalacrosse.com).

FOOTWEAR/CLEATS

SECTION 19. Shoes shall be worn by all participants in a game. Players shall wear footwear or cleats with soles containing aluminium, leather, rubber, nylon, or plastic cleats, studs, or bars, whether molded as part of the sole or detachable, provided the officials do not consider the footwear or cleats to be dangerous. Any commercially manufactured footwear or cleats that comply with this rule

are considered acceptable, so long as they have not been modified in a manner that increases their danger (e.g., filing clears to create sharp edges). Shoes and socks are not required to be identical for team members.

OTHER PERSONAL EQUIPMENT

SECTION 20. Close-fitting gloves and nose guards may be worn by all players. Any field player choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard for women's lacrosse and is labeled accordingly. All ASTM women's lacrosse headgear that is approved for play will be listed on the USA Lacrosse website. Field players are permitted to wear the ND 200 compression shirt that is certified to the NOCSAE commotio cordis protective device standard. Additional protective devices required for medical reasons may be used, provided that the officials determine such devices do not endanger other players. All protective devices used should be close-fitting, padded where necessary, and not of excessive weight.

Hard and unyielding items (guards, casts, braces, splints, etc.) worn on the hand, wrist, forearm, elbow, upper arm, or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam at least ½" thick. Knee and ankle braces that are unaltered from the manufacturer's original design or production do not require additional padding.

Players may only wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands and hats. Religious head wear is permitted provided it is securely fashioned to the head and is subject to the approval of the official. Any other adornment will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

Devices for the transmission or reception of data are permitted only when used specifically for health and safety purposes. Wearable health-monitoring devices (e.g., fitness or physiological monitoring devices) shall be padded with closed-cell, slow-recovery foam padding measuring no less than 1/2 inch in thickness.

No equipment, including protective devices, may be used unless it complies with the rules or manufacturer's specification and is deemed not dangerous to other players by the officials.

For requests for accommodations for student-athletes with disabilities, see Appendix G.

PERSONAL EQUIPMENT INSPECTION

SECTION 21. Officials shall inspect all equipment that might be used in the game prior to the start of play. At any time during the game, and at the official's discretion, a timeout may be called to inspect any equipment in use. Equipment "in use" includes any equipment in the bench area, on the sideline, or on the field of play.

PENALTY ADMINISTRATION FOR PERSONAL EQUIPMENT VIOLATIONS

SECTION 22. Equipment deemed illegal during pregame inspections shall be placed at the scorer's/timer's table for the remainder of the game. No penalty shall be assessed.

Equipment violations found during the course of the game shall be considered a procedural foul. A free position shall be awarded to the non-offending team. See Rule 6-3 for further details regarding administration of the procedural foul penalty. If play was to be commenced with a draw, a free position shall be awarded at the center line and player positioning for the draw shall not apply. If the equipment violation is an offsetting foul, alternate possession shall be awarded, unless the other foul is a yellow or red card foul.

UNIFORMS

UNIFORM SHIRTS AND KILTS/SHORTS

SECTION 23. All field players' uniform shirts shall be the same color, design, trim, and cut. For the uniform bottom, field players have the choice of wearing shorts or a kilt/skirt as long as the shorts/kilt/skirt are of the same color and similar design, trim, and cut. The goalkeeper's shirt shall be of the same color as the goalkeeper's team; the goalkeeper's bottom shall be predominantly a solid official school color, white, black, or gray. The goalkeeper's shirt shall be worn over any chest and shoulder protective equipment.

SECTION 24. All players shall wear numbers, differing from others on the team, on the front and back of the uniform shirt. Numbers on the back shall be a minimum of 8 inches tall; numbers on the front shall be a minimum of 6 inches tall and shall be centered at chest level. The numbers "0" and "00" are permitted but no other number may start with a "0" (e.g., 01, 02). If a number appears elsewhere on a player's uniform (such as on the kilt, shorts, pants, or on the sleeves of the shirt), it shall match the number on the player's shirt. Numbers shall be in a color that clearly contrasts with the uniform shirt background (e.g., dark shirts shall have light numbers and light shirts shall have dark numbers), or be clearly outlined in a contrasting color if the top and the number are a similar color. Non-solid-colored shirts shall have the numbers superimposed on a solid color block background or outlined with a contrasting color. The jersey number shall be of a color that is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number. A player's uniform number shall be the same as that recorded in the scorebook. A player not listed on the roster and/or in the scorebook by name and correct uniform number is an illegal substitute (See Rule 5-42.f).

SECTION 25. The coaches/schools shall agree upon contrasting colors before the day of the game. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies of a contrasting color.

SECTION 26. Optional markings shall be placed on the front or sleeve of the competition uniform and may not interfere with any required markings.

An institutional or conference logo/patch, which may not exceed 4 square inches.

A national or state flag of the member institution, which may not exceed 4 ¼ square inches.

A commemorative/memorial patch, which may not exceed 4 square inches.

The patch shall not exceed 4 square inches and shall be placed on the front or sleeve of the uniform and may not interfere with any required markings.

Manufacturer's logos remain restricted to a maximum of 2 ¼ square inches.

As authorized by the institution or conference, an additional commemorative/memorial patch (e.g., names, mascots, nicknames, logos, and marks intended to celebrate or memorialize persons, events, or other causes), which may not exceed 4 square inches. While not all team members are required to wear the additional patch, the patch shall be identical for those who choose to wear the additional patch.

As authorized by the institution or conference, names/words intended to celebrate or memorialize persons, events, or other causes are permitted on the back of the jersey/uniform where the player's name is traditionally located. The names/words may vary by team member.

VISIBLE UNDERGARMENTS

SECTION 27. All visible undergarments worn under the kilts/shorts shall be of one solid color, and shall be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments shall wear the same color. This does not apply to medical sleeves.

SECTION 28. All visible undergarments worn under the shirts shall be of one solid color, and shall be white, gray, black or one of that team's uniform colors. All team members choosing to wear visible undergarments shall wear the same color. This does not apply to medical sleeves.

PENALTY ADMINISTRATION FOR ILLEGAL UNIFORMS

SECTION 29. If an illegal uniform is discovered prior to the start of the game, a free position will be awarded to the opposing team at the center line. Player positioning for the draw shall not apply. No player may be within 2 meters of the player awarded the free position and play shall commence on the official's whistle. The penalty for an illegal uniform may only be administered at the start of the game.

RULE 3

Game Personnel

THE TEAMS

SECTION 1. A game is played between two teams. Twelve players constitute a full team, one member of whom acts as the speaking captain. Any number up to 12 players of each team may be on the field of play at the same time. One of the 12 players on each team may be a goalkeeper.

THE COACH

SECTION 2. Each head coach and the officials shall meet at the scorer's/timer's table with 10 minutes showing on the pregame clock. A minor foul shall be called if the head coach does not make a timely appearance at the coaches/officials meeting (See Rule 6-2.b). At the meeting, each coach will verbally certify to the officials that all equipment is legal under these rules, including eye protection that meets the most recent ASTM Specification Standard for Women's Lacrosse at the appropriate level of play (adult), goalkeeper helmets that meet the NOCSAE Lacrosse Helmet Standard, and game balls that meet the NOCSAE standard and display the NOCSAE seal. While the head coach shall attend the pregame meeting, all other meetings may be attended by any member of the coaching staff. For any meeting with the opposing coach, coaches from the other team shall be afforded the opportunity to be present; however, their presence is not required. Coach-requested meetings may occur only during halftime or during a team or media timeout. Additional coach/officials meetings may occur at the discretion of the officials in response to special situations, including video review.

SECTION 3. The head coach shall be responsible for the conduct of all individuals officially connected with their institution. Coaches shall assist the officials in maintaining control of the game. Upon the request of an official, it shall be the duty of the head coach to take effective action to control the conduct of spectators not in conformity with standards of proper behavior.

SECTION 4. Other coaching responsibilities include:

- a. Indicating a substitute for an injured or suspended player.
- b. Approaching the official pregame, at halftime, or during timeouts for clarification of rules.
- c. Requesting a timeout from the official or official timer.
- d. Requesting a stick check.
- e. Requesting video review.

SECTION 5. A coach shall be present on the sideline for a team to commence or continue play. If a team does not have a coach present on the sideline at the

time play is to begin or resume, that team shall forfeit the contest. Individuals eligible to serve as a coach are defined by NCAA Bylaws.

GAME ADMINISTRATOR

SECTION 6. It is strongly recommended that the host team assign a representative to handle game management issues. When a contest is played at a neutral site, one team shall be designated as the home team. The game administrator will ensure that a timekeeper and scorer are on hand with all equipment required by these rules to carry out their respective functions, and that the playing field is in proper condition for safe play and meets the specifications outlined in these rules. In the event that an administrator is unavailable, these duties will be the responsibility of the home team coaching staff.

SPEAKING CAPTAIN

SECTION 7. The speaking captain's responsibilities are:

- a. To call the coin toss (visitors' call) for choice of ends or alternate possession with the official.
- b. To indicate that their team is ready to play at the beginning of each quarter, half and overtime period.
- c. To approach the official for clarification of rules.
- d. To meet with officials at the center circle with five minutes showing on the pregame clock.
- e. To communicate officials' clarifications and messaging to teammates.
- f. Expected to play at least half the game.

THE OFFICIALS

SECTION 8. It is highly recommended that three officials be used to officiate the game. A minimum of two officials shall be used. It is recommended that the officials be on-site 60 minutes before the start of the game and shall be on the field 30 minutes before game time. The officials' jurisdiction extends from 30 minutes before the game begins until leaving the playing venue after completion of the game.

Officials shall position themselves on the playing field so that the A and B officials are table-side and the C official is on the far side of the field.

Officials shall enforce the rules and all approved official interpretations and officiate the game in accordance with the recommended procedures set forth in these rules. Officials shall not, in their discretion, choose to disregard or fail to enforce any rule, except as expressly permitted within these rules. Officials shall refrain from enforcing a rule when such enforcement would penalize the non-offending team, consistent with the advantage principle and as provided for within these rules. The advantage principle permits an official to delay or refrain from enforcing a rule violation only when immediate enforcement would place the non-offending team at a disadvantage and where such delay or non-enforcement is expressly permitted by these rules.

In games for which an alternate or table official is assigned, they will follow the duties outlined in [Rule 3-12](#).

SECTION 9. Prior to the start of the game, the officials will inspect the playing grounds, goals, balls, sticks, uniforms, footwear, jewelry, and protective equipment to ensure compliance with these rules.

SECTION 10. Other responsibilities of the officials include:

- a. Inform the timer about the length of halftime if other than 10 minutes.
- b. Be available for questions from speaking captains or coaches. A coach from the opposing team shall be given the opportunity to be present during any communication with the officials by either team.
- c. Check with the scorer's/timer's table at each quarter break, halftime, any break preceding an overtime period, and at the conclusion of the game to verify the accuracy of reported yellow and red cards.
- d. Utilize officiating headsets when available. The use of headsets is strongly encouraged for the 2026 season and shall be required beginning with the 2027 season, except in Division III, where headsets are recommended but not required for the 2026 and 2027 seasons.

SECTION 11. One member of the officiating crew will be designated as the head official by the game assigner. The duties of the head official include:

- a. Ensure that the field is free of any safety hazards and properly marked, that all goals/nets are in proper playing condition, and that the scorer's/timer's table and bench areas are correctly positioned. Make the final decision about requiring changes or corrections to goals/nets, field markings, or field setup.
- b. Ensure that the timer and scorer and any table personnel monitoring cards are informed of their responsibilities.
- c. Ensure that an accurate printed or electronic roster for each team is available at the scorer's/timer's table at least 15 minutes before the start of the game and that starting lineups are recorded in the official scorebook at least 10 minutes before the start of the game.
- d. Lead the pregame meeting with the officiating team and the head coaches.
- e. Lead the pregame meeting with the team captains.
- f. Ensure that all penalties are administered correctly.
- g. Correct any misapplication of a rule.
- h. Assist in communicating with coaches and speaking captains during the game when it is practical to do so.
- i. After consultation with the officiating team, game administrator and coaches from each team, make the final decision on whether to continue a game due to weather issues or any other extenuating circumstance.
- j. Maintain an accurate record for cards and alternate possession. If there is a discrepancy between the head official and table personnel, the head official's record governs.
- k. If the home team supplies balls at each end line and sideline, ensure that the number of balls in each area is equal, the balls meet the current NOCSAE lacrosse ball standard and the home team replenishes the balls throughout the course of the game. Ensure that on the bench side, the balls are placed at the scorer's/timer's table and outside each bench area.

1. Oversee the use of video review when available, ensuring all video review protocols are followed, making the final ruling based on clear and conclusive video evidence, and communicating the decision and restart of play to teams and table personnel.

TABLE OFFICIAL

SECTION 12. The table official is considered part of the team of game officials and shall be on the field, dressed in game attire. The table official shall take a position on the field in front of the official scorer's/timer's table and shall:

1. Oversee the scorers and timers to ensure that:
 - a. Team rosters are recorded in the official scorebook at least 15 minutes before the start of the game.
 - b. Starting lineups shall be recorded in the official scorebook at least 10 minutes before the start of the game. No changes to starting lineups are permitted fewer than 10 minutes before the start of the game, except in the case of injury. A separate roster form is acceptable.
 - c. Jersey numbers recorded in the scorebook match those worn by players on the field.
 - d. Ensure the game clock is started and stopped correctly and that any clock malfunctions or timing errors are identified and corrected.
 - e. Ensure a radio is available when necessary (e.g., when the official time is kept away from the scorer's/timer's table).
 - f. Ensure a separate clock is available at the scorer's/timer's table to administer timeouts, penalties, and other timing responsibilities.
 - g. Ensure records are maintained for non-engagement team warnings and for players and coaches who have received cards.
 - h. Ensure proper substitution procedures are followed and that substitution records are maintained.
 - i. Ensure the correct score is maintained in the scorebook and on the scoreboard.
 - j. Ensure an accurate record for alternate possession is maintained.
 - k. Ensure the possession clock is started, stopped, and reset as directed by the on-field officials.
 - l. Ensure the draw clock is started as directed by the on-field officials.
2. Replace any field official who is unable to continue due to injury, unless an alternate official has been designated.
3. Assume primary responsibility for maintaining bench personnel positioning and decorum in accordance with these rules
4. Review game protocol with ball retrievers.
5. Serve in any additional capacity that contributes to game control and the efficient operation of the scorer's/timer's table.
6. Assist field officials with weather-delay procedures, including noting the field position of the ball and the number of the player in possession of the ball and/or offender, if applicable, at the time play is suspended.

7. Assist in identifying the appropriate times for media timeouts. Media timeouts shall be administered by a designated “red cap” positioned at the scorer’s/timer’s table alongside the table official. Media timeouts shall be taken during the following natural breaks in play:
 - a. Following a goal.
 - b. When a team has called a possession timeout.
 - c. During an injury.
 - d. During a stick check.
 - e. During the administration of a card.
 - f. When the ball goes out of bounds between the restraining lines.
- A media timeout shall not be taken prior to the administration of a free position within 8 meters of the goal circle. See Rule 4-5 for additional details.
8. Indicate to the timer to stop the game clock and notify the nearest on-field official when a team has requested a possession timeout. The table official shall note the field position of the ball and the number of the player in possession of the ball and/or the offender, if applicable, at the time the timeout is requested.
9. Indicate to the timer to stop the game clock and notify the nearest on-field official when a team has requested a video review. Assist with the administration and management of video review in accordance with the Head Official’s instructions.
10. When a team requests a stick check, indicate to the timer to stop the game clock and possession clock and notify the nearest on-field official. If the request is made prior to the start of the draw and before the expiration of the draw clock, blow the whistle to indicate the request and instruct all players to drop their sticks until the officials have identified and secured the stick to be checked.
11. If a coach has requested a stick check on the goal-scoring player, immediately communicate the request to the nearest on-field official.

TABLE OFFICIAL CARDING PROCEDURE

SECTION 13. When necessary, the table official shall issue a yellow- or red-card foul for misconduct by a player, coach or any officially designated member of a team’s travel party who is in the bench area. When the misconduct occurs, the table official shall call timeout, approach the head coach and issue a yellow or red card. The table official shall inform the nearest on-field official that a card was issued to the head coach, and that field official shall convey this information to the other on-field officials. There shall be a change of possession on the field if the offending team is in possession of the ball. The head coach shall designate a player on the field who shall enter the penalty area and serve a two-minute releasable penalty (yellow card), two-minute non-releasable penalty (fourth or subsequent yellow card for that team), or five-minute non-releasable penalty (red card). If a red card has been issued, play shall not resume until the head coach leaves the playing area. When necessary, the table official shall also issue a green card for a delay-of-game foul. When the delay-of-game foul occurs, the table official shall call timeout and issue a green card. The table official shall inform the nearest on-field official that a green card was issued, and that field

official shall convey this information to the other on-field officials. There shall be a change of possession on the field if the offending team is in possession of the ball. The head coach shall designate a player on the field who will enter the penalty area and serve a one-minute releasable penalty.

OFFICIAL SCORER

SECTION 14. The official scorer will be from the home team and will sit at the scorer's/timer's table opposite the center circle. If the official scorer is not seated at field level, the home team will be responsible for ensuring that the scorer's / timer table is manned.

SECTION 15. The official scorer will assume the following duties:

- a. Record the starting lineups of both teams on the official score sheet at least 10 minutes before the game and make sure the numbers of the players on the field correspond to the numbers on the score sheet. No changes are permitted to starting lineups fewer than 10 minutes before the start of the game, except in case of injury. A roster with names and numbers of all players shall be at the scorer's/timer's table at least 15 minutes before the start of the game. A separate roster form is acceptable.
- b. Keep an accurate record of the goals scored on the official home team score sheet.
- c. Display continuously an accurate score, for the players, coaches and officials.
- d. Accept substitutes and enter their names and numbers before they enter the game.
- e. Notify the officials as soon as possible if there has been an illegal substitution.
- f. Record any cards next to the player's name in the scorebook: warning (yellow "y"); or ejection (red "r"). Any card issued to the head coach shall also be recorded in the scorebook. Any green card issued to an individual/team shall be recorded in the scorebook (green "g").
- g. Notify the officials immediately when a second warning is given to the same player.
- h. Notify the officials immediately when a yellow card is a team's fourth or subsequent card.
- i. Record the time on the game clock when a player is given a green, yellow or red card.
- j. Notify the officials when a 10-goal differential exists.
- k. Maintain an accurate record for alternate possession (shall be maintained by their substitute if the official scorer is not positioned at the scorer's/timer's table). The visible possession indicator utilized should indicate a team's possession by either pointing to the team's bench or being placed on the side of the table closest to the team's bench.

OFFICIAL TIMER

SECTION 16. The official timer shall be from the home team and should sit at the scorer's/timer's table opposite the center circle. If official scoring and/or timing functions are not handled at field level, the home team shall ensure that direct two-way communication is available at all times between the press box and the scorer's/timer's table.

SECTION 17. If the official timer is not seated at field level, the home team will still be responsible for ensuring the following duties are performed:

- a. Stop the game clock at the whistle and arm signal after each goal. If there is a 10 or more goal differential, the timer will not stop the game clock.
- b. Stop the game clock for all defensive fouls committed within the critical scoring area or administered at the dot during the final minute of any quarter or overtime period. If a foul occurs before the one-minute mark and the game clock reaches one minute during the administration of the free position, the game clock shall be stopped.
- c. Start the game clock on the whistle for each draw; upon the self-start of a player awarded possession for a foul occurring during the administration of a draw prior to the whistle; or upon the self-start of a player after the awarding of alternate possession pursuant to Rule 5-5.
- d. Sound the horn as soon as possible:
 1. To notify the officials of an illegal substitute.
 2. If either the game clock or possession clock has malfunctioned.
 3. To indicate the end of each quarter, overtime period, and the end of the game.
 4. To indicate a timeout request by the team in possession during a live-ball or dead-ball situation.
 5. To indicate a stick check request.
 6. To indicate a video review request.
 7. To indicate the expiration of the draw clock.
- e. Stop the game clock for any other circumstances only upon the timeout signal and whistle from the official.
- f. Start the game clock upon the time in-signal and whistle from the official.
- g. Use a separate clock to time the timeout.
 1. Time two minutes.
 2. Blow the horn at one minute, 45 seconds.
 3. Blow the horn at two minutes.
- h. Note the time on the game clock when a player serving a green card penalty enters the penalty area, time the one-minute elapsed playing-time penalty, and notify the carded player when the penalty time has expired.
- i. Note the time on the game clock when a player is issued a yellow or red card, time the two-minute (yellow card) or five-minute (red card) elapsed playing-time penalty, and notify the carded player when the penalty time has expired.
- j. Ensure that the time periods for quarter breaks, halftime, and rest periods preceding overtime periods are displayed on the game clock.

POSSESSION AND DRAW CLOCK TIMER

SECTION 18. The possession and draw clock timer shall be from the home team and shall sit at the scorer's/timer's table opposite the center circle. If the 90-second possession clock is located at midfield opposite the teams' benches for optimal visibility for officials and teams, it may be necessary for the possession and draw clock timer to sit at midfield opposite the teams' benches.

If the possession and draw clock timing functions are not handled at field level, the home team shall ensure that direct two-way communication is available at all times between the press box and the scorer's/timer's table. The official timer may also serve as the possession and draw clock timer.

SECTION 19. If the official timer is not seated at field level, the home team shall still be responsible for ensuring the following duties are performed:

- a. Start and stop the possession clock.
- b. Reset the possession clock only upon an official's signal. The possession clock shall be reset to 60 seconds when 59 or fewer seconds remain on the possession clock following a shot on goal that hits the pipe or rebounds off a save and the shooting team retains possession. If more than 59 seconds remain on the clock, no reset shall occur.
- c. Sound the horn immediately to notify the officials of the expiration of the possession clock.
- d. It is recommended that the possession clock be used to time the 30-second draw clock by running the possession clock from 90 seconds to 60 seconds and then resetting the possession clock to 90 seconds for the draw.
- e. The draw clock shall begin following the completion of the stick check on the goal scorer's stick and shall govern the time between the goal and the administration of the draw. The draw clock shall apply only when play resumes with an immediate draw following a goal. The draw clock shall not apply when any intervening action delays the draw, including but not limited to cardable penalties, equipment violations, full stick checks (whether requested by a team or initiated at the official's discretion), injuries, or other administrative actions.
- f. If the timing system is not capable of this function, it is recommended that either a visible clock at the scorer's/timer's table or a stopwatch be used to time the draw clock. When a stopwatch is used, an audible countdown shall be provided for the final 10 seconds. Any of these methods shall satisfy the requirements of this rule.
- g. Sound the horn immediately to notify the officials of the expiration of the draw clock.
- h. If both teams are properly positioned and ready for the draw prior to the expiration of the draw clock, the draw clock shall be turned off and the official shall commence administration of the draw. Officials shall communicate with the possession and draw clock timer when the draw clock is to be turned off.

RULE 4

Time Factors and Scoring

TIME FACTORS

DURATION OF PLAY

SECTION 1. The regulation playing time is four 15-minute quarters with two-minute breaks between the first and second quarters and between the third and fourth quarters. Halftime shall be 10 minutes and shall occur between the second and third quarters. Halftime may be shortened to less than 10 minutes if agreed upon by both head coaches prior to the start of the game due to extenuating circumstances. Players shall change ends following each quarter. Play shall be continuous. At the discretion of the officials, a timeout may be taken for unusual circumstances, including but not limited to, an animal on the field, a lost ball, a ball that has gone too far out of bounds, a team delaying the restart of play from out of bounds, or spectator interference. Timeout shall be taken in the event of illness, accident, or injury; for card administration; to conduct a stick check (excluding the mandatory pocket-depth stick check following a goal); or for all defensive fouls committed within the critical scoring area or administered at the dot during the final minute of any quarter or overtime period.

Note: Officials are encouraged to take a timeout and issue a delay-of-game foul for any type of behavior that amounts to delay.

SECTION 2. Unless there is a score differential of 10 or more goals, the game clock shall be stopped on the official's whistle and arm signal following each goal throughout the game.

SECTION 3. When a team is leading by 10 or more goals, the game clock shall continue to run following goals. The running game clock shall commence immediately upon the official's signal awarding the tenth goal. If the score differential decreases to fewer than 10 goals, the stoppage of the game clock after each goal shall recommence. When there is a score differential of 10 or more goals, the game clock shall stop only in the event of illness, accident, or injury; for card administration; to conduct a stick check (excluding the mandatory pocket-depth stick check following a goal); for all defensive fouls committed within the critical scoring area or administered at the dot during the final minute of any quarter or overtime period; or as a result of an unusual circumstance.

TEAM TIMEOUTS

SECTION 4. Each team shall be permitted three timeouts during regulation playing time. Unused timeouts shall not carry over into overtime. During overtime, which begins at the conclusion of regulation time, each team shall

be permitted one timeout. A timeout may be requested by a coach or any player on the field after a goal is scored or any time the requesting team is in clear possession of the ball. If a request for a possession timeout is made to the official timer, the official timer shall immediately sound the horn to indicate the timeout request, and the game clock, 90-second possession clock and play shall stop upon the sound of the horn. When a possession timeout is called, play shall commence on the official's whistle at the spot of the ball when the timeout was requested. If the spot of the ball is in the critical scoring area or dot restart area, play will commence at the nearest dot relative to the spot of the ball. Substitutions are permitted during this stoppage of play; however, if a timeout is called prior to the administration of an 8-meter free position, the player awarded the free position and the opposing player who committed the foul shall not be substituted until the free position has been administered following the timeout. A timeout shall be two minutes in duration and shall commence when the official signals the timeout. It is the responsibility of the coaches to gather their teams and return them to the field. A warning horn shall sound at one minute and 45 seconds. Then at the expiration of the two minutes, the horn shall sound again. If a team is not ready to play at the conclusion of the two-minute timeout, possession shall be awarded to the non-offending team. If the non-offending team is already in possession, the possession clock shall be reset. Successive timeouts shall not be allowed. This includes a team timeout following a media timeout.

Note: Teams are not required to be in legal field positioning at the expiration of the timeout signaled by the horn. Provided the team has ended its huddle, is no longer conducting the timeout, and has made a reasonable effort to take the field, a procedural foul shall not be assessed.

Following a team timeout, play shall commence on the official's whistle, and no player may be positioned within 2 meters of the player taking the free position. If the team timeout was called prior to the administration of a foul in the critical scoring area, penalty administration for the applicable foul shall proceed in accordance with Rule 6. No free position may be taken closer than 2 meters of a boundary line.

MEDIA TIMEOUTS

SECTION 5. For all games, media timeouts shall be two minutes in length. This time refers to the on-field timeout duration and not the commercial break. Media timeouts should occur at the first natural break below 10:00 remaining in each quarter, including but not limited to after a goal, during a team timeout, injury, stick check, administration of a card, or when the ball goes out of bounds between the restraining lines, unless a television agreement requires a different format. Media timeouts shall not take place prior to the administration of a free position within 8 meters of the goal circle. Ideally, media timeouts should not be taken when the ball is below either restraining line.

Following a media timeout, play will commence pursuant to Rule 4-4. Play shall commence on the official's whistle at the spot of the ball when the timeout was called. If the spot of the ball is in the critical scoring area or dot restart area, play shall commence at the nearest dot relative to the spot of the ball.

SUSPENDED/INTERRUPTED GAME

SECTION 6. Once play begins, the officials shall have the authority to interrupt or suspend the game due to dangerous weather or unsafe field conditions. The officials' decision shall be final. A game shall be considered legal and complete if 75 percent (45 minutes) of playing time has elapsed, defined as the completion of three quarters. If 75 percent of the playing time has elapsed and the game is tied, the applicable league or conference shall determine tie-breaking procedures. If a game is suspended before 75 percent of the playing time has elapsed and is resumed on the same day or a subsequent day, play shall be resumed from the point of interruption. Play shall be restart on the official's whistle at the spot of the ball when play was suspended.

For NCAA tournament play, all games shall be played to completion. If a tournament game is suspended and resumed on another day, play shall resume from the point of interruption.

FORFEITED GAME

SECTION 7. If a team leaves the field and refuses to play, the score of the game shall stand if the remaining team was leading at the time play ceased. If the remaining team was not leading at the time, the game shall be recorded as a 1-0 victory in favor of the team remaining on the field.

If a suspended or ejected coach or non-student-athlete team personnel refuses to leave the playing area, the officials may declare a forfeit. A forfeited game shall be recorded as a 1-0 victory in favor of the non-offending team. If the suspended or ejected individual is a student-athlete, that individual may remain in the team bench area.

OVERTIME PROCEDURES

SECTION 8. Overtime shall begin immediately following the conclusion of regulation playing time. When the score is tied at the end of regulation, both teams shall have a two-minute rest period. A coin toss shall be conducted for choice of ends only and shall not include a choice of possession. Alternate possession shall continue from regulation play. One five-minute period of sudden-victory overtime shall be played. The game shall be restarted with a draw. The team that scores the first goal during overtime shall be declared the winner. If neither team scores during the first five-minute overtime period, the teams shall have an additional two-minute rest period. Teams shall then switch ends and begin an additional five-minute period of sudden-victory overtime. The game shall be restarted with a draw. This procedure shall continue, with a two-minute rest period and a change of ends between overtime periods, until a goal is scored.

Note: A stick may be reinspected only prior to the start of an overtime period. A stick shall not be reinspected once an overtime period has begun.

SCORING

SECTION 9. The team scoring the greater number of goals shall be declared the winner. A goal is scored by the entire ball passed completely over the goal line, between the goal posts, and beneath the crossbar from in front, having been shot or propelled by the legal stick of a player of the attacking team or

propelled by the stick or body of a defending player. The shot or propelled action must release the ball prior to the expiration of time. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds. A shot or propelled ball that does not enter the goal and comes to rest within the goal circle shall be considered to be in the possession of the goalkeeper.

SECTION 10. If a violation of jewelry, eye protection, or mouthpiece rules is discovered immediately following a goal, the goal shall count and a free position shall be awarded at the center line to the non-offending team. Player positioning for the draw shall not apply. Play shall commence on the official's whistle.

SECTION 11. A goal shall not be scored when:

- a. The ball is put into the goal by a non-player.
- b. The ball comes off the body of a player on the attacking team.
- c. The attacking team does not release the ball for a shot prior to the expiration of the 90-second possession clock.
- d. The ball is shot or propelled after the official's whistle has been blown, except then the whistle is simultaneous with or immediately follows the shot, as permitted pursuant to Rule 6-44.
- e. The player shooting steps on or into the goal circle, or any other attacking team player enters the goal circle, unless such entry is the result of a foul.
- f. A player of the attacking team interferes with the opposing goalkeeper while the goalkeeper is within the goal circle.
- g. An on-field official rules that the shot or follow-through is dangerous.
- h. The ball enters the goal while the attacking team has an illegal player on the field.
- i. The ball enters the goal when the attacking team is offside.
- j. The ball enters the goal from a stick that does not meet equipment specifications.
- k. The goal-scoring player does not drop or hand their stick to the nearest official in a timely manner, or the goal scorer or any teammate adjusts the goal-scoring stick in any way prior to the stick being dropped or handed to the official. In such cases, the stick shall be considered illegal and removed from the game. Officials shall make a collective effort to identify the goal scorer's stick and shall disallow the goal if the dropping of additional sticks or other conduct prevents identification of the goal-scorer's stick.
- l. The ball enters the goal by the attacking team's goalkeeper or by the goalkeeper's stick.

RULE 5

Play of the Game

START/RESTART OF THE GAME

SECTION 1. The game shall begin with a draw to start the first and third quarters, each overtime period, and after each goal, except when these rules require that play begin by a free position or alternate possession at the center line. If a team has possession at the end of the first or third quarter, that team shall retain possession to start the subsequent quarter. Play shall begin with a free position as follows: if the ball was in the team's offensive or defensive end, play shall restart at the center of the restraining line at the opposite end of the field; if the ball was between the restraining lines, play shall restart at the center line. If a team that retained possession was the non-offending team at the time a card was issued and a free position was awarded at the center to begin the subsequent quarter, the free position shall not be administered at the center if doing so would disadvantage the non-offending team. If neither team has possession at the end of the first or third quarter, the subsequent quarter shall start with a draw. There may be up to 12 eligible players on the field before the start of each draw.

When the game starts with a free position or alternate possession at the center line rather than with a draw, player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position and play shall commence on the official's whistle.

Note: If a team retains possession to begin the second or fourth quarter, the possession clock shall not be reset to 90 seconds; play shall resume with the remaining time on the possession clock from the end of the preceding quarter.

DRAW POSITIONING AND SETUP OF DRAW

SECTION 2. The opponents shall each stand with one foot toeing the center line, with both feet on the same side of the center line and positioned behind their stick. The sticks (shafts and heads) shall be held in the air above each player's hip level, with the lower side of each stick above the center line and positioned back to back so that the sticks are between the ball and the goal each player is defending. The lower side of the stick is defined as the right side of the stick as the player looks at it with the open pocket facing them. The entire length of both sticks (shafts and heads) must be contained within the vertical plane of the center line and be parallel to and above the center line. When setting the draw, officials must account for height differences between players and position the sticks so that neither player gains an advantage. A player's top hand may not contact the throat, sidewall, pocket, or any other part of the head of the stick. The official shall place the ball between the sticks, which shall be positioned upright, with the top sidewall of each stick facing upward toward the

sky. The ball must be placed in the upper third of each head at its widest point. On the command "Ready," the players taking the draw must remain motionless, except for head movement, until the whistle. On the whistle, both players must immediately draw their sticks upward, and the ball must leave the heads of the players' sticks and attain a height higher than the heads of the players taking the draw. A team's dressed goalkeeper may not take the draw.

SECTION 3. A maximum of three players from each team may be between the restraining lines during the draw until possession has been determined or the ball has crossed either restraining line. All other players, including each team's dressed goalkeeper, shall be positioned below the restraining lines. Players positioned between the restraining lines shall not step on or over the center circle until the whistle blows. Once the draw is set, players positioned below the restraining lines shall not step on or over the restraining lines until possession has been determined or the ball has crossed either restraining line. Any portion of a player's body that is grounded on or over the line shall constitute a violation. A player positioned between the restraining lines may cross over and reposition below either restraining line; however, once that player does so, they shall remain below that restraining line until possession has been determined or the ball has crossed either restraining line. Players positioned outside the center circle or below the restraining lines may move freely within draw positioning restrictions prior to possession. If a foul is committed before possession is established, the whistle for the foul and the awarding of a free position to the non-offending team establishes possession.

SECTION 4. A player is in possession of the ball when the ball is in the player's stick and the player can perform any normal function of control, including cradling, carrying, passing, or shooting.

SECTION 5. For any delay during the administration of the draw where fault cannot be attributed to either team, and the delay would result in either a prolonged setup or reset of the draw, alternate possession shall be administered at the spot of the ball. Examples include, but are not limited to, when the ball goes directly out of bounds from a legal draw, the ball does not leave the heads of the players' sticks, or the flight of the ball does not attain a height higher than the heads of the players taking the draw. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the offsetting violations may take the free position. No player may be positioned within 2 meters of the player taking the free position. The player taking the free position may self-start, including during the administration of the first draw of each quarter or any overtime period that results in an alternate possession. Because possession has been established, restrictions on player positioning on the draw prior to possession are removed, and players shall be permitted to move freely. Substitutions shall also be permitted.

SECTION 6. If, following a draw and prior to possession being established, a player or team is the last to touch the ball before it goes out of bounds, the opposing team shall be awarded possession.

SECTION 7. Players positioned behind the restraining line may reach over the restraining line with their stick to play a loose ball on the ground or in the air, provided no part of the player's foot is on or over the restraining line. A player's body shall not touch any part of the ground on or over the restraining line.

EARLY ENTRY

SECTION 8. Early entry occurs when after the draw is set:

- a. A player positioned behind either restraining line crosses the restraining line before the whistle administering the draw, or after the whistle but before possession has been determined or the ball has crossed either restraining line.
- b. A player steps on or over the center circle before the official's whistle, including when any portion of the player's body is grounded on or over the line.

ILLEGAL DRAW

SECTION 9. An illegal draw occurs when:

- a. Either player draws too soon;
- b. No attempt is made to draw upward toward the sky from the starting position;
- c. The movement of the stick is not upward toward the sky from the starting position; or
- d. A player taking the draw moves after the official commands "Ready" and before the official's whistle.

PENALTY ADMINISTRATION FOR ILLEGAL DRAW AND EARLY ENTRY

SECTION 10. When an illegal draw or early entry occurs, a free position for the non-offending team shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. The player taking the free position may self-start. Because possession has been established, restrictions of player positioning during the draw prior to possession are removed, and players shall be permitted to move freely.

SECTION 11. Offsetting fouls on the draw shall result in an alternate possession at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the offsetting violations may take the free position. No player may be positioned within 2 meters of the player taking the free position. The player taking the free position may self-start. Because possession has been established, restrictions of player positioning during the draw prior to possession are removed, and players shall be permitted to move freely.

30-SECOND DRAW CLOCK

SECTION 12. Following a goal, teams shall have 30 seconds to be ready for the next administration of the draw.

The draw clock shall begin following the completion of the stick check on the goal-scorer's stick and shall govern the time between the goal and the administration of the draw. The draw clock shall apply only when play resumes with an immediate draw following a goal. The draw clock shall not apply when any intervening action delays the draw, including but not limited to cardable

penalties, equipment violations, full stick checks (whether requested by a team or initiated at the official's discretion), injuries, or other administrative actions.

A team is considered ready for the draw when:

1. One player is legally positioned at the center line and prepared to take the draw; and
2. No more than three players from that team are positioned between the restraining lines in accordance with draw positioning rules.

It is recommended that the possession clock be used to time the 30-second draw clock by running the possession clock from 90 seconds to 60 seconds and then resetting the possession clock to 90 seconds prior to the administration of the draw. If the timing system is not capable of this function, either a visible clock at the scorer's/timer's table or a stopwatch may be used. When a stopwatch is used, an audible countdown shall be provided for the final 10 seconds. Any of these methods shall satisfy the requirements of this rule.

Upon expiration of the draw clock, the horn shall be sounded immediately to notify the officials.

If one team is not ready for the draw at the expiration of the draw clock, possession shall be awarded to the non-offending team at the center line and player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. If both teams are not ready at the expiration of the draw clock, alternate possession shall be awarded at the center line.

When the 30-second draw clock expires (horn sounds) and an extra player or players are exiting the field but remain on the field, the violation shall be considered a draw clock violation, not an illegal substitution. However, if any player enters the field after the expiration of the draw clock, the violation shall be considered an illegal substitution, and the applicable penalty shall apply.

If both teams are properly positioned and ready for the draw prior to the expiration of the draw clock, the draw clock shall be turned off and the official shall commence administration of the draw.

START/RESTART OF PLAY

SECTION 13. The whistle is used to stop and start play for cardable fouls, defensive fouls committed within the critical scoring area or administered at the dot, and any other playing action that requires an official's timeout. When starting play, the official shall give a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The timer's horn shall be used to indicate the end of each quarter and overtime period.

SELF-START

SECTION 14. Following a whistle for a foul that does not require an official's timeout or a stoppage of the possession clock, the player awarded the free position, or any player from the team awarded the free position who is on the field of play at the time of the whistle, may resume play without waiting for an additional whistle. The free position shall be taken within 5 yards relative to the spot of the foul, with the exception that a player's momentum may not carry them into the critical scoring area if such movement into the critical scoring

area is substantial. The offending player shall immediately move 2 meters away. Any other player(s) within 2 meters shall move away. All players farther than 2 meters from the free position may move freely. It is not required that the player come to a stop prior to commencing play from out of bounds with a self-start. If a player does not self-start, the official shall blow the whistle to commence play.

SECTION 15. The self-start shall commence play within 5 yards from the spot of the foul. If the player taking the free position clearly gains an advantage from self-starting farther than 5 yards from the spot of the foul, the official shall blow the whistle and the player who has been awarded the free position and the ball shall return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location for the free position. If the official has to call timeout and reset the free position, play shall commence on the official's whistle.

SECTION 16. All players' bodies and sticks shall remain outside of the 2-meter non-engagement area around the player awarded the free position until the player awarded the free position self-starts by either taking a step (i.e., the act or movement of lifting and setting down one's foot to a new position in any direction) or passing the ball. Once the player awarded the free position self-starts, players may engage the player awarded the free position by initiating movement into the 2-meter non-engagement area.

SECTION 17. If any player delays moving 2 meters away or violates the 2-meter non-engagement area with their stick or body prior to the player who has been awarded the free position self-starting, the official shall call a timeout and provide a verbal warning to the offending player and offending team's bench, including the offending team's head coach. All subsequent delays moving 2 meters away and violations of the 2-meter non-engagement area shall result in the issuance of a delay-of-game green card and one-minute releasable penalty to be served by the offending player (See Rule 6-6.i and Rule 6-7).

SECTION 18. A self-start is not an option when the game clock and/or 90-second possession clock are stopped. If a player self-starts when self-starts are not permitted, it shall only be considered a false start if the administration of the foul that has caused play to stop is within the critical scoring area or on the dot of the player's offensive end; the false start shall result in a change of possession. If an official must repeatedly restart play as a result of a team self-starting more than 5 yards from the spot of the foul to gain an advantage, a delay-of-game green card and one-minute releasable penalty may be issued (See Rule 6-6.i and Rule 6-7).

90-SECOND POSSESSION CLOCK

SECTION 19. After a team has gained possession of the ball, a visible 90-second possession clock shall start unless the possession follows a shot on goal that hits a pipe or rebounds off a save, the team that shot the ball retains possession, and the possession clock has 59 or fewer seconds remaining on the clock. At the expiration of the 90 seconds, a change of possession shall be awarded to the opposing team. The 90-second possession clock shall stop whenever the game clock is stopped and for all defensive fouls committed within the critical scoring area or administered at the dot.

The 90-second possession clock shall be reset to 90 seconds as a result of any of the following occurrences:

- a. Any green, yellow, or red card issued to the team without possession.
- b. A save by the goalkeeper of the team without possession, where the goalkeeper maintains possession of the ball, inside or outside of the goal circle.
- c. Change of possession; and
- d. A procedural or minor delay foul when the non-offending team is in possession of the ball, unless these rules provide for the administration of an 8-meter free position.

The 90-second possession clock shall be reset to 60 seconds if 59 or fewer seconds remain on the possession clock following a shot on goal that hits the pipe or rebounds off a save and the team that shot the ball retains possession. If more than 59 seconds remain on the possession clock, no reset shall be necessary.

Note: With regard to the 60-second reset, the reset shall be based on the time of the deflection.

See the definition of “shot on goal” in Rule 7. For purposes of this rule, the ball shall be released from the shooter’s stick prior to the expiration of the 90-second possession clock. Shots that go wide of the pipes or above the crossbar do not reset the 90-second possession clock.

SECTION 20. Rule 4-3 does not affect the 90-second possession clock. The 90-second possession clock shall stop regardless of whether there is a score differential of 10 or more goals when the game clock continues to run.

SECTION 21. It is recommended that two visible 90-second possession clocks be utilized at either end of the field; however, one visible 90-second possession clock at midfield shall satisfy the requirements of this rule.

ADMINISTRATION FOLLOWING 90-SECOND POSSESSION CLOCK VIOLATION

SECTION 22. If the 90-second possession clock expires before any of the above occurs:

- a. The timer shall sound the horn once and the official shall blow the whistle immediately.
- b. A free position shall be awarded to the opposing team at the spot of the ball within the playing area at the time of the violation.
- c. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the 90-second possession clock violation may take the free position.
- d. No player may be positioned within 2 meters of the player taking the free position.
- e. If the ball is in the air at the time of the violation, the free position shall be administered relative to where the ball lands.
- f. If the ball is within 2 meters of the boundary line, the free position shall be administered 2 meters from the boundary line.

- g. If the ball is out of bounds at the time of the violation, the free position shall be administered relative to the spot where the ball went out of bounds.
- h. The player taking the free position may self-start.

Note: This administration above applies to a 60-second reset of the possession clock.

OUT OF BOUNDS

SECTION 23. When the ball goes out of bounds, the official shall blow the whistle to stop play and signal the direction of possession. Except in the case of a shot or deflected shot on goal, when a player in possession of the ball carries or propels the ball out of bounds, or when a player is the last to touch a loose ball before the ball goes out of bounds, the opposing team shall be awarded possession of the ball when play resumes. Carrying or throwing the ball out of bounds is a simple change of possession, not a foul.

SECTION 24. When any portion of a player's body is grounded on or over the boundary line and is therefore outside the field of play, the player shall not take an active part in the game. During play, a player shall not run out of bounds and re-enter the field to gain a more advantageous position.

SECTION 25. When a player has possession of the ball and steps on or over the boundary line, or when any part of their body or stick touches the ground on or over the boundary line, the ball is out of bounds, and the player shall lose possession.

SECTION 26. A player in possession of the ball may hold their stick outside the boundary line as long as their foot or feet are not on or over the boundary line. If an opponent who is in bounds legally checks a player's stick, causing the ball to fall to the ground out of bounds, possession shall be awarded to the opponent when play resumes.

SECTION 27. When an opponent illegally causes a player in possession of the ball to go out of bounds, the ball carrier shall maintain possession of the ball when play resumes. The opponent shall be penalized for the foul. The player awarded the free position may self-start 2 meters within the boundary line. No player may be positioned within 2 meters of the player awarded the free position.

SECTION 28. If a player deliberately pushes, flicks or bats the ball into an opponent's feet or body in order to cause the ball to go out of bounds, it shall be penalized as a foul.

SECTION 29. When a loose ball touches the boundary line or the ground outside the boundary line, the ball is out of bounds. The player/team that last touched the ball before it went out of bounds shall lose possession unless the ball was the result of a shot or a deflected shot on goal.

SECTION 30. When a shot or deflected shot on goal goes out of bounds, the team of the player who is in bounds and nearest to the ball when it crosses the boundary line shall be awarded possession of the ball. If the sticks or bodies of players from the two opposing teams are equidistant from the ball when it goes out of bounds, alternate possession shall be awarded.

SECTION 31. To resume play when the ball has gone out of bounds, any player from the team awarded possession of the ball may commence play with a self-start relative to the spot from which the ball went out of bounds. It is

not required that the player come to a stop prior to commencing play with a self-start. If the player commencing play from out of bounds clearly gains an advantage from self-starting farther than 5 yards from the spot where the ball went out of bounds, the official shall blow the whistle, and the player and the ball shall return to the spot where the ball went out of bounds for the self-start. If the official has to call timeout and reset the free position, the official shall bring the player 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be positioned within 2 meters of the player taking the free position.

SECTION 32. A player may not commence play with a pass from out of bounds. If the player commences play from out of bounds with a pass, the official shall blow the whistle and the opposing team shall be awarded possession. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. The player taking the free position may self-start unless the minor foul occurs in the dot restart area of their offensive end, in which case the free position shall be administered at the dot.

SECTION 33. All players shall be at least 2 meters from the boundary line and may not enter the 2-meter non-engagement area until the player self-starting with the ball from out of bounds commences play by stepping in bounds. All players farther than 2 meters from the boundary line may move freely.

SECTION 34. A shot or deflected shot remains a shot until the ball goes out of bounds, the ball comes to rest on the field of play, a player gains possession of the ball, or a player otherwise causes the ball to go out of bounds. It is the official's responsibility to determine if a thrown ball is a shot.

SECTION 35. A shot that goes directly out of bounds after hitting the goal post or the goalkeeper's stick or body is considered a deflected shot. A ball that rebounds off the goal post, the goalkeeper or the goalkeeper's stick and then off any field player's stick/body or the official's body and directly out of bounds, is considered a deflected shot on goal. A deflection occurs when any player merely touches the ball with their stick or body and does not gain any distinct/clear advantage or control the ball.

SECTION 36. Pursuant to Rule 5-5, if the ball goes directly out of bounds from a legal draw, alternate possession shall be awarded and the player taking the free position may self-start.

ALTERNATE POSSESSION

SECTION 37. At the pregame meeting with the captains, the team that wins the coin toss shall choose either the side that they want to defend in the first half or the first alternate possession after any of the events listed under [Rule 5-39\(a-m\)](#) have occurred. After the initial possession is awarded, the possession shall then alternate. Alternate possession is continuous through any overtime period; alternate possession is not reestablished at the coin toss that takes place prior to the first overtime period. The head official and table personnel shall maintain the record of alternate possession. If there is a discrepancy between the head official and table personnel, the head official's record shall govern. A visible possession indicator is required. The indicator should point to the team that

shall be awarded the next alternate possession. If an alternative visible possession indicator is utilized in lieu of an indicator, the indicator shall be placed on the side of the table that is closest to the bench of the team that shall be awarded the next alternate possession

SECTION 38. Only the team awarded the alternate possession may call a timeout. If the team awarded the alternate possession commits a subsequent foul before the free position has been administered, that team shall lose possession and its right to call timeout.

SECTION 39. Alternate possession occurs when:

- a. The ball goes into the goal off a nonplayer.
- b. The ball goes out of bounds as the result of a shot or deflected shot, and two opposing players are equally near the ball.
- c. It cannot be determined which team caused the ball to go out of bounds.
- d. There is an incident unrelated to the ball, and players are equidistant from the ball.
- e. A ball lodges in the clothing of a field player outside of the goal circle or an official.
- f. When a player from each team commits a foul during the same play and neither foul warrants a yellow or red card. If only one team is penalized with a yellow or red card, alternate possession shall not apply. The team that is not issued the yellow or red card foul shall be awarded possession.
- g. When a player and/or coach from each team commit a foul that warrants a yellow or red card foul during the same play.
- h. When the attacking team commits a foul during a slow-whistle situation, unless the foul is a yellow or red card foul.
- i. The game is restarted after any incident related to the ball when neither team has possession, and two opposing players are equally near the ball, unless the incident has been caused by a foul.
- j. For any delay during the administration of the draw where fault cannot be attributed to either team and the delay in administration would result in either a prolonged setup of the draw or reset of the draw.
- k. Both teams are not present at the center circle and ready for the draw by the expiration of the 30-second draw clock.
- l. The ball contacts the wire of the spider cam/sky cam, unless the contact occurs during a draw.
- m. The game is stopped for any reason not specified in the rules and possession cannot be determined.

ADMINISTRATION FOR ALTERNATE POSSESSION

SECTION 40. The possession clock shall stop as the result of alternate possession. An official may signal for the game clock to stop if necessary due to a prolonged administration of an alternate possession. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset if there is a change of

possession, or if there is no change of possession, but the underlying foul by the team not awarded the alternate possession would otherwise require a reset pursuant to Rule 5-19. If the alternate possession is awarded inside of the critical scoring area, 12-meter fan defensive end, or dot restart area, including the goal circle, it shall be administered at the closest dot. If the alternate possession is awarded as the result of the offsetting fouls on the draw, it shall be administered at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The player taking the free position may self-start. Additionally, since possession has been established, the restrictions of player positioning on the draw prior to possession are removed, and players are permitted to move freely. For offsetting fouls prior to the start of the game, the team awarded the first alternate possession at the pregame meeting with the captain shall be awarded the alternate possession and player positioning for the draw shall not apply.

Note: If both fouls in an offsetting-foul situation would result in a green card, no green card shall be issued; alternate possession shall be administered.

SUBSTITUTION

SECTION 41. Each team may substitute an unlimited number of players at any time during play, including between quarters, at halftime, overtime, following a goal and during team and injury timeouts, subject to the exceptions and restrictions as outlined in Rule 5-42(a-h) and Rule 5-47(a-e). An official's timeout shall not be taken for substitution during the normal course of play. Re-entry is permitted.

ILLEGAL SUBSTITUTES AND SUBSTITUTIONS

SECTION 42. Substitutes and substitutions are not permitted in the following circumstances:

- a. During a team timeout for the player awarded a free position in the critical scoring area within 8 meters of the goal circle and the offender
- b. When a player enters the field of play without going through the substitution area.
- c. When a player enters the field of play prior to their teammate leaving the field of play.
- d. When there is an extra player on the field of play.
- e. When a player enters the field of play after the expiration of the 30-second draw clock.
- f. When a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game enters the game.

Note: A player not listed by name and uniform number before the game may be added to the roster and/or scorebook when the error is discovered and a penalty imposed against their team.
- g. Before the whistle on a free position administered in the critical scoring area, if the player is the offender positioned 4 meters behind.
- h. When a player enters the field of play prior to possession being gained on the draw. This includes substitutes or reentry of a carded player upon the release of a card.

PENALTY ADMINISTRATION FOR ILLEGAL SUBSTITUTES AND SUBSTITUTIONS

SECTION 43. For illegal substitutes and substitutions, the official shall call a timeout and remove the illegal player. The official shall issue a green card and the illegal player shall serve a one-minute releasable penalty. When an extra player is discovered on the field, two players on the offending team shall be removed from the field of play and serve the one-minute releasable penalty. If more than one extra player is discovered on the field, each extra player on the field and one additional player on the offending team shall be removed from the field of play and serve the one-minute releasable penalty. A free position shall be awarded to the opposing team at the spot where play was to resume before the illegal substitute was discovered or substitution occurred. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The 90-second possession clock shall be reset.

SECTION 44. For breach of this rule simultaneously, after the removal of the illegal players and the issuance of green cards to both teams, the official shall award alternate possession at the spot where play was to resume. If play was to resume in the critical scoring area, 12-meter fan defensive end, or dot restart area, the free position shall be awarded at the dot. Any player from the team awarded the free position that is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

SECTION 45. If, before a goal is scored, a team is discovered to have an illegal player(s) on the field, the player(s) will be removed, a green card shall be issued, and a free position shall be awarded to the opposing team at the spot where play was to resume before discovery of the illegal player(s). If play was to resume in the critical scoring area, 12-meter fan defensive end, or dot restart area, the free position shall be awarded at the dot. If the spot cannot be determined, play shall resume at the spot where the ball was when the error was discovered. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

SECTION 46. If an illegal player is discovered on the attacking team after a goal is scored and before play is restarted, the goal shall not count, the illegal player shall be removed, a green card shall be issued. After the administration of the card, play shall commence with a free position at the center line for the opposing team and player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

SUBSTITUTION PROCEDURES

SECTION 47. All substitutions shall be made through the substitution area, and during play, all players, including the goalkeeper, shall come off of the field

and exit between the cones/markers before a substitute may go on to the field. Players may enter the game using the following procedures:

- a. *During Play:* The player shall enter the game through the substitution area and shall not enter this area until their substitution is imminent. A substitute shall not go onto the field until the player they are replacing has entered the substitution area, including the goalkeeper. The player exiting the field has the right of way, and any players in the substitution area shall yield their position and allow the player being subbed to exit. No other players shall be in the substitution area except those involved in the imminent substitution. Substitutes shall not block the view of scorer's/timer's table personnel. The substitution is considered "imminent" when the player wishing to sub has called the name of the player to come off the field and that player is in the act of running to the substitution area.
- b. *After a Goal:* Substitutes may enter the game through the substitution area immediately following a goal. Substitutes do not have to wait for the completion of the official's mandatory pocket-depth check. The officials shall ensure that all replaced players leave the field before the game restarts. Substitutes shall be permitted if the stick is deemed illegal.
- c. *Draw:* Upon the horn signaling the expiration of the 30-second draw clock, substitutions shall not occur. Substitutes shall not be in the substitution area until possession has been gained on the draw.
- d. *Injury:* Substitution, not to exceed 30 seconds, shall be made in case of injury. If a free position is to be taken and a team has no eligible substitutes, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. **EXCEPTION:** In the event of an injured goalkeeper, if the backup goalkeeper is in the game as a field player, the field player shall be permitted time to put on the goalkeeper equipment and replace the injured goalkeeper. A player from the bench may replace that field player.
- e. *Player Suspension/Ejection:* No substitution shall be allowed. **EXCEPTION:** If the player receiving a yellow card is the goalkeeper and there is no other "dressed" goalkeeper for their team, the goalkeeper shall remain in the game, and the team's coach shall designate another player who shall leave the field for two minutes of elapsed playing time. If the goalkeeper receives a second yellow card or a red card, the goalkeeper shall not return to the game. The team shall substitute another goalkeeper, and the team's coach shall designate another player who shall leave the field for two minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time.

ACCIDENT, INTERFERENCE, OR ANY OTHER INCIDENT

SECTION 48. If the game has to be stopped due to an accident, injury, illness, interference, or an incident either related or unrelated to the ball at the time the whistle is blown, the game shall be restarted in one of the following ways:

- a. If a foul has occurred, a free position shall be awarded at a spot determined by the official. Play shall not be restarted within 8 meters (8.8 yards) of the goal circle or within 2 meters (2.2 yards) of the boundaries.

- b. If no foul is involved in the stoppage of play, the ball shall be given to the player who was in possession, or nearest to it, at the time play was stopped, and play shall be restarted at the spot of the ball. For an inadvertent whistle in the critical scoring area, 12-meter fan defensive end, or dot restart area, the free position shall be administered at the dot. If two players are equidistant from the ball, alternate possession shall be awarded.

SECTION 49. Timeout shall be called at the discretion of the official. If medical personnel or a coach comes onto the field to attend to an injured player, or if a player is bleeding, that player shall leave the field. If the injured player was awarded a free position, the substitute for the injured player shall take the free position. If the team does not have any eligible substitutes, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. If the injured player is the goalkeeper and there is no other “dressed” goalkeeper for their team, the goalkeeper may remain in the game.

BALL LODGED IN CLOTHING OR STICK

SECTION 50. When the ball lodges:

- a. In the clothing of a field player outside of the goal circle, alternate possession shall be awarded.
- b. In the stick of a field player, the stick no longer meets specifications and shall be removed from the game immediately. The official shall call a timeout and remove the stick from the game. The player shall be issued a two-minute non-releasable yellow card. A free position shall be awarded to the opposing team at the spot where play was to resume before the ball became lodged in the player’s stick. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official’s whistle. The possession clock shall be reset.
- c. In the goal netting, or in the protective equipment, clothing, or stick of the goalkeeper, or in the clothing or stick of a field player who is legally within the goal circle, the ball shall be removed. If the ball is lodged in the goalkeeper’s protective equipment, clothing, or stick while the goalkeeper is within the goal circle, the goalkeeper shall remove the ball, place it in their stick, and proceed with the game within the parameters of the 10-second goal circle count.
- d. In the clothing of an official, alternate possession shall be awarded.

VIDEO REVIEW

SECTION 51. **Availability and Standard.** Video review is a permissive rule and is not required. Video review may be used only when video review equipment is available at the game site. Video review shall be used only for the purposes expressly permitted by this rule. The on-field ruling shall stand unless clear and conclusive video evidence exists to overturn the ruling. Video review equipment shall be provided by the home institution and shall be independent of team bench areas. Consent of both teams is not required unless mandated by the teams’ conference.

SECTION 52. **Required Officials’ Video Review.** Officials shall utilize video review in the following situations. Video review shall be utilized whenever there

is uncertainty in making a determination related to items a–c below and shall always be utilized for item d, regardless of uncertainty:

- a. To correct the game clock or possession clock when a malfunction or timing error occurs.
- b. To determine the timing of the release of a shot relative to the expiration of the game clock or possession clock at the end of a possession, quarter, or overtime period.
- c. To determine whether a shot resulted in contact with the goal pipe or a deflection off the goalkeeper's stick.
- d. To identify or confirm the correct offender for a cardable foul that results in player ejection.

During any required officials' review, officials shall correct any timing errors and shall identify, confirm, overturn, and administer any yellow or red cardable fouls observed in the video evidence.

SECTION 53. Team Video Review Requests. Each team shall be permitted two video review requests per game. Unused requests may be carried into overtime. No additional video review requests are awarded for overtime.

Video review requests shall be made in the same manner as a timeout request.

If a video review request results in the on-field ruling being overturned, the team shall retain its video review request and shall not be charged a timeout. If the ruling stands or is confirmed, the team shall be charged one video review request and one timeout.

A team shall have an available timeout to request a video review. If a team without an available timeout requests a video review, the team shall be assessed a green card for delay of game.

If a team requests a video review through the scorer's/timer's table and the horn sounds during live play, and the request is subsequently determined to be for a situation that is not permissible for video review, the team shall not be charged with a video review request provided the team has an available timeout. Play shall be restarted in accordance with the procedures for an inadvertent whistle or pursuant to the situation or penalty administration that caused play to stop.

Note: If a team without an available timeout requests a non-permissible video review through the scorer's/timer's table and the horn sounds during live play, the team shall be assessed a green card for delay of game.

SECTION 54. Permissible Team Review Situations. Teams may request video review only in the following situations:

- a. Game and possession clock malfunction or timing error.
- b. Shot release timing relative to game and possession clock expiration.
- c. On a goal, whether the ball came off the body of an attacking player.
- d. On a goal, whether the whole ball entered the goal.
- e. In response to a goal or no-goal signal, whether the shooter or any attacking player entered the goal circle and whether such entry resulted from a foul.
- f. Whether a shot contacted the goal pipe or deflected off the goalkeeper's stick.
- g. Whether a team had possession at the end of a quarter or overtime period.

- h. Identification or confirmation of the offender for a yellow or red card foul.
- i. Confirmation or overturning of a yellow or red card foul after the card has been administered.
- j. Identification of yellow or red card foul fouls committed during the act of shooting. Fouls committed during the act of shooting that are subject to review include dangerous contact, dangerous follow-through, dangerous propelling, dangerous stick in the sphere, misconduct, and slash.

Note: Green card fouls are not reviewable.

SECTION 55. Timing of Video Review Requests. Video review requests shall be made promptly and before play has progressed beyond the action subject to review. Review shall not be granted once play has clearly continued.

A request must be made before the defensive team advances the ball from the goal circle beyond the defensive 30-yard line following a goal ruling, no-goal ruling, or undetected goal, before a change of possession, before the ball goes out of bounds and play is restarted, or before a restart is administered.

If the attacking team maintains possession following a shot, the request must be made immediately and prior to continuation of play. If a deflection or rebound results in an immediate scoring play, the request may be made following the completion of that scoring play and shall apply only to that goal.

If a video review request is made through the scorer's/timer's table and the horn sounds during live play at a time when a review would not be granted pursuant to the above provisions, the team shall be assessed a green card for delay of game.

SECTION 56. Administration of Video Review. Except in cases involving fouls committed during the act of shooting, officials shall render an on-field ruling before initiating video review.

The Head Official and one additional official designated by the Head Official shall conduct the review. A third official shall manage the field, benches, and scorer's/timer's table.

Officials shall review all available relevant video angles. Clear and conclusive video evidence is required to overturn an on-field ruling.

The Head Official shall communicate the final ruling and restart procedure to both head coaches and the scorer's/timer's table.

SECTION 57. Coach and Bench Conduct. Coaches and team personnel shall not approach or interfere with the video review process or the scorer's/timer's table during a review. Coaching and substitutions are permitted during video review and shall be managed by the officials not conducting the review.

Interference with the video review process shall result in a misconduct foul assessed to the head coach.

SECTION 58. Equipment Malfunction. If video review cannot be conducted due to a malfunction that prevents video from being viewed, the requesting team shall not be charged a video review request. Loss of a single camera angle or poor video quality does not constitute a malfunction.

If equipment becomes available after a malfunction, video review may be used when functional. The Head Official may discontinue use of video review if repeated failures occur.

SECTION 59. Restart of Play Following Video Review. Officials shall instruct teams as to the restart of play following the completion of video review.

- a. *Goal Ruling.* When video review results in a goal ruling, play shall restart with a draw. All draw positioning requirements shall apply unless a free position or alternate possession has been awarded pursuant to these rules. Play shall commence on the official's whistle.
- b. *Attacking Team Requested Review Resulting in No-Goal.* When the attacking team is in possession of the ball and requests a video review that results in a no-goal ruling, the attacking team shall retain possession. Play shall restart with a free position awarded at the nearest dot when the ball is in the critical scoring area or the dot restart area, or at the spot of the ball when the ball is outside the critical scoring area. No free position shall be taken within 2 meters of the boundary line. Any player of the attacking team who was on the field of play at the time of the request may take the free position. No player shall be within 2 meters of the player taking the free position. Play shall commence on the official's whistle.
- c. *Defensive Team Requested Review Resulting in No-Goal.* When the defensive team requests video review following a goal signal and the review results in a no-goal ruling, play shall restart with a free position awarded to the requesting team's goalkeeper within the goal circle. Play shall commence on the official's whistle.
- d. *Officials' Video Review Resulting in No-Goal.* When officials initiate a video review that results in a no-goal ruling because the release of the shot occurred after the expiration of the game clock or possession clock, play shall restart with a draw to begin the subsequent quarter or overtime period, or in accordance with the administration for a possession clock violation. If play restarts with a draw, all draw positioning requirements shall apply unless a free position or alternate possession has been awarded pursuant to these rules. Play shall commence on the official's whistle.
- e. *Goal Circle Reviews Involving Card Administration.* When a video review involving the goal circle results in the overturning of a card, officials shall communicate the overturning of the card to both head coaches and the scorer's/timer's table. Play shall then restart in accordance with the applicable provisions of this section. When a video review involving the goal circle results in the issuance of a card, officials shall communicate the card to both head coaches and the scorer's/timer's table. Officials shall then determine and administer the proper restart in accordance with these rules and administer the card pursuant to the applicable penalty provisions.

SECTION 60. Officials' Authority During Video Review. Officials shall correct clock errors and administer any yellow or red cardable fouls observed during any video review, regardless of the original purpose of the review.

SECTION 61. Video Review Location. Video review shall be conducted at a designated video monitor located within the scorer's/timer's table area. If inclement weather necessitates relocation of the video monitor, or if the institution can only accommodate video review at an alternate location, the monitor may be relocated provided it remains in close proximity.

RULE 6

Fouls and Penalty Administration

MINOR FOULS

SECTION 1. The following are minor fouls:

- a. **Charging:** A player in possession of the ball charges, barges, pushes into, lowers the head and shoulders into, or backs into an opponent who has already established position, resulting in bodily contact. The opponent is not required to be in a stationary position.
- b. **Covering:** Placing one's foot or stick over a ground ball when the ball is contested by an opponent, thereby preventing the opponent from playing the ball.
- c. **Empty Stick Check (Below the Waist):** Rather than playing the ball, a player prevents an opponent from playing the ball by checking the opponent's stick below the waist. This applies only when the opponent is in a position to receive or gain possession of the ball. Incidental empty-stick checks below the waist during a 50/50 ground ball do not constitute a foul.
- d. **False Start:** The following actions are false starts:
 1. Self-starting is not permitted for fouls occurring within the critical scoring area or at the dot in the player's offensive end, including cardable fouls, regardless of whether the offender is placed 4 meters behind.
 2. Before the whistle on a free position shot taken above goal line extended and within 8 meters of the goal circle, a player shall not step into the prohibited area above goal line extended within 8 meters of the goal circle or the restricted area, nor step or make any movement simulating the beginning of play within 4 meters of the player taking the free position shot.
 3. Before the whistle on a free position administered at the dot, the offender, positioned 4 meters behind, shall not step or make any movement simulating the beginning of play.
 4. Before the whistle on a free position administered in the critical scoring area, the player taking the free position shall not step or make any movement simulating the beginning of play.
- e. **Forcing Through:** While in possession of the ball, a player shall not force her stick through an opponent's stick or sticks in a manner that causes contact between the player's stick and her own body.
- f. **Illegal Body Ball:** The following actions are illegal body balls:

1. A field player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off their body while outside the goal circle. For this action inside the goal circle, see Rule 6-22.k. For general play inside the goal circle, see Rule 6-13..
 2. A field player, excluding the goalkeeper, touches the ball with their hand, either inside or outside the goal circle. *Note: A field player who is legally inside the goal circle shall be permitted to use their hand to remove a ball that is lodged in the goal netting or in their clothing. See Rule 5-50.c.*
 3. The goalkeeper bats, throws, catches, or carries the ball with their hand while outside the goal circle.
 4. A player pushes, flicks, or bats the ball into an opponent's body, causing the ball to go out of bounds.
- g. **Illegal Cradle:** Holding the head of one's stick, with or without cradling, in front of one's face or a teammate's face, or within the sphere and close to one's own body or a teammate's body, in a manner that makes a legal and safe check impossible.
- h. **Illegal Draw:** See Rule 5-9. For penalty administration, see Rule 5-10.
- i. **Illegal Stick (Pocket Depth):** See Rule 2.
- j. **Pass From Out of Bounds:** See Rule 5-32.
- k. **Play From Out of Bounds:** Taking an active part in play while one or both feet are out of bounds.
- l. **Pushing:** Pushing an opponent with one's hand or body in a manner that causes displacement.
- m. **Tripping (Incidental):** Incidental tripping of an opponent. For deliberate tripping of an opponent, see Rule 6-20.e.3.
- n. **Warding Off:** Using or extending an arm or elbow to guard one's stick. If a player removes one hand from the stick, the free hand shall not be used to ward off an opponent, either deliberately or incidentally, with or without contact. Elbows shall not be used to protect the stick.

PROCEDURAL FOULS

SECTION 2. The following are procedural fouls:

- a. **Delay from Timeout/Quarter Break/Halftime:** Failure to be ready to start play following a two-minute team timeout, a two-minute quarter break, or halftime.
- b. **Delay to Pregame Meeting:** Failure of the head coach to appear at the pregame meeting in a timely manner.
- c. **Eye Protection:** Failure to properly wear required eye protection while taking part in the game.
- d. **Goalkeeper Fouls:** A goalkeeper attempts to take the draw, lines up between the restraining lines during the draw, or shoots or scores a goal for her team.
- e. **Illegal Re-entry:** Running out of bounds and re-entering the field to gain a more advantageous position, including leaving the field to avoid an offside violation.
- f. **Jewelry:** Failure to properly wear jewelry while taking part in the game.

- g. **Mouthpiece:** Failure to properly wear a mouthpiece.
- h. **No Stick:** With the exception of the goalkeeper while in the goal circle, taking part in the game without holding one's stick.
- i. **Throwing a Stick:** Throwing one's stick under any circumstances.

PENALTY ADMINISTRATION FOR MINOR AND PROCEDURAL FOULS

SECTION 3. The following includes the penalty administration for minor and procedural fouls:

- a. **Outside of the Critical Scoring and Dot Restart Area:** For minor and procedural fouls anywhere on the field outside of the critical scoring area and dot restart area, a free position shall be awarded to the non-offending team at the spot of the foul, unless the spot of the foul would disadvantage the non-offending team, in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. The player taking the free position may self-start. With the exception of self-starts from out of bounds, no free position may be taken closer than 2 meters of a boundary line.
- b. **Critical Scoring Area:** When a team is awarded a free position in the critical scoring area of its offensive end as a result of a minor or procedural foul, the free position shall be awarded at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. No player may be positioned directly in front of the free position obstructing the free space to goal. Play shall commence on the official's whistle. This penalty administration applies if an immediate whistle or slow whistle (flag).
- c. **12-Meter Fan Defensive End:** When a team is awarded a free position in the 12-meter fan in its defensive end as a result of a minor or procedural foul, the free position shall be taken at the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The player taking the free position may self-start. No player may be positioned within 2 meters of the player awarded the free position. This administration shall apply irrespective of possession by the team in its defensive end.
- d. **Dot Restart Area:** When a team is awarded a free position in the dot restart area of its offensive end, as a result of a minor or procedural foul, the free position shall be awarded at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. When a team is awarded a free position in the dot restart area of its defensive end, the same administration applies, except that the free position shall be taken at the spot of the foul and the player taking the free position may self-start.

Note: If, in any of the above situations, the non-offending team is in possession at the time of the foul, the possession clock shall be reset unless an 8-meter free position is administered under these rules.

MAJOR FOULS

SECTION 4. The following are major fouls:

a. **Blocking/Illegal Pick:**

1. Moving into the path of an opponent without giving the opponent sufficient opportunity to stop or change direction, and contact results.
2. Setting a moving pick that causes contact and delays an opponent from reaching a desired position. For legal picking tactics see the definition for “pick” in Rule 7.
3. When an opponent is running to receive the ball, a defensive player approaching from the blind side does not give the opponent sufficient opportunity to stop or change direction.

b. **Cross Check:** Using the shaft of one’s stick to initiate stick-to-body contact to hit and displace an opponent.

c. **Embellishment:** A physical action or conduct by a player on the field of play that exaggerates or dramatizes contact or a foul, or reasonably appears intended to cause an official to increase or escalate the penalty assessed against the opposing team.

d. **Flopping:** A physical action or conduct by a player on the field of play that simulates or exaggerates contact, or otherwise reasonably appears intended to deceive an official into calling a foul on an opponent when no foul has been committed

e. **Holding:** Restricting an opponent’s movement by physically restraining the opponent’s body, clothing, or stick using one’s hand, arm, leg, or body.

f. **Illegal Use of the Stick:** Using the stick in a manner that is unsafe, intimidating, or that pins, restricts, or controls an opponent’s movement rather than momentarily redirecting the opponent’s path. Examples include:

- Poking, jabbing, or waving the stick in close proximity to an opponent’s face or head;
- Empty-stick checks above the waist, slap checks, or hand checks;
- Using the stick against an opponent’s body in a manner that pins, restricts, or controls the opponent’s movement (e.g., a V-hold);
- Using the webbed area of the stick to hook, trap, or attempt to hook or trap an opponent’s stick in a manner that creates unsafe contact or places the opponent’s stick in a dangerous position as defined in Rule 7;
- Using the stick to strike an opponent’s body, or using the stick in a manner that causes an opponent’s stick to strike the opponent’s body; and
- Rough or reckless checking of an opponent’s stick. An opponent’s stick may be checked in a direction toward the body, provided the check is controlled and contact is made solely with the opponent’s stick and not the opponent’s body.

Note: See Rule 7 for definitions of specific terms referenced above under Rule 6-4.f.

PENALTY ADMINISTRATION FOR MAJOR FOULS

SECTION 5. The following includes the penalty administration for **major fouls**:

- a. **Outside of the Critical Scoring Area and Dot Restart Area:** For major fouls anywhere on the field outside of the critical scoring area and dot restart area, a green card shall be issued and one-minute releasable penalty served by the offending player. The free position shall be awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset. No free position may be taken closer than 2 meters of a boundary line.
- b. **Critical Scoring Area:** When a team is awarded a free position in the critical scoring area of its offensive end as the result of a major foul, the free position shall be awarded to the player who was fouled and administered at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player shall move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle.
- c. **12-Meter Fan Defensive End:** For fouls committed against a team in the 12-meter fan in its defensive end as the result of a major foul, a green card shall be issued and one-minute releasable penalty served by the offending player. The free position shall be awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset. For major fouls committed by the attacking team in possession of the ball (i.e., offensive fouls), a free position shall be awarded to the non-offending team at the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The player taking the free position may self-start. No player may be positioned within 2 meters of the player awarded the free position.
- d. **Dot Restart Area:** When a team is awarded a free position in the dot restart area, regardless of whether it is in the offensive or defensive end, as the result of a major foul, the following penalty administration applies. A green card shall be issued and the offending player shall serve a one-minute releasable

penalty. The free position shall be awarded to the non-offending team at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

Note: For any of the above, if the player issued the green card is also issued a yellow or red card, the coach shall select another player on the field to serve the one-minute releasable penalty for the green card.

DELAY-OF-GAME FOULS

SECTION 6. The following are delay-of-game fouls:

- a. **Delay with Free Positions in the Critical Scoring Area:** Failure to move 4 meters away or behind on an 8-meter free position.
- b. **Delay after Cardable Penalty:** Delay in exiting the field, entering the penalty area, or failing to remain in the penalty area after being issued a card.
- c. **Delay Leaving the Field – Head Disconnected from Shaft, Broken Shaft, or Broken Head:** Head Disconnected from Shaft, Broken Shaft, or Broken Head: Except for the goalkeeper while in their goal circle and when their team is not in possession of the ball, failure to leave the field of play immediately when the head of one's stick is disconnected from the shaft, the shaft is broken, or the head is broken. See Rule 2-13.
- d. **General Delay:** Any type of behavior that, in the official's opinion, amounts to delay.
- e. **Illegal Stick Request:** Requesting any additional stick inspections beyond the two allowed per team.
- f. **Illegal Substitutes/Substitutions:** See Rule 5-42. For penalty administration, see Rules 5-43 through 5-46.
- g. **Illegal Switching of Sticks:** Switching sticks with another player on the field, or switching sticks from the bench area without properly entering and exiting the field through the substitution area, during the course of play. Switching sticks is permitted after a goal is scored and during timeouts.
- h. **Illegal Timeout:** A team requesting more than three timeouts.
- i. **Illegal Video Review:** Requesting a video review is not permitted if a team has no video review requests remaining or does not have a team timeout available.
- j. **Non-Engagement Fouls The following actions are non-engagement fouls:**
 1. **Delay Moving Away:** Failure to move 2 meters away from the player awarded the free position.
 2. **Violation of Non-Engagement Area:** Prior to a self-start or play commencing on the official's whistle, a player steps or makes any movement, with one's stick or body, into the 2-meter circle surrounding the player awarded the free position.
 3. **Initial Warnings:** If any player delays moving 2 meters away or violates the 2-meter non-engagement area with their stick or body prior to

the player who has been awarded the free position self-starting or play commencing on a whistle, the official shall call a timeout and provide a verbal warning to the offending player and offending team's bench, including the offending team's head coach. The free position shall be awarded to the team of the player taking the original free position at the spot of the original free position. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. No free position may be taken closer than 2 meters of a boundary line. The first non-engagement foul is considered the one warning for the offending team. All subsequent delays involving failure to move 2 meters away and violations of the 2-meter non-engagement area shall be administered in accordance with the penalty provisions outlined below in this rule.

- j. **Repetitive False Starts:** If throughout the course of a game, a team repeatedly false starts.
- k. **Repetitive False Starts on 8-Meter Free Position:** If the defensive team commits a false start on an 8-meter free position and, after the free position is reset, commits a second false start during the administration of the same free position, a green card shall be issued to the player who committed the second false start. The carded player shall leave the field to serve a one-minute releasable penalty. The player who committed the first false start shall remain positioned 4 meters directly behind the free position, unless that player also committed the second false start. If the same player commits both false starts, that player shall serve the one-minute penalty, and another defensive player shall be positioned 4 meters directly behind the free position. Once a team commits two false starts during the administration of the same free position and is issued a green card, all subsequent false starts by that team on free positions administered within 8 meters of the goal circle above goal line extended shall result in the issuance of a green card.
- l. **Repetitive Self-Starts:** If throughout the course of a game, a team repeatedly self-starts more than 5 yards from the spot of the foul to gain an advantage.

PENALTY ADMINISTRATION FOR DELAY-OF-GAME FOULS

SECTION 7. The following includes the penalty administration for delay-of-game fouls:

- a. **Outside of the Critical Scoring Area and Dot Restart Area:** Delay-of-game fouls anywhere on the field outside of the critical scoring area and dot restart area shall result in the issuance of a green card and one-minute releasable penalty to be served by a player on the offending team. The free position shall be awarded to the non-offending team at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul, may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's

whistle. The possession clock shall be reset. No free position may be taken closer than 2 meters of a boundary line.

If the player issued the green card is also issued a yellow or red card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

- b. **Critical Scoring Area:** When a team is awarded a free position in the critical scoring area of its offensive end as the result of a delay-of-game foul, a green card shall be issued and one-minute releasable penalty served by a player on the offending team. The free position shall be awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. No player may be positioned directly in front of the free position obstructing the free space to goal. Play shall commence on the official's whistle. The possession clock shall be reset. For green cards issued under Rule 6-7.k, the player who committed the false start warranting the green card shall serve the one-minute releasable penalty.
- c. **12-Meter Fan Defensive End:** When a team is awarded a free position in the 12-meter fan in its defensive end as the result of a delay-of-game foul, a green card shall be issued and one-minute releasable penalty served by a player on the offending team. The free position shall be awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.
- d. **Dot Restart Area:** When a team is awarded a free position in the dot restart area, regardless of whether it is in the offensive or defensive end, as the result of a delay-of-game foul, the following penalty administration applies. A green card shall be issued and one-minute releasable penalty served by a player on the offending team. The free position shall be awarded to the non-offending team at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

Note: For any of the above, if the player issued the green card is also issued a yellow or red card, the coach shall select another player on the field to serve the one-minute releasable penalty for the green card.

TECHNICAL FOULS

SECTION 8. The following are technical fouls:

SHOOTING SPACE

SECTION 9. **Shooting Space:** Using any part of the body to guard the goal, either inside or outside the goal circle, in a manner that obstructs the free space to goal between the ball and the goal circle, thereby denying the attacking team

a safe shooting opportunity and encouraging a shot directed at a player. This rule applies when the ball is within the critical scoring area. This positioning applies only if initiated by the defensive player and not if an attacking player draws the defensive player into the free space to goal.

1. This positioning applies only to a defensive player who is not marking an attacking player within a stick and arm's length.
2. In making this determination, officials shall consider:
 - The body positioning of the player with the ball and whether the player is in a position to shoot;
 - Whether the hands of the player with the ball are free to shoot; and
 - Whether the player has the ability to shoot safely.

Note: If a player cannot shoot safely but still shoots, dangerous propelling or dangerous follow-through should be called.
3. If the player with the ball is being double-teamed or multiple-teamed and does not have an opportunity to shoot, this foul shall not be called.
4. Players exempt from this foul include:
 - The goalkeeper; and
 - Defensive players who are double- or multiple-teaming a player without the ball and are within a stick's length.

PENALTY ADMINISTRATION FOR SHOOTING SPACE

SECTION 10. A free position shall be awarded to the attacking player in possession of the ball at the time of the foul. The free position shall be administered at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The offending player shall move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle.

THREE SECONDS

SECTION 11. **Three Seconds:** While defending within the 8-meter arc, a defensive player shall not remain in the arc for more than three seconds unless the player is marking an opponent within a stick's and arm's length. The three-second count begins when the team in possession of the ball crosses the restraining line into its offensive end. The stick-and-arm's length used to determine whether a defender is marking an opponent shall be measured using the length of the defender's stick and arm. A defensive player is not exempt from the three-second count by virtue of double-teaming or multiple-teaming an off-ball attacking player within the 8-meter arc. In such situations, the three-second count shall continue against the original non-marking defensive player until only one defender remains on the off-ball attacker. A defensive player who is marking an unmarked opponent positioned directly behind the

goal circle is exempt from the three-second count but remains responsible for complying with shooting space. A defensive player marking such an opponent shall not be penalized for three seconds if drawn into a double- or multiple-team by attacking off-ball players. A defensive player shall not be exempt from the three-second count by stepping into the goal circle and immediately returning to the 8-meter arc. In this situation, the three-second count shall continue. To avoid a three-second violation, the defensive player must exit the arc by moving through and out of the goal circle without returning directly to the 8-meter arc.

PENALTY ADMINISTRATION FOR THREE SECONDS

SECTION 12. A free position shall be awarded to the attacking player in possession of the ball or, if no player has possession, to the attacking player nearest to the ball at the time of the whistle. The free position shall be administered at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. The offending player shall move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle.

GOAL CIRCLE FOULS

SECTION 13. Goal Circle Fouls: Outside of the goalkeeper, one of the following criteria must be met for a player to enter, or to have any portion of their body or stick on or over, the goal circle at any time:

- a. On a shot, the shooter may follow through with their stick over the goal circle; however, the shooter's feet must not touch the goal circle. The shooting motion must be initiated from outside the goal circle.
- b. On a shot, defenders may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick, provided they are not violating other rules, including shooting space or three seconds.
- c. Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.
- d. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle.
- e. Players on the defending team in their defensive end of the field may enter the goal circle to prevent a rolling ball from crossing the goal line.
- f. Any defender moving through or within the goal circle must continue to comply with all provisions of the shooting space rule.

- g. A ball on the ground or in the air within the goal circle constitutes possession for the defending team.
- h. A defensive player standing in the goal circle and marking the ball carrier within a stick's length may play the ball on the ground or in the air as the result of a check or blocked shot.

PENALTY ADMINISTRATION FOR GOAL CIRCLE FOULS

SECTION 14. If the goal circle foul is committed by the defense in possession of the ball, a free position shall be awarded to the attacking team at the dot nearest to the spot of the foul that caused play to stop. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. The offending player, except the goalkeeper, when the ball is within the goal circle at the time of the foul, shall be placed 4 meters directly behind the player taking the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle.

If the goal circle foul is committed by the defense without possession of the ball, a free position shall be awarded to the attacking team at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. However, if the goal circle foul occurs as part of a slow whistle, the free position shall be awarded pursuant to Rule 6-50. The attacking player who was fouled while in possession of the ball, or who was nearest to the ball when the whistle is blown, shall take the free position. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The offending player shall move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle.

If the goal circle foul is committed by the attack, the free position shall be awarded to the goalkeeper within the goal circle. The goalkeeper or any other player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position and may self-start. The offender is not required to go 4 meters directly behind the player taking the free position.

SECTION 15. The Goalkeeper or Any Defender While Within The Goal Circle: While within the goal circle, only the goalkeeper may:

- a. Must clear the ball within 10 seconds after it has entered the goal circle.
- b. Must remove a ball lodged in their clothing, or if the goalkeeper, their protective equipment, place it in their stick, and proceed with the game.

SECTION 16. While Within The Goal Circle, Only The Goalkeeper May:

- a. Stop a shot with their body as well as their stick.

- b. Stop the ball with their hand; if the goalkeeper catches the ball with their hand, the goalkeeper must put it in their stick and proceed with the game.

SECTION 17. Once a team gains possession of the ball in the goal circle and the ball is cleared, the team must not return the ball to its goal circle until the ball has been played by another player.

OFFSIDE FOULS

SECTION 18. In order for a team to be onside a team must:

- a. Have no more than seven players in their offensive end.
- b. Have no more than eight players in their defensive end.

Any part of the foot on or over the line is considered an offside foul. Players may reach over with their stick to play the ball, as long as no portion of their body is grounded on or over the line.

Players may exchange places during play, but a player should have both feet behind the restraining line before a teammate crosses over the restraining line into their team's offensive or defensive end.

If a team is playing with fewer than 12 eligible players due to injury or other circumstances not relating to carding, the team may have fewer players behind the restraining line. In this scenario, an offside foul shall only be called if the team is playing with more than 7 players in that team's offensive end. Additionally, if a team is playing with fewer than 12 eligible players as a result of carding, it may play with fewer players behind the restraining line after the penalty for the card has been served. As a general matter, if a team has 12 eligible players and chooses to play with fewer players on the field and a penalty for a card is not being served, an offside foul shall only be called if the team is playing with more than 7 players in that team's offensive end.

PENALTY ADMINISTRATION FOR OFFSIDE FOULS

SECTION 19. **Offside Fouls:** The following outlines the penalty administration for offside fouls. The penalty administration is based on the spot of the ball at the time of the whistle for the foul.

- a. **Outside of the Critical Scoring and Dot Restart Area:** When a team commits an offside foul and the ball is outside the critical scoring area and dot restart area, the offside violation shall be corrected, a green card issued, a one-minute releasable penalty served by a player on the offending team, and a free position awarded to the non-offending team at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset. No free position may be taken closer than 2 meters of a boundary line.
- b. **Critical Scoring Area:** For an offside violation committed by the defensive team when the ball is in their opponent's critical scoring area, the offside violation shall be corrected, a green card issued, a one-minute releasable penalty served by a player on the offending team, and a free position awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of

play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. No player may be positioned directly in front of the free position obstructing the free space to goal. No player on the offending team is required to go 4 meters directly behind the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

- c. **12-Meter Fan Defensive End:** For an offside violation committed by the attacking team when the ball is in their opponent's 12-meter fan, the offside violation shall be corrected, a green card issued, a one-minute releasable penalty served by a player on the offending team, and a free position awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. No player on the offending team is required to go 4 meters directly behind the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.
- c. **Dot Restart Area:** When a team commits an offside foul and the ball is in the dot restart area, the offside violation shall be corrected, a green card issued, a one-minute releasable penalty served by a player on the offending team, and a free position awarded to the non-offending team at the dot nearest to the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.
- d. **Both Teams Offside:** If players from both teams are offside, the offside violations shall be corrected by requiring the players nearest to the restraining line from both teams to move back onside. Alternate possession shall be awarded at the dot nearest to the spot of the ball when the ball is in the critical scoring area or dot restart area; if the ball is outside the critical scoring area and dot restart area, alternate possession shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

Note: Neither team shall be issued a green card when both teams are offside.

FLAGRANT FOULS

SECTION 20. The following **flagrant** fouls shall be penalized with a releasable yellow card, except when the foul is a team's fourth or subsequent card.

- a. **Dangerous Follow-Through:** When a player is in possession of the ball, following through with their stick in a dangerous or uncontrolled manner at any time and **contact occurs**. This foul is inapplicable if **any player** moves into the path of the follow-through.

- b. **Dangerous Propelling:** Propelling the ball with their stick in a dangerous or uncontrolled manner at any time. Any shot taken at, or taken without regard for, the positioning of a field player is dangerous propelling. This foul is inapplicable if **any player** moves into the path of the ball.
- c. **Dangerous Stick in the Sphere:** Placing or positioning one's stick within the opponent's sphere around the face or throat.
- d. **Misconduct:** The following are misconduct fouls:
 1. Coach leaving their coaching area. See Rule 1-14.
 2. Any deliberate attempt to impede the officials from obtaining the goal-scorer's stick.
 3. Deliberately tripping an opponent.
 4. Baiting or taunting that is intended or designed to embarrass, ridicule, or demean others.
 5. Repeated or persistent violation of the rules
- e. **Slash:** Swinging the stick at an opponent's stick or body with deliberate viciousness or recklessness, whether or not the opponent's stick or body is struck.

SECTION 21. The following **flagrant** fouls shall be penalized with a non-releasable yellow card:

- g. **Dangerous Contact:**
 - a. No player's stick may hit or cause their opponent's stick to hit the opponent's head or neck.
 - b. No player may cross check an opponent's shoulders or back from the rear position.
 - c. No player may make a sweeping check from behind that contacts an opponent's body.
- h. **Illegal Stick (Excluding Pocket Depth): See Rule 2-9.**
- i. **Suspended Player Substitutes (yellow card is issued to the head coach, see Rules 6-33 and 6-34):**
 - a. If a player who receives two yellow cards enters the field of play.
 - b. If a player who receives a red card enters the field of play.

SECTION 22. The following **flagrant** fouls shall be penalized with a red card:

- j. **Egregious Conduct:**
 - a. Excessively rough, dangerous, or unsportsmanlike play.
 - b. Deliberately endangering the safety of an opposing player.
 - c. Excessive dissent or abusive language.
- k. **Illegal Body Ball in Goal Circle:** If a player, excluding the goalkeeper, blatantly attempts to stop a shot on goal by playing the ball off of one's body while inside the goal circle.

PENALTY ADMINISTRATION FOR FLAGRANT FOULS

SECTION 23. A flagrant card foul results in the issuance of a yellow or red card foul and reset of the possession clock. A yellow card may be a two-minute releasable or non-releasable penalty. A non-releasable yellow card shall be issued

when the foul constitutes a team's fourth or subsequent yellow card, or for violations of Rule 2, excluding pocket depth. The team card count toward four includes both yellow and red cards, but does not include green cards. A red card shall always be penalized as a five-minute non-releasable penalty. The penalty for cardable offenses shall be served during elapsed playing time and shall carry over to the subsequent quarter or overtime period, as necessary. If a quarter, half, or regulation game that proceeds to overtime ends before the free position is administered, the subsequent quarter or overtime period shall begin with a free position at center for the non-offending team. Player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle.

- a. **Outside of the Critical Scoring and Dot Restart Area:** For flagrant fouls committed anywhere on the field outside the critical scoring area and dot restart area, a yellow or red card foul shall be issued, as warranted by the nature of the foul. A yellow card shall result in either a two-minute releasable or non-releasable penalty, and a red card shall result in a five-minute non-releasable penalty, to be served by the offending player. The free position shall be awarded to the player who was fouled at the spot where the foul occurred that caused play to stop, unless the spot of the foul would disadvantage the non-offending team in which case the free position shall be awarded at the spot of the ball. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset. No free position may be taken closer than 2 meters of a boundary line.
- b. **Critical Scoring Area:** For flagrant fouls committed in the critical scoring area, a yellow or red card foul shall be issued, as warranted by the nature of the foul. A yellow card shall result in either a two-minute releasable or non-releasable penalty, and a red card shall result in a five-minute non-releasable penalty, to be served by the offending player. The free position shall be awarded to the player who was fouled and administered at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. If the card is not for a flagrant foul committed against a specific player, any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle if the goalkeeper did not foul. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle. The possession clock shall be reset.
- c. **12-Meter Fan Defensive End:** For flagrant fouls committed against a team in the 12-meter fan of its defensive end, a yellow or red card foul shall be issued, as warranted by the nature of the foul. A yellow card shall result in

either a two-minute releasable or non-releasable penalty, and a red card shall result in a five-minute non-releasable penalty, to be served by the offending player. The free position shall be awarded to the non-offending team at the top center of the 12-meter fan. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

- d. **Dot Restart Area:** For flagrant fouls committed in the dot restart area, a yellow or red card shall be issued, as warranted by the nature of the foul. A yellow card shall result in either a two-minute releasable or non-releasable penalty, and a red card shall result in a five-minute non-releasable penalty, to be served by the offending player. The free position shall be awarded to the player who was fouled and administered at the dot nearest to the spot of the foul. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player may be positioned within 2 meters of the player awarded the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

Note: For any of the above, if the player issued the yellow or red card is also issued a green card, the coach must select another player on the field to serve the one-minute releasable penalty for the green card.

GREEN CARD

SECTION 24. A green card is a one-minute releasable penalty issued for major fouls anywhere on the field except for a team's critical scoring area, delay-of-game fouls, and offside fouls. The issuance of a green card shall reset the possession clock. No substitutes may take the carded player's place. If the opposing team scores during the one-minute penalty, the carded player will be released from the penalty area and is eligible to re-enter the game. The one-minute releasable penalty for a green card shall be served during elapsed playing time, which will carry over to the subsequent quarter, or overtime half or period, as necessary. If the quarter or game, which goes into overtime, ends prior to the administration of the free position, the subsequent quarter, or overtime half or period shall begin with a free position at center for the non-offending team. Player positioning for the draw shall not apply. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle.

SECTION 25. Green cards are not included in the card count for a team or individual. If a coach receives a green card, they must designate a player on the field to serve the one-minute releasable penalty. All players serving a releasable one-minute penalty for a green card in the penalty area shall be released when the opposing team scores, regardless of whether the green cards were issued at the same time/during the same stoppage of play or at different times of the game. All players serving a releasable one-minute penalty for a green card in the penalty area shall be released when the opposing team scores even if teammates are serving a yellow and/or red card in the penalty area.

SECTION 26. If a player enters the field of play before a green card penalty time has elapsed, the following penalties shall apply:

- If the player entering early is the player who received the original green card, that player shall be removed from the field of play for the remainder of the penalty time and then serve the additional one-minute penalty.
- If the player entering early is not the player who received the original green card, the player entering early shall be removed from the field of play, a green card shall be issued, and the coach shall select an additional player from the field to serve a one-minute releasable penalty.

SECTION 27. A team with a player(s) in the penalty area must play short-handed in both its offensive and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal. If a team has more than one player in the penalty area and the opposing team scores, the players serving the one-minute releasable penalties, whether or not that player(s) entered the penalty area first, shall be released.

SECTION 28. A player serving a one-minute releasable penalty for a green card may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

YELLOW CARD

SECTION 29. The player receiving the yellow card shall leave the field and enter the penalty area for two minutes of elapsed playing time. No substitutes may take the carded player's place. If the opposing team scores during this time, the carded player shall be released from the penalty area and is eligible to re-enter the game, unless serving a non-releasable yellow card penalty.

SECTION 30. If the player serving the yellow card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the carded player shall serve the remainder of the penalty time and then serve an additional two-minute penalty, either releasable or non-releasable depending on the penalty of the original card. No additional card shall be administered to that player and no substitute may take the carded player's place. If the player entering early is the player who received the original yellow card, the player shall be removed from the field of play to serve the remainder of the penalty time and then serve the additional two-minute penalty.

If a player other than the player serving a yellow card enters the game before the penalty time for the yellow card has elapsed, the player shall be removed from the field of play, a green card shall be issued, and the coach shall select an additional player from the field of play to serve the one-minute releasable penalty. A change of possession shall occur, the possession clock shall be reset, and any free position shall be awarded at the spot of the ball.

Should the opposing team score a goal during the remainder of the original penalty time for a releasable card, the original penalty shall be considered complete. The added two minutes shall begin once the original time is over, either because the full two minutes has expired, or because the opposing team has scored a goal. If the opposing team scores a goal during the added two

minutes for a releasable card, the player shall be released. Any player serving a non-releasable yellow card penalty shall serve the full two-minute penalty both for the original penalty and the added two minutes.

SECTION 31. A team with player(s) in the penalty area must play short-handed in both its attacking and defensive ends of the field until the penalty time has elapsed or the opposing team scores a goal if the penalty is releasable. If a team has more than one player in the penalty area and the opposing team scores, the player serving the first releasable penalty, whether or not that player entered the penalty area first, shall be released. If a team has two players who received releasable cards at the same time, both players shall be released if the opposing team scores during the penalty time. If two players from the same team each receive a releasable yellow card at different times, they shall be released in order of their entry into the penalty area. Any player serving a non-releasable yellow card penalty shall serve the full two-minute penalty.

SECTION 32. A player serving a releasable yellow card penalty may not be released if a goal-scorer's stick is found to be illegal, and thus the goal is disallowed. As the officials head to the center of the field to set up a free position at center, they should confirm that the player serving the releasable penalty has not been released from the penalty area.

SECTION 33. A player who receives a second releasable yellow card must leave the field and enter the penalty area for two minutes of elapsed playing time, and no substitute may take the carded player's place during that two-minute period. The player shall be suspended from further participation in that game. Once the penalty time has expired, or if the opposing team scores a goal, the team may substitute another player for the player who has been suspended. If a player who has received two yellow cards enters the field of play, the Head Coach shall be issued a non-releasable yellow card.

RED CARD

SECTION 34. An official may eject, without prior warning, any player or coach for flagrant or repeated violations of the rules, excessively rough or dangerous play, unsportsmanlike conduct, flagrant misconduct, deliberate endangerment of an opponent, or excessive dissent or abusive language. This immediate ejection shall be noted by issuing a red card. The player receiving the red card shall leave the field and enter the penalty area for five minutes of elapsed playing time, and no substitute may take the player's place during that five-minute period. A red card is a non-releasable penalty. Once the full penalty time has been served, the team may substitute another player for the player who has been ejected. If a player who has received a red card enters the field of play, the Head Coach shall be issued a non-releasable yellow card.

Any player or coach who has received a red card shall be prohibited from participating in the team's next game. The next-game suspension shall carry over to the following spring season if the ejection occurs during the team's last game. Any player or coach who fails to serve the required next-game suspension resulting from a red card shall be suspended for an additional one game. In addition, if a player fails to serve a required next-game suspension, the team's head coach shall also be suspended for one game. If a required next-game suspension cannot be served because the red card occurred during the team's

final game of the season, the individual shall serve the suspension during the first game of the following spring season.

SECTION 35. A player or coach serving a game suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel, and/or game officials from the start of the game to its completion, including any overtime periods. While the suspended coach or player is allowed on the field and in the bench area during pregame activities, the suspended player may not be dressed in the player's game uniform, and the suspended player may not take part in any warmup activities.

SECTION 36. If the player serving the red card penalty or any player replacing the carded player enters the game before the penalty time has elapsed, the ejected player shall serve the remainder of the penalty time and then serve an additional two-minute penalty, and no substitute may take the ejected player's place. If the player entering early is the ejected player, the player shall be removed from the field of play to serve the remainder of the penalty time and then serve the additional five-minute penalty. If the player entering early is not the ejected player, the player shall be removed from the field of play, a green card shall be issued, and the coach shall select an additional player from the field of play to serve the one-minute releasable penalty. A change of possession shall occur, the possession clock shall be reset, and any free position shall be awarded at the spot of the ball.

GOALKEEPER CARDED

SECTION 37. If the player receiving the green or yellow card is the goalkeeper and there is no second dressed goalkeeper for the goalkeeper's team, the carded goalkeeper shall remain in the game, and the team's coach shall designate another player who shall leave the field and enter the penalty area for the two-minute period.

SECTION 38. If the goalkeeper receives a second yellow card, the goalkeeper shall be suspended from further participation in that game. The team shall substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach shall designate another player who must leave the field for two minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the suspended goalkeeper for two minutes of elapsed playing time.

SECTION 39. If the goalkeeper receives a red card, the goalkeeper shall be ejected from the game. The team shall substitute the carded goalkeeper with the team's second goalkeeper, and the team's coach shall designate another player who shall leave the field for five minutes of elapsed playing time. If there is no second dressed goalkeeper available, no field player may substitute for the ejected goalkeeper for five minutes of elapsed playing time.

SECTION 40. If the goalkeeper is carded and either remains on the field because there is no second dressed goalkeeper, or is replaced by the second dressed goalkeeper, the goalkeeper on the field must move 4 meters directly behind the player taking the free position; however, if a goal is scored and the free position as a result of the card will take place at the center, the goalkeeper or the goalkeeper's substitute may remain in the goal circle for the restart of play.

COACH CARDED

SECTION 41. A yellow or red card foul issued to the head coach shall result in a player being removed from the field. The head coach shall designate a player who must leave the field and enter the penalty area to serve the penalty time. A consecutive card issued to the same player during the same stoppage of play shall not result in any additional player being removed from the field.

SECTION 42. The head coach is responsible for the behavior of anyone in the team bench area and shall receive any card issued for lack of bench decorum. In the event the head coach is warned, suspended, or ejected, play shall be restarted within one minute with a free position to the non-offending team. Any player from the team awarded the free position may take the free position. Any head coach who is suspended or ejected shall leave the area, including the spectator area, of the game. In the event that any team follower is to be warned or suspended, the head coach may be assessed the penalty. In the event the head coach does not effectively control the actions of the team's spectators, the head coach may be assessed a card.

POSTGAME MISCONDUCT

SECTION 43. If conduct occurs after the conclusion of the game and before the official leaves the playing venue that would warrant a red card during play, the official may issue a postgame ejection to the offending player or coach. The ejection shall be served in the team's next game. The official shall notify the assigner and the offending team's head coach or game administrator as soon as practicable following the conclusion of the game to report the ejection.

SPECIAL SITUATIONS AND ADMINISTRATIONS

SIMULTANEOUS WHISTLE

SECTION 44. If there is a whistle blown for a defensive foul simultaneous with a shot and the shot results in a goal, the goal shall count, and the penalty shall not be administered unless the foul warrants a yellow or red card. The penalty administration for a cardable foul is a free position at the center circle for the non-offending team and player positioning for the draw shall not apply. Any player from the team awarded the free position may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

If there is a whistle blown for a defensive foul simultaneous with a shot and the shot does not result in a goal, the penalty shall not be administered and **play shall continue**, unless the foul was a cardable foul or the foul was committed against the shooter and affected the shot.

If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper maintains possession of the ball, either through a save inside or outside the goal circle, or the ball coming to rest within the goal circle, the penalty shall not be administered. Play may commence on the official's whistle. The possession clock shall be reset. If the goalkeeper makes a save, either inside or outside the goal circle, but does not maintain possession of the ball (i.e., the ball deflects or rebounds off the

goalkeeper), the penalty shall not be administered and play shall continue with no additional whistle. In all other scenarios, the free position shall be administered. If there is a whistle blown for shooting space that is simultaneous with or immediately following a shot and the goalkeeper does not save the ball or maintain possession of the ball, the penalty shall not be administered and play shall continue, unless the foul was a cardable foul or the foul was committed against the shooter and affected the shot.

SLOW WHISTLE

IMPLEMENTATION OF SLOW WHISTLE

SECTION 45. A slow whistle is a held whistle for a foul by a defensive player in the critical scoring area when an attacking player is on a scoring play. The official shall indicate this slow whistle by raising a yellow flag vertically above their head.

SECTION 46. A slow whistle is in effect when an attacking player in the critical scoring area is on a scoring play and is fouled by the defense, but retains possession of the ball, or when an attacking player in the critical scoring area is on a scoring play and a foul is committed against an attacking teammate without the ball.

SECTION 47. A slow whistle shall be used for all fouls in the critical scoring area when an attacking player is on a scoring play, and for fouls committed outside the critical scoring area when the ball is in the critical scoring area.

SECTION 48. The official may, at any time after the flag, blow the whistle to halt potentially dangerous play.

SCORING PLAY

SECTION 49. A scoring play is a continuous effort by the attacking team to advance the ball toward the goal and attempt a shot on goal. A scoring play shall be considered complete when any of the following occurs:

- a. A shot is released.
- b. The attacking team loses possession of the ball. A bounce pass shall not be considered a loss of possession.
- c. The attacking team ceases its continuous attempt to score, or the player with the ball is forced by the defense to lose forward momentum.
- d. The non-offending team is disadvantaged.
- e. The attacking team commits a foul.

ENFORCEMENT OF SLOW WHISTLE

SECTION 50. If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the official lowers the flag, and play continues. If the shot on goal is successful, the goal shall count. If the attacking team scores and the slow whistle was for a foul that warrants a yellow or red card, the non-offending team shall be awarded a free position at the center line. Player positioning for the draw shall not apply. Any player from the team awarded the free position may take the free position, and no player shall be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle, and the possession clock shall be reset. If the shot on goal

is unsuccessful and the slow whistle was for any yellow or red card foul, the foul shall be administered in accordance with Rule 6-23.

If any of the following occurs:

- a. The attacking team does not shoot and the scoring play ends.
- b. The shot is affected by the foul so that no advantage is gained.
- c. A cardable foul is committed by the defense.

Play shall be stopped, and a free position shall be awarded to the attacking team. The attacking player who was fouled while in possession of the ball, or who was nearest to the ball when the whistle is blown, shall take the free position. For major and flagrant fouls, the free position shall be administered at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. All bodies and sticks are prohibited from being positioned within 8 meters of the goal circle above goal line extended and the restricted area. The goalkeeper may clear back into the goal circle provided the goalkeeper did not commit the foul. The offending player shall move to the 12-meter fan, 4 meters directly behind the player taking the free position. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle. For minor, procedural, and delay-of-game fouls, the free position shall be awarded at the top center of the 12-meter fan. See Rule 6-3.b and Rule 6-7.b for additional details regarding the administration of penalties.

SECTION 51. During a slow-whistle situation, if there are additional fouls by the defense, the attack shall be awarded a free position at the hash mark directly adjacent to the center hash, on the side of the 8-meter arc nearest to the spot of the foul. The penalty shall be administered in accordance with the most recent foul unless that foul is not equivalent to the earlier foul. In that instance, the greater penalty shall be administered, irrespective of sequence.

SECTION 52. If, during a slow-whistle situation, the attacking player or a teammate of the attacking player commits a foul, the fouls shall be treated as offsetting. Alternate possession shall be awarded at the dot when the ball is in the critical scoring area or dot restart area, or at the spot of the ball when the ball is outside the critical scoring area and dot restart area; provided that no alternate possession shall be administered within 2 meters of the boundary lines. No player shall be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset only when there is a change of possession, or when there is no change of possession but the underlying foul by the team not awarded alternate possession would otherwise require a reset pursuant to Rule 5-18.

ADVANTAGE

IMPLEMENTATION OF ADVANTAGE

SECTION 53. For all major, delay-of-game, and offside fouls committed outside the critical scoring area, an official shall signal advantage when immediate enforcement would deprive the non-offending team of a clear attacking or scoring opportunity. Examples include, but are not limited to, a

fast break, a numerical advantage in transition, or a scoring opportunity created by the attacking team's momentum and positioning. Advantage shall not be applied solely because an attacking player maintains possession of the ball or continues minimal forward movement.

SECTION 54. Advantage is in effect when an attacking player is fouled by the defense anywhere outside the critical scoring area and retains possession of the ball, and when immediate enforcement would place the non-offending team at a disadvantage.

SECTION 55. After signaling advantage, the official may, at any time, blow the whistle to stop play if the action becomes potentially dangerous or if the advantage is no longer maintained.

ENFORCEMENT OF ADVANTAGE

SECTION 56. When advantage is signaled during a clear attacking or scoring opportunity, administration shall be as follows:

- a. For major fouls, delay-of-game fouls, and offside fouls, if a goal is scored, the advantage penalty shall not be administered and play shall proceed to the draw following the required pocket-depth stick check on the goal scorer's stick. If a goal is not scored, the applicable penalty shall be administered, including the issuance of a green card when required. A free position shall be awarded in accordance with this rule: at the top center of the 12-meter fan if play ends within the critical scoring area; at the dot if play ends in the dot restart area; or at the spot of the ball if play ends outside the critical scoring area.
- b. The attacking player who was fouled while in possession of the ball, or who was nearest to the ball when the whistle was blown, shall take the free position.

SECTION 57. During an advantage situation, if there are additional fouls by the defense, the attack shall be awarded a free position pursuant to this rule. The penalty shall be administered in accordance with the most recent foul unless that foul is not equivalent to the earlier foul. In that instance, the greater penalty shall be administered, irrespective of sequence.

SECTION 58. If, during an advantage situation, the attacking player or a teammate of the attacking player commits a foul, the fouls shall be treated as offsetting. Alternate possession shall be awarded at the dot when the ball is in the critical scoring area or dot restart area, or at the spot of the ball when the ball is outside the critical scoring area and dot restart area; provided that no alternate possession shall be administered within 2 meters of the boundary lines. Any player from the team awarded the free position who is on the field of play at the time of the whistle for the foul may take the free position. No player shall be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset only when there is a change of possession, or when there is no change of possession but the underlying foul by the team not awarded alternate possession would otherwise require a reset pursuant to Rule 5-19.

EQUIVALENT-OR-GREATER PENALTY ADMINISTRATION

SECTION 59. The administration of advantage shall follow an equivalent-or-greater penalty philosophy.

When multiple fouls occur in sequence, penalty administration shall be governed as follows:

- a. If the most recent foul is equivalent to or greater than the earlier foul, the most recent foul shall determine the penalty administration.
- b. If the most recent foul is not equivalent to the earlier foul, the greater penalty shall be administered, regardless of the order in which the fouls occurred.
- c. Officials shall not reduce a penalty solely because a lesser foul occurs subsequent to a more serious foul.
- d. In all situations, the administration of advantage shall not disadvantage the non-offending team.

The following chart illustrates application of the equivalent-or-greater penalty administration.

First Foul	Second Foul	Penalty Administration
Green Card	Minor / Procedural	Green Card
Green Card	Major (CSA)	8-meter free position, no additional card
Green Card	Flagrant	Yellow or Red Card; 8-meter free position if applicable
Green Card	Shooting Space	Shooting space; 8-meter free position, no additional card
Green Card	Shooting Space (shot taken, no goal)	8-meter free position, no additional card
Green Card	Shooting Space (shot not taken)	8-meter free position, no additional card
Green Card	Green Card	Administer the most recent Green Card

ALMOST CERTAIN GOALS

SECTION 60. If any foul prevented an almost certain goal, the official shall remove the goalkeeper from the goal before administering the subsequent free position. The goalkeeper shall remain outside of the prohibited area above goal line extended within 8 meters of the goal circle and restricted area, and be positioned more than 4 meters from the player awarded the free position, until play commences on the official's whistle.

UNSPORTSMANLIKE ACT OF A VIOLENT NATURE

SECTION 61. Any unsportsmanlike act of a violent nature by a player or coach occurring anywhere on the field may be penalized at the center hash mark on the 8-meter arc of the offending team. Any player from the team awarded

the free position who is on the field of play at the time of the whistle for the foul may take the free position. All bodies and sticks must be cleared from the prohibited area above the goal line extended within 8 meters of the goal circle and restricted area. No player may be positioned within 4 meters of the player awarded the free position. Two players from the offending team are entitled to the adjacent hashes to the hash mark where the free position is awarded. The stick of the player awarded the free position is permitted in the 8-meter arc. Play shall commence on the official's whistle. The possession clock shall be reset.

FOULS COMMITTED AFTER THE RELEASE OF THE SHOT

SECTION 62. Fouls committed on the shooter after the release of the shot, or after the goal has been scored and before play has restarted, shall be administered at the center line. Player positioning for the draw shall not apply. Any player from the team awarded the free position may take the free position. No player may be positioned within 2 meters of the player taking the free position. Play shall commence on the official's whistle. The possession clock shall be reset.

POSITIONING OF GOALKEEPER DURING PENALTY ADMINISTRATION

SECTION 63. Except when a yellow or red card foul is issued, if the goalkeeper commits a foul while the ball is within the goal circle, the goalkeeper shall be permitted to remain within the goal circle during the penalty administration. The closest player on the offending team to the ball shall be positioned 4 meters directly behind the player taking the free position. When the goalkeeper commits a foul while the ball is outside the goal circle, the goalkeeper shall be treated as any other field player for purposes of penalty administration.

POSITIONING OF FEET AND STICK

SECTION 64. During the administration of an 8-meter free position, a player's foot may be on the hash mark but shall remain behind the 8-meter arc line. This requirement applies to both attacking and defending players. No stick other than the shooter's stick may be within the 8-meter arc. While the goalkeeper is within the goal circle, the goalkeeper's stick shall be considered part of the goalkeeper's body.

The following charts provide an overview of the new foul structure and its corresponding administration.

Foul Category	Second Foul	12-Meter Fan (Def. End Coming Out)	Dot Restart Area	All Other Areas
Minor & Procedural	Defensive: 12-meter fan Offensive: Change of possession at spot of foul, self-start	Spot of foul, self-start	Dot, whistle start; defensive end may be spot of foul, self-start	Spot of foul, self-start
Major	Defensive: 8-meter free position (offender 4m behind) Offensive: Change of possession at spot of foul, self-start	Green Card, 12-meter	Green Card, dot	Green Card, spot of foul
Delay-of-Game	Green Card, 12-meter	Green Card, 12-meter	Green Card, dot	Green Card, spot of foul
Flagrant	Defensive: Yellow/Red Card + 8-meter free position Offensive: Yellow/Red Card + 12-meter	Yellow/Red Card, 12-meter	Yellow/Red Card, dot	Yellow/Red Card, spot of foul

Note: For minor and procedural fouls, when the non-offending team is in possession at the time of the foul, the possession clock shall be reset unless an 8-meter free position is administered pursuant to these rules.

Technical Foul	CSA	12-Meter Fan	Dot Restart Area	All Other Areas
Shooting Space	8-meter free position (offender 4m behind)	—	—	—
Three Seconds	8-meter free position (offender 4m behind)	—	—	—
Goal Circle – Defense (No Possession)	8-meter free position (offender 4m behind)	—	—	—
Goal Circle – Defense (With Possession)	Dot (offender 4m behind)	—	—	—
Goal Circle – Attack	Goal circle, self-start *May also be spot of ball if goal circle would disadvantage	—	—	—
Offside	Green Card, 12-meter	Green Card, 12-meter	Green Card, dot	Green Card, spot of ball

RULE 7

Definition of Terms

2-METER NON-ENGAGEMENT AREA

The 2-meter non-engagement area is the circular area extending 2 meters around a player taking a free position. An opponent's stick or body shall not enter this area until play is commenced by either a self-start or the official's whistle.

8-METER ARC

The 8-meter arc is defined as the area in front of each goal circle formed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the extended goal line and connected by an arc marked 8 meters from the goal circle.

BLOCKING

Blocking occurs when a player moves into the path of an opponent without allowing the opponent sufficient opportunity to stop or change direction and contact results. When an opponent is running to receive the ball, a defensive player approaching from the blind side shall allow the opponent an opportunity to stop or change direction before contact is made.

CHARGING

Charging occurs when a player in possession of the ball charges, barges, pushes into, lowers the head and shoulders into, or backs into an opponent who has already established position, resulting in bodily contact. The opponent is not required to be in a stationary position.

CHECKING

This is an attempt to dislodge the ball from an opponent's stick by using controlled stick-to-stick contact.

CLEAR

This is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

CLEAR SPACE

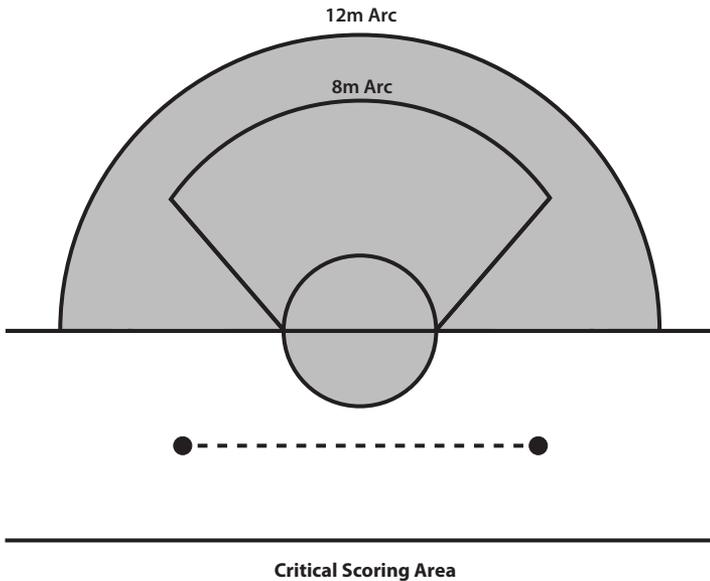
This indicates the space between players that is free of sticks or any parts of the body.

COACHING AREA

The coaching area is defined as the area on the bench/table side of the field extending from the substitution area to the end line and up to the sideline.

CRITICAL SCORING AREA

The critical scoring area is defined as the area at the end of the field that includes the 12-meter fan and the goal circle.

**DANGEROUS POSITION**

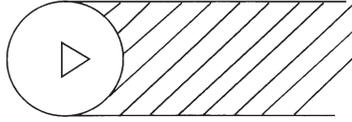
A dangerous position is created when a player controls or entangles the opponent's stick in a manner that restricts safe and immediate disengagement and twists, lifts, or leverages the stick toward the head or neck. A dangerous position is also created when a player uses the webbed area of the stick in a manner that places the opponent's stick at risk of being controlled, redirected, or impeded so as to restrict safe and immediate disengagement or force the stick toward the head or neck, even if full control or entanglement does not occur.

DEFENSIVE END

This area extends across the full width of the field and encompasses the 40 yards between the end line and the restraining line at the end of the field where a team is defending its own goal.

DIRECTLY BEHIND THE GOAL CIRCLE

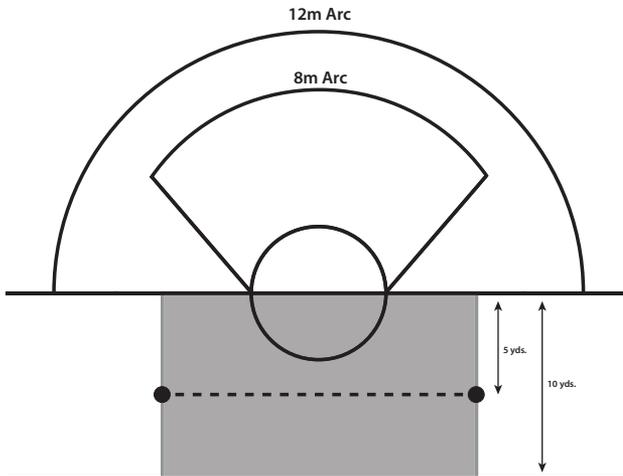
This area is the space between two lines extending perpendicular to and behind the extended goal line and tangent to the goal circle.



Directly behind the goal circle

DOT RESTART AREA

This area is defined as the space extending from the extended goal line to the end line and between two parallel lines extending from the extended goal line, through the dots, to the end line.



Dot Restart Area

EMBELLISHMENT

A physical action or conduct by a player on the field of play that exaggerates or dramatizes contact or a foul, or reasonably appears intended to cause an official to increase or escalate the penalty assessed against the opposing team.

FIELD PLAYER

A field player is any player other than the goalkeeper. A field player is an attacking or defensive player whose primary responsibilities are outside the goal circle and to whom no special privileges are granted under the rules. When the goalkeeper is outside the goal circle, the goalkeeper may, based on conduct and the specific rule being applied, be treated as a field player for purposes of rule enforcement.

FLOPPING

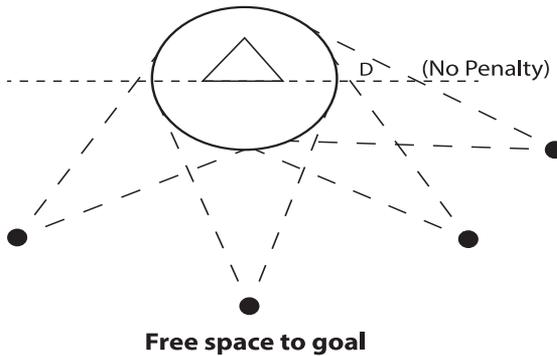
A physical action or conduct by a player on the field of play that simulates or exaggerates contact, or otherwise reasonably appears intended to deceive an official into calling a foul on an opponent when no foul has been committed

FREE POSITION

This is the penalty awarded for any foul. The player taking the free position may run, pass or shoot.

FREE SPACE TO GOAL

The path to the goal within the critical scoring area, defined by two lines extending from the ball to the outside edges of the goal circle. A defensive player shall not be penalized if positioned below the extension of the goal line.

**GREEN CARD**

Any green card issued shall result in a one-minute releasable penalty.

GROUNDED

This refers to any part of the goalkeeper's (or a defender's) body touching the ground outside the goal circle while the goalkeeper (or defender) attempts to play the ball from inside the goal circle.

HAND CHECK

An illegal check in which a player initiates contact with an opponent's hand or wrist, either by striking with the stick or by directing a check toward the opponent's hands rather than the stick.

HELD WHISTLE

An officiating mechanic in which the official refrains from enforcing a foul when the fouled player maintains quality possession and immediate enforcement would disadvantage the non-offending team.

MARKING

This is guarding an opponent.

NON-RELEASABLE PENALTY

A non-releasable penalty is any red card offense or a yellow card that is issued for a violation of Rule 2 (excluding pocket depth), is a team's fourth or subsequent foul, is issued for dangerous contact, or is issued for a suspended player substitute. A player assessed a non-releasable yellow card shall serve the full two-minute penalty. A player assessed a red card shall serve a five-minute non-releasable penalty and shall not be released back into the game under any circumstances. The non-releasable designation means the penalty shall not be released, even if the opposing team scores a goal.

OFFENSIVE END

This area is defined as the space extending across the full width of the field from the end line to the restraining line (40 yards) at the end of the field where a team is attacking its opponent's goal

OFFSETTING FOULS

When a player from each team commits a foul during the same play/time period, or when the attacking team commits a foul during a slow-whistle situation.

OFFSIDE

This refers to a team with more players over the restraining line than are allowed by the rules.

PENALTY AREA

This is the area directly in front of the scorer's/timer's table and at the rear of the substitution area where any player who has been carded shall sit or kneel while serving their penalty time.

PICK

This is a technique in which a player without the ball, by their positioning, forces the opponent to take another route. To be legal, the picker shall stay within their vertical plane with a stance not wider than shoulder width apart, and shall not lean into the path of an opponent or extend their hips into that path, even though their feet are stationary. The picker is not required to face any particular direction at any time. The picker must give their opponent a chance to stop or change direction.

PLAYED

An action where the ball leaves the player's stick and is touched by another player, the player's stick is contacted stick-to-stick by an opposing player, or play is stopped due to a defensive foul. The ball does not have to be successfully dislodged from the stick.

POWER PLAY

When one team has a numerical advantage in players due to penalties.

POSSESSION

A player is in possession of the ball when the ball is in the player's stick and the player can perform any of the normal functions of control, such as cradle, carry, pass or shoot.

PROPELLED ACTION

A ball released from a player's stick into the air, where the ball is no longer under the player's control and subsequently contacts the ground

RED CARD

This card may be issued to an offending player, coach, or team personnel and shall result in the immediate ejection of that individual from the game. Any individual who receives a red card shall be prohibited from participating in the team's next game. A one-game suspension shall be imposed on any individual who fails to serve the required next-game suspension resulting from a red card. In addition, a one-game suspension shall be imposed on the team's head coach if a player who is required to serve such a suspension fails to do so. If the next-game suspension cannot be served because the red card is issued during the team's final game of the season, the individual shall serve the suspension during the first game of the following spring season.

RELEASABLE PENALTY

A green card or yellow card foul shall be considered a releasable penalty, unless the yellow card is issued for a violation of Rule 2 (excluding pocket depth), is a team's fourth or subsequent foul, is issued for dangerous contact, or is issued for a suspended player substitute. A player shall be released from the penalty area once the one-minute (green card) or two-minute (yellow card) penalty has been served, or when the opposing team scores a goal. A red card shall never be releasable.

RELEASE

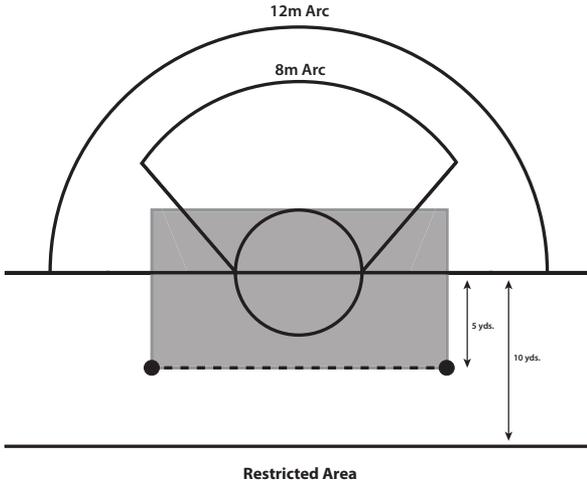
The ball leaves the shooter's stick.

RESTRAINING LINE

This is defined as a solid line at each end of the field, located 27 meters (30 yards) upfield from the goal line and extending the full width of the field.

RESTRICTED AREA

A rectangular area defined by a line parallel to the end line connecting the two dots; a line extending across the top of the goal circle to the width of the dots; and two lines connecting these lines and running parallel to the sidelines.



SCORING PLAY

This is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is complete when:

- A shot is released.
- The attacking team loses possession of the ball. A bounce pass shall not be considered a loss of possession.
- The attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose forward momentum.
- The non-offending team is disadvantaged.
- The attacking team fouls.

SHOT ON GOAL

This is a shot in which the ball makes contact with the goalposts, crossbar, or any part of the goalkeeper while the goalkeeper is within the goal circle, or crosses the goal line. For purposes of this definition, the goalkeeper's stick shall be considered part of the goalkeeper's body while the goalkeeper is within the goal circle.

SLAP CHECK

A slap check is an illegal check in which a player uses a forceful, uncontrolled, or swinging (chopping or hacking) motion of the stick to strike an opponent's stick or body, rather than executing a short, controlled check directed at the exposed head or exposed shaft of the opponent's stick. A check directed at the shaft of the stick between an opponent's hands is illegal.

SLOW WHISTLE

This is defined as a held whistle, with the flag raised, once the attack has entered the critical scoring area and is on a scoring play.

SPHERE

This is an area of 18 centimeters (7") (the average width of the head of a stick) surrounding a player's head.

STEP

This is the act or movement of lifting and setting down one's foot to a new position in any direction.

STICK

A stick consists of a head and a shaft. The head of a stick is composed of the throat, the ball stop, the sidewall and the scoop.

STOP-CLOCK

This means that the clock stops after each goal unless there is a 10 or more goal differential and during sudden-victory overtime.

SUBSEQUENT FOUL

This foul occurs after the initial foul has been called. For example, a player may be awarded a free position due to a foul by the opponent; however, prior to the restart of play, the player or the player's team commits an additional foul, such as taunting an opponent.

SUBSTITUTION AREA

This area is defined as the space in front of the scorer's/timer's table, centered at midfield, and delineated by two hash marks located 4.5 meters (5 yards) from the center line on each side.

TEAM BENCH AREA

This area is defined as the space extending from the end of the substitution area to the team's restraining line and behind the plane of the scorer's/timer's table extended.

TOEING THE LINE

This refers to the placement of the foot up to, but not on, the center line.

12-METER FAN

This is a semicircle area in front of each goal circle bounded by an arc 12 meters (39'4") from the goal circles.

V-HOLD

An illegal use of the stick in which a player uses their stick to trap, hold, or restrain an opponent's stick or body in a "V" shape, creating leverage or sustained pressure that impedes the opponent's movement, control, possession, or ability to play the ball. A V-hold becomes illegal when the defender's stick and hand position:

- Creates a wedge or leverage point that pins or restricts the opponent's stick or body, and
- Applies unequal pressure or sustained restraint beyond a brief, controlled stick contact.

WITHIN A STICK'S LENGTH

This is when any part of the opponent's body is inside a stick's length. The length of a stick only, not stick and body, is the distance a player must be to one's opponent to be actively marking one's opponent.

WITHIN A STICK'S AND ARM'S LENGTH

This is when any part of the opponent's body is inside a stick and arm's length. The length of a stick and arm only is the distance a player must be to one's opponent to be actively marking one's opponent.

YELLOW CARD

This card shall carry a two-minute penalty and may be releasable or non-releasable, as determined by the nature of the foul. A second yellow card issued to the same individual shall result in a suspension, and that individual shall be prohibited from further participation in the game. After a team has been issued its third yellow card, any subsequent yellow card assessed to that team shall be non-releasable, regardless of the foul.

Appendix A

Pregame Protocol

This pregame protocol shall be followed for all games and shall establish a standard warm-up procedure at each venue, subject to modification for conference or NCAA championships or network/broadcast requirements

A 3 p.m. game time is used in this example:

Real Time	Clock Time	Activity
1:50	65:00	Field Open
2:45	10:00	Coaches/Officials Meeting
2:50	05:00	Captains Meeting
2:55	00:00	Clear Field
2:57	00:00	Lineups Announced
	00:00	National Anthem
3:00	00:00	Opening Draw

When an adjustment is necessary due to television or radio coverage, a minimum of 10 minutes shall remain prior to the start of the game with the game clock at 00:00. The pregame protocol may be modified for special events (e.g., senior day, field dedications), provided the visiting team is notified in advance and agrees to the modification, and the officials are notified prior to the game.

Once the pregame countdown clock has started, each team shall conduct any pregame warm-up activities on its designated half of the playing field only.

Appendix B

Official Signals

Note: Officials shall always signal direction of possession first.

DESCRIPTION OF ARM SIGNALS

ADVANTAGE AND DIRECTION OF POSSESSION: Point with open hand in the direction of play.

ALTERNATE POSSESSION AND OFFSETTING FOULS: Extend arms horizontally to both sides with hands in fists. When offsetting fouls occur, follow this signal with each foul signal.

BLOCKING AND ILLEGAL PICK: Place open hands on the hips and move them to touch hips with in-and-out motion.

CHARGE: Place one hand behind head and indicate direction of possession with other hand.

COVER: Arms extended downward in front of body with the right palm held on top of the left palm.

CROSS CHECK: Place fists in horizontal position in front of hips with knuckles facing upward, begin with elbows at 45-degree angles, and then extend arms outward in a pushing motion.

DANGEROUS FOLLOW-THROUGH AND DANGEROUS PROPELLING: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. Fist of lower hand down, fist of upper hand up like a stick would be held.

DANGEROUS CONTACT: Bend right arm at the elbow with hand in a fist across the front of body so that right fist rests against left shoulder.

DANGEROUS STICK IN THE SPHERE: Move hand with open palm over the head in an arching motion from one shoulder to the other.

DELAY OF GAME: With bent elbows and palms facing down, stack one forearm on top of the other across the body at shoulder level.

EARLY ENTRY (CENTER CIRCLE AND RESTRAINING LINE): With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm forward with palms facing forward.

EMBELLISHMENT AND FLOPPING: Hold both arms in front of the body with elbows bent at a 45-degree angle and palms toward face. Then extend both arms forward with palms facing upward.

EMPTY STICK CHECK (MINOR): Use the right hand with clapping motion on the left hand.

FORCING THROUGH: With open palm, push out away from the face followed by the charge signal.

FREE POSITION SHOT FALSE START WARNING: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head and point index finger to the sky.

FREE POSITION SHOT FALSE START CARD: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head with green card in hand.

GOAL: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.

GOAL CIRCLE FOUL: Simultaneous directional signal with one arm, and chopping motion toward the goal circle with the other arm.

HELD WHISTLE: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.

HOLDING: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.

ILLEGAL BODY BALL: Extend arm on the side that indicates possession. With other arm, place palm in front of stomach, begin with elbow at 45-degree angle, and then extend away from body.

ILLEGAL CRADLE: Make a cradling motion using the hand pulled in close to the face.

ILLEGAL PROCEDURE: Bend arms at the elbows and circle forearms around each other at chest height.

ILLEGAL USE OF THE STICK: Use the arm to make a large chop motion towards the elbow of the opposite arm.

MISCONDUCT: Cross arms at chest level with fists pointing to the sky.

NO GOAL: With the arms extended toward the ground, swing them out and in so that they cross each other.

NON-ENGAGEMENT WARNING: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head and point index finger to the sky.

NON-ENGAGEMENT CARD: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head with green card in hand.

OFFSIDE: Raise an open hand above the head to indicate the foul. Close the fist when making the call.

POSSESSION CLOCK RESET: Raise right arm fully extended above the head and using your index finger, which is pointed upward to the sky, draw a large circle in a repetitive motion.

POSSESSION CLOCK START (when no reset of possession clock): Raise right arm fully extended above the head and have left arm fully extended down the side of the body. While fully extended, rotate right arm in a circular motion. Continue this rotation twice.

POSSESSION CLOCK STOP: Using one hand, perform a repeated tapping motion to the top of your head.

PUSHING: Make a pushing motion with two arms out in front of the body.

SHOOTING SPACE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.

SIMULTANEOUS WHISTLE GOAL: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face followed by goal signal.

SIMULTANEOUS WHISTLE GOALKEEPER SAVE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face. Then raise one arm fully extended above the head and point index finger to the sky.

SLASH: Long swiping motion of the extended arm from high to low across the body.

10-SECOND GOAL CIRCLE COUNT: One arm, shoulder high, moving from chest (90-degree bend) to full extension.

THREE SECONDS: Three fingers raised, palm away.

TIME IN: To start the clock, blow the whistle simultaneously while raising an open hand above the head with the arm fully extended then drop the arm naturally.

TIMEOUT: Turn toward the timer and cross fully extended arms at the wrist above the head.

TRIPPING: Point to the ankle while lifting lower leg behind, forming a 90-degree angle at the knee.

WARDING OFF: Use the forearm in an upward motion away from the body.



**ADVANTAGE PLAY AND
DIRECTION OF POSSESSION**



**ALTERNATE POSSESSION
AND OFFSETTING FOULS**



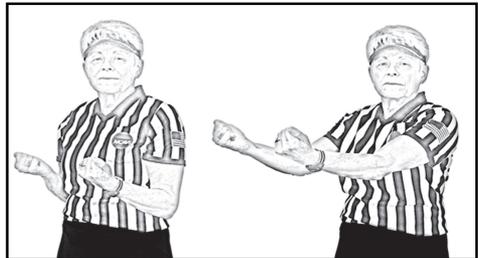
**BLOCKING AND
ILLEGAL PICK**



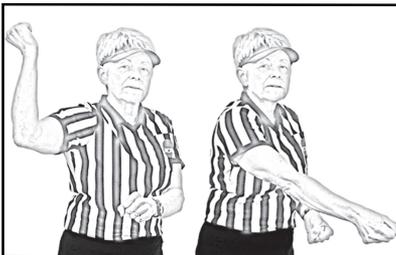
CHARGE



COVER



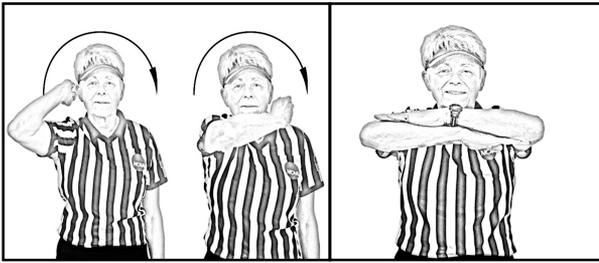
CROSS CHECK



**DANGEROUS FOLLOW-THROUGH
AND DANGEROUS PROPELLING**

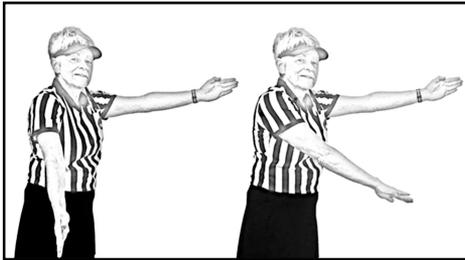


DANGEROUS CONTACT

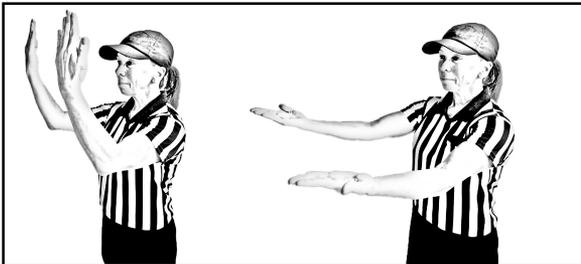


**DANGEROUS STICK
IN THE SPHERE**

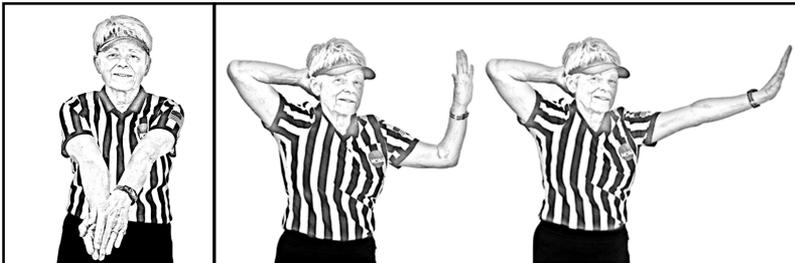
DELAY OF GAME



EARLY ENTRY

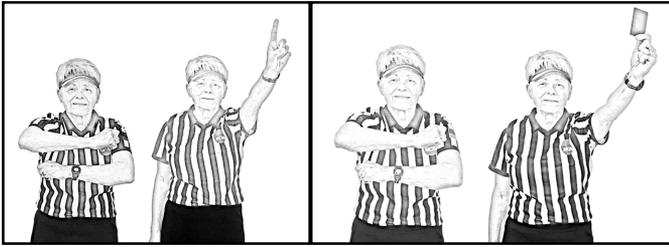


**EMBELLISHMENT AND
FLOPPING**



**EMPTY STICK
CHECK (MINOR)**

FORCING THROUGH



**FREE POSITION SHOT
FALSE START WARNING**

**FREE POSITION SHOT
FALSE START CARD**



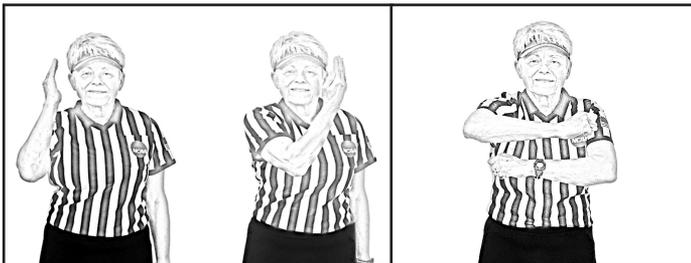
GOAL

**GOAL CIRCLE
FOUL**



HOLDING

ILLEGAL BODY BALL



ILLEGAL CRADLE

ILLEGAL PROCEDURE



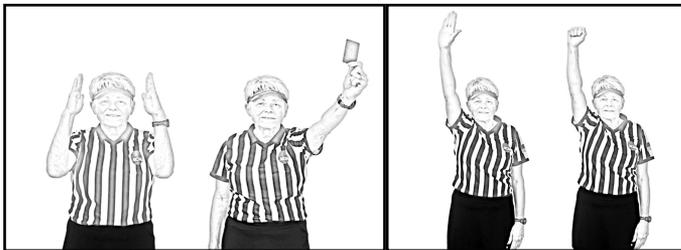
ILLEGAL USE OF THE STICK

MISCONDUCT



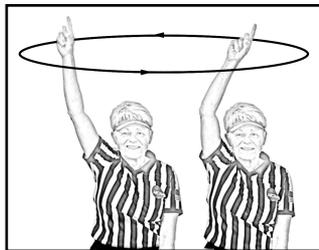
NO GOAL

NON-ENGAGEMENT WARNING

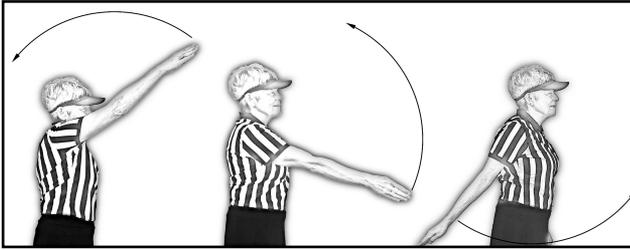


NON-ENGAGEMENT CARD

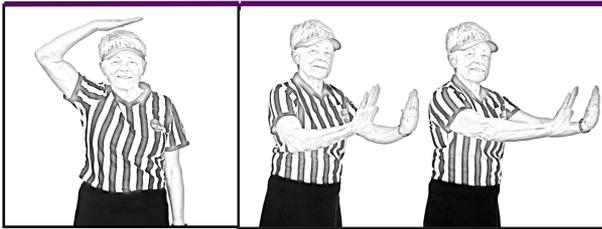
OFFSIDE



POSSESSION CLOCK RESET



POSSESSION CLOCK START
(when no reset of possession clock)



**POSSESSION
CLOCK STOP**

PUSHING

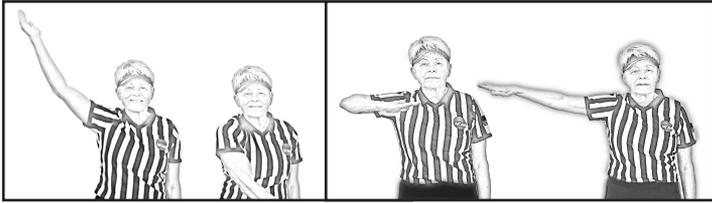


SHOOTING SPACE



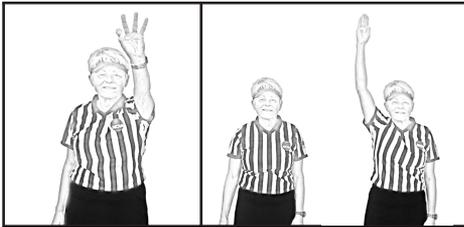
**SIMULTANEOUS WHISTLE
GOAL**

**SIMULTANEOUS WHISTLE
GOALKEEPER SAVE**



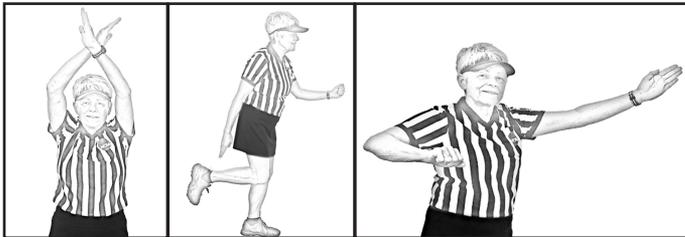
SLASHING

**10-SECOND
GOAL CIRCLE COUNT**



THREE SECONDS

TIME IN



TIMEOUT

**TRIPPING
(MINOR)**

WARDING OFF

Appendix C

Lightning Policy

Lightning is the most consistent and significant weather hazard that may affect intercollegiate athletics. Within the United States, the National Oceanic and Atmospheric Administration (NOAA) estimates that 40 fatalities and about 10 times that many injuries occur from lightning strikes every year. NOAA estimates that as many as 62% of lightning strike fatalities occur during outdoor organized sport activities. While the probability of being struck by lightning is low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed.

Education and prevention are the keys to lightning safety. The references associated with this guideline are an excellent educational resource. Prevention should begin long before any intercollegiate athletics event or practice occurs by being proactive and having a lightning safety plan in place. The following steps are recommended to mitigate the lightning hazard:

1. Develop a lightning safety plan for each outdoor venue. At a minimum, that plan should include the following:
 - a. The use of lightning safety slogans to simplify and summarize essential information and knowledge. For example, the following slogan from the National Lightning Safety Institute is an effective guide: “If you see it, flee it; if you can hear it, clear it.” This slogan reflects the fact that upon the first sound of thunder, lightning is likely within 8 to 10 miles and capable of striking your location. No punishment or retribution should be applied to someone who chooses to evacuate if perceiving that their life is in danger due to severe weather.
 - b. Designation of a person to monitor threatening weather and to notify the chain of command who can make the decision to remove a team, game personnel, television crews and spectators from an athletics site or event. That person must have recognized and unchallengeable authority to suspect activity.
 - c. Planned instructions/announcements for participants and spectators, designation of warning and all clear signals, proper signage, and designation of safer places from the lightning hazard.
 - d. Daily monitoring of local weather reports before any practice or event, and a reliable and accurate source of information about severe weather that may form during scheduled intercollegiate athletics events or practices. Of special note should be National Weather Service-issued thunderstorm “watches” or “warnings,” and the warning signs of developing thunderstorms in the area, such as high winds or darkening skies. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been

reported in an area and for everyone to take the proper precautions. It should be noted that neither watches nor warnings are issued for lightning. An NOAA weather radio is particularly helpful in providing this information.

- e. Identification of, and a mechanism for ensuring access to, the closest safer buildings, vehicles, and locations to the field or playing area, and an estimate of how long it takes to evacuate to that location for all personnel at the event. A safer building or location is defined as:
 - Any fully enclosed building normally occupied or frequently used by people, with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using the shower, plumbing facilities, and electrical appliances, and stay away from open windows and doorways during a thunderstorm.
 - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (neither a convertible nor a golf cart) with the windows shut provides a measure of safety. The hard metal frame and roof, not the rubber tires, are what protects occupants by dissipating lightning current around the vehicle and not through the occupants. It is important not to touch the metal framework of the vehicle. Some athletics events rent school buses as safer locations to place around open courses or fields.
2. For large-scale events, continuous monitoring of the weather should occur from the time pre-event activities begin throughout the event.
3. Venue-specific activity-suspension, venue evacuation, and activity-resumption plans:
 - a. Upon the first sound of thunder, lightning is likely within 8 to 10 miles and capable of striking your location. Please note that thunder may be hard to hear if there is an athletics event going on, particularly in stadia with large crowds. Lightning can strike from blue sky and in the absence of rain. At least 10% of lightning occurs when there is no rainfall and when blue sky is often visible somewhere in the sky, especially with summer thunderstorms. Lightning can, and does, strike 10 (or more) miles away from the rain shaft. Be aware of local weather patterns and review local weather forecasts prior to an outdoor practice or event.
 - b. Ensure a safe and orderly evacuation from the venue with announcements, signage, safety information in programs, and entrances that can also serve as mass exits. Planning should account for the time it takes to move a team and crowd to their designated safer locations. Individuals should not be allowed to enter the outdoor venue and should be directed to the safer location.
 - c. Avoid using landline telephones except in emergency situations. People have been killed while using a landline telephone during a thunderstorm. Cellular or cordless phones are safe alternatives to a landline phone, particularly if the person and the antenna are located within a safer structure or location, and if all other precautions are followed.

- d. To resume athletics activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and last flash of lightning. A useful slogan is “half an hour since thunder roars, now it’s safe to go outdoors.” At night, be aware that lightning can be visible at a much greater distance than during the day as clouds are being lit from the inside by lightning. This greater distance may mean that the lightning is no longer a significant threat. At night, use both the sound of thunder and seeing the lightning channel itself to decide on resetting the 30-minute “return-to-play” clock before resuming outdoor athletics activities.
4. Emergency care protocols: People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need prompt emergency help. If you are in a 911 community, call for help. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strike. Automatic external defibrillators (AEDs) are a safe and effective means of reviving persons in cardiac arrest. Planned access to early defibrillation should be part of your emergency plan. However, CPR should never be delayed while searching for an AED.

Note: Weather watchers, real-time weather forecasts and commercial weather-warning and lightning monitoring devices or services are all tools that can be used to aid in the monitoring, notification, and decision-making regarding stoppage of play, evacuation and return to play.

DANGEROUS LOCATIONS

Outside locations increase the risk of being struck by lightning when thunderstorms are in the area. Typically, anything referred to as a “shelter” is not safe from lightning. Dugouts, refreshment stands, open press boxes, rain shelters, golf shelters and picnic shelters, even if they are properly grounded for structural safety, are unsafe and may actually increase the risk of lightning injury. Other dangerous locations include high ground, bodies of water (pools, ponds, lakes) and areas connected to, or near, light poles, towers and fences that can carry a nearby strike to people.

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2. Price TG, Cooper MA: *Electrical and Lightning Injuries*. In: Marx et al. *Rosen’s Emergency Medicine, Concepts and Clinical Practice*, Mosby, 6th ed. 2006; 22: 67-78.
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Appendix D

Blood Guidelines

Outlined below is the official USA Lacrosse policy regarding the handling of blood/bleeding situations during games. This policy is specific to women's lacrosse and should be followed by all teams in addition to guidelines developed by their educational institution.

When a player suffers a laceration or wound in which oozing or bleeding occurs, the game should be stopped at the earliest practical time, and the player should be given appropriate medical treatment. The player may return to the game with the approval of medical personnel (team doctor, trainer or other designated person with medical training). The player may re-enter the game in the same quarter, overtime half or period.

If the official stops the game because a player is discovered to be bleeding, the player must leave the game, and a substitute must enter. If the official stops the game because an injury has occurred, the regular injury timeout procedure is followed. If an injury timeout has been called and it is then determined that it is a bleeding problem, the player must leave the game, even if medical personnel/coach have not come onto the field, and a substitute must enter.

In cases in which a goalkeeper is discovered to be bleeding and is the only dressed goalkeeper for the team, the game should be stopped at the earliest practical time. The goalkeeper should be given appropriate medical treatment, and then may remain in the game.

If there is blood on any part of a player's uniform/personal equipment, medical personnel should determine if the blood has saturated the uniform/equipment enough to require a change. In the absence of medical personnel, the official(s) will make this determination. A uniform is considered saturated when blood has soaked through the uniform to the 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 (stick, gloves, knee brace, etc.). If a uniform shirt is changed, the player's new number must be recorded in the scorebook before re-entering the game.

Any playing surface contaminated with blood must be cleaned by appropriate medical personnel before the game is restarted. In the absence of medical personnel, the home team is responsible for properly cleaning the affected area.

The officials will not make medical evaluations. Their responsibility is to keep the playing field clear of players who are bleeding, who have open wounds, or who have uniforms that may be saturated with blood.

Appendix E

Carding Procedures

GREEN CARDS

Penalty for all green cards = 1 minute.

Player will be released/penalty time ends if opponent scores.

If offsetting fouls would each result in a green card, no green card shall be issued.

YELLOW CARDS

Penalty for all yellow cards = 2 minutes.

Player will be released/penalty time ends if opponent scores.

Non-Releasable Yellow Card - player must serve full 2 minutes.

RED CARDS

Penalty time for all red cards = 5 minutes.

Red Card - non-releasable, player must serve full 5 minutes.

All carded players must serve their penalty time in the penalty area directly in front of the scorer's/timer's table at the rear of the substitution area. They **must** sit or kneel.

Coaches must remain outside the penalty area. If a carded player needs medical attention, medical staff may enter the penalty area to check on or treat the player. After notifying the scorer's/timer's table personnel, medical staff may also move the player to the team bench area for further evaluation and/or continue treatment.

Green Cards: All players serving a releasable one-minute penalty for a green card in the penalty area shall be released when the opposing team scores, regardless of whether the green cards were issued at the same time/during the same stoppage of play or at different times of the game. All players serving a releasable one-minute penalty for a green card in the penalty area shall be released when the opposing team scores even if teammates are serving a yellow and/or red card in the penalty area.

Green Cards and Yellow Cards: The release of a yellow card is not affected by whether the same team also has other players serving a green card penalty in the penalty area.

One player, one green card, and one releasable yellow card: If one player receives a green card and a yellow card during the same play/stoppage of play, they shall serve consecutive penalties in the penalty area. The penalty for the green card will be over after one minute, or if the opposing team scores during the penalty time. The yellow card penalty will begin once the original penalty time for the green card is over, either because the full one minute has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the time for the yellow card penalty, the penalty will be released unless the yellow card penalty is the team's fourth or subsequent yellow card.

Two releasable yellow cards, one to each team: If a player from each team receives a yellow card at the same time/during the same stoppage of play, any release shall depend on which team scores a goal. Only the player from the team that has not scored shall be released should a goal be scored during the penalty time. Note, however, if one of the yellow cards issued is a team's fourth or subsequent yellow card, the player issued the team's fourth or subsequent yellow card shall serve the entire two-minute penalty.

Two players from same team, each with a releasable yellow card: If two players from the same team each receive a yellow card at the same time/during the same stoppage of play, they shall serve concurrent penalties. They shall be released together should the other team score a goal before the end of the two-minute penalty. Note, however, if one of the yellow cards issued is a team's fourth or subsequent yellow card, the player issued the team's fourth or subsequent yellow card shall serve the entire two-minute penalty.

Two players from same team, each with a releasable yellow card at different times: If two players from the same team each receive a yellow card at different times, they shall be released in order of their entry into the penalty area. If the opposing team scores before the penalty time has elapsed for the player who entered the penalty area first, that player will be released. The player's teammate who entered the penalty area second shall not be released until that player's penalty time has elapsed or the opposing team scores a second goal. If before the opposing team scores the first goal, the penalty time elapses for the player who entered the penalty area first, that player shall be released. If following the release of the player who entered the penalty area first, the opposing team scores, the player who entered the penalty area second shall be released.

Two players from same team, non-releasable yellow card followed by a releasable yellow card: A player receiving a non-releasable yellow card shall not be released if a goal scores; however, the carded player's teammate who received the releasable yellow card shall be released unless it is the team's fourth or subsequent yellow card.

One player, two releasable yellow cards on same play: If one player receives two yellow cards during the same play/stoppage of play, they shall serve consecutive two-minute penalties in the penalty area. Penalty No. 1 shall be over after two minutes, or if the opposing team scores during the penalty time, unless penalty No. 1 is the team's fourth or subsequent yellow card. The second penalty shall begin once the original time is over, either because the

full two minutes has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the second penalty, the penalty shall be released unless the second penalty is the team's fourth or subsequent yellow card; however, the player who received two yellow cards is not permitted to re-enter the game. The team may substitute another player for the player who has been suspended.

Releasable yellow card, then red card to a player on same team: If one player receives a yellow card and a different player from the same team subsequently receives a red card (not during the same play or stoppage of play), the player who received the yellow card may be released after two minutes or upon a goal scored by the opposing team during the penalty time, unless the yellow card constitutes the team's fourth or subsequent yellow card. The player who received the red card shall remain in the penalty area and serve the full five-minute penalty. Upon expiration of the red card penalty time, the team may substitute another player for the suspended player.

Red card, then releasable yellow card to players on same team: A player receiving a red card shall not be released if a goal scores, nor shall any other player from the red-carded player's team be released if multiple players are in the penalty area unless the red-carded player's teammates are serving green card penalties. If another goal is scored then the teammate who received the yellow card shall be released, unless the yellow card is the team's fourth or subsequent yellow card; regardless, the player who received the red card shall remain in the penalty area to finish the five-minute penalty.

Red card or second yellow card to one player: A player receiving a red card or a second yellow card shall enter the penalty area to serve the two-minute (yellow card) or five-minute (red card) penalty. The player who receives the red card shall serve the full five minutes. The player who receives a second yellow card shall be released if the opposing team scores unless the yellow card is the team's fourth or subsequent yellow card. When the penalty is over, the player shall return to the team bench area and may not re-enter the game. The team may substitute another player for the player who has been ejected/suspended.

Goalkeeper carded, second goalkeeper available: If the goalkeeper is carded and the team has a second dressed goalkeeper, the second dressed goalkeeper shall enter the game and, by rule, the coach must remove a field player to serve the two-minute penalty. In this instance, both the carded goalkeeper and the field player who has been removed shall enter the penalty area. They shall both remain there until the penalty time is over, or they are released.

Goalkeeper carded, no second goalkeeper: If the goalkeeper is yellow carded but the team has no second dressed goalkeeper, the goalkeeper shall remain in the game. The coach shall remove a field player to serve the two-minute penalty.

Goalkeeper red card or second yellow card: If the goalkeeper receives a red card or second yellow card, the goalkeeper shall be removed from the game and enter the penalty area. The team shall substitute another goalkeeper and the coach must designate another player who shall leave the field and enter the penalty area. Both the carded goalkeeper and the field player who has been

removed shall remain there until the penalty time is over or they are released. If there is no second dressed goalkeeper available, no field player shall substitute for the suspended goalkeeper for two minutes of elapsed playing time. When the penalty is over, the carded goalkeeper shall return to the team bench area and shall not re-enter the game.

Early re-entry: The head coach shall not be assessed a card. The player who originally received the card shall return to the penalty area to serve the remainder of the original penalty time. If the opposing team scores a goal during the original penalty time, the original penalty shall be considered complete. The player shall then serve an additional penalty equal to the minutes required by the original penalty; however, no additional card shall be assessed. The additional penalty time shall begin upon expiration of the original penalty time, whether due to the full penalty time elapsing or a goal being scored by the opposing team. If the opposing team scores a goal during the additional penalty time, the player shall be released unless the penalty is designated as non-releasable.

The chart below outlines the applicable penalty for an early re-entry foul committed by the same player who was issued the original card.

Early Re-Entry Foul (Same Player)

Card Assessed	
Green Card	One additional minute (releasable)
Releasable yellow card	Two additional minutes (releasable)
Non-releasable yellow card	Two additional minutes (non-releasable)
Red card	Five additional minutes (non-releasable)

Appendix F

Concussions

REVISED MAY 2025

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Signs and symptoms may present immediately or evolve over minutes or hours.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any behavior that suggests a concussion, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout."

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do

not allow the student-athlete to just “shake it off.” Each student-athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at [ncaa.org/sports/health-safety](https://www.ncaa.org/sports/health-safety).

Appendix G

Accommodations for Student-Athletes with Disabilities

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, the student-athlete with a disability or any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or their designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult [Guideline 2P of the NCAA Sports Medicine Handbook](#) for further considerations regarding participation by student-athletes with impairment.

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